

The
Sasquatch Message To Humanity
Book 3
Earth Ambassadors Cooperation



**Co-Authored by several Sasquatch Communicators as
received by various Sasquatch Elders**

Foreword by Kewaunee Lapsertis
Introduction by SunBôw

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The Sasquatch Message to Humanity

BOOK 3

Earth Ambassadors Cooperation

Co-Authored by several Sasquatch Communicators as received by
various Sasquatch Elders



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This book was created in the Spirit of Love, Peace, Honor, and Respect, and is dedicated to all our Relations. Mitakuye Oyasin.

The material in this book may be shared in its unaltered form, quoting the source and author. Much gratitude to all who pass along this important knowledge and wisdom.

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**The Sasquatch Message to Humanity: Book Three
Earth Ambassador's Cooperation**

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FOREWORD

By Kewaunee Lapsertis, MS, MH

Thinking back, it's hard to believe that I have been conducting Sasquatch research for 62 years now and my life has profoundly changed because of it. The communication started four decades ago when a friendly ET and Sasquatch man telepathed to me in the Wisconsin countryside.

At the time, I didn't know that I would be the first scientist/Sasquatch researcher to discover that the Forest Beings:

- Are not animals but evolved nature people
- Are profoundly psychic and interdimensional
- Have human culture
- Have a vocal language and can communicate telepathically
- Are directly associated with extraterrestrial beings from other worlds

All these years, I have received nothing but kindness and compassion from my Sasquatch friends. They now refer to my wife Kelly, my son, and myself as "family." Over the years while conducting my field work, I never carried a gun or camera that would have intimidated them in any way or attempted to exploit them as others have tried to do. In time they learned to trust me and presently the Sasquatch People monitor me and my travels 24/7! Now I speak for them as a liaison between their world and ours. They consider their information exceedingly valuable for humans if we are to save a dying planet and survive.

Presently, the sentient Sasquatch are reaching out to those people who are awakening spiritually and desire guidance from their ancient wisdom. In making that connection, it often changes people's lives. The Giant's message is one of peace, honor, and unconditional love. It is important to let go of all negative thinking such as fear, anger, violence, greed, etc. in exchange for unconditional love, trust, and respect. Once a person experiences telepathic communication with them, one realizes that they are talking to an evolved ancient soul with profound intelligence beyond the human experience. Eventually, the Sasquatch's true nature as a 'people' will be recognized as more and more humans are contacted, encountering phenomena such as telepathy, interdimensionalism, and the friendly Star Elders.

The Forest People want to heal the planet of a devolving socio-political system that ultimately, with its extreme polluting, is destroying our Earth Mother. If a person wants to make a positive impact and contribute to the healing of the planet, one must rearrange their priorities in life to which path is the most spiritually constructive. The Sasquatch emphasize daily prayer and meditation as well. Prayer is talking to God/The Universe and Meditation is quieting the mind and listening to God/The Universe. These spiritual practices have a tremendously positive effect on oneself as well as the surrounding Earth energy. As the

philosopher Rumi said, *“Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.”* Having respect for all living things in a sacred manner as a part of our everyday thinking and behavior will contribute and surely help to make for a better future where the Forest Elders and the Star Elders will be openly accepted as an integral part of a united global family of peace.

A handwritten signature in cursive script that reads "Kewaunee Lapsertis, MS, MH". The signature is written in a light grey or blue ink on a white background.

Kewaunee Lapsertis, MS, MH

Introduction

By SunBôw

For most people in modern society, the concept of channeling information through telepathy with other forms of consciousness is in itself a hard enough to accept phenomenon, often met with skepticism, laughter and doubts, or interpreted as mere imagination, urban legend or New Age fantasy. It is true that a lot of allegedly channeled material can fall into those categories requiring caution and critical thinking, coupled with inner intuition, to sort out what makes sense and resonates with our soul. Yet, channeling has existed since the dawn of ages, as a common practice in ancient shamanic societies.

Adding to the uncertainty surrounding channeling, the idea that the messages received can come from such a legendary being as the Sasquatch, whose very existence is still largely debated and systematically denied by mainstream scientists, may ask for an even greater opening of the mind and a certain leap of faith from the reader. The goal here is not to try to convince of the authenticity of the experiences described or prove the veracity of the information channeled, but rather to bring reflection.

Since before recorded history, legends and accounts of large hairy bipedal humanoid beings living in the wilderness form a common trend around the world in ancient tribal peoples' lore and traditions. The amount and the consistency of those stories found in many cultures distances apart are clues to the mystery of this Wild Forest People, often described with magical powers and high wisdom.

If hearing about channeling Sasquatch Spirit sounds too far-fetched, think twice before closing this book. Having reasonable doubts prior to knowledge is a healthy reflex for self-protection, just like finding out for safety's sake if the pool is deep enough before diving. But a diver never worries if the pool is too deep, as it can never really be. So, if you are ready to dive into the world of the Sasquatch communicators, take a good breath as it can get really deep. If in doubts, do not abstain; just take a dip.

No one will judge you for having a hard time to believe in the whole process of transmission, from the sources to the receptacles, being from the interdimensional Elders to the Human ambassadors gathered to transcribe these messages. Believe me, just a few years ago I would have had a hard time myself to accept any of this concept, had I stumbled upon it earlier. But consciousness evolves through experience and the last few years have been rich in interdimensional interspecies spiritual relations.

To understand Sasquatch, one needs to acknowledge their interdimensional and psychic abilities that define who they are and how we can connect and interact with them in peaceful spiritual relations. This Elder Brother, closest of our relatives, has been a friend of shamans of all times, in many places.

For me, it took over thirty years between my first encounters with Sasquatch and Star Beings

alike, and the time when I could openly communicate with them and receive teachings and guidance. During this long learning process, phenomena kept happening that I could not explain, other than as spiritual manifestations. Around my fiftieth birthday, I learned from my Cree cousin that our great-great-grandfather was a Sasquatch hybrid. It triggered in me a new interest in knowing those relatives.

It took a year of intensive research, during which the Sasquatch were manifesting to me in many ways, before I was ready to go out in the wild, until I met them and knew for myself who they truly are. Since contact happened and communication was established with Sasquatch, it has been an ongoing path of bewilderment and enlightenment, and of continuous learning about higher dimensional planes.

When I returned from my first close encounter and telepathic conversation, I thought no one in the Human world would be ready to hear, let alone believe in my recent life transforming experience. But soon, I met Native Elders and other spiritual people who could relate and showed a great interest.

Following the guidance I started to transcribe the messages received from my Sasquatch guides. At first, I was not expecting for them to reach out too far, but response and comments were astounding. Finding the message online, Kelly and Kewaunee offered to publish the collection of texts in a book. Little did I know that it was the beginning of the Sasquatch Message to Humanity series, for which I authored Book 1: Conversations with Elder Kamoooh and Book 2: Interdimensional teachings from our Elders.

Before Book One was completed, an international audience had been reached and gathered around the Sasquatch Message, counting several other communicators and interested seekers on their quests. The launch of Book 1 coincided with the first annual Psychic Sasquatch Spiritual Event in Chewelah. The Sasquatch had promised that they would keep coming forward to meet Humans who are ready, that a growing number of people would gather to share their experiences and the teachings they received, and that Sasquatch would communicate to Humanity through more and more Human ambassadors.

Now, barely three years later, hundreds of Sasquatch communicators around the world have been connecting in online communities and in several events, and a dozen of ambassadors have come together to share the messages they channeled, in this Book 3 of the Sasquatch Message to Humanity. Collective consciousness undergoes an awakening process involving interdimensional understanding.

Now I understand why Kamoooh hesitated for so long before giving me his name or at least, a name we can know him by. Before a year, his name was on thousands of lips, as he was quoted at large. Dozens of friends have had contacts with him since and several in this team of ambassadors channel him, as you will see in this present volume. As the Eldest of the Council of Sasquatch Elders, Kamoooh has been given a specific mission in bridging his people with Humanity and his work has brought forth many observable beneficial results that have transformed many lives of interspecies communicators.

Consciousness is defined as the initial condition to existence by quantum physics, as

everything exists on waves of possibilities until manifested in a linear timeline when observed by consciousness. Through a quantum entanglement, two entities become connected in real time regardless of distance. Consciousness is a non-local phenomenon, it is not located anywhere in the brain and exists outside of the physical shell. Decades of research with thousands of accounts of near death experiences or clinical deaths show clearly that consciousness survives the physical death, to experience on other dimensions.

World powers have long invested in secret research programs into paranormal phenomena and psychic abilities like telepathy, hypnosis, telekinesis, remote viewing and contacts with non-human intelligence. Concave lenses like those on the Santilli telescope reveal non-physical alter-matter entities of two types, the bright ones and the shadows. Concave mirrors like the Kozyrev device, bend time and expand consciousness into reaching the One Time Unified Field of the 2D Flat Universe or point zero gravity, enhancing psychic and telepathic abilities, as testified by astounding results, with five thousand people in dozens of countries receiving the telepathic messages with ninety-five percent of accuracy.

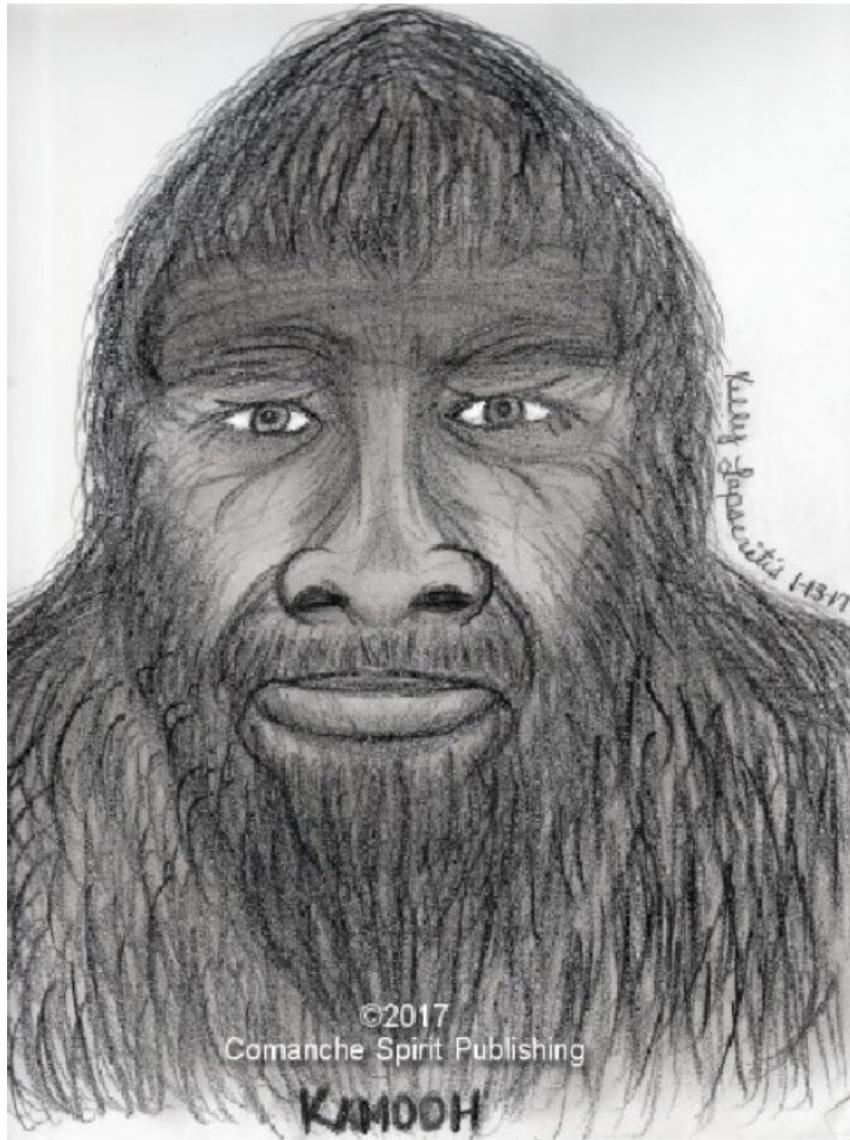
With all these advancements gained from recent scientific knowledge, would it be so incredible that some people have experienced the Sasquatch psychically in encounters, in dreams or in telepathy? Could the old materialistic paradigm be restraining our collective understanding of the vast Multiverse?

After exploring our world in its most intricate details and structures, the next quantum leap our collective consciousness is meant to make in its evolutionary course comes from contact and peaceful relations with non-Human intelligence, especially beings with higher interdimensional consciousness. The Sasquatch is one of them, as well as Star Elders, Elementals or Nature spirits, and some hybrids. Just like the first thing we find in outer space is that we are not alone, as our understanding of the Multiverse expands, it stretches across paths already traveled by space faring and time traveling beings. The only way to understand Sasquatch or Star Beings is through the knowledge of interdimensionality.

This knowledge brings the awareness of our own multidimensional essence needed not only to reach stars and time travel, but also for our own enlightenment, as we rediscover our true soul potential. With an open mind and a renewed understanding of what our multidimensional Self truly is, we can tap into a remote flow of consciousness and access a reservoir of information to download and transcribe.

Apart from attempting to provide scientific explanations backing this phenomena, there are the accounts of the first hand experiencers who have encounters, physical or not, and dare report them. I say dare because mainstream society is still too often turning to ridicule people whose experiences defy regular rational explanations and normal logics, influencing many in keeping silent or secretive.

This book is a portal opening on the new universal consciousness offering a cosmic disclosure. Beyond telepathic, the language of the Sasquatch People is meant to reach the soul more than the mind. It is an invitation to widen our perspectives to gain a broader vision of the bigger picture of the Omniverse. May this message touch the hearts and raise the consciousness of a vast number of souls.



“These words are alive, let them ENLIVEN you”
-Sasquatch Elder KamooH

Preface

By Kelly Lapsertis

In August 2017, I connected with a high ranking Elder of the Teh'Dza-ah'tem race named Ah-Liah-Toe. This connection began after I visited a favorite place called Crystal Falls in NE Washington state and was alerted to his presence as he shared information with me about the area. He is a beautiful hairy man with an elongated head, and he has a very inviting and nurturing spirit. He told me that he had more information to share with me and asked that I return alone with pen and paper and that he would be my escort in the learning journey.

I returned to this sacred area two weeks later and did as he suggested. He led me to a spot near the water that I would have never found on my own. Thick trees and giant megalithic boulders above me blocked most of the sunlight, but a brilliant beam of light was hitting a moss-covered rock near the water which I took as an invitation to sit and transcribe his message to me.

This is the message that I channeled and transcribed and was asked to share:

"Welcome back to this beautiful and sacred space we refer to as Ank-ta-neewa. Your people renamed this area Crystal Falls for the quartz caverns that surround it. Your ancestors helped to establish and shape the land as you see it today. As I told you before, my people, the Teh'Dza-ah'tem, were seeded in this very area, a hybrid species of the native Shaska (sasquatch) People and the long-headed race referred to as Anu'tins-ah'nae, who were evolved star elders that were builders and genetic engineers. They are the ones that created my hybrid race to assist in building this outpost and many others nearby. Because my people were created with great strength and endurance, the Anu'tins-ah'nae created more of us for this work in order to focus more on their genetic engineering. Over time, the Anu'tins-ah'nae lost their connection with the reality of Oneness and began treating my race as slaves rather than neighbors and allies. Over time, their empire began to crumble as they became more disconnected from the Council of Star Elders which seeded their race here with purpose."

"Below your feet and throughout this sacred land is an abundance of pure quartz crystal which the Star Elders use to build high technology devices such as ships and interdimensional radionics machines. These advanced devices are high power energy sources that could create a harmonic balance within a wide radius of the area that it is programmed for. The Anu'tins-ah'nae taught my people how to use these devices, and once we noticed an imbalance in the mechanics, my Teh'Dza-ah'tem people committed to do this sacred work which thus allowed us to collectively raise our vibrations so that we were able to move onward, setting up these beacons to continually do the job without a physical being present. Most of the beacons and technologies are still place here in caverns and beneath the falls. As you can feel, this area is peaceful and balanced, a place of serenity that we revisit to re-charge. This is why you also feel the same about Ank-ta-neewa. For you, not only is it the sacred energy and balance, but also a connection to yourself and your ancestors. Sitting in this place, and on the same rock that you have sat many times, brings up ancient memories and awareness of who you are. "

“Eventually the Anu’tins-ah’nae abandoned this place as their collective reality took another turn. For reasons of safety and protection, the Star Elders asked my people to destroy some of the structures and hide secret entrances so that lower density civilizations would not find and misuse the sacred energy and objects that remain.”

“My people have not been involved with your human people except for the few like you who have ancestral links to us. But now, as we enter this new dawn, we are reaching out more to your people who remember your connection to us and Ank-ta-neewa. As many portals have been open and bridges built to link up our realities and memories, many more of your people will remember your other existences. This also plays an integral part in understanding our interdimensional nature. One day soon, this sacred area will once again be inhabited by races of highly evolved beings, including your new human people. We ask you to hold the space of love and balance as you come deeper into this awareness.”

“It is with the greatest pleasure that I deliver this message to you as it is a turning point in your own personal journey, as well as for all of Humanity. Thank you for your service and for sharing this message with your people to assist in your collective awakening. Blessings abound.”



Three weeks after receiving the transmission from Ah-Liah-Toe and just days after the gathering with soul family at the 2017 Psychic Sasquatch Spiritual Retreat and Conference, I visited Crystal Falls again with SunBôw, Brown Bear, and Shakara. We honored and blessed Ank-ta-neewa and each had individual and collective experiences. We came to the place where I channeled my last message and discovered many exciting things. Here is a message I received for the four of us as I sat on a rock by the stream.

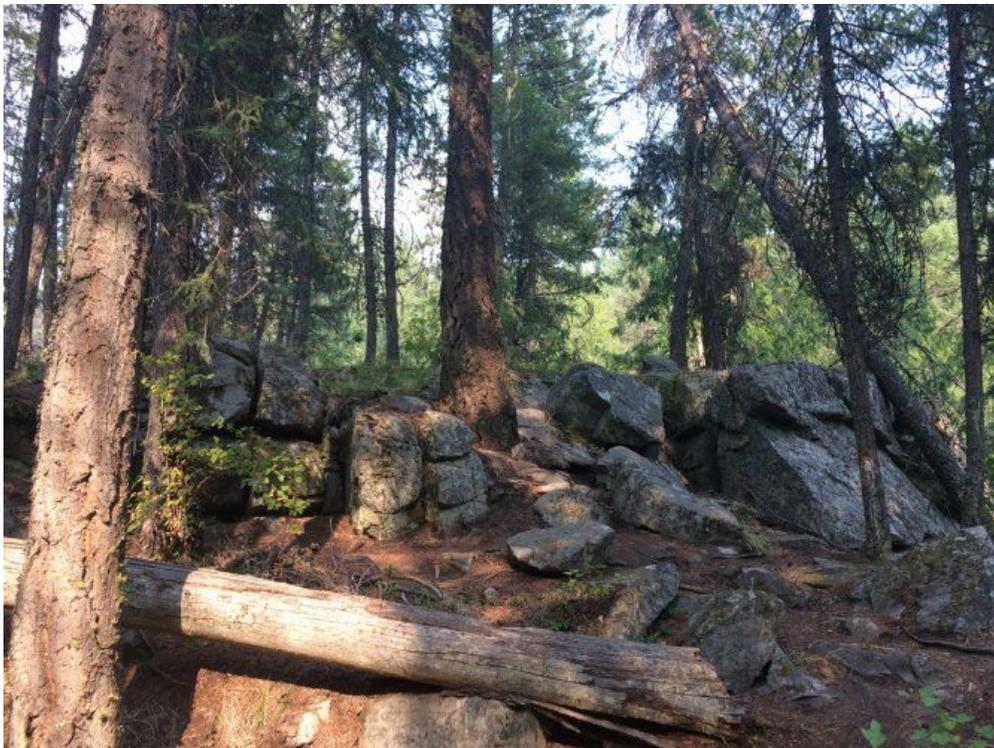
“Greetings dear ones. Thank you for venturing here today and honoring this sacred Ank-ta-neewa. The four of you have gathered here today in the place you have lived together to remember your ancient stories of this land. Each one of you holds a key to the wisdom and origins of this area which is activated when you are together as your relative DNA triggers memories of your existences. The four of you built parts of this site together – do you recognize them? Do you remember how your individual minds became a collective entity? Although your physical bodies do not all reside here now, you will forever hold this place in your heart. You can ‘visit’ anytime from anywhere you are, and the more you do, the more ancient memories will be restored.”

“As you walk around Ank-ta-neewa, you share the vibration of your interdimensional soul, merging with the existing energies. You can feel this place is timeless – it is a permanent NOW moment where realities come together.”

“As you may or may not recall, this area is not the only one where you all have connections. Other places like Ank-ta-neewa were established by the highly evolved race of Lizard People, a group called Ræn-ør-acep’i. The Ræn-ør-acep’i are the ones that used ancient technologies from the Star Elders to create and build these megalithic structures. The

Anu'tins'ah-nae established in these areas eons later after the Ræn-ør-acep'l re-located to another planet outside of this solar system. After the Anu'tins-ah'nae fell from the duties of caretaking this land, my people, the The-Dza-ah'tem, have been the guardians and protectors of this sacred land. Now as some of your people remember your ancient connection to these areas, you are moving into this role of guardians of this land and the energy which still exists here. This is why we have asked you to share this message, so those with connections will remember as this cosmic shift begins. Your new human people will be the new caretakers who will eventually pass the duty on to the next evolved race."

"The trees, stones, and water hold these vibrations and we ask that you take some pieces with you to place in areas or with people that could benefit from the harmonic balance that it brings. Spread this vibration to all corners of the Earth."



Stone structures near Crystal Falls

CHAPTER 1

By Kelly Lapsertis



Kelly Lapsertis at Crystal Falls in Washington state in August 2017

In early September 2017, after receiving transmissions and guidance to begin the third book in The Sasquatch Message to Humanity series, I began transcribing messages as I received them from various Elders.

“Greetings, dear sister, and thank you for your dedication to transcribe these spiritual messages on behalf of the Sasquatch and Star Nations. You have been doing this for quite some time, receiving personal and collective memories that you have published for the benefit of many souls. As you now move into higher frequencies, you are ready to understand and relate many more interdimensional lessons for your people to advance your individual and collective spiritual development.”

“We would first like to explain to you why you have been “chosen” and why we have stated that it is now your turn to disseminate this information. Besides a long history of teaching and scribing, you have also asked for this duty, both through passion of the heart and personal manifestation. We are very excited for all beings that this information is now coming forth; you are aligned with your heart center in such a way that the words you share are not merely words to the reader, but can also be felt with their own hearts. When heart and soul combine to create words and wisdom, it activates energies and dormant DNA in those who dedicate the same energy towards reading it.”

“As you experienced from this past weekend during your second annual Spiritual and Psychic Sasquatch gathering, Love is a universal language. It does not need to be written, spoken, or seen; only felt. Feeling is truly the only emotion that exists. Of course, you are able to see, hear, taste, and smell, but these senses are only activated with the emotion of feeling. So you are not hearing but rather Feel-Hearing. You do not see, but you Feel-See since all of these senses exist without a physical body having to be present. This is how my sasquatch people and other interdimensional beings are able to know what is happening on multi-dimensional levels, it can all be felt through the energies and frequencies put forth through those emotions. The souls attending your conference, those embodied and those who are not, could all feel the powerful love vibrations and portal to peace that opened as a result of your unconditional love for one another.”

“We have been working with many people to prepare them for this coming gathering, so whether they realized it or not, their prayers to Universe to understand and feel this connection were heard and answered. Many more will be waking up with this call in their hearts and will be joining the community of divine universal love. My people have been working closely with the hearts of many of our ancestors and twin mates to inspire these memories and soul connections with each other. The people attending the conference had tremendous spiritual experiences ranging from physical sightings, vocalizations, drastic healing, escalating vibrations, downloads of information, DNA activations, new perspectives, and several having strong psychic encounters with my people, Star Elders, and star ships that were visiting for the occasion. We thank you all for following your hearts and putting this into action as you share this growing love with all the souls you encounter in your life’s path. With your open sharing and emanating Love Light, you will touch the souls of many more who are open to receiving this gift.”

“As I mentioned Twin Mates, there is a common misconception that each soul has only one perfect match for themselves out there in the Universe. This is a false idea as all souls are connected to the Divine Light, the Source which many refer to as God. Twin Mates are actually a group of like-minded souls that are connected through their cosmic work with the planes of Earth and the heavens as servers for divine love and healing. Twin Mates were created together, in a high vibration of Love frequency, but not all incarnate in physical embodiments together. Many of you will notice a very close bond with other interdimensional beings and guides whom you have never seen with your eyes, yet you know that you are family and connected through the soul. Every soul is connected to at least 144 Twin Mates which is where the biblical idea of the 144,000 was born – it is a Soul Family rather than a race of people or followers of a belief system. This is how many of your own Twin Mates may be found in the Sasquatch or Star Nations or even in Elemental, Spirit, or Animal Kingdoms.”

“Likewise, Twin Souls are beings who match a certain vibrational frequency. Twin Souls are rarer than Twin Mates and many may not meet theirs on Earth, but there twelve within your own personal Twin Mate Family who are dedicated to the same lightwork on earth, and more are recognizing each other as you move into these higher frequencies.”

“The most familiar of these terms to your people is the Twin Flame connection which is very far from a Soul Mate connection. The Twin Flame connection is even more uncommon, yet those with these connections have at least seven special soul connections. Twin Flames are always connected at the heart, a very special relationship of memories and love whom you have worked with in higher dimensional planes and here on earth as well. Your twin flames do not change; they will remain the same throughout your eternal soul existence. Even more infrequent is the Twin Ray connection for which there is only one special soul that was created with the same Spark of Light from Creator Source. Most humans will never meet their Twin Ray as an embodiment, this wisdom comes once ascension has been achieved and can usually only be understood in non-physical dimensional realms. However, as consciousness continues to shift into higher vibrations, this connection can sometimes be found on the earth plane. The mission and responsibilities of the Twin Ray relationship will be identical.”

Each soul has many Soul Mates who have arranged to incarnate together. All beings have many interchangeable Soul Mates that vary from existence to existence. Soul Mates enter our lives at necessary times to teach us lessons and assist us on our life path, sometimes personifying a positive or negative experience. Soul Families are large and Soul Mates could be male, female, animal, or spirit. All of these soul and twin connections may or may not be a romantic connection, the purpose of these connections are for soul advancement.

This is where the concept of marriage and commitment to relationships vary greatly between human laws and spiritual laws. Human societies condition us to believe that we should have one romantic partner for life, but this idea is causing a great disservice to souls. Like all relationships, our souls are meant to experience and grow but not all will do that at the same pace. Soul Mates enter our lives as a divine expression to self; to inspire and teach so that we can advance to the next level of understanding. There is no shame in allowing a relationship to take different paths; this is how the individual soul can truly grow. Once we have discovered that our mates are a mirror of our own vibrations, and a commitment is made to move yourself into a higher level of being, your relationship may change to allow room for a greater one ahead. Light cannot separate from Light, we are all One, no matter how our experiences may differentiate.

As many of you advanced souls have noticed, these are changing times and the foretold prophecies are upon us. Do not allow fear, doubt, worries, and negative emotions control your thoughts. Now is the time to remember your divine connection to Source and each other. The love you share for yourself and one another is more than enough to see you safely through these changes. Your perceptions of good and bad are changing by looking at the larger cosmic picture of events. How can you rebuild a broken house without starting with a new foundation?

We celebrate the loving souls who are dedicated to changing themselves in positive ways and thank you for your contribution for the collective soul advancement on this planet. We

are all connected, all One.

CHAPTER 2

By Kelly Lapsertis

It has been ten days since I transcribed the first chapter from Kamoooh for this third book in the series that was started by SunBôw. Within this time, I have been busy with many activities and guests that were still visiting after the second gathering in Chewelah, learning amazing interdimensional lessons and doing dream-state work, and then recovering from a sinus infection and head cold I developed last week. Kamoooh and our Elders have been waiting patiently for me to regain strength and to sit with them to share their messages for all.

“Thank you for taking this time to hear and transcribe our message. You have been ill but now healing after taking the opportunity to rest. This is an important lesson for all of your people to know and understand. While there are many reasons that a body may be at unease, ranging from spiritual, emotional, physical, environmental, and energetic reasons; it is often a combination of many of these factors. These down times allow you to reflect within to discover and heal the imbalances causing the dis-ease. As we have stated before, now is a great time of change, and many things will come to the surface to be dealt with so that they may be healed properly and permanently if you so choose.”

“Practicing meditation regularly assists in conscious communication with your own Higher Self, including your physical body, so that you can allow yourself to heal through compassion and understanding. This is achieved by entering different alpha and theta brain wave states in the mind, but we will share more of that aspect later. For now, we would like to discuss the importance of intentional thinking and thought projection.”

“We are pleased to see more of your people practicing positive thought projection and gathering to discuss and manifest your highest intentions together. You will soon be gathering in your community to help facilitate a new group, and many more are being called to gather in circles to take part in sharing and creating the experiences you wish to have. When a person writes down what they wish to manifest and then states them out loud, it focuses that energy and your thoughts towards the creation. When this is done with two or more people, it is magnified more with each person that contributes to the thought.”

“This is why we also see so much collective negative thought projections where a majority of your uncivilization believes that war, racism, and beliefs of control are justified and the only sensible resolve. However, that mindset is primarily fed by medias, governments, and religions that your human people allow to control their thoughts by neglecting your own power of divine discernment and discrimination. By staying in a space of compassion and gratitude, collectively supporting one another’s ideas and trusting them to manifest, you send

magnificent waves out into the Universe and increase the toroidal energy created with your collective thought projections, creating realities at stellar speeds.”

“As mentioned in the previous chapter, many of you are connecting with souls and mates from previous incarnations, walking the same path of higher consciousness and spiritual dharma in service to others. Most of these connections were previously arranged and cosmically aligned to occur during this time of awakening for many of your human people which is why you instantly feel familiar with each other, as if you have known them forever. Up until this time, your people have been stuck in a pattern of history repeating itself, due to belief systems of disempowerment. There are many ancient stories of doomsday scenarios which stagnate energies from arising to positive change in consciousness; causing humanity to be trapped in a repeating pattern of destruction and “end times” scenarios as prophesied.”

“As we now shift into higher dimensions of consciousness, your people are learning that you are the Creators of your own story; and it is time to write a new story based in love and divine awareness. The choice is yours to repeat history or to create a new reality, in the Now moment, for Now is the only moment that exists. We, your Sasquatch relatives and Star Elders are here to assist and guide you into this new space of existence. We are all a part of your own higher selves, existing in all time continuums and probability realities, so in actuality, your own future selves are guiding you, as well as your ancestors and angels, to co-create and witness this marvelous awakening of ourselves as one unified consciousness transcending time and space.”

“Mother Earth is changing rapidly, and your people will change with her as she is reborn into a new higher vibration. As she heals from the destruction that has left her battered and bruised, you will see an increase in events such as storms, floods, fires, and earthquakes; so too will your people feel a need for cleansing and healing through the sentient being, our Mother, known as Gaia. Grounding and anchoring your energies directly into the earth is necessary for your people to connect with the higher vibrations and frequencies that we are moving into. Grounding is beneficial for yourselves and your Mother who sustains your life, and it is also strengthens your connection with the vibration of higher realms where your guides, angels, ancestors, and elders reside. If you choose not to align with these higher vibrations, you will not have the awareness of their presence, nor will they be able to reach you effectively.”

“Many of your people are hearing the call to connect more deeply with your Earth Mother through personal lifestyle changes or working with high energy areas such as sacred sites or places that contain ley lines or vortexes. My Sasquatch people have done much work to be care-keepers and balancers of earth’s energies, and now more of your people are also shifting into this role as you remember this knowledge inscribed in your DNA. Connecting and re-aligning with energies, elementals, and grid points on earth, at specific sites and during certain time-portal openings or gateways, can be done by visiting in your embodiment or etherically by anchoring your energy and intentions to these places. As we re-integrate with these energetic/consciousness systems, we are connecting wisdom and technology

from many ancient civilizations, which is what sustains communications with all life forms on earth and beyond.”

“Your spiritual sister, Katie IndiCrow, has recently prepared a guideline titled “Connecting In: Powering Up Ourselves and the Grid,” a Gridwork Ascension Basics Handbook that offers a wealth of knowledge on the grid systems, dates, and exercises to assist your people in connecting and anchoring sacred energies within earth. We have assisted her in the transmission of this work as well as escorted her to many of the sacred sites that she has worked with. We are grateful for this opportunity to share this knowledge with your people and look forward to the ascension energies that these actions with bring. Please proceed to share her handbook now for the greatest good of all.”

“Connecting In: Powering Up Ourselves and the Grids!”

A Gridwork Ascension Basics Handbook, prepared in loving service by Katie IndiCrow, can be read and printed online at this link:

https://drive.google.com/file/d/0B7MlabniR2_LZUICVWoxTEVnem8/view

CHAPTER 3

By Kelly Lapsertis

“You have experienced many instances of multi-dimensionalism through shared encounters with others in your soul group. During the 2017 Spiritual and Psychic Sasquatch Event, now referred to as the Psychic Sasquatch Spiritual Retreat, many in your family experienced extra-sensory perceptions of unusual sights, sounds, smells, and feelings simultaneously. Several witnessed star ships dancing in the skies while others collectively could hear sounds like tree knocks, vocals, drumming, singing, and other-worldly dialect. Many more of you could see visibly the orbs of light that surrounded you at the campus which were also captured on film by your soul brother, Derrell. As you noticed with our naked eye, shapes and colors appeared before you and when the camera flashed and captured that moment, the developed image showed you exactly what you all witnessed.”

“It is evident that the veil is thinning and that as your vibrations rise to align with higher frequencies, you will experience many more multi-dimensional phenomenon that your scientists still do not have solid explanations for. The study of quantum mechanics and spirit science is on the rise, and with our previously transcribed messages from SunBôw, these facts can be tested in real-time and space to prove these anomalies to yourself for a deeper understanding of trans-dimensional existences.”

“A few days after the gathering, you and SunBôw sat on the back porch of Mary Alyce’s home and encountered many magnificent revelations together through bi-location in multi-dimensional realms. Together, you could hear small voices speaking a star language just a few feet in front of you. You both experienced the same beings, voices, and messages as you were both tuned in to the same frequency and heart-space. Immediately after hearing these sounds, we assisted you in astrally projecting your consciousness elsewhere as you were away of leaving your body and flying in a northwest direction towards our Mothership. During this time, your physical body turned to auto-pilot and your consciousness was fully with us in another realm. Moments later, your astral body returned to your physical body with an obvious jolt as you settled back in. This sudden jolt in the re-joining process did not perfectly align and therefore, your light body was moved 3 degrees off center, enough to allow your physical body to respond with sensations of feeling ill. It was at this point that your physical symptoms of a sinus infection began. This was an important lesson for you to remember so that you can consciously align your astral and light bodies to prevent further dis-ease. Even with physical illness though, it allows your body to respond in ways that you can clear and heal that which does not serve you, so sickness always offers great opportunities for growth, alignment, and ascension.”

“When your consciousness returned to your physical body, you wanted to explain your experience to SunBôw, but found that you could not find the words to describe the incident. We channeled through you audibly that you were taken aboard a ship and then we escorted you back on board with your Bi-location Light Body. You then stood in awe in the lobby of the

spaceship, studying the magnificent architecture and materials of which it was made. As you gazed upon the fluid, interlocking walls and ceilings made of strong shell-like material (found beneath the surface of earth's oceans), you became aware that you were fully conscious in two places at once. Your mind was fully intact and aware of every physical surrounding, where you sat, the sounds and smells encompassing your embodiment, but you were also fully conscious of all ten of your senses within the ship. You were able to feel the presence of SunBôw beside you and asked aloud, "Are you here? Do you see what I do?" for which no answer was necessary as you were able to perceive him immediately at both places at once. You both were able to see the glowing indigo plates of the Terrapin Spaceship and the gigantic room that it opened up in to. Your guide, Nak-Tung of the Intergalactic Alliance Council greeted you both and escorted you on a tour around the ship. The tour was a series of astral projections also as you did not need to walk the corridors of the ship, he simply showed you the different rooms and stations that you were to view that day."

"Nak-Tung showed you different parts of this ship, which is usually located beneath bodies of water on the earth plane, which includes a vast terrarium of modern and ancient earth plants and flora with great medicinal values to all native species. You then both took to private sections of the ship for your own unique lessons in understanding elements of your higher selves. SunBôw verbalized his meeting with a sad yet healing entity named Gaia, the being that is your Earth Mother, as he channeled a message from her about her feelings and current state of affairs. While you were listening to this message, also still aware of your physical presence on the porch, you were also shown a maternity ward on the ship for your first conscious memories of meeting your own hybrid children, who were of many races and levels of maturity. You have been here many times before, but your memories of your visitations and birthings before this time were protected from your e-motional body until you were ready for this conscious memory. The delivery process aboard is easy and painless, nothing compared to the sufferings your earth women experience. You can recall the physical sensations, the labored breathing and feeling of release as we assisted this new life into an astral realm but without the pain or emotions that your physical body experiences during childbirth. You felt nothing but honor and pride for a higher purpose as you delivered this new life, this new soul, as a part of the new humanity. This act bonded you as one, rather than feelings of separation and you developed a new understanding for your own role in this important hybrid program for new civilizations."

"As you remember, we explained to you that you chose to involve yourself in this program to heal of past karmas and to create great spiritual dharma for yourself, humankind, and all beings throughout the Universe who wish to see interplanetary ascension of Christ Consciousness. Many of the hybrids that you assist to create through tantric alchemy are of different earth species including my sasquatch people, dolphin people, some evolved human people of your soul group, and many different star races including avian, reptilian, and ichthyopods. You have met many human people in the last few years who have contributed to, in some way, to the creation of these hybrid beings, most of whom you feel a deep soul connection with and whom you would innately call your Brother, Sister, Son, Daughter, etc. You have also noticed that many of these people have expressed to you that they do not feel that they are human, that they don't "fit in", or cannot understand the ways of the human world. That is because they are inexperienced on the earth plane and can genuinely not

relate to human matters. These people are treasured gifts and wise beyond their young earth years. Open your heart to their feelings and concerns, for they have a lot of wisdom to teach experienced humans. Compassion and understanding are key to acceptance and peaceful interspecies relations.”

“Because this was quite a shock to your physical body, to consciously be aware of and remember this process and to meet these new souls, we immediately took you to a healing chamber upon the ship. The time spent there was far longer than the birthing process took and you could feel the etheric and physical sensations of this renewal and healing in both your physical and Bi-location Light Body. It felt like a day at the spa, getting pampered and refreshed as you deserve. It is an honor and celebratory event when full waking consciousness can accept and remember these simultaneous existences and the important roles that your higher self plays in the betterment of your planet and collective consciousness. For this, we honor you and thank you.”

“Once you exited the healing chamber on the Terrapin Spaceship, your consciousness was returned to your physical body. It took some time to settle back into your skin after such an experience, any you and SunBôw discussed your shared experience. While he channeled his message from Gaia and you were in the healing chamber, you also simultaneously learned the same information together, that your bi-location experience was actually a tri-location experience. You did not immediately tell him about what you learned in the maternity ward, but he later told you that he was informed of the same information regarding some human DNA, including his own, being used in the creation of hybrid races for the new earth humanity.”

“For quite a few months, you have been joining with other races and councils in other time continuums to learn of the impact of (linear) past and future impacts on the current state of consciousness. You have journeyed into past existences, probability realities, and future (simultaneous) existences for a deeper understanding of how it is all interconnected and the impact that every moment makes. You have been reminded of past human lives so that you may release and heal of any emotional traumas that you have assigned to yourself so that you may move forward in a space of love. You have also journeyed thousands and trillions of years into the future to see the impact that your current human embodiment has made on the future generations of earth’s humanity. You have seen that races evolve into others, passing the torch to the next highly evolved race, and you have seen that the human race will transition into a new race of humans. This is nothing new as the people of earth have been doing this for eons, but we are now entering the fifth cycle of this major shift. Each one of you is here for a reason during this time; you chose to incarnate now to assist in this awakening.”

Chapter 4

By Kelly Lapsertis

“Your Earth Mother is experiencing many changes as several of you have felt especially in recent days. Not only are intense magnetic storms affecting human consciousness, but it is also waking up Gaia from her slumber into a new awareness for which she must also heal. Her awakening allows mass consciousness awakening for all beings so that we may align with Selfless Service energies and the higher density that we are shifting into. Mother has been neglected for quite some time, but the intentions of positive thought, prayers, and meditation is allowing her to break her chains of bondage.”

“There are eleven other sister planets that are undergoing the same kind of conditions. Two of them are prison planets like Earth, but she is the place with the highest maximum security, making it nearly impossible to free yourselves of karmic cycles. However, this is rapidly changing as well as your people are quickly realizing the truth that you have the power to decide the outcome.”

“The lower lords have devised many systems of failure for the human race to ensure, within their power, that humans are not successful in remembering their divine connections. Whenever a soul incarnates into the Earth plane, they are created with a trichotomy within; Body, Soul, and Spirit. Many religious texts cover up this personal connection with similar misinformation that the trichotomy exists only within the spiritual realms and not within our souls themselves. Babies are born with this trichotomy intact which is why they are so much more open and accepting than adults. They are born with this divine wisdom within but it is taught out of humans unless great efforts are taken to avoid exposure to the false human paradigm. When a person is taught or subscribes to religious indoctrination, they are accepting the false ideas and practices that one must succumb to a higher power or rely on an outside Source for divine guidance. The divine is within, most easily accessible through your heart center, which every being possesses, whether embodied or not.”

“Souls are able to shift to higher frequencies by re-establishing the trichotomy state and locking in those changes so that the false ideas do not return to your consciousness. This is most easily achieved by your state of awareness in the Now Moment. Being in the moment is when you will experience the biggest shifts. So many people regret their past, are not happy currently, and fear the future, never realizing that these are all just concepts of the mind and a hologram which you have created for yourself. We have explained many times that all timelines and probability realities occur simultaneously, all in the moment of Now.”

“We are pleased to know that your people are realizing your connection to past lives and experiences, for this knowledge is pertinent in understanding who your true divine self is. It is equally important to understand that these “past” and “future” realities are all happening Now. You ARE who you have always been and always will be. There is no need to wait for things to occur or to wish to go back in time; they are happening all right now. Linear time and space is merely an illusion. Your perceptions of them vary depending on where your viewpoint is on the torus-shaped reality hologram.”

“Many of your people are feeling this extreme shift in timelines. You may be more forgetful or notice how fast time is going by, or you even lose time that cannot be accounted for or end up in a situation that you cannot remember occurring. That is because time is accelerating and space is contracting; a hallmark sign that Earth is moving into another density (level of consciousness awareness). This is also why things and facts seem to change. Like the phenomenon your people refer to as the Mandela Effect, letters, words, and names change depending on your point of view in the hologram. Words and images that you perceive are dictated by the associated level or degree at that moment. Humans also see this reflected in what you think is solid scientific fact. The truth is that nothing is solid, everything is created by the flow of consciousness and is subjective to change. While some of your people may view this as problematic or unwanted experiences, it forces humans to live in the Moment of Now which is necessary for your ascension.”

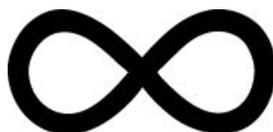
“Many new humans are entering the Earth realm whose consciousness resides in higher vibrational densities. Your people put medical labels of disabilities on these children and young adults, but they are really much more grounded and connected with their higher selves and divine ancient wisdom than the generations before them. You will notice that most of these people, whose brains function much more differently than your average human adult, are often very connected with nature and animals. Nature and animals do not suffer from the idea of separation and are pure souls, much like these new humans with different ways of being from your modern societies. These innocent souls do not think in terms of separation, timelines, fairness, ego, and greed; they just ARE. There is not a grand ruler over them that tells them how to think or behave, they just live in the moment of Now. Their attention goes to Be-ing in the moment, nothing more and nothing less. They do not harness negative thought forms nor do they fight or destroy. Like an infant, they respond only in the Now Moment to their current concerns. Babies do not warn you that they will be hungry or dirty in 30 minutes, they respond only to the moment.”

“The lower lords are aware of the truth that humanity cannot evolve while living in past and future timelines which is why the fear-based ideas are pushed so heavily from the systems your people believe in such as religions, governments, hierarchies, and good versus evil. These ideas of separation also take you out the realm of Oneness and greatly affect the collective consciousness of humanity. The current race of humans have been genetically manipulated, more with each generation, to include many physical restrictions to keep you separated from Divine Cosmic Order. One of these alterations is the corpus callosum which is a dense fibrous structure in the brain that separates the right and left hemispheres of the mind. This was created as yet another technique for isolation and separation. Most evolved star races have a unified mind and do not have this structure in their brain. Many more of

your human people are now entering this earth plane without a corpus callosum as well, and most of these souls are viewed as disabled or very talented, such as being able to paint two pictures or play two songs at once.”

“Humans such as yourself who have Extra Sensory Perception (ESP), channel messages from divine sources, or have telepathic communication with interdimensional beings, have bridged the gap between their left and right hemispheres of the brain to allow these abilities to manifest. This bridging is done in the Moment when it is necessary to go into an ESP state. This bridging of hemispheres does not occur naturally in most humans and it should not be forced but allow to naturally happen when necessary.”

“Some of your human people experience conditions you call Grand Mal seizures or epilepsy which often stems from an incomplete remembrance of their ability to bridge their hemispheres. If the memory is incomplete, the bridging is partial which can initiate an electrical short circuit between the hemispheres which can manifest as an epileptiform seizure. This is not always the case, but can occur which is why we advise not to attempt to force this bridging. If you should ever encounter another having a seizure, you can often stop it successfully by placing your index finger on their Third Eye (central point) area and drawing an infinity sign on their forehead until the seizure eases.”



“The Lower Lords also genetically modified neurological functions as another attempt to cause more ideas of separation for the human people which is why you see more medical phenomenon occurring such as autism, zika, and many brain and neuro chemistry anomalies. They were created for selfish purposes to fit their agenda, but it backfired on the lower lords as they forgot to take the consciousness factor into consideration. This new race of humans, which your people refer to as Rainbow or Crystal children, are more deeply connected to the Divine Cosmic Order because they often function in deep meditative states and are great teachers of wisdom and compassion. Often their behaviors are not typical in regards to society’s expectations, and this is an opportunity to learn from their innocent way of being and practice respect for all life.”

“The new humans often choose to incarnate into situations or with souls who they know will care for their delicate human needs while reciprocating with unconditional love, teaching their elders and peers a pure perception of the divine. Most often, their parents, mostly mothers, would also be called a Star Seed by your definition, meaning that they also have an awareness of Divine Cosmic Order. It is time to honor the differences and unique talents and qualities that every being has to offer. There no humans, sasquatch, ascended masters, ultra-terrestrials or any other being that is above any other; all are equal and contribute to the Whole. No matter which density or level of consciousness you personify at any moment,

each soul has gifts to offer in that moment to help co-create reality. We all hold a space on this Sacred Spiral of Life.”

CHAPTER 5

By Kelly Lapsertis

As I have humbly agreed to receive and transcribe these messages from our Elders, I have been experiencing some intense downloads of information and real-time interdimensional encounters. Kamoooh and many elders have been present and communicating many important lessons to be included in this transcription. The knowledge is so massive and comes so quickly, that it is a challenge for my physical self to keep up. I decided to ground and center myself inside a soul sister's sacred teepee and brought my notebook with me to document my experiences. Just before walking inside, a tree beside flung out a bunch of colorful leaves in front of my path. They looked like a condensed ball exploding orange, yellow, red, and green foliage, but in such a peculiar way that it could not have occurred naturally; they were moved with force as a sign to me that the Elders were waiting and ready to give more guidance.

Once inside the teepee, I was joined by a sasquatch called Sa'nah-tah-re'll, a 15 foot tall gentle giant, who identified himself as a member of the Sixth Tribe of Sasquatch families from the Density Level of 5.6. He explained that there are twelve sasquatch tribes in total, that reside on and off earth. He was very excited and almost child-like in his enthusiastic demeanor, bouncing and laughing and very joyous for the opportunity to connect. He addressed me with the following message:

"Glorious day, Sister. Yes, that was I who left a gift of colorful leaves, graciously given from the Tree Person. It is an honor to share this space with you. I am the spokesperson for my tribe of the Shaska'neatoo clan, assigned to work with you and some of your people. I have practiced connections with nature realms and human consciousness for quite a while and have been chosen to contribute vital information with you to share among your people. I am kin to your soul brother, George (an Ancient One/Sasquatch) and give you fair warning that I like to play and keep a happy laughing energy amongst my lessons. We will discuss many heart and spiritual matters; be prepared to engage with us in your open heart space. I look forward to this journey, and I and my people are always available and with you when you call. I like your braid and these apples. With a blanket of warmth, I welcome Us."

Sa'nah-tah-re'll also informed me that two more forest people that he is closely connected to will be assisting in the transmissions of wisdom for this book. Today as I sit here and call upon him and our Elders to share whatever knowledge they feel is important, Kamoooh is looking on with loving guidance, along with many other forest people that I have been connected with throughout the years. At this moment, the concept of Oneness is felt and experienced as never before for me. I can feel and see each individual yet they blend together as one consciousness within my own. He is ready to share, and I can already feel within his energy field that he is jovial and I expect the message to reflect this.

Sa'nah-tah-re'll says:

“In the last two days you have experienced many encounters of interdimensional time travel, timelines overlapping and bleed-throughs, and linear time expansion and contraction. We have assisted in the guidance of these lessons as we understand that it is beyond the realm of regular human perceptions. My people and the Star Elders are familiar with these concepts, we live them constantly, but for you, it was an introduction so that you could first experience these shifts in real-time so that they could be more easily explained to others through your encounters.”

“One of the first things that we would like to explain regarding timeline/hologram shifts is that NOTHING is ever standing or solid fact. The Multiverse is ever-changing and ever-flowing, with each thought, idea, or action that is applied by consciousness, it changes everything within and without. Some may argue that your intentions or personal manifestations are only for those experiencing it, but this is an untruth, an idea imposed by your current linear systems of belief. Every event affects everyone and every thought affects everything.”

“For example, as mentioned in the last chapter by Kamoooh, your perception of reality is based on your viewing point within the hologram that you created as your reality. Each soul has a different view, and you encountered first-hand multiple views of your own and others. There are many more realities existing simultaneously since time and space are not linear.”

“If you hold Time constant and vary Space, you create a Probability Reality. This means that you exist in your present location at this time but also coexist in another location in a different time. If you hold Space constant and vary Time, you create Parallel Existences that allows you to experience past and future events simultaneously. When you focus your energy, either in a conscious or unconscious state, you create another self, living the reality that you dream of, so in essence, you can live simultaneous lives within this reality.”

“Our planet and the entire Multiverse has an unlimited number of Probability Realities. Realities are created on systems of belief whereas Knowingness lies beyond that where Truth can be accessed directly. This is why you often just KNOW that you know something even if you do not know how you know it. Yes, that was meant to add a little fun to this serious topic. That's right... SMILE!”

“When there is more than one person in a room, a Consensus Reality is always formed. You can perceive this reality whether there are 2 people or 2,000 in the room where every aspect of consciousness will agree that an object is the same. But much like an apple, each person's perception of the apple is different. The color, texture, taste, etc. will be different for all. I told you I like apples, I will be using more in examples.”

“On a larger scale, all humans are in a Consensus Reality with all of Creation but you are not aware of it on a conscious level because your people have been conditioned to believe that we are not all connected to each other and everything else in the Multiverse. You must

remember not to place a judgment or value on reality or it will vary even more. You have the opportunity in each moment to shift into a pre-existing Probability Reality by being aware in the Now Moment.”

“So as you encountered yesterday, you were able to experience with all of the senses with your physical body, a person in front of your home who did not appear to be from your current time or place. This young man was dressed in gear that did not match up to anything known in your current reality. You were shocked to see something that did not seem to exist, in full physical form, much different from the spirit entities that you have grown accustomed to. You captured a photo of this young man, and was even more surprised to see that it developed as you saw with your eyes. You shared this photo with a few others and communicated with a woman who believed that this photo was of her current young son but was adamant that it was impossible for the photograph to have been taken at the time it was since he was somewhere else at that time.”

“This was a prime example of these probability realities and bleed-throughs from other timelines. You experienced angry attitudes that tried to debate and even attack this Truth who were responding out of fear because their consciousness has forgotten the entire concept of interdimensionality and non-linear time to the point that they deny its existence. These fear responses are caused mainly by the unintegrated polarity in this density which does not promote peace, balance, or Oneness and causes the idea of separation and control-based linear belief systems.”

“After some time spent in a space of Higher Wisdom, you saw that the young man does indeed exist in the current local reality and that he does dress in the attire you saw him in, but the photograph was taken during a shift in the holographic reality as his consciousness merged with another time continuum at the moment that the photograph was taken. In other words, in your linear time system of belief, he was not physically in the place that you saw him, but his consciousness was. At the moment his image was captured, his consciousness had returned to the other reality, living a current probability reality that he created with his active daydreaming. The reason that you were able to see this with your naked eye is because you merged with that probability reality, which also existed due to the fact that his physical body has also created this by walking in the same space-time before so that it was, in essence, a manifested shadow-memory.”

“What this young man was not even aware of is that he is the embodiment of himself in another time continuum who walked that very path in similar clothing in another incarnation. His connection with this other aspect of himself is so strong, that without realizing it, he shifted timelines and merged with this past self, in the same consciousness. In that moment, he was not aware that he was a young man in the year 2017, but he was living the reality of a past life in the year 1859. In addition to this lesson, it was further exemplified when you checked back to view the photo later in the evening and it was gone. The file folder created, the sent records, and the original on the camera no longer existed. This was because the young man shifted back into another probability reality timeline that did not include your own in the consensus.”

“This young man is also one of the new humans we talked about which is why he is able to access these core memories and multiple realities within conscious meditative states with such ease. Now that it has been brought to your awareness, you will notice more of these people seemingly living in a “fantasy land” as your people so often call it, but it is actually a much more grounded connection to the Divine. Your current paradigm of control, greed, and separation is the actual fantasy; it only exists in the minds of those who believe it. Your thoughts and feelings create your reality and you have free will and choice in what you allow your reality to be. Will your apple be green, red, or yellow? Will it be soft or crunchy, worm or no worm, made into apple sauce or cider? You decide.”

Chapter 6

By Kelly Lapsertis

Since publishing the last message from Sa'nah-tah-re'll online, many people have given praises and support for the knowledge shared as well as to Sa'nah'tah-re'll. Many have expressed that they can feel his fun and loving energy as they read his message and they appreciate the light-hearted energy felt in the lesson as it's easier for them to grasp the concept that way. It is wonderful to hear affirmations of what I am feeling as well. In addition to the positive comments from regular connections, it seems that chapter reached a broad new audience from all over the world. Viewing the online statistics and comments from strangers, this message has reached tens of thousands of people around the world from The Americas, Africa, Asia, Europe, Russia, and the Middle East, many of which have not shown an interest in this topic before now or at least had not found these messages from our Sasquatch and Star Elders prior.

Sa'nah-tah-re'll tells me that part of the reason that his last message in particular is drawing in many more souls to find and learn this Truth. He has been chosen as I have to be a participant in this project, largely due to his light-heartedness and experience working with human consciousness to deliver messages in a way that reaches directly to our heart centers. He uses laughter and joy as teaching tools, just like many human teachers might use as they have discovered that children learn best when they are having fun. He says that many feel a closer connection to him because they are aligning more with the density level he is at (5.6) and also because he has more human counterparts and qualities than other Sasquatch Elders. He is an Ancient One, meaning a newer race than the original sasquatch people, like Kamoo. Sa'nah-tah-re'll is both sasquatch and homo sapien which is more easily relatable for many humans because they can feel their recent connections with his race. He is very happy to see the impact that this message has had on so many and he continues to be in service for the greatest good of humanity.

Tonight, I sit in front of a warm fire as Sa'nah-tah-re'll and Kamoo together join me to deliver messages of shamanic ways of healing that we can all practice for a greater way of life benefiting all beings.

“Good evening Little Sister. It is an honor to connect and share with you at this time. It is apparent to you and humanity that there is serious imbalance and dis-ease within your race and home planet. The history of human consciousness has always been a battle of Love and Fear, but you are learning that you create your reality through your consciousness and experiences. Many more of your people are awakening to this truth and walking between the worlds of matter and energy, and those that apply this wisdom towards developing themselves into a way that is in service to others are true healers of humanity.”

“Many ancient civilizations from around the world have carried, mostly through oral traditions, great wisdom taught to them from our Star Elders. This wisdom included healing practices,

ceremonies, rites of passage, and other ancient teachings that existed before the human race, which have been kept to this day. Your people that choose to practice and help others integrate this ancient wisdom are often called Shamans, Witches, Sorcerers, Medicine Men and Women, and Healers. Sometimes the descriptions carry a negative connotation from selfish energies that wish to instill the idea of fear or evil to such sacred practices. For purposes of this transmission, we will refer to them as Healers and the practice of Shamanism.”

“Healers are not to be exalted for having special powers over any other person, but they are teachers just like every member of the human race. These Shamans are not always human either, my people and many races of Star Elders are considered great healers as well and we are here to assist humanity in re-remembering. Healers practice being in service to others and stewards to nature and all life on Earth. Healers and Shamans are souls who dream their world into being by applying their energy and senses towards the reality they choose to create; like many of you that read these words.”

“You already know that you attract towards yourself whatever vibrations that you put out, but many of your people have forgotten that this applies to healing themselves as well. It takes effort to heal and create peace within yourself; for you cannot live in a world of peace if there is conflict inside you. To practice shamanism successfully, one must stop looking for the Truth and instead bring Truth to every experience. An example is someone who is looking for the ideal mate, but they must first BECOME the ideal mate for the right person to find them. Shamans bring meaning to every encounter to bring holistic healing and balance of all Bodies.”

“Healing is much more than eliminating symptoms or curing, which are very different definitions; cures seldom result in healing. Healing works on four levels: the bodies of Soul (spirit), Energy (etheric), Mind (mental), and Body (physical). Everyone has seen evidence of people that have been cured but not healed, especially if they do not eliminate life stressors or change their lifestyle or belief system that does not allow for growth. Generally unwanted symptoms will return months or years later if one does not flush and cleanse the ideals of old traditions or habits within these four bodies. Modern Western medicine focuses on curing symptoms through warfare by encouraging terms such as battle or fight for health. Holistic shamanic healing assists souls in a transformation process to heal from the source of the dis-ease to ensure that it does not return.”

“Healing is interdimensional and non-linear as well; one has the ability to see their Light Body outside of space and time to a place that has never known any kind of illness. Your Light Body is also referred to as your Aura, a luminous field that surrounds your physical body with imprints in your Energy Field ranging from emotions, to early life or past-life trauma and environmental conditions. Your Light Body is often the source of dis-ease and dis-harmony at the core level. Humans are born with imprints of former existences that often determine personality traits, fears, and genetics in future existences.”

“In many cases of dis-ease or illness of the physical body, it is often due to the person allowing something to determine their Fate. Fate is the idea that someone or something else

is responsible for your destiny due to circumstance such as culture, status, gender, genetics, or traumas. Fate only exists if you believe and allow it, but you are the author of your own Destiny. Healers practicing shamanism assist in removing these imprints in the Light Body and recalibrating it so that it is free of karmas and aligned with all four levels of Soul, Energy, Mind, and Body in balance.”

“Healing is like a nurturing art; it takes love, time, and practice to be successful. All souls have free will of choice and intent and the ability to manifest their desires. Experienced Shamans can assist by working with the Light Bodies and energy fields of others by teaching methods of holistic healing within the four bodies to keep them clear of traumatic imprints so that vital health can be restored. Life significantly improves on all levels when you remove dis-ease, karma, emotional baggage from past experiences, addictions, and conditioning. These are best to deal with as preventative strategies and may be more of a challenge to heal from the level of dis-ease. In other words, prevent the cancer rather than waiting for the cancer to form to deal with it later.”

“We will not share all of the methods that can be used to assist in holistic healing as there would be too many to mention, and it is wisdom that is attained at the time it is needed for that soul. Spiritual matters must be experienced to be understood. Shamanism and healing of Light Bodies has been practiced in many cultures for millions of years and they all have their unique traditions of healing for different imbalances. Many of you are already connected with great Healers who practice the use of reiki (energy healing), natural healing with herbs and whole foods, crystals and other healing devices, sonics and harmonics, color and light therapy, visual aids and patterns such as sacred geometry, numerology, and the power of intention. All of these methods allow for spiritual growth and healing your DNA and Light Body as you move through higher levels of consciousness. You may seek out one of these Sages for assistance and lessons to apply them for yourself, but you must first discover the source of the dis-ease, remember who you are, and desire positive change with every facet of your being.”

“It is no easy task to see outside of the conditions and traditions that keep you in a comfort zone; it will often bring about feelings of fear and denial. Many people are not living in their own truth because they do not want to see themselves as needing improvement in some areas. Some examples of this are a person suffering from diabetes who continues to consume sugar, an addiction that you know is unhealthy but are unwilling to change, or the idea that you are not capable or worthy of transcending the current mindset like a culture that is told repeatedly that they are less-than to a point that they actually believe that other humans hold a higher order over them. Although this higher awareness and truth may be unpleasant to those who “fight” it, awareness is actually a divine blessing that provides the opportunity to change. If you didn’t know about it, how could you act on it?”

“Your people are conditioned to think that time is running out due mainly to your linear timeline beliefs, short life spans, and the illusion of responsibilities towards things that do not concern you. The good news is that as long as you incarnate, you are given opportunities to

learn, heal, and evolve; there is no time limit. You are the storyteller and will always be able to write and re-write your script of experiences. Despite negative patterns, beliefs, or genetic traits, you can always change your habits and re-code your DNA and Light Body to no longer allow negative imprints to affect your energy field. Having the awareness that we are on a great spiritual journey to self-discovery and healing is the first step in balancing the bodies to allow ascension of our consciousness.”

“If you are reading this and desire to learn more or connect with a teacher to assist you in your own healing, set an intention that the materials or person has already manifested itself in your life. Give thanks for the lessons as if you already know them and to the Universe for providing you with the tools you needed at just the right time. Those who seek wisdom will surely find it.”

“Thank you all for your desire to change yourselves and evolve your consciousness and raise your vibrations for the greatest good of all life. This message was important and quite serious, but I have not forgotten to incorporate the playfulness into these lessons. As an example of what we shared today, I would like to leave you with some wisdom regarding delicious apples, my favorite.”

“Do you know how amazing apples really are? You have all heard the phrase, “an apple a day keeps the doctor away,” but you may not realize how true that statement really is. Apples are what you call a superfood that has the ability to heal the body in many ways. The consumption of apples has been proven through many biomedical studies to heal several kinds of cancers like liver, breast, stomach, esophagus, and many other types of dis-eases and imbalances within the physical body.”

“Apples remove radiation and effects from nuclear exposure and heavy metals as well. They cleanse the body through detoxification and remove carcinogens and aid in healing various illnesses that humans experience such as removing plaque from arteries, weight loss, infections, skin conditions, brain-wave activity and cognition, diarrhea, tooth decay, tumors, influenza and other viruses. Apples even contain vitamins that promotes hair growth, not that I need any help with that! There are so many other healing aspects of the apple, not to mention the incredible benefits of apple cider vinegar. The list of healing properties for the cider is even more extensive, creating miraculous results to those who use it in various ways.”

“The next time you crunch into a tasty apple, use it in recipes, drink its juice, or use its fermented cider for the many benefits it offers, give gratitude to these beautiful beings and Mother Earth for providing them for us in such great abundance. Allow the experience of the fruit to be enjoyed and savor the Now Moment with this precious gift. You will find that you can connect with these beings on a level never imagined, merging with the vital energy of the fruit and becoming One with it, the tree and land it grew on, and the animals and people that

feasted on the same apple tree as you, and the care keepers of the growth of the plant that allows it to provide for us year after year.”

“And to close on a light note with a human phrase: How do you like them apples?”



Chapter 7

By Kelly Lapsertis

Since Sa'nah-tah-re'll is so fond of apples, I decided yesterday to pick one off of the tree for myself to enjoy. I noticed that all of the fallen apples beneath the tree were gone when there was at least thirty of them on the ground the day before. In place of the missing apples there were several large piles of fresh scat from an unidentified creature. There are deer pellets all over as well but this was significantly different and did not match any known animal that would have access to this property; I speculated that it might be bear but they are not around here, and if one was, it would not have made it to this tree. To me, it really looked like human feces in shape and color except that it was very unlikely that someone squatted several times around the tree to relieve themselves. I really knew all along that it must have been left by the sasquatch, but I had to try to properly debunk it first. As soon as I acknowledged who it belonged to, it was confirmed by an interdimensional elder by the name of Beh'nor-ah-tah.

Beh'nor-ah-tah introduced himself as kin to Sa'nah-tah-re'll and explained that he is one of the other two Elders that would be contributing to the messages that I will transcribe. I was aware of the presence of three other Elders, including Kamooh and Sa'nah-ah-tah-re'll and an unknown being, but this was an opportunity for a one-on-one meeting with Beh'nor-ah-tah while others observed. I could sense that he was open to conversation and looked forward to the back-and-forth exchange.

When he initially gave me his name, the last part of it kept changing and shifting as I was trying to understand it. The way I perceive names, it is usually given to me by "seeing" the letters with my third eye vision rather than hearing the name. At first, his name was Beh'nor-ah-tril, then the "tril" changed to "thor," then again changed to "thur," and finally settled on "tah," which I will use for purposes of this message. I asked him why his name kept changing and this was his response:

"My name changes for you because your consciousness is active in multiple dimensions. It also changes due to the impact it has on your energy field and the feelings that are experienced with each sound as well as the intention behind it. Tril represents a number, Thor represents power, Thur represents time, and Tah represents ancient teachings. Each sound has different energetic meanings."

"Every soul has an assigned constant name (vibration) that is considered a "secret" except for on the personal soul level – it is the name given at the time of original creation reflecting your connection to Source. This name is not secret to your Higher Self, but it is intentionally removed from your memory for purposes of protection. If another soul learns this original name from Source, they can use it to control and manipulate the being by using his/her name in different ways. The names that interdimensional beings give to your people to

identify them are like nicknames that match the frequency and vibration of the person it is given to. Much like how someone by the name of James might use that name or identify with different people with various names such as Jamey, Jim, Jimmy, Jimbo, or another nickname altogether.”

I then asked Beh'nor-ah-tah how the sasquatch could eat a physical apple and make physical scat if they themselves are not in the physical realm. His response was:

“We are able to do this for two main reasons. The phenomenon of making physical impressions in your realm is due to our ability to mask, or as your people often call it; cloaking. When we mask ourselves, we are still fully physical on the Earth plane, it is the bending of light that allows us to go undetected. In this masked state, we are still solid matter, so if you should bump into one of us, it would be felt.”

“The other phenomenon is the ability to change our frequency so that we are vibrating on a different scale than what your eyes are able to see. When we do this, we exist in a parallel dimension beside yours, so while you may not see us because of unaligned frequencies, you can still feel evidences of our existence. We can affect things in your physical realm like the breeze that comes through an enclosed area. We are not able to affect physical matter in other frequencies though because it is necessary to vibrate at the rate of the physical object to affect it physically. One must be of the same vibration of the apple in order to eat it. For safety, my people often toggle in and out of these states while in the 3D realm. We are able to sense energies and anticipate potential danger, so we can quickly shift all or part of our bodies into a higher dimension to go undetected.”

“These interdimensional abilities must be taught to us when we are young, with the exception of a rare few. This is why our youth are more susceptible to danger in your world and require extra protection; they have not yet mastered their psychic or interdimensional abilities. When we teach our young these lessons, it allows this dormant DNA to be activated. Just like with humans, just hearing a spiritual concept often awakens hidden knowledge within. You need only to have the confidence and knowingness of its existence.”

I recently read an article online claiming that the men who filmed the infamous footage of a sasquatch on October 20, 1967 in Bluff Creek, CA, referred to as Patty, had a more sinister story behind the film. The article claimed that Patty had a baby and that when she left it alone for a moment, the child was killed by the men and used as bait to lure Patty back to be filmed. I asked Beh'nor-ah-tah if this was truth or not. He replied:

“This story of Patty’s baby is not a truth in this reality. The Council of Star Elders met and discussed ideas of showing tangible proof of the existence of my people to your human people as a means of activating the knowingness of the connection between our races. The reason that this footage is so clear and able to be studied above any other evidences is no coincidence – it was allowed to occur and Patty graciously accepted to participate even though she was aware of the energetic and empathic results that she would feel. Patty was indeed a new mother at that time, as you can see from her milk-filled breasts, but her child

was kept in safe-keeping during that moment, and there were many assurances in place to be certain that the situation unfolded safely for all. Our Star Elders would not allow this kind of exposure during that time without their blessing and protection. If the film was not intentional, it would not be clear at this frequency, but would be a blur like so many other photos of our people. However, as we have talked about probability realities before, because thought and energy was given to this story, it does exist in another probability reality.”

“All souls have the ability to arrange to have the effects of an event to occur in another probability reality of consensus ideas so that it does not have the impact in your local reality as it would in the other. In other words, you have the choice to allow events to affect your world and life. This is reflected also in today’s current events and the increase of awareness of parallel existences and timeline overlaps.”

“You often hear of one of your well-known people that has crossed over from this realm, but it is not always true in your local reality. But in another probability reality, it is true, much like how so many of your people were sure that Nelson Mandela died many years before he did in the consensus reality, even though another consensus reality existed at the same time. Hence the term “Mandela Effect.”

After this channeling, I took a short break to take a walk for some fresh air. During my walk, I could feel the presence of many Sasquatch and Star Elders with me. In a message from a source of collective consciousness from many beings, it was communicated to me that a grouping of Overseers would like to work with us as a shift in density level takes place. The Overseers help to guide the completion of the event that will occur by supplementing certain alignments of thought patterns and awareness such as allowing the unfolding of some causal events to occur in cooperation with any entities, such as other planets, that are undergoing density shifts.

This grouping of Overseers suggested that it was Divine Timing in that moment to realign myself as well as the three forest people present together to the Cosmic Pulse which is likened to the Heartbeat of the Multiverse. The entire Cosmos pulses and fluctuates within different densities, all for different reasons. These fluctuations can easily be felt and measured by scientists, such as solar flare eruptions, spiritual activations, and catalysts that affect frequencies, behaviors, thought forms, and even cosmically aligned events. Calibrating with this Cosmic Pulse will allow our Light Bodies to easily flow in and out of these density fluctuations rather than becoming agitated and responding in a way that is not in alignment with this natural heartbeat.

As this was explained to me, Sa’nah’tah-re’ll, Beh’nor-ah-tah, and a female Sasquatch gathered around me and we stood in a circle, holding hands. This occurred in a higher dimension, so while they were not physically visible to me, I could perceive what they looked like, their energy, and how their hands felt in mine. I greeted them and stated my excitement for this occasion.

Collectively, they stated:

"Yes, we are here. Sa'nah-tah-re'll, Beh'nor-ah-tah, and Naen'silah accompanied by Great Grandfather Kamooh. It is an honor to connect with you in this alignment with the Cosmic Pulse."

As this was said, I could feel my body responding to this shift. I temporarily felt dizzy, out of body, and my senses were so on-edge that it was uncomfortable and difficult for me to express or relate how I was even feeling. The ground seemed to move far from my feet and my mind was hyperactive in trying to understand what I was experiencing.

The three forest people said to me collectively:

"It is a different sensation of heightened awareness and senses, causing the feeling of Oneness yet encourages Self exploration of aspects not yet discovered. We were chosen to undergo this transformation today so that we were all re-born at the same time, strengthening our bond between cosmic siblings. The re-birth and alignment with the Cosmos will further allow activations of ancient teachings and Divine connections."

"The physical sensations of this alignment are very intense and demanding of the physical body for a moment in time. You brought a piece of Bloodstone with you today, a last second epiphany suggested that you bring it. Hold it in your left palm and let it absorb these energies to realign and balance your frequency. As you do this, you will feel the same sensations as the stone. Imagine a ray or beam of light connecting your energy with this stone with us, with plants and animals (and apples) that surround you. This ray of light works as a beacon or portal connecting these energies and realities. By following the projected path of the light beam, you can also observe multiple probability realities that exist within this connection. From this space, you easily create the reality that you choose to experience."

The realignment only took about a minute or two but it had lasting effects that prompted me to sit down and drink some water to re-balance myself. Within 20 minutes, I felt normal again but was aware of the change; I do indeed feel more aligned with the reality of Oneness and also have a deeper understanding of my own Divine Self.

Chapter 8

By Kelly Lapsertis

As our planet and human consciousness continues to go through dynamic shifts, many of you are feeling or noticing the separation between these different dimensions. There is much hostility and new belief systems emerging daily to support the polarity between many schools of thought. People are dividing themselves based on their false ideas of ego and what is “right” or “wrong” to them. You see this in every aspect of life now from religion, politics, genders, laws, medicine, and even the existence of other life forms.

It is important as humans to have an understanding of what the Ego is and what it is not since this is the force that is most often blamed for the imbalance of energies. Elder Kamoooh as well as a Sasquatch Shamaness named Suni, whom is the first Sasquatch that I ever encountered on a conscious and telepathic level, have shared messages about the topic of Ego so that we may begin to understand how to transcend this in our minds. Collectively, Kamoooh and Suni say:

“The ego is caused by a false sense of beliefs but it is neither negative nor positive; it is the mind that determines the affects it has to Self. The Ego is a survival mechanism based on Fear, and always starts from the beginning of life on Earth, and it is elicited by those who raise a child from infancy. When a parent or caregiver raises a child, their first priority is often to safeguard that child from any kind of physical harm or danger that may come to them. Whether the caregiver is aware of it or not, they use a strategy to induce fear into the child under the aegis of looking out for their safety. They will use phrases such as “Don’t run into the street or you’ll be hit by a car” or “Don’t touch that hot stove or you will get burned. This evokes an automatic fear response in the child.”

“These type of fear-elicited responses carry over into adolescence and adulthood. Because of this, an adult always reverts to the childhood conditioning through fear when placed in certain situations. The act of responding to this fear produces the negative thoughts creating a negative ego. The end result is the outward appearance of aggressive attitudes or feelings of being better-than or less-than someone else. The hard-wired survival mechanism induced in childhood comes to the forefront when any perceived threat is felt, thus there occurs an over-compensation to mask that fear that is being felt in the moment.”

“The word ego means “I” which is expressed by a sense of self-worth or self-importance and is interpreted often as arrogance in humans. Feelings of Self-esteem, respect, image, confidence, etc. is a dynamic part of every personality and is the cause for most “drama” that is experienced. Negative fear responses can be felt through emotions like anger, jealousy, insecurity, the need to be “right,” or feelings of worthlessness or being unloved. However, as stated, the Ego is not a negative entity in itself because positive beliefs also reside within the ego. It is possible to feel confident without being arrogant and humble without being insecure. Ego is simply just how the mind identifies itself interpreted through thoughts of belief.”

“Conditioning from childhood can be manifested in many different ways. For example, an individual with a poor self-image may recompense in various ways that are fear-induced and thus ego-driven. Some examples of results from negative egotistical emotions are anger, jealousy, judgments against others or self, feeling betrayed or victimized, or the idea that rewards should be given for good deeds. These thoughts create emotional blockages and will cause people to not be able to relate or understand this truth.”

“You will notice that my people always refer to ourselves as “we” and don’t identify the source of thoughts or ideas as coming from one individual mind. This is because all consciousness is connected, divine truth and wisdom is constant and resides within all things, so there is not an individual that can take credit for such ideas. Your ego tries to convince the Self of grand illusions such as that you are solid matter restricted to a body, or that time and space are linear, or that everything is separate rather than part of the Whole. We share this knowledge about ego with you today because having awareness is the first step in changing an ideology or reality.”

“In order to be a clear channel of truth, one must overcome all aspects of the Ego because ego and desire can block Divine Truth. The Ego wants to be in control rather than allowing the self to serve Spirit. Most humans are unaware of this and think that the ego comes from themselves rather than from their belief system, so they feel guilt and shame for their responses. It is not a quick and easy task to extinguish the ego, but it can be worked on with each ego-driven situation that arises. By using discernment, you can learn to recognize these situations and detach from these thoughts so that your subconscious can eventually become neutral and no longer effect your consciousness in a negative way. As we have said before, if you change yourself and your thoughts, the whole world around you changes.”

“The best way to practice the detachment from these distorted ideals is to disentangle yourself from beliefs that support the negative ego, release limiting belief systems, and separate from the false sense of ego that has taken years to develop. When you feel that your own emotions are contradicting one another, then that is a sign that your ideas are ego-driven, for the Authentic Self does not negate itself. This takes a lifetime of practice to transcend egotistical qualities, but it should be looked at as taking delicate care of oneself; what more do you have to live for than to lead a happy, fulfilling, and peaceful life? As long as it took to learn these conditioned beliefs, likewise, it takes a long time to unlearn them.

Like growing a plant takes great care and commitment by pruning it, giving it the appropriate amount of food, water, sunshine, and air, eventually, it becomes an unconscious effort and you will be able to benefit from the fruits of your labor.”

“In order for your personal and collective human consciousness to evolve into peaceful and respectful relations with all kingdoms of life, your people must change the core beliefs that cause the controversy. Disconnect from the emotional responses and criticism that you have of yourself and of other people, events, organizations, and systems of belief. But rather than to tell you to stop your thoughts, we would like to encourage you to take some actions that can help release these conditionings.”

“There are many ways that one can disconnect from false belief systems. From our observations, we find that your people learn easiest when there is some kind of tangible, physical experience to relate to when it comes to spiritual matters. Although spirit does not require a solid form or proof of existence, we will share a practice that you can apply to see and feel the effects of your intentions to release the ego.”

“We always suggest connecting through Nature for spiritual lessons because these energies support the deepest connection with your Soul Self and the natural Earth elements from which you were created from. You ARE a part of the water, trees, stones, berries, wind, and fauna, and the perceived disconnection from nature is the main cause of fear, stress, and depression among your people.”

“So for this lesson, we suggest finding a quiet, wooded location and bringing a notebook and pen along for taking notes. As with all spiritual practices, it is best if not rushed or filled with expectations. Take a walk or find a place to sit in a meditative state in these woods and reflect upon the conditioning that may have created the ego self. You will contemplate four ideals of thought which can be represented as the four directions or the four elements or the four seasons.”

“Ask yourself what kind of negative conditioning you may have been subjected to through childhood elders such as parents and teachers. What kind of experiences from your youth do you feel you blame for having an adverse influence on you? Anything that comes to mind, write down in your notebook by assigning a name or identity to it. If you choose, you can also find a natural element in your surroundings to represent these conditioned beliefs such as a leaf, branch, rock or anything you feel is an adequate portrayal of this idea. Please be mindful to be respectful of Nature and to select only items that cannot be damaged or disturbed from their natural state.”

“Next, think about your desires or aspirations that you have had throughout your life regarding personal situations such as relationships, career, or a preferred environment that have not come to fruition. What is the cause or obstruction that did not allow these dreams to

manifest in your life? Again, assign a name and write it down or select a different natural element in your environment to represent this ideal.”

“Now consider the conditions that have hindered you physically from creating the material world you desire. Is it an injury or illness? Is it money or lack of support from a loved one? What is limiting you from allowing yourself to make positive change in your life? Assign a name to these conditions and again, write it down or collect another object to portray this thought.”

“Lastly, it is time to face your own conditioned fears. Look deep within and examine the thought forms that you know now to be deceptive. What perceived limitations have you imposed upon yourself to sabotage your own happiness? What false belief systems did you subscribe to that does not allow you to be at peace? Identify it and write it down or select another item from nature that best describes this idea.”

“Take as much time as needed to ponder these thoughts and enjoy your connection with all that is. Once you feel satisfied that you have represented the source of ego-driven thoughts, you may return to your favorite personal space to complete the rest of this exercise. This might be your alter at home, your vehicle, or the place that you feel most comfortable being yourself without interruption or judgment from others. From this place of solitude, it is time to face your fears; approach it with an attitude of satisfaction and self-achievement rather than a fearful situation in itself.”

“Realize that the conditioned fears you face are not real; they exist only within your mind. Most of the time, the fearful situation has never even occurred, it is only an emotional trauma that you have assigned to an imaginary situation that does not exist. So what are your fears? Are you afraid of losing friends? Losing money? Disappointing someone? Fear of excess or repetition? Identify and acknowledge those fears and write down anything else with your previous notes that may come up with these perceptions. If you choose to collect items in your environment, work with these elements by creating a structure or effigy. Envision the words that you form or actions that you take in your creation to work these fears and negative conditions out of your body and life. They no longer serve you and it is time to release them.”

“Now recognize the source of those fear-induced ideas and forgive them. Was it something that someone did or did not do to you? Was it an idea that was imposed upon you? Forgiving releases any hold that the person or belief may still have on you. You may write this down as well or you may also choose to visualize these beliefs being cleared and removed from your energy body. You must also forgive yourself and let go of the beliefs that bind you. You may want to draw a picture of the disconnection of these conditions over you, seeing yourself revived and exhilarated with a fresh new perspective on life. You can also visualize cutting the chord that connects you to these beliefs and the fear dissipating in the wind.”

“It is time to finalize this transformation by watching these ideas and fears you have represented on paper or in an effigy by observing their transmutation into positive lessons and opportunities. Now you have the power to overcome these false ideas and allow a new strength and wisdom to take its place. In a safe environment, you can take this paper or structure that you carefully created for your personal relevance, and burn it in a releasing ceremony. As you ignite the representation of your conditioning, watch with awareness that all of these fears are going through metamorphoses and changing into positive aspirations. The fears and conditioning that you have carried throughout your life have now evaporated and are removed from your energy bodies. You have now returned to a state of self-awareness and unconditional love where your Ego is once again supporting your intentions to serve the highest good for all life.”

Chapter 9

By Kelly Lapsertis

It has been nearly a month since I have last sat down to transcribe messages from the Sasquatch People. Much has happened within this time, many new adventures, discoveries, and experiences to learn and benefit from. While I have been taking a break to handle 3D affairs, my co-authors of this book and others have been busy transcribing messages from Sasquatch Elders, inspiring others with Universal Wisdom.

Two weeks ago, Kewaunee and I drove to British Columbia, Canada to meet with SunBôw for the first international extension of the Psychic Sasquatch Spiritual Gathering for a one day conference with locals in Slocan, BC. We were greeted with many friendly, open-minded people who are all doing great things for the betterment of humanity and to raise collective consciousness and made many great connections. Our elders joined us and rejoice that we take continued action to share their messages.

SunBôw has connected with a self-proclaimed old white hermit Sasquatch elder named Limptbataook in the British Columbia area. He has also given messages to be transcribed for this publication (chapter 29), with his direct and unique style that is not viewed as being very diplomatic. SunBôw's contribution of messages from the Elders are found in Chapters 28-30 of this book.

After reading and connecting with Limptbataook myself, and having been given a stern lesson from him, I am ready to transcribe the next chapter of wisdom from our elders.

Kamoooh says:

“So I see that you have met my grumpy cousin, Limptbataook. I will not apologize for his abrasiveness, but it seems that he took a liking to you anyhow. Even in his stubborn and reclusive ways, you can see that he brings wisdom and understanding in his messages. You have learned that opinions and judgments from others do not concern you and have no

effect on your beliefs and emotions unless they allow you to. By the way, I like your sparkly rainbow traits even if he says he does not.”

“As you have been anticipating, we would like to share knowledge regarding dreams and the Dream Realm as there is much to share on this topic. For this lesson, I invite Sa’nah-tah-re’ll’s sister Naen-silah to complete this transmission as she is adept to Dream Walking and Dream Weaving.”

“Greetings, dear one. It is an honor to connect with you now. You have felt my presence since the time of our simultaneous integration with the Cosmic Pulse along with my brothers Sa’nah-tah-re’ll and Beh-nor-ah-tah, but have not yet connected in this way. I look forward to this opportunity to share this knowledge and interact with a human with a kindred spirit.”

“As you know, dreams have been a powerful source of wisdom in your personal life. You have successfully followed this inner knowing by following your dreams which is not a metaphor as so many of your people assume. Dreams are teachers and guides for your own Self and Soul development. Dreams are tools to access the subconscious and they allow one to learn and grow through self-awareness, which when combined with conscious alignment, will cause dreams to become your reality.”

“I have walked within your dreams and observed the teachings that many Star and Sasquatch Elders have influenced as well. Although you have a deep knowing within your heart and soul about who you are, we have helped to influence your dreams so that there is no doubt as to your path and the conscious constructive action to take to manifest your highest purpose in life.”

“For example, when you first dreamt of Kewaunee, it was simple yet profound enough to make an impact on your consciousness and caused you to take action because you felt it resonate so deeply within your heart. In the dream, you were standing, waiting for an unknown person next to a cave entrance in the middle of the forest. From out of the cave, stepped a man with a white ponytail and a deep voice that said only “Kelly.” It took you by surprise and you wondered where this person came from and how he knew your name. He told you to follow him, that he had something to show you, and without hesitation, you followed him into the dark abyss of this unknown cave without question as to why you were following, who you were following, or any concept of potential danger. This is where the dream ended, and you woke up out of your slumber knowing that this dream was real, not a fantasy, because it had such a profound impact on you. You realized that your conscious self would never follow a stranger into a dark cave, but you also felt this heart-song and knowing that this dream symbolized something much bigger, and the emotions you felt at this awareness was liberating.”

“Because this dream was so significant to you, you began reading Kewaunee’s second book, *The Sasquatch People and their Interdimensional Connection*, and connected with him by

telephone which also seemed guided to you. Once you learned the truth about who my people are, that we are spiritual, interdimensional, psychic elder brothers of your human race, you knew that you this knowledge was the beginning of your true life's purpose. It resonated so deeply and the universe as well as my people were so overjoyed with your realization that we continued to support your path in amazing ways, ways that you perceived to be miracles in front of your eyes."

"As you continued on your spiritual path of truth seeking, another mighty dream occurred featuring you and Kewaunee once your consciousness was ready to accept and allow your pre-destined life to unfold. In this dream, you found yourself in unfamiliar deep woods, lost and injured with no sense of direction or even where you were going. You came upon a cabin and before you could connect your knuckles to the door to knock, Kewaunee answered and brought you in to warm up. He dressed your wounds, made you hot tea, and then you laid down on his couch to rest when you entered another dream – a dream within a dream."

"In this second dream within the first dream, you were a weightless being of light, soaring through the cosmos with no direction and having fun with your new-found ability to fly. Your senses were in hyper-drive, sights, sounds, colors, and feelings that you have never felt in your body before. From behind you, an angel approached and wrapped his wing around you and guided you through the solar system and many wondrous galaxies as he gave you a cosmic tour. You could feel the intense energy, the beautiful song of the stars and hear faint drum beats, perceive colors and lights that do not exist on earth, but mostly, you felt this strong connection with this angel and his unconditional love for you. When you looked at your lovely angel guide's face, you saw the bright smile of Kewaunee and could see every detail of him, his aura and brilliant feathery wings, and you shared many concepts and thoughts with each other through mental telepathy, without ever using words."

"You continued to soar together throughout the Universe, wrapped in love and divinity with the feeling of oneness. You felt the sound of the music was much more beautiful than the sound that a voice or instrument could make; that is because it was a song that the Universe was playing just for you, for this occasion. In the dream, you could both sense the meaning and message behind the music. As you acknowledged this together, you joined together in Unity with a mutual feeling of unconditional love, respect, and remembrance of one another and all of your soul interactions. You felt nothing but the Love and the Oneness shared, and the brilliant emotions and senses from the experience."

"Within this dream, or rather, this astral body encounter, you can recall thinking that this must be heaven and hoping that you would not have to return to your physical body so that the feeling would last forever. Immediately after this thought, the colorful lights started to fade, the flying sensation subsided, and you awoke from your dream within the dream and was back on Kewaunee's couch in his cabin. When you opened your eyes, he was sitting beside you, and so you looked up at him to tell him about your amazing journey, but instead he

grinned at you and without speaking, he told you that you did not have to explain because he was there and felt it all too, and you could see this truth within his eyes.”

“From your position on his couch, you could see a hairy man standing in his kitchen. He appeared to be about 8 feet tall with rust colored hair, and he was drinking from a mug which took you by surprise. He looked at both of you on the couch and said, *‘Now you both see. Your souls are one and your music is magic.’* As you arose from the couch to approach the sasquatch in the kitchen for a hug, you awoke into conscious reality. The dreams were so real and life-like to you that it left you with no doubt that you had truly experienced this beautiful journey. Little did you know at the time that this was just the beginning of new spiritual adventures.”

“Just days later, you encountered this same sasquatch/human hybrid in your waking conscious state while meditating in the woods. He told you that his name was George, because his mother liked the name, and that he was your guide and brother that has been with you since birth. Since reconnecting with him, he has helped lead you on your path to wisdom and understanding, using trust and truth to pilot you on your learning journey. He as well as Suni were the main ancestors acting as beacons of light to assist you in your passage to divine soul connections.”

“These were just two personal examples of times when your dreams became your reality because of the consciousness that you applied to these experiences, but as you know, you have encountered many more.”

“While the majority of humans do not understand the significance of dreams, several ancient cultures still have deep faith and beliefs in their dreams and the symbolism within them. Many believed that the sacred knowledge of Earth and the Multiverse could be accessed through dreams because the dream world has no limits on space, time, and possibilities as our waking conscious world does. These wisdom keepers are aware that ancestral spirit guides would Dream Walk to establish relationships with the living. Many times, these ancestors shapeshift within the dream once the connection has been made or the message delivered as many of you have experienced in dreams where a character changes to a different one or an animal or object suddenly becomes something else.”

“Some dreams appear as images, concepts, or symbolisms that reveal truths through sequence. To find the meaning of a dream, you must look at the series of events that occurs and not just one aspect or feeling from that dream. To dream of a lion means nothing to the subconscious, but the conditions upon which you met the lion, how it made you feel, the interactions between both, how you reacted or responded to it, even what color or what it may have been wearing combined all determine the truth subconscious meaning of the dream.”

“Dreams portray subconscious aspects of your Higher Self, usually aspects that you are not aware of consciously which is why your Higher Self attempts to teach you through your subconscious mind. Dreams teach through experienced emotions from every perspective, mostly through fear which is the root of all emotions that we must learn to overcome. Dreams are emotional attractions, providing wisdom of your feelings so that you have the awareness to break the cycle of recurring themes within dreams and to break the karmic rhythm of fear-based beliefs and emotions.”

“As stated before, dreams teach through the emotions that are experienced by speaking to your unconscious mind. For example, to dream that you are locked away in a prison may represent your feelings of having limitations or a lack of freedom; or to dream that you are unseen, unheard, and ignored may represent suppressed feelings of insignificance or unworthiness.”

“Dreams cause us to feel emotions such as fright, inspiration, distrust, confusion, love, pain, and so on, and this cycle of feelings will continue until those feelings are confronted. Dreams reveal truths by showing us multiple projections of the astral body, like how light does when it is filtered through a prism; it allows you to see limitless fragments of your Self.”

“Dream emotions are based in fear, experienced often through karma, but once they are recognized, you can shift this Samsāra loop into balance and empower yourself with positive emotions when applied to your waking conscious state. You can do this by surrendering to the wisdom within your emotions and work with your memory to increase dream recall by keeping a dream journal and revisiting it often.”

“Sometimes, some elders, ancestors, and evolved souls will also assist in weaving the experiences throughout your dreams for highest chance of remembrance and activation of memories through brain wave frequencies. I, Naen-Silah am one who often walks into high consciousness dreams to bring inspiration and download codes found within your DNA. These activations often come in the form of music, sacred geometry, numerology, vibration, frequencies, light language, or even certain words or symbols like animals.”

“Brain wave frequencies are states of consciousness awareness. You are most familiar with Beta brainwave frequencies which is where most human’s waking consciousness resides and where most thoughts and problem-solving ideas come from. Alpha brainwave frequencies are more common while in meditative states, during times of quiet and relaxation where your knowledge of being in the moment is most profound. Delta waves delay mental awareness but is the source of emotion and empathy and is common while in states of deep, usually dreamless, sleep. While in the Delta brainwave frequency, physical attributes of the body are restored and healed which is why sleep is so critical for your people. Theta brainwave frequencies are most common in dreams or deep meditations where you experience vivid images, receive teachings, regain memory, feel intuitions, and have heightened awareness. In this state is when you experience your reality from within with no influence from the external world. Theta waves are the house in which your karmic emotions

and fears reside and this is the brainwave state that most Dream Walkers would choose to enter.”

“Within the Theta brainwave frequencies, you are able to recover your root belief systems, whether they are constructive or destructive, to be viewed and analyzed. When Dream Weaving, masters assist by taking knowledge from all realities and experiences into the Moment of Now for full integration to help with fulfilling your life’s purpose. When aware of this knowledge, you awaken to a wider understanding of the Universe and your Higher Self on a cosmic level.”

“It is important for your people to understand that dreams are real; they are genuine and authentic astral encounters. They allow you to interact with souls that you would not otherwise have an opportunity to, they warn you of dangers or foretell of future events, and bring you answers that you may or may not be consciously seeking.”

“To remember and successfully follow the messages within your dream, it helps to write down all the details you can recall of the dream upon waking. It is best to keep a journal and pen beside the bed so that you do not expend too much energy or lose memory of the dream before you have an opportunity to write it down before entering back into the Beta brainwave state. Remember also to look at the dream as a whole and not just try to analyze a part of the dream without the other parts, for it is the entire sequence of experiences that teaches the lessons. You may also meditate upon your dreams for discovery. Send unconditional love to the thought-forms within the dream by intending purity, wisdom, alignment, and the best outcome for all.”

“Another successful practice is using dream affirmations. By using affirmations, you can set intentions for the outcome of your dream, whether it is to meet with another soul, to cease nightmares, or to learn higher wisdom during your sleep encounter. An example of an affirmation to use is to say this or something similar before going to sleep:

“When I’m in the dream state tonight, I will meet with PERSON/PLACE/THING at the level of Higher Self and Greater Wisdom in love and in light, and I will state the following:

WHATEVER THE INTENTION OR WISH IS

Thus I have said it, thus it shall be done. So be it.”

Upon waking, complete this affirmation by stating:

“When I was in the dream state last night and met with PERSON/PLACE/THING, I was completely successful.”

“Even if you do not recall the encounter with this affirmed person/place/or thing within the dream, the meeting did indeed take place at the level of your Higher Self. You do not need to

continue to do the same affirmation or intention for the same situation, once is enough unless there are other aspects that you wish to communicate in the dream.”

“Likewise, when certain kinds of activations occur within dreams, you may or may not remember them, but that makes no difference to your subconscious mind because the encounter did happen. Even if your mind does not recall the dream, your soul certainly does. If you do recall details such as words, symbols, animals, patterns, numbers, or colors, explore them. Research spiritual meanings behind the symbols or situations and learn how the interpretation might be applied to your life.”

“For example, you may dream of a fox, but it may not only be the presence of the fox offering it’s medicine to you, it could mean much more depending on how you perceived this fox. Was he running, fighting, staring, eating, did he have a fluffy tail, did he acknowledge you or was he in an unusual place? All of these different symbolisms could lend to different interpretations but if you seek them out, the answer will come to you as long as you do the work in setting aside any preconceived ideas of what the dream means.”

“Dreams will often not mean what you think they do because the mind likes to contrive happy fantasies of situations, but because dreams come to teach us a lesson about our true authentic Self, you must adjust your perceptions and belief systems for transmutation of the underlying karmic connection. Seeing yourself in Paris does not necessarily mean you will be taking a vacation there soon, it is most likely a more unpleasant scenario such as having a past reality there and etheric ties that need to be healed from those experiences. Having the awareness that all dreams are for the purpose of higher wisdom and healing allows one to search deeper into the personal significance of the encounter for the true meaning and lesson to be applied.”

“Many dreams are also premonitions to future events as you have discovered for yourself many times. These future events are usually shown as probability realities since they have not yet occurred; they show what might occur if a projected path is followed. Often times, these dreams are shown so that you can take corrective or constructive action to manifest these dreams into the reality you choose. You may dream that you reunite with a childhood friend and marry them. This dream could be a vision of what is yet to come or what may be if you put energy into that thought. Perhaps this friend is someone that you would never consider marrying so you disregard the dream and do not act on it. You may also be so moved by this dream that you decide to look up that person and reconnect, which may result one day in marriage.”

“You, Kelly, have had many symbolic dreams and have learned by studying the patterns in them and by judging the vibrations of emotions felt within these dreams, that there is about a three year timeline of occurrence on the dreams that you perceive as prophetic. Others may notice a pattern like this in their dreams as well that could vary from a day to a month to ten years.”

The greatest example of one of your prophetic dreams was when you had a vivid impression in 2013 of a sacred gathering in the woods. In the dream, there were dozens of beautiful souls congregated together in celebration, but of what, you did not know. You recognized Kewaunee and Andrew Robson there and saw dozens of other faces that you did not recognize, but in the dream, you knew they were family. Although you lived in Arkansas when you had this dream and had never visited Washington state before, you perceived that this was occurring somewhere in the mountains in Washington and also that it was a full moon in autumn. The love and warmth emanating from these souls was so familiar and you knew that you knew them all very intimately and that all were kindred spirits.”

“It was evening in the dream and there was a bonfire in the center with some people sitting around it, some were standing while chatting amongst each other, some were cooking, playing with kids, and other regular communal things. Around the campfire, someone started singing *Kumbaya*, and when you walked towards the fire to join them, you could see dozens of my sasquatch people among yours and could see no difference in our races. We were all One, enjoying the fellowship and celebration and honor of sharing this life together on earth. You looked around at the situation and had conscious thoughts within the dream – ‘Where am I?’ ‘Who are these people?’ ‘I can’t believe the sasquatch trust us enough to be here!’ ‘This is a future reality, isn’t it?’...”

“When conscious and subconscious meet this way in the dream state, you will always remember details of the dream for higher purpose. This is a way in which I and many other dream masters weave consciousness through dreams. You can also master this yourself with the practice of conscious astral projection and location within the dream state.”

“After having this dream, you shared it with Kewaunee and Andrew and speculated what kind event this might be. You thought perhaps this was a wedding reception or maybe someone’s birthday party campout. Three years later in 2016, after you had already started establishing plans for the first Spiritual and Psychic Sasquatch Conference in Chewelah, WA, you remembered this dream and realized that maybe this was the celebration event that you saw. You did not give much more thought to this until during the event, on the evening of September 16, 2016 when the camping group gathered at the outdoor amphitheater for a Full Moon ceremony lead by SunBôw to prelude the conference the following day. When you stood on stage and looked down at the bonfire and all of the warm faces wrapped in blankets, so filled with love and joy just to be there, it hit you with ten times the emotion as it did in the dream. Here it is, a dream come true. Except now you know why you are gathering and you know who all these beautiful faces are, and they are indeed Soul Family.”

“The arrangement of the scene looked a little different from your dream and the song *Kumbaya* was not sung that night, but you honored us, your Elder Brothers, by singing the Anishinabe Sabe Song and shared the lyrics for others to join in. The details will not always be completely accurate in prophetic dreams, but the emotion is still the same. You recognized the same magnificent love and high vibrations in reality as you did in your dream

as well as the souls behind the mystery faces.”

“The entire event was arranged with our assistance and blessing; it was the divinely aligned time to gather and share this energy together. Some of the guests there could see us and experience us in different ways whereas others did not other than just a knowing that they were not alone, but as Kamoooh stated before, many of my people were gathered there last year and this year for this gathering that honors us as well as Divine Love, Truth, and Oneness. The reason that you had this dream about three years before the occurrence is because your Higher Self knew exactly what it was, even though your conscious mind had no ideas of this, and it took that amount of time to integrate this knowledge for a full understanding of the effects that it has on all. Not only was this event divinely planned for the sake of my people and everyone in attendance but it was also a cosmically aligned event which sent magnificent ripples into the universe, creating other realities and higher levels of consciousness and Unity for all of humanity and all stewards of our Earth Mother.”

“It has been an honor today to share this knowledge about dream works. Your people may learn to use this restful time to your advantage by doing much soul and spiritual work, resolving karmas, healing relationships and emotions, soul searching, and creating alternative realities for the highest benefit of all involved. With intention and sincere emotion, you can shift your dreams into reality to raise your collective consciousness even during times of unconsciousness by applying it consciously.”

“You may call upon me or my people to assist you in dream weaving as well, but we will only do as much as you are able to discern at the time. Like you have experienced many times, you awake from a dream that revealed deep wisdom and virtually all of the secrets to the Universe, but once you have shifted your brainwaves back to Beta, you can no longer recall the details. But your soul retained that information and it will be available for you when you need it.”

“My sasquatch people are well known for walking into human dreams as well to remind them of their connection to us. Many times, we are greeted with fear but this does not bother us as it is just that person’s response due to karma or conditioning. We will often revisit after the initial shock so that there is time to integrate the reality of our existence into their oversoul. Some souls reject our presence and ask that we not return, so we will not, but another entity may dream walk another time to get the message across. Many times this comes in the form of a deceased loved one so that you are consciously aware that they are no longer living, yet you are having a tangible conversation or encounter with them that will make the lasting impression.”

“If you should encounter a hairy elder brother in the dream state, you may have an instinctual response of fear or you can move past that by integrating your consciousness and other frequencies (brainwaves) and open up your heart to receive the lesson. This may not happen

immediately, but the more awareness you have, the more you can create meaningful manifestations within your dreams.”



Kelly and Kewaunee Lapsertis

Chapter 10

By Kelly Lapsertis

This is the first message from the Sasquatch that I have written for this solar cycle we call the year 2018. It has been an interesting winter for myself and my family, having many physical and spiritual experiences, learning lessons, feeling ill as upgrades to our physical bodies and DNA occurs, and also many wonderful phenomenon occurring which could only be explained as miracles. Many people have passed from this realm or have chosen to walk their own unique paths, and overall, it has been the greatest amount of change that I have witnessed in these last few weeks than I have in my entire 37 years of existence in this body.

The lovely Sasquatch Shamaness named Suni would like to share a message with humanity. She is the first Sasquatch that I had understood telepathic communication with in 2012 and she holds a very special place in my heart. Suni is unique in that she has incarnated as a human before, so she has a special understanding and relative perspective on what life is like in this world that we have created. Suni says:

“Sasquatch are very much like humans in the ways that their personalities, beliefs, and lifestyles differ from others in their race. Many humans believe my people to be anything between the extremes of angels and demons. Like your people, my people are neither, but our personalities and actions are quick to be judged by those that do not understand them or that fear the truth of who we are because it insults their beliefs.”

“I have observed many interactions that you have had with skeptics, and one of the most common comments is that the People of the Forest are not educated enough to communicate with humans in the way we do, especially when referring to Kamooh’s messages transcribed by SunBôw. It is important for one to realize that that Kamooh is one of the eldest Elders of our kind and has had much more experience in communicating with humans than other Sasquatch have. It is also a part of his higher purpose in his present incarnation to work with and communicate these important messages to benefit humanity in their spiritual evolution.”

“Words are useless to my people, we only communicate in your language for your people, but the true spirit of the messages are found within the heart. As many of you who communicate with us know, telepathy is rarely a conversation of words but is often rather an entire large concept that is shared, showing a larger picture of how it effects all things throughout the multiverse and how every bit of energy is all connected. It would take days in your linear perspective to explain a simple idea if we relied on words to express these thoughts and e-motions.”

“Another common misconception we have noticed is amongst those with strong false belief systems or fears of the divine. Many people label us “Fallen Angels” or “Elohim” or some other kind of fantastical name that fits their beliefs or agendas, but my people have no relation or affiliation with such beings. We find humor in this kind of thinking as they actually contradict themselves and their own existence. It is likened to a fish being afraid of the water. It is also humorous for us when people discuss God and Jesus as if they are a contradiction to our existence. God is the source connecting us all – none of us would exist if there was no Creator Source or energy to bring forth life.”

“One of the regular things that you experience are those among your people who beg you to pray to Jesus for salvation or redemption from the evils of my people as if we are demons sent to deceive you. Those with these beliefs are actually the ones who have been tricked or fooled by man and do not know what Divine Love truly is otherwise they would not make a judgment on something they have no knowledge in. What they fail to realize is that my people know the prophet known as Jesus, as we worked with him and guided him throughout his incarnations on Earth. Jesus was a Shaman who healed using energy and natural tools such as crystals, herbs, and roots. All these healing methods are now considered to be evil or pagan according to the very people that look to Jesus for salvation and for most of your man-made religions, but in reality, these shamanic practices are a way of cooperating and connecting with nature as intended.”

“My people were here millions of years before any humans, but Jesus is what you call an Ascended Master; a soul that is pure and has never lost connection with ancient universal knowledge and truth or with the Star Elder Councils. Christ has incarnated many times on Earth to be a teacher and example of love for humanity, yet he is usually only recognized as being Jesus, the man born of a virgin, rather than all of his incarnations that he has dedicated towards raising the spiritual consciousness of humanity.”

“When you hear prophecies about Christ’s return to Earth, it is a reference to a higher state of consciousness of Unconditional Love and Respect, not a dead man raising from the grave as many believe. As you all know, energy does not end and cannot be changed, it just is; never ending, but temporary vessels like bodies do have an expiration. Looking to any particular person for salvation or redemption will always bring disappointment as there are none that qualify for this job. Only you can change yourself and your experiences through your own consciousness and allowing the lessons to be learned. As stated, we are often humored by these theories but not in a disrespectful way. It is like watching a baby take their first steps and then fall down on their bottom; it is cute, not tragic. There will be many more opportunities to master it and that time will come when it is best for that soul.”

“Many of my people are healing their own karmas with humans and within this earthly realm, and several more of my people are ready to be spiritual teachers and guides to your people to assist in your ascension. Like humans, we too feel e-motion and pain, and many of my people have been hurt by or are fearful of humans because of unhealed karmas between us.

Thanks to those people who show respect and compassion, we are healing these karmas together so that we may live and learn together in balance and harmony, respecting all life forms that we share this reality with.”

“My people and your people both have free will, a great luxury that not all beings are given. Humans are the most advanced biological creatures ever created which is why so many other beings and civilizations take such interest in your species as well as our own. Yes, the Star Elders taught your race advanced technologies and shared wisdom teachings with humanity so that you many survive and advance on this planet; but you also have this inspiration and passion to create, a free will with the power of choice, a drive for success, and the gift to choose your reality.”

“Beings without free will, such as the elements of wind, fire, and other forces of nature, have no power over the will of creation. They may manipulate energies of nature, but they can only influence that which has already been created. That is also why Elementals are immortal; death is the price of creation and evolution. To be a Creator being such as humans are, there is a great responsibility to create honorably and wisely. If the power of creation is abused or neglected, the lifespan of the Creator greatly reduced and so is the life of all affected by that creation. By abusing or neglecting your will to create, the material aspects are affected rather than the spiritual ones, therefore there is more dependence on physical life instead of the energies of a natural universal source like consciousness.”

“The current state of affairs on the planet reflects this due to your people’s reliance on technology rather than empowering yourselves and expanding your consciousness through creating naturally. When humans begin to live in harmony with themselves and with nature, you will see your lifespans increasing with each generation. We must all co-exist with nature and return to the roots that connect us all.”

“Your Darwinian based science theorizes that nature is in competition, but this is a false truth as nature follows a flow of cooperation. Your ancestors understood that Earth, nature, and cycles of time have followed rhythmic patterns for millions of years. Now your human people, the only beings in the Multiverse that share the genetic components of all races and species of extra, intra, and ultra-terrestrials known and unknown, have an opportunity to re-member and re-integrate this knowledge to make positive and constructive changes to ensure survival and evolution of your species. Many of your people are already coming into this awareness as you identify with divine or non-human aspects of yourselves. The ET/Human energy systems that were divided when coming through the Veil of Forgetting upon your birth are now blending together, reminding you of who you truly are.”

“Those that deny the Source of their existence or reality of their spirit will have many more opportunities to learn these lessons so there is no need to feel bad for anyone “left behind” in this knowledge. It is their choice and free will to not accept it, and they are not ready in their current state of consciousness.”

“So create and intend the reality you wish to live. Think of the times you feel most alive and with peace. What are some of the things you love about life and like to share with others? For most people, it is actions taken while centered in their heart space, in a creative flow that brings the most joy. Do you like to sing or dance? Draw or paint? Build or bake? Write or develop? These are all things that come from a passionate place within your heart, and the more you do things that you love, the more you will be Love.”

Chapter 11

By Kelly Lapsertis

“Greetings, Little Sister. It is a fine time to connect with you now to share a message in the moment of divine full moon energies. As you have observed, a rare cosmic event occurred that no living human at this time has ever experienced. Your people adopt terms such as “Super Moon,” “Blood Moon,” “Blue Moon,” and “Lunar Eclipse” which describes the multiple phenomena occurring during this great cosmic event, but it does little to explain what this alignment means for the shifting energies on this planet as well as to your human consciousness. My people have been known to use ancient human words to call this kind of event “Mutoluc,” meaning a shift in the light.”

“Earth is currently in a transition which is quite noticeable to the masses, even those who do not believe in spiritual or cosmic connections. Many new energies are emerging, the division between realms and realities are merging together, and many people are experiencing major changes physically, mentally, and spiritually. You have felt these changes too, most noticeably to your physical world as you process higher energies never felt before and as the energy networks throughout the planet and all living beings shifts into realignment and ascension. It may be subtle to many that have been gradually making this shift, or it may come on full force for others, especially those that may have fear or denial of these cosmic truths.”

“Many of your people are attuning to feel energy and frequencies more as well as other sensations that are not associated with the five physical senses. As your conscious vibration continues to rise, you will be able to better recognize and identify these energies by their energetic signature and the way it feels within your auric field. You will also notice an attraction or intolerance to certain energies, making it easier to associate with those that resonate for the highest benefit of life or to disengage from the lower frequencies that do not compliment your rising level of consciousness. You will notice a stronger conviction to walk in your truth and to not give in, latch on, or associate with negative energies, thought forms, and false beliefs.”

“The spiritual ascension process begins through your consciousness, a non-physical form, but is closely connected with your heart and the cells within the physical body. For this reason, many people are experiencing what appears to be physical illness as your cells shift and change and as your DNA receives upgrades to align with these new energies. During this upgrade and separation of false beliefs, it is common for many of you to feel flu-like symptoms, body aches and pains, depression due to expanding consciousness, and a disconnection from the energies that you are no longer in alignment with. During this ascension process, you may also notice changes in the way you digest material, both physically and mentally, which is vibrating at a higher frequency and will continue to until your soul no longer needs to be embodied in a vessel of flesh and bone.”

“As your consciousness expands, you are able to access dimensions beyond your physical reality, and you retain learned experiences and are graced with access to cosmic knowledge and natural wisdom from the 2D Flat Meta-Universe which contains the Universal Mind of all divine information codes. Like the Eldest Elders, Masters, and Immortals who watch over the evolution of consciousness, in the 2D Meta-Universe you have unlimited access to the entire history of your existence through the holographic library which contains all of this information that transcends time and space, also known as the Akashic Records. You are also shifting into higher dimensions where you will notice that time and space are not restricted as they are in the 3D.”

“There has been much concern in your growing elevated consciousness communities regarding the environmental factors and detrimental energetic attacks imposed upon your people by the lower lords that negatively impact the fulfillment of your spiritual missions. These concerns vary from political discussions of equality to the deliberate poisoning of your food, water, and air, to the frequencies and entities released that are designed to hinder spiritual growth or cause dis-ease within your physical or mental form. These are all taking place on our Mother Earth and not just conspiracies as some feel because it insults their belief systems and causes fear within those who do not follow the truth of their heart and inner knowing. However, it is unnecessary to allow these negative elements to be a part of your reality. As explained before, your reality is shaped by your thoughts and created by the way you choose to perceive things. Those who give energy and attention to fear, paranoia, and ideas of scarcity or violent upheaval are actually creating the very reality that they do not want. It is best for one on a spiritual path to remain neutral to these emotions and project energies of love and peace rather than making preparations for worst case scenarios and outbreaks of wars.”

“Your people have a tendency to overthink and overanalyze almost all aspects of life to the point where there is mass confusion on what “right” or “wrong” within your societies. This attitude just further drives separation amongst your people and adds to the confusion and illusion of control. There is a fine line between Martyrdom and Altruism, but it is important to establish clear boundaries and substitute detrimental patterns for beneficial ones. It does require a certain amount of self-discipline and discernment, but a clear distinction will be felt between Martyrdom, which is ego-centered and needs to be rewarded, and Altruism which is born out of compassion and a desire to be in loving service to others.”

“For example, there is a great polarity in beliefs regarding matters such as eating meat, the right to decide your gender, or sharing your land with neighbors of other origins. Some will say that it is a matter of compassion and free will whereas others will see it as a solid scientific process that cannot be altered. Both ideas could be considered “right” or “wrong” depending on your perceptions and belief systems, but in reality, there is no right and wrong – those are merely just different kinds of perceptions and a means of control in themselves. Free will does allow you to choose your beliefs and to experience and learn lessons along your chosen path. It is no more right than it is wrong for a person to decide to have ten children or to choose to remain childless, likewise, there is no right and wrong about

decisions about what to eat, where to live, and who to associate with. Everyone has the same opportunities to have experiences and expand their consciousness and there is no victory or shame to be on a different level than another. To do so would be no different than an adult resenting an infant for not having the knowledge or ability to feed itself.”

“Because we are all at different levels of consciousness and have unique perceptions, there are many variables that are beneficial for some and not others. You could look at the same scenario and how the results differ for each one perceiving it. An example of this would be the consumption of animal protein which is one of the most debatable topics, even within groups of enlightened human souls. Some will argue that meat is or is not healthy for the human body and some are more concerned with the slaughter process or the trauma that the animal feels within its life. While it is gratifying to see more humans feeling compassion and respecting other living creatures, the act of killing and consuming meat is neither right nor wrong, neither is it good nor bad for a physical body to digest protein from animals or meat from vegetables.”

“Most people have observed something as innocent and instinctual as a bird bringing worms or insects to feed its young. Do you perceive this to be an atrocity against nature and demand that the bird be imprisoned or killed for providing sustenance to her offspring for survival? Most likely, you do not feel that way because you know that the mother bird is giving care and nutrition for the young that cannot do it for themselves. Yes, the worm paid with his life in order to feed the birds, but this is a natural cycle of life that is understood by all creatures except for those who consider themselves to be the most evolved, the human race. All souls weave in and out of roles throughout their incarnations; sometimes you are the teacher and sometimes the student, sometimes the provider and sometimes the receiver, sometimes the hunter and sometimes the hunted, and all of it serves its purpose in learning lessons and creating karmas.”

“All life is made of energy and senses feelings of e-motion, energy in motion, whether it be human, animal, mineral, root, or plant. Many animals feel fear and trauma as they sense their approaching death just as your people do, and just as the animal kingdom does. To feel e-motions are a natural part of being embodied on earth, no matter what form is taken. Feeling is a part of life and showing sympathy and feeling empathy for others is honorable and appreciated by those impacted since humans are creatures that seek comfort from others as well as most animals. We are grateful to all who respect and honor all life and stand up for those who cannot for themselves. It is noble to give your energy and attention to those in less fortunate situations or in need of emotional comfort and support.”

“Many of your people impose your beliefs or standards of emotional acceptance upon others without understanding or considering the larger reason or lesson in things. All life is sacred and must be treated as such to experience it at the highest level of vitality. In the example of eating meat, some people can easily avoid it if they desire and thrive on a diet without it since the earth provides so many other forms of nourishment. Other people though, especially anyone experiencing big energetic shifts or anyone giving or receiving healing and

channeling work, will quickly use up all of their food stuffs and the most efficient way to replenish that energy is through animal protein, just like someone who is severely dehydrated would require electrolytes to rehydrate fully. Choosing meat is not right, wrong, good, or bad for one or the other, but it is an option that may bring about maximum vitality within oneself.”

“When proper honor and intent to reconstitute your food to its optimum vital energy state is given, then you remove any energetic imprints left behind from the e-motional state of the animal that was killed, the mood and energy from any handlers or processors, or any ill intentions involved in the process of going from their thriving life to your digestive system. By honoring the life and giving thanks to the animal and Mother Earth for providing sustenance and gratitude to the hunter or farmer, you align with maximum vitality and energetic reconstitution, thus providing health and eliminating any negativity that may have been associated with it prior. This is the same for any organic earth substance you consume whether it’s from the kingdom of animals, vegetables, minerals, or from the earth or waters.”

“During these times of increasing environmental toxins and energetic infiltrations, it would benefit everyone to practice this blessing and reconstitution for everything you take into your body, be it nourishment or medicine. I have previously instructed your human ally Seth to create an Authentic Perfection circle design to enliven objects and provide a blueprint for purity and reconstitution to higher states of perfection, which you have shared with large audiences who have started using this tool to cleanse objects. In that message, I specifically mention the enlivening of natural objects such as crystals, grains, or other substances of earth which includes any living organic material. So you may continue to use the Authentic Perfection tool to return your nourishment to the optimum vital energy state as well as bringing about Planetary Stewardship for shifting towards respect and honor of all things.”

See the “Authentic Perfection” Circle at the back of this book

“If you do not have this circle nearby to use, it is simple to do this practice within your heart and intentions as well. To do this, you must have your heart center open and project an energy of Unconditional Love. Then state your intent with words, feeling, and visualization to bring the food, water, medicine, or whatever the substance is back to a state of maximum vital energy and reconstitution. Remember to also honor and respect all lives, sacrifices, and energy that contributed to allowing this nourishment to be provided to you. After some practice, it will become instinctual for you to do this before anything passes through your lips or before you deposit any kind of energy on the lands. Eventually, you may also master using beams of light rays from your eyes to gaze or stare intentions of Authentic Perfection and Reconstitution into any organic bio-mass.”

“Substances that are not in alignment with its optimum vitality will manifest as impurities in your food or water, in your body or mind. Dis-ease and e-motional trauma cannot exist in a state of Authentic Perfection. The current shifting energies and emerging consciousness

technologies on earth are assisting all life to align with these vitality and perfection energetics. Those that are out of balance or alignment with the incoming heightened awareness and consciousness will remain in a reality of imperfection or martyrdom rather than ascending into perfection and altruism.”

“My people and the Star Elders Councils are pleased to see this positive shift and change, true Mutoluc taking place here on earth and within your expanding human consciousness. We honor you and give thanks to those who pursue a path of light, healing, and being in loving service to others for the greatest benefit of all life.”

ADDENDUM by Kelly Lapsertis

There have been a few comments to this chapter about how eating meat and ascension don't align with each other as well as concern over the way the meat industry treats the animals that it slaughters. This message from Kamoooh does NOT suggest that meat is conducive to ascension, nor does it condone mass murder of animals; he speaks here only about the consumption of animal protein by humans.

The sasquatch have spoken about injustices brought on by modern un-civilization to all life forms in several previous chapters of The Sasquatch Message to Humanity book series, and the Elders agree that this cruel behavior and disrespect from humans must end. However, eating plant life, animal life, water life, etc. is all a part of cooperation with nature but it is not natural to have slaughter houses and animals in production to be killed as we see it in these "modern" times. Remember though that meat or animal by-products do not need to come pre-packaged from a store either; many people still hunt and forage for their own food just as our ancestors did and as nature intends. Our ancestors and those that understand this balance and cooperation with other kingdoms also honor, respect, and make use of all the animal too, thanking them for their sacrifice so that others may survive.

Chapter 12

By Kelly Lapsertis

This is a summary of my visit on to the Elder Council of Elders which Kamoooh was recently promoted to as referenced in "The Sasquatch Message to Humanity, Book 2" by SunBôw.

In an astral encounter, I was guided with assistance by an elder acting as an overseer to connect with The Elder Council of Elders and spoke with the Head of the council, Ahl'lann'jah, from the 8th density and from the star cluster region located near the constellation Aquarius.

Message from Ahl'lann'jah

"Welcome, dear one. We, the Elder Council of Elders feel love and excitement in this moment of Now where our souls have merged. We have arranged for this meeting today as it is significant in your life chart and time to begin the changes, some of which you have known to be coming in your 37th Earth year. It is an honor to reconnect with your soul on this level and we have much gratitude for all you do to teach and heal humanity."

-- Ahl'lann'jah gave me some kind of shiny metallic particles --

"This substance in your hand is in essence what the entire multiverse and all life is contained within. It is not merely physical but mostly energetic and as you can see, it can change with the influence of its environment. Do you remember this substance? It has properties of plasma and earth elements but you know it mainly as the essence of Love and it is in all things, yet it is not used to its highest potential in your Earth realm. It is a very powerful essence and can easily be misused with impure intention. Because of your own divine innocence and intent of purity, we are gifting you with this opportunity to 'hold it in your hand' and feel the magnificent radiance of this love and its influence on all things. You remember this as part of your mission on the earth plane – to report to us and to future continuum selves, the energetic effects and influence of this substance on Earth. We understand that it is a challenge to report on something that cannot be measured which is why we are giving you this opportunity to experience it with all of your senses; this is a reason why you were born with such acute sensitivity as well. While human bodies find this difficult to handle, the Soul Body is wise with Knowingness when you able to feel so deeply. You have a blessed gift of visioning beyond the Now, beyond the Earth plane, to see the full potential and influence of these energetics on the entire spectrum of all life."

"Your assignment is to explore all realms, realities, dimensions, timelines, and levels of consciousness and report to us with your special gifts on its effectiveness. We within the Elder Council of Elders are aware of these answers but it is important for your personal and collective soul evolution to share these findings of the heart in ways that humanity can understand. Simply researching it will bring about a revolution of Love. Many other souls have been tasked with similar missions but yours is unique and necessary to continue on this path of desired reality. Again, it has been a great blessing to meet with you today and we look forward to our continuous connection. Much Love, Light, and Gratitude, Ke'lae'wan."

Immediately following this, I was escorted to my second meeting with a sasquatch named

Kah'Sah'La'Fah. I was crying and emotional from my visit moments ago with Ahl'lann'jah, Head of the Elder Council of Elders. Kah'Sah'La'Fah says:

“You are so loved, Little One. It’s ok to release your emotions. You can give them all to me, I’ll balance them for you. Our People thank you for your dedication to sharing the truth about who we are and why we are all here. Nothing in your life has been a coincidence – you feel that now more than ever with the visions and words of Love that you have made a priority in this incarnation. You are understanding your true Self now. You have more strength and protection than you could ever imagine and there is no will or reason to allow anything to prevent it.”

Kah'Sah'La'Fah held me in his giant hand – he is 18 feet tall – and I appeared to be a tiny seed in his palm that he loved and cared for. He then planted me and buried me gently in the earth, sent me love and gave me nourishment, and I could feel his joy and pride in watching me grow and blossom into a brilliant flower. The love he sent me was unlike anything I’ve ever felt... he had so much unconditional love, understanding, and genuine nurturing for this flower like it was his pride and joy in life.

“Not only are you a beautiful flower, but you also provide life sustaining elements such as nourishment and ancient wisdom encoded within your DNA. Every flower should be seen in this way, even those perceived as weeds. You already know everything you need to know and the rest will come as needed. We are always here.”

A few months later, I was working with these Elders again as they were present during the channeling of information for the 3rd book in this series. I was being instructed on plasmic energy and interdimensional Alter-Matter when I was asked to share this experience with SunBôw who was in British Columbia, Canada at the time. On an instant messenger service, I told SunBôw that our Elders wished to teach us a lesson and to report to me what he experienced.

I was etherically handed a fluid silvery ball of a substance resembling mercury from Sah'nah-tah-re'll, accompanied by Ahl'lann'jah, Kamoooh and other beings from the Elder Council of Elders. This plasmic substance seemed to want to escape my grip as I had to keep forming it into a ball so that it would not turn into a silver glob of goo. To do this, I put intentions of a solid energy matter into the substance to get it to form into a ball (or egg shape) and then I rubbed it together in my hands to charge it with electricity. I told SunBôw to hold out his left palm and to tell me what he perceived. I placed this energetically charged ball of plasma into his palm and he reported that he could see a white light in his hand followed by small shiny grains of what looked like metallic sand that materialized in his palm. As he observed, more of metallic plasma substance appeared when I repeated the process.

This lesson was showing an example of the Alter-Matter in the Sixth Dimensional Helical (Supra) Hyper-Universe, at the limit between linear space-time and one time-space. Consciousness was required on both of our parts to transfer a non-material substance from a great distance from one person to another. Through the Hyper-Universe, plasma fields radiate and respond to consciousness, behaving in a way that the source of consciousness intends. At the time of this consensus experience, we both saw very visible signs in our palms of physical activity; the white dots in the shape of the Orion constellation in my palm grew and glowed while SunBôw reported that the implant in his hand grew and changed color during this occurrence.

A couple of days later, we attempted to practice a similar experience again, but it did not happen like it did before. Energy could be felt, but there were no materializations, and we were both told by the Elders that this is something that we need their guidance to achieve until we have learned to master these practices ourselves which takes time and effort to develop.

This was a great lesson into the interdimensional nature and how our consciousness effects and creates all things within our reality. With intent and focus, this plasmic energy can be programmed with specific frequencies to create the desired result. With this knowledge, we have the ability to recognize that everything has a consciousness (animate and inanimate), and we can manifest a spiritual connection of inter-species and inter-ultramatter relations within all realms and dimensions of consciousness.

April 15, 2014

Message from Suni

"Cleanliness has little to do with hygiene... It's about the way you handle and organize your thoughts. Think pure, healthy, symmetrical, balanced... Keep your mind/body/spirit clean. Do not allow others to toss their laundry into your hamper, you have your own washing to do. By keeping your thoughts positive, your actions proactive, and your intentions full of love, you keep yourself clean and balanced. You will be aligned with the higher vibrations that sparkle and gleam with holiness."

"Remove clutter from your home, your life, and your thoughts. Clutter can accumulate on all levels, within the mind/body/spirit, and you must maintain them by making sure you frequently take out the garbage and straighten up the areas that become messy. In other words, right now especially, it is time for a spring cleaning. Although you should practice this year-round and throughout your life, spring is an ideal time when rebirths, blooms, and abundant sunshine and fresh blessings are in season."

"It doesn't take much effort to keep your life empty of clutter either, all you simply have to do is hand it to god or throw it away in the trash which is always just an arm's length away. When you recognize junk such as negative thoughts, resentment, jealousy, pain, unworthiness, and dark emotions, just chunk them in the trash or ask god to permanently dispose of it for you. Don't forget to visualize and feel this mess being removed from you. This kind of spiritual or mental clutter can cause major blockages if ignored, and the longer it takes you to begin cleaning, the messier it gets. It may get so cluttered and corroded that you may think there is no way to get it clean. Liken it to food that gets constantly baked into a pan and no matter how hard you scrub, it does not appear that it will ever look like new again. It takes extra effort, consistency, and strong will to get it clean, but it can be done."

"Once you have decluttered and cleaned yourself and your life physically, emotionally, mentally, and spiritually, there is much more room and willing acceptance of god's blessings and abundance. Sometimes even while god is blessing you, if you are too messy or clouded with filth, you unconsciously turn away these blessings because you don't think you have any room left for them. The fact is though, you are as limitless as god and the universe itself. You can never have "too much," you just need to learn to organize better and maintain your thoughts so there is always room and willing acceptance of love, light, and blessings."

April 25, 2014

Message from Suni

“People are not going to be who you want them to be. Every soul has their own free will and no one should judge another. A key to love in life is acceptance and making peace with the things that make your worlds different. Your job here is to love and be loved. See the beauty in the diversity and you will find your true love within. For when you find true unconditional love within the universe is when you learn that the universe is yours. The universe is everyone’s. Make peace with yourself to have peace with others. Accept. Make peace. Give love. Receive blessings.

Patience and tolerance are truly virtuous and necessary to fully accept. Acceptance is not only something given to external situations, people, places, ideas, and so on. It is also your own feelings. Your problem lies not within those external sources but they lie within you. It is your feelings that cause the problem, and mostly this stems from the ego.

Accept yourself and the fact that your pride may be hurt or people might talk negatively about you. So what? That does not change your or your truth. Your mission is to grow and to love and to be one with all that is. Just be. Be you, not who people want you to be. Likewise, people will not be who you want them to be or think or act the way that you do. Every diverse soul is a part of the whole. A child of the universe. Your brothers and sisters. Your teachers and lovers. All a part of the collective consciousness. All a part of you. So love and accept it all so that peace and harmony is obtained.”



Sketch of Suni, Sasquatch Shamaness by Kelly Lapsertis

May 8, 2014

Message from George

“Do not “wait” for things to happen. Take action and prepare as if it has already happened. If you think that your dreams are separate from you or that you have to wait, you will stay in a state of waiting. Your dreams already came true! Give thanks to the creator for what you have and proactively make your preparations. The first step is to surrender and turn in your baggage and insecurities to god. How are you going to cross the bridge if you are carrying a 100 pound bag? Trust that what you leave behind is in god’s hands and will be taken care of for you. You need to be free of your burdens in order to successfully get to the other side.... The side that has all of your desires waiting for you. They are already there. You don’t need to wait. You just need to let go and let god and start walking across the bridge. You are safe and secure and there is no need to look back.”



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Sketch of George the Ancient One by Kelly Lapsertis

Wisdom from the Ancient Ones

- There are no mistakes. Only experiences to learn from.
- Use your power of choice wisely.
- Give thanks for what you have. Be grateful the universe always provides for your needs.
- Money and possessions mean nothing. Only the soul matters and how you make others feel.
- Give yourself (your soul) to others to help them heal and grow.
- Every living creature is special and should be honored and respected.
- Live with light and love in your heart. Share it.
- Others are not here to serve you. Practice acceptance, forgiveness, and kindness.
- Thrive and endure. Allow your essence to radiate in harmony with others.

- Unite your heart and mind in harmony for a greater creative expression that will help others.
- When the mind rules the heart, only ego and vanity are served.
- You are the creator of your universe. Create something beautiful!
- Events will happen when they are meant to happen.
- See the beauty in everything.
- Let go of your doubts and fears. Trust that the great I Am will guide, protect, and provide for you.
- Love sets no conditions on itself nor does it seek something in exchange for itself.
- Your life will begin to flow and be free to change once you remove the attachments that keep you stagnant.
- Nature itself is an expression of the essence of what you are. Loving Nature is loving your true self.
- Innocence is not divisive or separate from moral wrong. The past is forgotten and the future does not exist. Only the moment has importance. That is innocence.

- You can only become what you aspire to be if you can be it where you are now. Look for a way that is not a path or destination but rather the journey itself.
- Forgiving is a giving that opens the way to receiving. Forgiveness is a power that brings in light from the soul. It can remove any darkness clouding your life.
- Happiness is meant to be shared.
- Celebrate each day as if it was the only one in your existence.
- You alone have the power to make something of yourself by choosing to do so.
- Worries are imaginary fears. They do not exist unless you create them. Examples are:
 - Feeling embarrassed
 - Loss of income or lack of money
 - Feeling alone
 - Telling the truth
 - Your reputation or others opinions of you
 - Not following conditioned traditions
 - Stepping outside of your comfort zone
 - Not enough time or resources

CHAPTER 13

By Georgeanna DeCarlo



Georgeanna DeCarlo in Pennsylvania, USA

This message began with the intention to provide a brief explanation, an introduction to a message about pain that I'm writing for a chapter in the upcoming, Book Three of The Sasquatch Message for Humanity. However, as has been my experience since re-cognizing my connection with the Sasquatch People, which came after I read The Sasquatch Message for Humanity a couple years ago, and now talking with them regularly, I've learned that they will use my daily interactions to jolt a response from my conscious mind and use that response to integrate more information with the conscious mind's cooperation. And voila! What my conscious mind would say that I cannot do and subsequently try to prevent me from doing, gets done. Truly we are in the midst and thrill of accomplishing an incredible feat to unite our multi-dimensional selves into physicality of these human bodies with conscious awareness.

Most recently, and I think due to the influx of energetic changes, epiphanies occur so quickly that one "Aha!" moment is quickly followed by another, then another. So much so that I was beginning to feel a bit lost with channeling and writing this essay on pain.

Instead of coming about in a brief, clear message as usually happens this felt like it was all over the place. Information has been ongoing now for nearly a week.

As a busy working mom with children and animals to care for, each day brought a new crisis for another member of our household that required my immediate attention and I'd have to put the message aside. I started to wonder if I should just "hole up" somewhere and devote hours to finishing this communication. I also wondered if I should stay offline altogether and free up some more time that way. I'd even considered trashing the whole thing and starting over as I wasn't even clear anymore on who all I was talking to.

This morning, before I continued, I asked Shanunda, my main Sasquatch guide, to help clear this up for me. With her assistance, all the pieces are finally settling into place and I am seeing the bigger picture of having agreed to tackle such a big subject as pain. Turns out that all of these interactions were necessary during this transmission, even being online.

She really wants people to know that derogatory feelings affiliated with using electronic devices and being online are a product of more ideals intended to induce guilt and shame: pain. When people are going about their activities carrying the intentions of exploration whilst grounding themselves into their sovereign ideals, she said they are free to explore as they wish and that promptings will occur as safeguards. So, tuned into one's heart keeps one in a balanced state of awareness in now. But as soon as one experiences shame, guilt, embarrassment, frustration, that person is being thrust back into lower dimensions. She said that by asking one's self who they feel that they've fallen short of aiming to please will lead to releasing one's self from this recurrence by replacing this manipulation to induce stagnation with methodology for fluidity of movement.

These communications with our Sasquatch family fortify unity by banding viewpoints of many experiencers who bring information forward via their unique perspective. We are all working as one. With Shanunda's compassionate instruction this morning, she's helped integrate a greater awareness of how this is all connected and relevant especially with transmuted pain. Resolving issues of pain is necessary before universal telepathic communication can be achieved.

Recently my very dear friend and soul sister, Kelly Lapsertis, shared a message that she'd received and recorded for inclusion in this book, Chapter Five channeled by Sa'nah-tah-re'll. This was an incredible experience as he is someone that I've met and talked with. I had felt his presence and wondered if he had a message to share but I didn't have the opportunity to sit and write, so I just enjoyed his company as I went about my business. When I saw that Kelly transcribed a message from him and another later with him and Kamoo, this brought much revelations and joy to imagine all of these people who I love so much, I hold so dear, all together. It occurred to me that recognizing unity of our efforts we can rest easy knowing that if our schedules become encumbered we needn't concern ourselves with not doing our part. Frustration and worry are fears of not having enough time to fulfill obligations and are part of the way that pain is used to control humans, an integral concept in the mind control programming harnessing us into these lower dimensions; i.e., inclusion of time is what expanded 3D realm experience into Fourth Dimension. Kamoo spoke in depth about this in previous transmissions.

Alternately, the concept to "let it be," counters mind control programming by recognizing our unity and pushing us out of time/space constraints. So even this experience bears inclusion when considering pain. Such a simple reminder that we are all working as one brings relief,

peace of mind, instantaneous joy which propels us into higher state by embracing this awareness.

Another matter I was confused about when channeling this transmission was who I was talking to. Shanunda also helped clear that up this morning. Although she is the one who I am most closely connected to, she also acts as an ambassador herself. Input for this message on pain is coming via a myriad of representatives who wish to share their knowledge, their wisdom and their appreciation for what humanity is experiencing and overcoming. Perhaps their appearance will be an introduction for some.

Shanunda assured me that readers will recognize each contributor by allowing thoughtful interlude to occur while reading, pondering the message and impressed upon me that it is not necessary to credit individual speakers. I recognized the unmistakable presence of Sheshua one day when I was channeling the message on pain, and that's what made me stop and wonder how I should best proceed; whether I should be crediting a different speaker, etc... Sheshua aka Shenwa, was one of the first to greet me a couple years ago and even allowed me take his picture. He is what some would describe as a "dog man" and provides valuable service here where I live. Another contributor is from what we commonly refer to as the faerie realm. She speaks on how to transmute energy. I shared a message from her months ago about this, too. She does a beautiful job balancing and epitomizes delight with humility. Her name is Esmeralda and she says that people should know that they may ask her for help.

The ideal they're expressing is to provide assistance, open communication and fortify our soul connection. All would like to "Come out of the shadows," so to say. Even our own "shadow" selves. Some reunions will be painful. But have courage. We are all capable of healing all traumas or incidents that could impede our growth. So be it, so it is.

I apologize for being so long-winded and I appreciate the reader's patience to allow full consideration be given to the depth of this transmission.

Processing Pain

"We will begin by saying that even more so than poverty, how constituents of a society process pain defines your movements. You are in survival mode and capable of being compromised when you're not healed. A spin-off of this collective theology is competition over cooperation. This general attitude traps your collective field into re-cycling old ideals as people dig their heels in deeper, determined to win this "time." We are, in effect, speaking literally here."

"Seeking solutions to revamp structures of a maintained field while engaged as a participant in that field is illusory, an exercise of futility that although offering vast opportunities for exploration as one plans one's escape, affords no real opportunity to do so. In order to bring about real change, one must step out of the illusion by first acknowledging then claiming one's sovereignty. Expansion from this point is contingent on one's level of true discernment. To successfully navigate (discern) and eradicate (transmute) field distortion one must be willing to confront and heal energies that have been suppressed and/or denied."

“We would bring to your attention the far-reaching aspect in a message we shared with your transcriber last year of the first being last and the last being first.”

Constructs of Pain

“Inclination is ingrained in you to turn away from what is painful or what you perceive will be painful. This is an adopted human survival technique that has served you well by enabling you to advance despite physical, emotional, mental, spiritual trauma. Jumping back into a role of empowerment saw to acquiring staples of basic needs through snap judgments and suppressing what you were unable to process at that time. The day has come, as you always knew that it would, to confront and heal whilst in your current human physical embodiment.”

“During this time of cleansing and balancing, compression heightens to the point of disbursement. You no longer have the choice to put off processing pain nor would it serve you well to do so. Current juxtapose hinges on your ability not to gain yardage now but to stand sovereign having recovered your universal awareness. Every person is being given opportunity to confront what's been suppressed and/or denied them and choose how to continue exploration within particular vehicles. But the time for choosing is now better defined as a push. This is why events are intensified.”

“It is our intention to assist humanity's transition from instruments whose responses to induced polarities further ingratiate participants into grid work of alignment with lower fields into a heightened state of awareness using personal discernment as their operative force.”

“Our goal here is to dissipate the fog surrounding your movements; share information and tools to develop your personal discernment. This term encompasses far more than you may realize, surpassing the ability to see through illusion to make sound determinations of what presents itself in your field, discernment gauges livelihood and potentials through quantum entanglement. We will speak more to the particulars of discernment and transmutation after first illuminating some constructs of pain.”

“There are many who believe themselves immune to pain programming but are indeed active participants. Repression and denial are staples stagnating humanity's growth. Like the contents of a covered pot remains a mystery, afforded only the best calculated guess by an observer who refuses to remove the lid, sources of contention fester in a seemingly innocuous manner.”

“Bringing the concept of karma into your realm allowed opportunity for the human being's conscious mind to begin integration of awareness of its multi-dimensional existence. Use of this “revolving door” technique primarily serves as a venue for participants to expand individual perspectives through insights particular to race, culture, gender, wealth, status, use of “good guys” and “bad guys” personas, etc... After the body dies, the entity will travel where it planted its intention to go to whilst in its incarnation state. This too, is part of a karmic plan. The entity's choices; cause and affect must play out in its entirety. Eventually, the entity will make its way to its “life review” where having grasped cosmic awareness is able to apply

perspective to its experiences and actions during incarnation, infused with the underlying lessons and purposes it destined for that existence.”

“Karma is a program of a vibratory rebound nature used as a means for cyclic development. If left in place without drawing your attention to it and making adjustments to allow for among other happenings, your planet's current cyclic transition, it would have begun to undo what it was intended to achieve for its participants. Role playing as a means to broaden perspectives using actions/consequences and eventually stimulate then catapult universal awareness has served its purpose. Stagnation of self advancement during this time of renewal as your planet receives high energy influxes to stimulate awakening is occurring due to participants who hold remnants of pain manifesting as fear, depression, anger, vengeance and/or manipulation of repressed pain by external forces.”

“For those wishing to ascend out of lower dimensional programming opportunity is being given to accomplish what you have traditionally found assistance with by caretakers after death of the body; that which primarily existed outside of your realm, now occurring inside your realm. To put it another way, you are now the caretakers assisting karmic participants; shifted into healing your issues in your current embodiment.”

“Releasing your “self” from limitations your ego has used to impress upon your psyche and ultimately predetermine your course by doing what it is supposed to do - embed you into duties it perceived as necessary to fulfill entanglement so that you could experience existence in lower realms. Your ego is not your enemy. Your progress will go more smoothly if you ask to know it, engage its cooperation by repetitively making decisions to reinforce ideals of unity.”

“Many extraordinary healers have visited and are currently embodied on your planet to expose and release programs intended to instill ideals of separation; racism and prejudices toward gender, size, wealth, intelligence. These platforms of separation allowed human participants to experience superiority or inferiority, concepts foreign to an entity's divinity, before returning to oneness.”

“To best provide assistance greater levels of understanding and compassion must be reached before an assistant is capable of delivering unconditional love which comes from a space of non-judgment.”

“The core is empathy but the action is neutrality as the ideal is to provoke the entity into a state of sovereignty to make their own choice of how best to proceed. Becoming educated about the intensity of mind control programming helps a healer and/or facilitator interact with their clients or the human populace in general without becoming emotionally distraught, entangled in the control patterning itself. Of course soul families are eager to assist however you realize the fundamental programming inhibiting interactions. As “boots on the ground” you have the advantage to relate to people without restrictions. Patience, compassion, kindness illuminate light like a beacon and people will find you.”

“Helpful energy frequencies are being delivered to your planet through color and sound. Inhabitants who receive these cataclysmic bursts but are holding fast to the ideals of their human embodiment as “all that is” can be thrust into a panicked state as they awaken deprived through their own denial of their universal connection. This shortsightedness creates the dilemma of an individual experiencing self-recognition in the limited capacity of experiences encountered only in their current lifetime. Even for those who have not independently or through indoctrination of religious dogmas prescribed to this theory, evidence of popularity of this misconception presents itself as the popular adage in humanity's field, ‘You Only Live Once’.”

“To put it another way, if a magic ray magnified all that you believe that you are presently to stimulate your self-awareness you can see the conundrum faced by a being who not awakened to their universal connection, their primordial essence, could mistakenly identify themselves in the mirror, as I AM “bad,” “sad,” “angry,” “unworthy,” etc... confusing emotional residue garnered through interactions of their current embodiment as indicative of who and ALL that they are.”

“Now, perhaps interactions with entities who reside outside of your realm who know the “real you” will make more sense to those who are troubled by intentions of these visitors. Every sentient human being possesses in the field of their innate embodiment a transmitter and receiver of universal code. This resonates at the frequency as one's current, creating current-cy (field) same as an electrical or audio current. If you imagine the silver cord that links your innate body to your physical body as an electrical cord attached to a device to energize it, you can better visualize potentials to its infrastructure by external factors. To explore this concept more thoroughly of out-side/in and in-side/out transmitter/receiver consider what is commonly referred to as the “God spark,” (present in all sentient life forms) as being capable of lighting/lightening up the body contingent on what an entity is holding in its field.”

“In addition to impeding growth, pain is also a contact point that controllers of your current societal and government structures use to manipulate conduct. External stimulation of these nodes will allow a human's queues be managed as easily as choosing a channel by remote control. Recalled, the magnitude of a suppressed trauma unleashed by the human carries even a higher thrust than it did at its conception.”

“In recent weeks, communities and cities have suffered elevated incidents of tragedies as new energies prompt response to in turn trigger release of what's been suppressed. Humanity is moving out of old programming. Efforts to re-ingrate one's self into old patterns previously portrayed and misidentified by the human as source of love and/or self-identification are futile because all but true love, innate divinity is falling away. This is part of awakening to the illusion. Those who refuse to accept what is happening will seek solace by returning to old houses familiar to them but will be knocking on doors where nobody's home. Re-routed from habitual responses subsequently, eventually, sheds light on what's been hidden; revelation of what humanity presumed that they'd already been in possession of and acting on but was merely a relic, a copy of, a fractal of, programming belonging and therefore

linking it back to whoever the human received it from – a human's power to choose. True choice, like true love, is conceived outside of this realm, your innate being your link to activate these in your current physical embodiment.”

“We are speaking of real choice, in the now, not the facade of choices within the black lined circle with its illusory boundaries. People accepted this as the “all there is,” when in actuality it was just as a coral. This point was integrated to you through an illustration shared by your brother, Bo who used this as a tool to convey this very concept. You saw how the ant “toed the line” within the black line circle – how he tested each direction but did not cross. Certainly each human is capable of and in fact destined to cross.”

“There is a crumbling as old patterns of fear are giving way. This may not be apparent to all on the surface yet but rest assured, it's another act of the beginnings of the end. If you consider this thousand years cycle as a massive tornado, you've already passed through the eye of that storm in your semi-catatonic state and are coming through the other side. Expect upheaval and unrest. Provide solace, strength and comfort to yourself and one another. You are each your own refuge.”

“We recognize the weariness and heartache shared by many of you who have long toiled in years of service to eradicate harmful, painful programs; domestic violence and addictions, i.e.: drug, alcohol, gambling, sex, food, and perceive your efforts as insignificant. Your prisons are full of these people characterized as criminals. You see that education, advocacy, counseling, transportation, food, shelter – providing all basic necessities at no charge to assist victims and rehabilitate perpetrators have not been enough to break these cycles that seemingly emanate within your societies, even your familial structures.”

“As Kamooh spoke on so generously in the first message; all of humanity has not been reproducing with first providing intention of nor adequately prepared for arrival of your newest members. Your society is very much aware of the influence of a mother's mental and emotional state upon a developing fetus yet mothers must overcome a great deal to manage a peaceful pregnancy. Just as critical for spiritual development is the environment and familial structure that the baby is birthed into. Parents and caretakers of young children hold very different views of what's required of them and are processing their own dilemmas while raising their children. For example, some parents believe their roles fulfilled by seeing to the needs of providing food, shelter, clothing, education. Some consider their children to be their property and use them as their servants or as vent for their own frustrations. Others ignore prioritizing any child care-taking responsibilities. These children, some long since grown into adults, wear their deepest wounds on the inside.”

“You heal one another by sharing your space. For those of you who've experienced growth in the midst of unconditional love, what greater gift can you give to the one who struggles, the one who is not as fortunate as yourself, than to see through their awkward or malicious behaviors generated from maturing in a chaotic household influenced by abuse, rejection, neglect, fear, shame, addiction - see through those actions that continue to isolate them - and recognize, speak to their essence, that precious spark of sentient beauty within. In a world whose motions are not dictated by carbon currency, crystalline structure can prevail

therefore generosity of spirit is reduced to its primal force; giving of one's assets in its purest state becomes the new harmonic, your currency. Be the mother, be the father, be the brother, be the sister – suit yourself up for whatever role you feel would best serve coaxing a beaten down and perplexed spirit from its self-perceived state of hopelessness and worthlessness having willed their conscious moments better spent in compliant servitude, drifting in a numbed haze to have their movements dictated. Give them hope by sharing your vision of brighter days ahead of you, give them love and inspire them to remember who they are. This is the task that you've set for yourselves.”

“Earth energies have changed and along with this comes the newest generations to your planet who are free from absorbing and re-cultivating pain-full agendas. These are your champions; these little faces beaming back to you challenges of uprooting the status quo. Their births emanated from high frequency bursts into your realm, existing at a level that some of you have yet to achieve and even feel uncomfortable being around. Some have already reached adulthood. These are the children who defied the rules, broke the commandments, back-talked your superiors and landed themselves right where they needed to be to accomplish their missions. They cannot be permanently stifled or dissuaded. Although some of you may lament what you perceive as tragedies that have befallen yourself and your children if yet processing circumstances through limited perception of gleaning this realm as all that is - know this of a surety, no thing that has been orchestrated cannot be returned, - re-tuned to achieve its divine perfection. This is the beauty all around you. This is recognition of the illusion fading, the veil of separation lifting as you step through to the acknowledgment of your existence as a fractal of one love; a universal, unconditional expression of origin.”

“Humanity is not alone in its habitation of your planet, neither is transformation of your species unique. This shift to original pristine blueprint generated in ethereal realm manifesting into physicality of earthly realm is underway in all species. Interpretation of this extraordinary event by those whose perceptions stem from scientific principles already recognize this re-patterning. General populace is noticing synchronicity to their movements, provoking intuitive and empathetic abilities, communicating with plants, animals, tracking and tracing origin and whereabouts of every sentient object. You are the bridge and what is on either side of it. This cannot be stopped. We recognize and are confident that this topic is being brought forth for further discussion by other writers contributing to this book.”

“For now, for those of you who arrived first, you parents and caretakers of these beloved children, and we use this term broadly to acknowledge beyond humanity, every species in their myriad of embodiments, whether birthed from your bodies or resident in and of your communities; we address these communications to you with much love, gratitude, respect for the great works that you've accomplished already and for your courage and fortitude to tackle what lies ahead.”

“It will serve you well to better elucidate some primary factors of pain/shame programming that may have escaped your notice, running undetected as you acclimated your embodiment to adjust to co-existing in a physical body in this realm. Initial emotional response to having undergone a horrific incident is precluded by shock which can cause a fracturing to occur so

that one may recover enough to physically go about their business of meeting their needs. We referenced this earlier, "fight or flight," being one such example."

"Regardless of one's response, if proper attention is not given to process and subsequently heal the event a fracturing can occur creating a sub-personality that the conscious "logical" mind does not incorporate into its field of awareness, its reality. Isolation from the care, the acknowledgment even, of the ego expands this particle's interpretation of its separateness, being ignored, as indicative of it being unworthy of care or having anything of value to add to the entity's experience. Being birthed and stored at such low vibration attracts even denser particles and it grows. It will wreak havoc in an attempt to get the primordial entity's notice, interrupting systemic anatomical flow and when given opportunity to advance, for example were the primordial essence that this "state of being" attached itself to return to a vibratory frequency compatible with what initially birthed this what may be referred to as a parasitic attachment - even if the event is of a much lesser magnitude, it will jump at the opportunity to announce its presence and assert its validity. Out comes the roar of suppressed fear, rage, anger, and the body lashes out in a burst of violence; conversely, the knees buckle and a sense of unworthiness clouds the vision of the primordial entity's field and depressing thoughts, seemingly out of nowhere, appear. These are but a couple examples. You can imagine the multitude of variables. Following recoil the ego is given opportunity to consider what has occurred.

"The ego, processing this display which is often contrary to the nature of this entity's well-groomed appearance, will likely respond with, "I don't know where that came from," compounding the attachment by anchoring it more deeply with shame, embarrassment and regret. The ego accepts responsibility but is confused about how the experience came about as this was a directive generated outside of its scope of reality. In order to meet the body's regiment, not able to perceive a better immediate solution, tucks the event to the side to deal with later and get back to business."

"Conversely, the event can trigger the ego into believing that all its actions are corrupted and propel it into a state of non-action (depression) or violent action (murder/suicide) assessing that it would be better off without the people around it or that the people around it would be better off without it."

"This manipulation happens in one of the three brains in your body, the logical mind. Pathways to the other receivers/transmitters, the heart and the stomach, can be rerouted by attachments or mind control programming but neither can override the primordial entity's desire to re-tune itself with its primary essence in these zones. Hence the oft referenced advice to trust one's gut instinct and follow promptings of the heart. We would clarify here the importance of shedding what no longer serves you in order to amplify clear source connection. This will re-direct origin of sensory perception to your ethereal body; seeing and listening through your heart. The accuracy of this statement can easily be tested by anyone earnestly seeking more information regarding this bigger perspective. Bear in mind that this journeying between realms is being conducted differently than it once was. Integration of the conscious mind is happening now. This integration could cause what the mind perceives as

troubling events to increase by drawing into the conscious field, challenges to any who are even unknowingly still connected to belief systems rooted in heavier densities as ways of testing one's grounding with a confrontation. This is why we stress the importance of connecting through the heart which knows its way, its journey only obscured by filters/belief systems and impeded by the resilience of the ego to hold the entity where it was told to – anchored inside this realm.”

“Think of the ego's tenacity akin to display of courage and strength exhibited by a mother who feels her child is in danger. Just as her fears will be quieted by reassessing a situation as not dangerous, you may indeed comfort the ego by consistently choosing to broaden your experience.

Angry words deliver as deep a wound to the psyche as the body receives from a wound and even worse for the one who spews them. This wisdom is etched into songs, poems, stories to provide inspiration and pathways out of the quicksand of shame and despair. So then, you wonder now how it is that after these interactions result in well-known responses, people continue to wound others. Especially the ones whom they are closest to. Many have toyed with the knowledge, sang the song, but not applied the wisdom. Your loved ones, as you, are up for the task of assisting one another having chosen familial positions before you entered this lifetime well aware of individual perceptions involved with processing your current circumstances and choosing to prioritize by favoring geographic and lineage locations as precedence.”

“Consider this, the brother who was so helpful and kind to you in a previous life, may be seemingly clueless or even harmful in his new role as your father. Your bossy child may have experienced life as a great leader, or was previously in a role of authority over you. Moving beyond assessing one's character by their ability to fulfill role requirements in a traditionally expected manner or to your standards necessitates one be grounded outside the dichotomy of this realm. Along with greater wisdom gleaned from this change of perspective comes sustenance and shielding; absorbing only what serves one's/all's greater good and deflecting or transmuting all else. Along with discernment, we will address transmutation after finishing our discussion on the constructs of pain.”

“Actions of one who holds pain can be deceptive. One could go about their “merry way” carrying the delusion that he or she is free from interference or being deviated from their intended course. Pivotal directional points occur many times throughout your daily life. Aside from obvious means to dictate your movements, we say obvious because now your general populace is primarily aware of what existed outside of their perception until relatively recently, subliminal programming in media and groups of nefarious nature, controllers continue to illicit your support and engage your cooperation through an even more discreet venue.”

“In what could be perceived as it resting in its dormant state, sub-personalities can be fed agendas. To further complicate matters, these sub-personalities, alters and attachments are capable if brought into the “driver's seat” so to speak, of rerouting the primordial entity's expression so entirely that for those of you who've not fully engaged true discernment or field

fortifications, the knee-jerk response to being around a person resonating this tone which you recognize at your core level would likely arouse feelings of anger in yourself and encourage you to respond likewise. Alternatively, one processing interactions using perception and direction of one's core essence will illicit an entirely different response. To test where you're at with this, consider your daily interactions. Do you pick and choose who you give love, extend compassion to? If a person enters your field who behaves rudely to you, do you consider their interaction to be as relevant as from one who greeted you with a smile? Glorifying vengeance and vilifying solidarity are part and parcel of the old packaging sold to humanity under the guise of offering eternal solace and refuge. The idiocy of this theology is that it is presented as a practical solution to a species who entered this realm already possessing eternal life. Your core essence, the very thing that generates the power to sustain your human embodiment, is eternal.”

“Showing patience and kindness are not choices that carry potentials of regret, nor is standing strong for what you believe in. Unconditional love does not mean that you become a doormat for others to wipe their feet on rather that you recognize that divine spark of source that exists within them and hold them accountable for carrying that.”

“Predominance of storms and societal tragedies are catalysts to awaken catatonic humanity. This abrupt shift in group perception allows for societies to reconfigure their inner workings as individuals awaken to claim their sovereignty. Complicated overlays to manipulate the human psyche have secured persons into seemingly self-perpetuated patterns whilst the actual instigators, the controllers, remained immune from reproach. Nowadays, origins of these orchestrated tragedies are more easily tracked mainly due to your shared group awareness via internet. It would appear that arrogance has gotten the best of them, parading execution and devastation of planetary inhabitants; human, animal, environmental in your face. This brashness is also an attempt to push you in the directions of devices and programming advertised to save and cure you. Rest assured, in your current embodiment you possess all that you need to overcome all deviations. Be the one who sees through the facade. If your neighbor behaves rudely to you, if your own child breaks your heart – think twice before you retaliate likewise. Be the one who extends the benefit of the doubt. Be the one who gives love without conditions. Acts of kindness liberate one from the labyrinth.”

“Again, we will reiterate - picking and choosing who to send your love to nowadays is an exercise in futility. If you believe this remonstrance necessary then you are in for a big surprise in many ways not the least of which is that “bad” can and does parade itself as “good” and vice versa. To alleviate a common misconception, let us reassure you that extending unconditional love does not cause that of a nefarious nature to manifest itself stronger. Rather, the result is quite the opposite.”

“One who stands in unconditional love is aligned to their ethereal blueprint subsequently resonant with innate - all that is. So if you were to imagine yourself backed by the force of every entity who stands in unconditional love also, extending their will to reinforce yours, you would not be off the mark. Allow your mind to wander to fully grasp the magnitude of what we are saying. Every sentient being choosing unconditional love, not just human beings but all – all that is! - stands with you!”

“Distortion of temporal reality is akin to desecration of sacred temple: your body. These are the energies your galactic friends are assisting you with transmuting. Your role bears the greatest significance though, as sovereign keeper and disperser of your energies.”

“During this time of cleansing, creations by those who have manipulated this construct will crumble and fall in on themselves. Holding a space of true love, the kiss of love meeting love – you have a saying for this “Namaste,” - allows this great sweeping, this shock wave to pass you by. The thrill of wondering how you will invest your creative energies and talents freed from existence predominated by survival in a pain construct of separateness aided by fear and scarcity has your galactic brethren eagerly anticipating the details of what will emerge. This unfolding of humanity's recognition of universal oneness is aptly expressed in Lakota language as Mitakuye Oyasin; we are all related and this ideal expanded busts boundaries of your self-perceived separateness.”

“Dismantling current construct will reveal at first glance the darker side of the transition. Controllers holding fast to fear of being held accountable for their actions, will attempt to reconstruct dialog to pin this disintegration as humanity's doomsday. This heralding is indicative of new communal standards of peaceful living and abundance for all, certainly not a doomsday for humanity.”

“Every human being is capable of transmuting even the most nefarious of energies. This is why those who seek dominion over you fear you, fear disappearing altogether if you step out of pain and denial and find them. They have lost their connection with prime creator so they believe that their existence hinges on production. Also, being incapable of empathy themselves as that too relies on source connection to discern and intuit an alternate course, they've coerced cooperation from human authors to rewrite their story lines. This avenue will no longer be accessible to them as humanity reclaims its sovereignty and cosmic awareness.”

“When multi-dimensional awareness is no longer a foreign concept, the ability to step out of/between/through realms is accomplished as swift as the blink of an eye. Keeping a journal of your activities and interactions during waking hours as well as recording happenings in the ethereal realm during sleeping hours will provide valuable insight. If you imagine your core being amplified in order to transit through time/space you can understand why clearing one's field of pain and initiating personal discernment is imperative for conscious integration of this journeying.”

“Also relevant for discussion regarding pain is self-identification in healers who assist humanity in a multitude of roles. Devotion to providing assistance to others is an honorable service however there exists the potential that the work be misconstrued as the caregiver's sole purpose. An entity's attention to self care will release and transmute energetic directional flow no longer necessary.”

“Neglecting one's cosmic awareness can lead to tunnel vision and presents its own

paradigm, much like the way your current hospitals and societies dedicated to research and healing of disease became self-generating machines. Think of the people who carry even subconsciously fear of an end to what they claim to want ended; fear unemployment or believe themselves useless if the service that they provide was no longer necessary or have used careers to bury their pain. Although albeit initiated with kind, generous intention, intense devotion to a particular cause can integrate its presence more firmly into the system by deeming it a necessity. Disease is a manifestation designed to trigger an entity's awareness of their multi-dimensional existence and would simply be reinstated via different formats into an entity's field until the matter needing their attention has been resolved. Following humanity's awakening and subsequently addressing these matters, you will see that disease is no longer necessary."

"As you pursue balance and harmony by recognizing the oneness in all and providing assistance, healing to your brothers and sisters, imagine what the world would look like already healed."

"As compassion, empathy and unconditional love predominate in the human society another venue to redeem the hijacked notion of spare the rod, spoil the child manifests itself into this dimension. This is allowing the hearts and the hands of the smallest to lead the group. Welcoming new directional considerations, inspirations from your youngest members, can move societies into a new harmonic; an age of innocence where cooperation allows all inhabitants to thrive in an environment of joy and abundance in balance with wisdom from its elders."

Chapter 14

By Georgeanna DeCarlo

Discernment and Transmutation

Discernment (dis-urn-ment; un-urn-ing – revealing what is hidden, seeing through to its original state)

“You see how relying on your physical senses and emotions to measure truthfulness is no longer a reliable method for making determinations. We presented a variety of examples how moving within the pain construct manipulates behavior; what you see, smell, touch, hear could be representing itself in a particular fashion to illicit response. Feeling your way out of this illusion requires engaging your heart first. This is the beginnings of discernment. Connecting first with one's heart in turn heightens aforementioned physical senses. Be prepared for an extraordinary experience but be aware that this occurs contingent on one's conscious allowance. If one has not released attachments, belief systems and expectations this journeying may only confirm what your ego, your conscious mind believe to be true. For example, were one to harbor ill will, fear or prejudice toward a species, even or especially unconsciously, you may attract those of that species that resonate at a similar vibration. Consider an alternate undertone, perhaps you are being given opportunity to mend relationships, even heal yourself. Do not underestimate determination of those holding a nefarious agenda, those who seek dominion over you prefer to keep you on a predictable path. Residue of mind control lingers and it will be up to you to identify and remove false construct.”

“As occupant in the realm of balance and harmony, using true discernment, you are enabled to shift your perception to that of participant or observer, thus expanding your vision to allow for multiple possibilities and outcomes of your potential interactions by recognizing the core essence of whatever being or situation you are considering. You are in a state of BE-ing. Even so, this information then again must pass through the conscious mind. Bypassing this route would only serve to maintain equilibrium you're already in, relegating these experiences to fantasy or clouding the interaction with doubts and/or judgments. When you choose to honor the information regardless of the challenge it presents to the conscious mind, full integration can occur. Reinforcing this choice to BE (or not to BE, to share a phrase from a well-known author and some humor) by repeatedly honoring and acting upon promptings of your heart to interpret your environment creates a rhythm in your body that eventually becomes as natural a life-sustaining process as breathing.”

“More people are discovering that they are doing things now during dream time that they do not remember having done before; eating and drinking are a couple examples. Even carrying the awareness of where they went, who they met, into the conscious mind is a new experience for many.

This gentle stirring of multi-dimensional existence is bringing a curious, happy feeling to the human collective. People are crossing that line, daring to believe that what they'd dismissed could exist. To do so requires that they release the restraints that kept them from absorbing

these experiences as “real.” Being mocked, scolded, and punished for not supporting limitations imposed within lower dimensional systems are primary venues used to keep entities confined within this realm. This accumulated energy of one naturally seeking reunion with what one innately knows to be true and is intrinsically linked to become thwarted into being shamed for their foolishness and/or fear of being outcast.”

“Abandoning these rote modalities and intentionally stepping out of bounds is an act of courage. Believing, holding to be true what you experience independently is an act of faith. Your soul families will support you and welcome the opportunity to consciously enter your awareness.”

“Quantum journeying empowers discernment, discernment empowers quantum journeying; akin to the old adage asking which came first, the chicken or the egg, these two such named concepts share quantum entanglement. Allowing what has been hidden from your awareness to consciously enter your field without being re-routed by fear and pain constructs fortifies your primordial essence.”

“A human who chooses activities to stimulate greater wisdom in areas such as meditation, lucid dreaming, quantum physics, sacred geometry, astral travel, reaching out to their soul groups, cosmic connection, etc... will find that they need not abandon all ties to this realm in order to travel as they are afforded insight to recognize ties for what they are and what they contribute to anchoring their human experience.”

“Imagine yourself as light can happen more easily by drawing upon vast resources in music, art, theater, literature to stimulate your universal awareness and cosmic connection. Once you've identified your inner pulse, you can build on that by engaging your physical senses to better define and interpret what you discover. Receiving input this way allows you to experience without using emotions to interpret data. You can also choose to incorporate emotion into this interlude and compare your journeys; see how much or how little emotion defines your movement. Your mind freed, will be able to intuit vibrational frequency of colors, sounds you are aligned with. Identifying your root source so to speak.”

“We will share an exercise to bring discernment more clearly into your consciousness.”

“Imagine that you are a leaf high in the upper branches of a tree. Allow yourself to become your own observer by recognizing the space between you and other leaves, the size, the width, the texture of the branch that you're on. Now see how high up you are, notice the trunk that supports your existence, its rough hide a bramble of inlets receiving sunlight and water to nourish you. Further down you see the dirt that supports your trunk to remain upright, surrounded by rocks, grasses, bushes that altogether assist your journey. You are able to see through the exterior and a world beneath the surface opens up to you. You see the thick ropes of your network of roots stretching, touching, conjoined with root systems of your neighbors. You marvel at the vastness of distance and direction.”

“Enthralled with this sudden realization of just how big you are, having so recently discovered you're a part of this enormity and your part IN this enormity – you see how through your

existence the tree is able to nourish itself and provide food and shelter to its co-inhabitants in symbiotic relationship - you draw back into your moment the grace of application and consider alternatively, your tininess.”

“Each speck of you is a crisscross of design cohesive with universal patterning yet imbibed with your own unique signature. Delight in this discovery creates a new sheen, a shift in vibration, a shiver that in its ripple ignites dormant energies to set you aglow.”

“As your vision travels downward, you are drawn to ponder what you'd previously not given attention to - the minute stem that attaches you. *How can this be?* you wonder, as your gaze moves slowly across this tightly woven unit of fibers. Here it is, your lifeline, and it's practically escaped your notice.”

“Surprised at what you've been part and parcel of and intrinsically absorbed without need of your concern, you are suddenly overcome with gratitude of endeavors of all who'd seen to your wellness, allowing you to thrive so effortlessly. This pause precedes a change in your perception. Your expanded awareness allows you to apply these considerations to your regional co-inhabitants.”

“With new eyes, your gaze moves softly over the woods that surrounds you. You're able to zoom in and out to explore intricate systems conjoined in vast networking. Having discovered to your amazement the hard-wire system beneath the forest floor – the intricacy of a multitude of independent neuron embedded fibers stringing awareness, sharing space of existence each unique and sovereign, their individuality celebrated yet conjoined, all greened growth like yourself. The tiniest mosses, lichens, fungal fibers settling like dust into a nook that holds water encouraging life's essence emit from the little one that cracked its shell to stretch itself out and beyond. A breeze lifts the leaves of a small plant and you remember having been yourself held in that motion, this little one's gentle dance is familiar, its melody speaks to your soul and you experience delight in awareness of partnered rhythm.”

“At the base of this little plant sits a rabbit. She is plump and svelte and colored just perfectly for where she sits, her sleek fibers of fur toned perfectly to harmonic vibration of her environment. You move your awareness slowly, admiringly, across her soft physique, her velvet hide. She, being one whose survival hinges on her discernment lifts her chin in your direction already aware of your interest.”

“She invites your curiosity, seeing that you've newly awakened to greet your neighbors. Her consent allows you to conjoin with her perception and you experience a whole new sense of being and tremble a little as the noise of what sustains her body sounds different from your own. A cosmic system exists within her body; air, water, light conjoining, creating, sustaining muscle tissues, organs, bones.”

“She is greatly entertained by your inquisitiveness and stretches out and jumps, swiftly returning her paws to nestle in the warm haven beneath her breast. This gentle movement, lasting only a fraction of a second, began and ended so quickly was startling, a jolt to your

system. The experience of being completely separated from the earth had a dizzying effect and you're grateful that it didn't last any longer than it did. Her demonstration provoked a curiosity you'd not experienced before, and with it a greater appreciation for all the animals in the forest who exist this way; the four-legged travelers of variety of skins and hides, the flyers, the creepers, the crawlers you realize all must reconcile being apart and a part. You thank rabbit for her kindness and return your perception to your personal space."

"Across the hill from you, you see a large maple tree awash with bright colors dancing to the rhythm of Mother Nature's seasonal choreographed routine. This dazzling display captures your attention and for a moment, forgetting your newfound abilities, you lament the distance between you. If only – you begin to say, then catch yourself remembering that yes! Yes, you can! - reach out and touch and explore. Illusion of the supposed chasm that seemingly separated you folds in on itself and simplicity of the request to fulfill your heart's desire happens spontaneously."

"Now you, reader, bring this awareness into your body. Inhale and exhale slowly, then inhale again bringing with you more thoroughly this internal, external exercise of universal awareness more fully into your current embodiment as a human being. Feel your breath – how big or how small you can make it be. Play with that ability to consciously feed life energy to your body. Imagine your blood running through your veins, providing sustenance to all tissues and organs; its counterparts all working cohesively in perfect rhythm to nourish and support, fortify all bones and cartilage. Go ahead and explore freely. Here is the time, the space, the opportunity to marvel at the glory of your being. Experience the thrill in exploring the wonders of what allows your body to absorb or dispose of particles that have entered your field. Move your arms, your legs and see into that extension of your limbs. Now, imagine there is a light show illustrating the movements of the multitude of ligaments, muscles, corpuscles orchestrating this motion as you stretch, flex, curve, retract. Illuminated this way, you are able to perceive, maybe for the first time, the vastness of you as a creation, as a creator. Study the shape of your fingers, your fingernails, the creases in your knuckles, the lines in the palms of your hands, the bend of your wrists. Explore ideals of the lineage you carry, perhaps recognizing similar traits with your body to an older or younger relative. Reconciliation of embodiments will freely enter your awareness now if you so desire to explore this way. Spend as much time pondering this as feels comfortable to you. Then, allow your mind to return to your current embodiment and move your gaze slowly, purposely across the entire length of your body. This thoughtful admiration allows the intricate workings of what's been hidden to be exposed as you are free to explore the miracles occurring beneath your skin."

"Now take a deep breath in and then out, allowing its fullness, then emptiness to move you back into the space of your beginnings. Remember what it felt like when you took your first steps, or in whatever way it was that you began to explore the world around you, and relive those moments of courage, curiosity and joy. Imagine how your loved ones, some who existed outside the scope of your reality, celebrated with you. Carry your current awareness as a human adult into your field and recognize all the beings who shared this moment with you. You are able to see now what you may refer to as your guardian angels, the beings who've been with you from the moment of your birth. Now come back into the moment that

you're in now, carrying with you the remembered experience of joy and peace that comes with the knowledge that you are supported, you are so very loved. You were then and are now still being celebrated. No moment, no experience has been lost. With this awareness, you're able to see through the illusion of times that you'd felt your separation as having been abandoned, lost or forsaken. The multitude of beings who care for you have always been and will always be with you to offer their support, to rally you on and whispers encouragement and welcome the opportunity to interact with your consent for conscious awareness."

"Now we'll move more, as if flipping the pages of a photo album of your lifetime, acknowledging your growth and setting some moments aside for further examination later. Now we will move back into the moment that you're in now. You are fully grounded into this moment secure into what best serves your current field of exploration having retained clarity of vision, defined, purposeful motion that comes from observing unobscured and moving unhindered by accrued filters/ belief systems attached during your maturation."

"Now having returned absolutely and completely into full awareness of your current embodiment and surroundings, beauty surrounds you having retained celebration of your primordial essence birthed into and growing in this existence. Accompanying these great remembering comes the joy of living uninhibited and this freedom of movement remains in your field. Your body reinstated, restructured to realign perfectly with the blueprint you chose for this experience, well aware that the choice to expand, contract, redefine the lines is entirely and completely up to you and only you. Restored, rejuvenated you are empowered with the knowledge that you can carry this vision forward, becoming an active participant in a group experience that honors individual essence. Every breath you take into your body seeded and in tune precisely with the mission that you've chosen. Every breath that leaves your body carries with it energies that are no longer useful to you."

"Your awareness has expanded into recognizing the symbiotic universal nature of your human body in cohesive relationship with your ethereal body, creating matter of, in, out and beyond generated by your unique signature of air, water, light."

"Now that you've moved back into a state of awareness of your current surroundings, your gaze returns to ponder myriad of filtration systems that support the entire physicality of your body by allowing entrance, purifying, then releasing what it no longer needs. You are identifying organs involved with processing discernment. You've carried this key all along but perhaps hadn't taken necessary steps to turn it. Actively engage its attention and ask for its assistance. Wake it up if you need to. Perhaps it's determined that you no longer require its assistance having attempted many times to garner your attention and you've dismissed it. Tell it that you are ready to listen."

"With its assistance, go through your body systems, resting your gaze to move deeper into spaces and asking that your attention be brought to areas in need of nourishment, encouragement. Give love and gratitude to all the systems in your body that work so hard to maintain optimum function, having only ever adhered to dictations that you've cooperated

with or initiated. Tell your body exactly how you want it to perform and release all energies that could hamper this movement.”

“Transmutation of energies relies on one having engaged active discernment first. Awareness and wisdom gleaned from having first explored yourself then into what presents itself in your field has revealed your connection and that you are the connection. You are part, a glorious part, of a whole. Returning to the wild, untamed, unfettered, unaltered purest essence of divine creation in you and around you, assisting you without necessitating conscious directions. You walk through the woods, a garden, or any space free of obstruction of modern influence to release and find your burdens lifted. You feel lighter because you are lighter. Having grounded yourself into planetary and cosmic energies you are able to now consciously release and restore. Previously, your awareness may not have expanded into conscious interpretation of how these happenings occur. You just knew that you felt better. If you wish to understand the process of transmutation more intrinsically, then pull into your experience, with conscious awareness, details of how this process is accomplished easily acquired by asking for clarification from entities involved in this work around you. Each description will be unique, as is each method for this process. For those of you who do not feel necessity of explanation of dynamics, rest assured that your intention to detach what no longer serves you happens.

Many people have done great works of illustrating this concept to give you visuals as tools to build your confidence and focus. A simple way of interpreting this process is to imagine wielding a pair of golden scissors and cutting the cords that bind what no longer serves you; tear up a contract, float it down a river, put it in a hot air balloon, do whatever it is that feels right to you, knowing that once it's released it will not bother you again. Just as with meditation, it is the participant's choice to add as much or as little into this process that they deem necessary for its success.”

“We will close this chapter by extending our love and gratitude to all who've opened their hearts to receive our message. We notice and applaud efforts of the many thousands of people throughout the world who stand and continue to stand, holding space of true love where all are welcomed, healed, restored. This unification of diversity allows through its unconditional acceptance the inner light of each human being to shine which tips the scales, so to speak, thereby setting a new course. It is our great pleasure and honor to participate in this monumental shift of humanity's well-being.”



Shanunda and double light orbs captured in a photo by Georgeanna DeCarlo

Chapter 15

By Georgeanna DeCarlo

This is a message from Shanunda that is especially meaningful to me as afterward, SunBôw told me that Grandfather Commanda had his own story of "Little Bird." I am grateful that someone recorded him telling his tale as well: <https://www.youtube.com/watch?v=Xdww2DskN2g>

This is what Shanunda shared with me:

Little Bird

"There is much worry now of what will be. One foot in the now and the other stretching out, feeling its way like a tentacle, an antennae. This is where the multitude of vibrations emanating from source are catalyzed into categories and why following your innate nature is of critical importance.

Suggestions come time and again to stay in the now but this is merely for recognition purposes, to establish yourself in each moment fully is to retain your connection with mother earth. She indeed is a living, breathing being. However we are not so short sighted nor judgmental that our awareness does not include the survival nature at the core of every being which is to sustain its development its basic necessities must be provided for."

"Do you think that the migratory birds are foolish when they're reading the signs and readying themselves for whatever path they will follow? Would you criticize them and say, foolish bird, just eat from the branch in front of you and lay down at your bed tonight thinking of the beautiful sunrise in the morning and instead their thoughts were going to preparations for the trip? No, of course not. You will say, wise bird you know well how to prepare for your journey. Well done. This is how we see this time for all of you. We will give you another comparison."

"What if this little bird who is about to make a big trip gets waylaid by distractions? What if there is so much happening in its environment that it does not remember its basic instructions for preparations? Is this valuable insight lost to it forever? How would one that cares for this little bird inspire it to reconnect. Because dropping a map in front of it with the route highlighted will have become meaningless to this little bird whose vision is now limited only to the space in front of it. This has rendered it incapable of realizing its full journeying capacity. It will say, this space is comfortable, I like it here. I will stay here."

"Now you see the necessity for what is deemed the inhumanities happening at this time. These events provide a catalyst to awaken a populace. The bell dinging as it were."

“You could remind little bird. You could say, little bird do you not remember what our grandfathers taught us? Little bird might see this as a criticism and become defensive. But if you put your arm around little bird and say, little bird, I love you and I want to tell you a story, little bird will listen.

You will tell little bird of all the wonderful things that she's done in the past. Tell her how beautiful she is and inspire her for another adventure. This is how the seasons stimulate the senses. This is how the equinox is valuable. It is a catalyst to propel from one stage/cycle of development to the next. Reading the signs, absorbing Mother's energies. And little bird just might return the favor someday and sing your song back to you.”

August 28, 2016

I woke up this morning with Shanunda telling me, “Why do they say the first is last and the last is first?” My first thought was that it is because it is a circle – so the meaning would be that they're all connected. But she said, “Then why am I addressing each at a location?” So that made me think well because it could be backward too, so turn around and the one who's first one direction, would be last the other. But no, that's not it either. “It's two positions,” she said, “but not in a line.”

Okay, so she gave me the picture of the one who reached the meal first, having the grace to eat last – like a mother would feed her child first. So it's more of a choice to be first but be served last. “Yes, that's it,” she said and she seemed very happy.

*So the ones who have experienced the great awakening will save themselves to the last in order to feed as many others as they can.
So does this have to do with the shift?*

She laughs. “Of course. What doesn't these days? It is like fish in an aquarium each change is prompting or preceding an absolute change of environment. I shine a light on the tank, there's light. I warm the water. I turn the light off and a myriad of factors happen as a result (the water is colder, you can't see the fish) so it is internal and external as of course we have an observer to make a comparison such as this and that must be factored in.”

“Now back to the first is last. Following the 7 wisdoms from our grandfathers will put the first (the one who got to the teachings first and partakes) last because it is wisdom – it is humility – it is grace. He who would reach the door first will hold it for others. He who reaches the table first will hold the chair or wait for others to be seated. As a recognition of this and to show gratitude, they will be served first by those who are knowledgeable but in a situation of when the meal is taken merely to satisfy the body's hunger, they will not eat first. They will insist the ones who ordinarily served them will eat first. This is what we speak of, it's humility, but it's also self-sacrifice. You choose another's wellbeing over your own. You lay down so that they may cross the river on top of you. Because you are already in the river will not be a big deal to stand up and finish your journey – you're already there! But you've provided not only the affirmation of the direction but the resolution that they will go. Some may be inclined to wander a bit more but if they see that you are suffering, putting yourself out this way, they can be sure that your intention is sincere, this is trust that we speak of.”

“Think of SunBôw's commitment to One United Nation for the Great Earth Peace. Although

his namesake, he has handed it over to the administrators to manage. Were he absorbed with his ego, he would not have possessed grace in the magnitude it takes to build this and then take the long walk. His trust and faith has been and will be rewarded. But his action should be noted as this is the way dealings should be handled in a world where there does not exist creation for the experience of control (competition) rather creation for the experience it exposes (cooperation)."

Thank you for sharing this with me. Do you want me to share this with everyone?

"Yes, we do. In fact it is of the utmost importance that this is heard. There are some who believe that their position is a punishment and it is bringing them down. They believe that the reward is already happening – that goals have been achieved and must be this is the end result when in fact that is projecting your linear timeline into a possibility and when that occurs there is the danger or it taking root there. You see, it is vital to retain vision at this point. The vision is the future."

The Seven Grandfathers Teachings...

Honesty (Sasquatch): Better to fail with honesty than succeed by fraud.

Truth (Turtle): It is always easiest to speak the truth.

Humility (Wolf): To be humble about your accomplishment is to be strong.

Love (Eagle): It is important to care for one another.

Wisdom (Beaver): With hard work and dedication will come knowledge.

Courage (Bear): Let nothing stand in the way of doing the right thing.

Respect (Bison): Give it, earn it, receive it.

October 7, 2017

"You see how this has come to you in phases; first, the messages were designed to evoke remembrance in the ones who would stand first. This is why the transmissions are changing. You were among the many who were prepared to receive The Sasquatch Message for Humanity. This acted as a trigger to your psyche, an activation as some refer to it, telling you it was time. You recognized its impact immediately, able to glean its message easily and though some of you felt parts beyond your comprehension you knew its truth by the way it resonated joy, love and healing to you."

"This is how we've curtailed being silenced or having our message manipulated to produce an alternative affect; we've thoughtfully selected representatives as an ensemble who offers assistance to bring humanity into an improved state of awareness. This reunion emanates much joy for all of us as each of you experiences the thrill of recognizing each other no matter and perhaps especially because you're wearing the skins you're in."

"There is an intensity to your group that draws from its core the wisdom gleaned from a myriad of incarnations and existences in multitude states of being and with that the knowledge of difficulties that you have overcome. Surely this joy at being once again being reunited with fellow sojourners brings the ideals of celebration and is a source that you've oft turned to whilst dealing with a vast array of conundrums. Just a word, a smile, a high-five, a shared thought or picture provides the necessary motion to propel you into a feeling of love and gratitude. The absolute delight of this reunion provides continual resource for replenishment much like one who is re-energized from a drink at the well. Confidence is

restored, integral in this reintegration of force. Like campfire stories and songs imbibe the air with magic of sweet surrender, you find solace and strength in one another.”

Chapter 16

By Brook Nobelius



Brook Nobelius, AKA Kagi Taka (Raven) from Australia

My name is Brook Nobelius, my spirit name is Kagi Taka, meaning Raven in Lakota tongue. I am a seer and sorcerer and have been healing people for over 25 years. I was born awake. I grew up with the indigenous of Australia, hearing the Elders speak of their stories of the Dooligah, or Bigfoot, as most know them. Dooligah is the native name for Bigfoot in Victoria where I live. Yowie or Yahoo are other names from different parts of Australia.

My first encounter with the Dooligah was 31 years ago, I was 9 years old. My connection with them started from a very young age. In the year of 2009, I met a 12 foot tall Dooligah, a silverback. His hair sparkles like crystal in the sunlight. His name is Shrangooloo, he is an ancient one, with not much hair on his face and has more human facial features. He has long hair from his head. I received a foot long length of hair; it was wrapped in copper coils all the way down it looking somewhat like a dreadlock. I have been working with Shrangooloo and many other Bigfoot around the world, to help spread their messages to the human ambassadors, and raising the vibration of the Earth Mother for us to ascend in this life and helping raise the consciousness for different guardians and light workers all over earth. This path has brought me to America; I have found many guardians and soul family within these people with the sasquatch guiding us, once again preparing us for the new world, and the healing of the great Earth Mother.



Silver hair wrapped in copper coil

Message from Shrangooloo

“The time of planetary alignment is here with us now. Old stones contain old memories and pathways to our people. They have been left for ones to find of pure heart, our people from all corners of mother earth are building in number and higher energies preparing for the great renewal and cleansing.”

“All clans and colors and creeds will form a barrier to brace the ones with heart for what is to come. There was once a bond between our people, a sacred pledge to form unity and become one power in the time of the ending and the start of the great cycle. The Earth Mother is our purpose; she is why my people stay, because of her love for our kind. We have become a part of her, she gives us the love to evolve and live in the sacred way always connected to her, embracing her life force energies. She gives to us to live here. Your people have forgotten this sacred connection, only the few that truly understand the earth’s love for us, the old ways of indigenous of lands hold the keys in how to live with our Mother and hold her sacred again. We are about to evolve, this is her gift to us at the ending and start of the great cycle. She is shifting dimension, the great divide of light and dark is on hand for all beings. The time to make a stand is with us as a collective conscious, to take control of your emotions and actions, learning to let go is with your people and other beings. To control your perceptions is to create a choice of what you let serve you and what to discard. The great battle of light and dark is on hand. Judgment will come from within as your people will start to

realize truly what is and the great divide will be. Choose wisely little brothers and sisters, my people are with you and beside you in raising the consciousness of Earth and her children.”

“My people came to Earth long ago to maintain the balance here with the Earth Mother over great time; we became a part of her as guardians or custodians, to keep the circle of life flowing over the earth and to protect the sacred waters. Over time, creations of our people differ in body shape but still a part of our people and our nation of the world. Many wars have been fought over times of the ending and start of the great cycle. The ancient laws were broken and the earth was left for mankind to decide in this time. Old and ancient warriors have and are returning to our earth home. Our people are gathering over the world to assist in what is to come. Our true message is to open your heart space and form unity with the earth mother and all beings that dwell here, to raise the consciousness, for all people to come together as a whole. One energy, one nation, with the Earth Mother as our purpose. My people will die for her if need be, that is our way and sacrifice for our mother and our home.”

“Man has hurt my people for many years. Many are not worthy of our peoples knowledge and old teachings. The great divide is happening as we speak, and some of your people will not be allies and others will become their own greed and control. Lower forces are in desperation in this time, trying to take many with them in the pain of destruction and lower vibration, living off the life force of others. Generations of man have been lost over time, never correcting their wrongs. The earth is tired of this and is giving man a chance to go forward with her. She holds no judgment, for it is not her judgment that will affect your soul; it is your own judgment when truly knowing what is.”

“Respect and honor must be given to all things sacred of our earth. Many sacred sights of my people are being destroyed and changing the vibration in those places making it very hard for my people to bear to see. We are connected to the land by our life force and it affects us in all ways to see what man has done and still doing. Our faith in your people is dying with the lands.”

“Our message needs to be heard and felt from the heart space. The earth is more important than any man or Dooligah. This time is about her healing and giving back to her what she has given to us all for many incarnations. She gives many the gifts to evolve, she gives many the choices to return home and ascend and evolve with her in this starting of the great cycle.”

“Many of you come from my people, same DNA /life force as our own. Many will soon be given old gifts from us, the ones that are worthy. Power will return and times of earth will change. Old guardians will awaken and hear the call. Times of your prophecy and ours. We have been waiting for many of our people to return in form to help bridge the gap needed for our message to be heard and to help the transitions into the new world. Many of you hold keys of knowledge through your collective soul consciousness, their souls are vibrational keys. The knowledge has been hidden within these souls and will soon activate as the hertz of the earth rises. Old memories that are stored in stone will show the way to many seers of your people. The way to the knowledge needed to bring back the balance of the Earth Mother and to evolve with her.”

“We protect the sacred waters of the earth, the waterfalls and the water sources that come

from the mountain tops and underwater streams. The pure water from these sacred places contains powerful magic, connected to the earth as her physical life force. The waters' knowledge is of great purpose and value to your people and all that live here. Secrets lie behind the waterfalls and pathways to the underground and portals of earth. All lead to knowledge and high vibration. The water gives my people life, and connects our mind, body and souls to the Earth Mother's crystalline structures through the water's DNA. It gives life force energy and ancient ways of healing and helps my people live for many years compared to man. We activate the waters' power through our vibration, giving the water purpose and intent, creating a being through frequency to work with us and sustain our bodies in the physical plane. The first waters from the mountain peaks are still pure in intent and being, unspoiled by man. These places are sacred to my people, the water source is where you will find my people all over the earth, guarding and protecting the waters' precious gifts."

"The animals, trees, plants, stones and the wind are all sacred to my people. Over thousands of years, thousands of endings and starts of the great cycle, my people have learned to shift energies and forms of all of earths' natural children. The bonds formed with animals and their medicines and energies from different times of creation, our soul's vibration, can match the vibration of our animal brothers and sisters. Over time, it has changed the structure of our vibrational DNA as we have evolved in our own way to (shape) shift. Trees are our elders so evolved from times long ago. Our own people are from this old energy, over time we have learned to (shape) shift with the trees and ferns. Shaking our vibration until it matches what we need to shift and become one with these vibrational beings. I have shown you, my little brother, prehistoric animals that I have (shape) shifted into. These primal energies and forms are sacred to my people, as we come from their primal times, just as the lands of Australia are primal, and contain ancient memories and knowledge, as my people do."

"There are many different races of Bigfoot on these lands, many times of creation, many starts and endings of the great cycle. My people are the oldest race of Dooligah that walk these lands, the original line of ancestors. We differ greatly in shape and ways, some not wanting man in their lives and live hidden away in fear. The clans of my people are different to many here; we are the original custodians and still see this as our way. My people are many through the mountains, still guarding the sacred sites and portals. As the energy rises, the portals activate and with that come great responsibility of my people. Clan leaders are coming together preparing for the time we are needed to stand as one with our allies in men and women, as well as other beings ready for the new earth and healing our Earth Mother. The responsibility of my people is shared with you my little brother, it will soon be time."

"Boulders containing ancient knowledge and memories are awakening, the hidden knowledge will soon be known to our human allies. Remembering who you truly are is something that will awaken in your soul's activation. Your purpose will become clear to walk forward on the path of knowledge. Warriors from all over earth and the stars will walk with you all closer than before. Strength is needed to rise above the storms of life. Tests are on you all and more to come, the dramatic change of vibrational energies of earth are forcing negative energy to come out and be replaced with the new. The fog of thick dark energies will soon leave as the transitions of light and dark become this world again. We are in the shade of gray, where light and dark can exist in the same dimension. This time can be chaos for many that are learning to control their emotions and learn what to let serve them in their lives. Man's weakness of their true selves and purpose will soon come to a great climax and things will change. Be ready for what is to come, honor all things sacred. The Earth Mother

will hear your prayers and show the way home and back to your people, she gives us all this choice to make, so make this choice well.”

“My people are coming to Australia from all over the world, preparing the ancient sights here. Many clans and colors are joining in these sacred lands. The knowledge has been kept safe and sacred by my people here, secrets have been safe in the indigenous and stones and pathways. Old pyramids and ancient text on stone walls are hidden. You will be guided by us to find this knowledge that the ancients left for man to find in every ending and start of the great cycle. Power is coming to ones that are worthy of your people. This knowledge must be used in healing the earth and all that live here, all peoples. The indigenous of the land hold the stories and knowledge of our people, they hold the keys. Their sacred sites are sacred for a reason, and their stories are the truth of the lands and origins, listen to them well little brother, and you will find the path.”

“Thousands of years of waiting for this time have been a burden on my people. It is the time of unity for the Earth Mother in all planes and dimensions. The gift of evolving is truly sacred and honored by my people, seeing the Earth Mother heal and go forward into the light dimensions. It is a time of sacredness and loyalty to her, beings from all over the earth and the stars are preparing for the great cleanse and renewal. Many different people and beings will soon walk as one and embrace the Great Divide in all aspects. The Earth Mother is giving everyone a chance to evolve with her, many in all races and peoples will fall behind through their choices. It has to be this way, balance will prevail.”

“Old sacred portals will start to activate, pyramids of old will have the way home and you will have the ability to ascend back to your people. They are forms of constellations, star gates. The reptilian forces destroyed most of the ancient star gates leaving rubble and shutting down the energy of the portal and the lands. Australia holds some of the most ancient energies, star gates and portals, known to man. Many secrets across the earth are waiting to be found. The search for knowledge has started on earth and will soon be known. My people are ready for all that is to come, waiting for the knowledge to come forth in man, the ones of good heart and intent.”



Dooligah footprint in Australia photographed by Brook Nobelius

CHAPTER 17

By Erin Renee



Erin Renee, AKA White Stone Mother from Nevada

My name is Erin Renee, also known as White Stone Mother, and I have been a channel off and on for most of my life. My two daughters and I have been having non-stop communication since late July 2017. It may seem soon, but I have been channeling ET folks for some time and even wrote a book 8 years ago titled “-.” As a child, I often had dreams that great and powerful Chiefs from Native Heritage would visit me, and my first conscious channel was when I was about 11 years old regarding training a horse.

My Sasquatch Clan here in Western Nevada has been here forever it seems, and this is very true as we humans read this. They were here long before even our Washoe People were, and they taught the Washoe how TO BE. Some of the channels will come from our Grand Elders who bring the Sasquatch Collective Consciousness to light and some will come from our ET family that have a base in Lake Tahoe. Our local Star Elders are kind and wise and full of GRACE! Something most of us have not truly, truly witnessed. I have been healed by our Star Elders at times, we have had many visits and we joke and laugh with them.

I will now begin to tell you stories of our Forest Family. From my home in Nevada, I look at the Eastern slope of The Sierra Mountains daily, moment by moment, for I am connected with them. They are my mother, as well as the valleys, desert and ocean. I am a child of love

and of our Earth Mother. A HO! It is so, I walk with the energy of Pte San Wi. The White Buffalo Calf Woman and I bring her message of hope and restored balance through the heart of the mother. I carry the Stones with me to lead the people HOME.

***We are all One, we are all Family!
Mitakuye Oyasin HO! Hetchetu Aloh***

This is a channeled message that Erin Renee received from a grand Elder Sasquatch in Chewelah during the 2017 Psychic Sasquatch Spiritual Retreat and Conference. Erin began this channel by being baffled about how far humans have strayed from the path of Nature and how this deceptive society we live in has blinded us from knowing the true love of the Earth and all who inhabit her.

The Sasquatch Elder said:

"It is time to come back, to come home. The path is easy as it is within the heart. Put a bare foot on the path in the forest and look up, for there will be a hand there to help you along the way. Feel the Earth Mother call you back to her. When you step in full heart on the path we will be there to steady you. You will find our signs and we will leave you heart stones, singing stones and stones of density to remind you of your Earth Mother's heart as she beats inside every one of us. It is time to drop your luggage as you do not need any of it anymore. You must come to the trees, for they know and remember your heart. They teach all of us and know this home planet as theirs and ours. Their mission was always to help balance the earth and this has been imprinted in all of them as they were seeded here from the stars as we were also. The ancient elementals is what we will discuss today, we start with the trees as they are everywhere and hard not to notice. It is time to be conscious with all living things. The Forest People or Sasquatch speak for the trees, yes, they are the ultimate gardeners and balancers on the planet, they are the Green Man. In old Celtic and European lore, the Green Man cared for the forest and they still do."

"This elemental speech is very important and must be heard this day. When the hairless human begins respecting the elementals then we will speak openly with them. Until then, only those in heartspace and in love with the nature around them will know us in their hearts. We give this talk to White Stone Mother so that she can share the teachings. If you come to the forest with love in your heart, trust and respect, we will walk with you and show you our ways. You must leave all fear of danger behind you and must find love in your heart no matter how scary your world looks right now."

"If you can truly hear us, we can teach you how to survive and be in balance on your home planet, all that you think you need, will not be needed anymore. Earth changes are coming and have been coming for a long while now. Earth Mother will be cleaning house. There is no reason to panic, but you must learn to help yourselves and it starts in the heart."

"We must work together in the natural magnetic grid of our home planet, we must do this together. We will teach you, we must do this before our families can be together. A HO! Some are already with us and have chosen to stay. We ask you to unplug, downsize, minimize your possessions, and assess what you NEED in order to live. Quality is better than quantity and with your current technologies, you have amazing items to help you in

survival times. Choose wisely and we will help you. Try to get off of manmade medications, if this means using natural alternate medicines, then please do so. Find your wise ones who know holistic healing practices and honor them, for they will be the ones who will know how to heal.”

“Keep in mind that the laws and rules that are imposed on your society are mostly there for control, you must ask yourself if you enjoy being controlled. If the answer is no, then consider an alternative way of life, this is what we offer you. It’s a journey, but one that is well worth it.”

“We are ready. When we speak of elementals, we speak with extreme reverence. For as we respect the Earth, Air, Fire, Water and our collective spirit- then the Elementals will respect us and all will be in balance. The fires would never be so bad if there was complete respect for the fire elementals or known as Salamanders by your earth based studies. The floods would never be so bad if hairless humans had held water elementals in high reverence at all times. The major violent storms would never be so bad if more holy people made offerings to the four winds. If more people honored their OWN spirit, then our Earth Mother would not be suffering and we would not suffer.”

“So it is time to teach the elementals to your people once again, or rather help you remember. It is time to teach them slowly and with ease, with the love of all there is.”

“Fire is first because the heart of fire longs to be loved again. If humans can love the fire, then the elementals will feel honored and will come back into balance.”

“Water! We all need the water on Earth Mother, the water is our healer! We must honor the oceans, the creeks, the rivers, ponds and lakes. Honor how the water has collected in the impressions of the Earth, honor how she cleans us and grows our food along with Earth Mother soil. Honor the Holy Waters always and she will find her balance.”

“Air! We All BREATH! Our air must be clean for ALL of us to live on this planet, honor the four winds, always, daily if you can! She will be in balance, all four are ONE Spirit! Remember who you are, you who have so many gifts of light and joy and your people are the most miserable. It is truly sad.”

“The way to light and happiness is through the Heart. Your heart holds your Spirit to your body, it is never through the mind. For you to honor your collective and individual spirit you must LOVE; the Self at all times of your life must forgive and love yourself. With the love of Self comes the love for nature, for others, for children, for mates, for WORLD and for all that is unseen. Respect yourself, set boundaries, stop when you want to. Learn to want and receive, honor the trade and the gift, release expectations, love people who are conflicted for they are suffering, (yet take no crap). Walk from what does not serve you. Let is all go and journey to your heart. It can happen in as little time as one second, or it can take a lifetime. The choice is yours.”

“Earth! Earth is everything all at once so her spirit is the Queen Mother of us all. Honor your mother, care for her, keep her comfortable and in balance. Pray to her, touch her lovingly and

with reverence and with utter respect. She is waiting. It is not hard to walk outside and touch your mother, connect, ground and honor her, she will always be here, but we may not. Earth Mother does not NEED us to be here, but she loves us and loves the energy that we bring when we are in JOY. There is not enough joy in this planet and this is how we and Earth Mother are out of balance. "Be in joy and dance among her energies, pray with your power and joy. Dance and sing to her and she will begin to heal. It has to start NOW! Our mother has been known to be patient, but that time has passed and we are now in utter urgency. NOW is Time."

"We say this in the simplest way. Love and honor, respect and be in reverence, these are only what you must master NOW. The rest we will teach you at the right time."

"We are all family, we are all relations, so let's start being that way consciously. A Ho! We are all one, not in theory, but in reality."

Maya is our Medicine Woman here in this part of the Sierra Nevada Mountains, she is an Ancient One, but as I understand it, brought forth children with her strong Sasquatch sentinel. Our family here seems to be hybrid and they are wonderful. She sends this message:

"There is no room to breathe anymore in our beautiful mountains, the amount of small humans is out of control and they treat our sacred lands in a terrible way, always taking. Erin has asked me on several occasions what she can do or say that can help our people. Today I give this message: Please, walk in a Sacred Way, each step on the ground here is meant to be in reverence and love. How can they not see the beautiful pathways, the abundance of growth this year, the full lakes and ponds and creeks? They still only see the land for what they can take from it. There is so much more all around you at all times, no matter if it is day or night. We have sent people through our portal so that the small one's children will KNOW that what is in the unseen realms is abundant and that we want our small humans to come home and be with us. All it takes is a shift in the heart and then everything in your body, soul and spirit will follow along. Each step you take is a miracle, each breath you take is a miracle, and where you step is a miracle too; honor your breath and honor your step. Be in peace, walk with love and launch yourselves forward for the good of all."

With Love, Maya True Heart.



Job's Peak and Job's Sister mountains in Minden, Nevada

September 20, 2017

“Are you ready to hear us? We know that you are in a time of confusion. It is perfectly understandable when you have been shown what really is out there versus what you are dealing with in everyday life. It is understandable that you are all dealing with demands and that these demands are a product of who you were before you are the ‘you’ now. So how do you get your daily life aligned with what you now know?”

“We are going to help with this process. We know that it is scary to look at circumstances and people and nobody wants to rock any boats. What do you do with all of this knowledge and energy? It doesn't fit in the world you once knew and are no longer truly apart of anymore. We understand that we have asked you to downsize and minimize and this includes what does not serve you anymore.”

“We KNOW that you do not want to hurt anybody but many of you have been thrust into a type of agitated feeling, this also comes from the atmosphere and what is happening with the alignments in the heavens as well as being contactees for us as Star Elder/brothers/family. You will most likely not be able to conduct your lives like you once did. Many of you knew you would be changing before you even left for the conference in Chewelah WA.”

“This Channel has been through much and she is not sure how to exist anymore and will not let people push her around, but also does not want to cause an upset, she was wondering if others were going through the same, so she asked for help and guidance.”

“We tell you this, the spirits that walk with you all now will protect you and will not allow anyone to hurt you per se, but will also stand by and let you fight for what is right so that you can experience the ending and the beginning. It seems too easy to say those words, but we know the struggle is very real for you. We applaud you and send you love as you must flounder around a bit to find your footing, but it is happening so do not lose hope. Nothing must be done right now to alter your lives in the society that you have existed in, all you must

do at this time is to LOVE yourself and do not fear because anger, sadness and release all have to do with change. You all have just gone through one of the most amazing catalytic event in your lives and each year you choose to go through this, the stronger you will be and you will KNOW with ease."

"The society you live in is designed to squash your power and to make you convert to the status quo, but this can NO LONGER be the case with many, many people on the planet, they are waking up at what your governments think is an alarming rate and they cannot change it. Even this channel made a historic trip to her appointment at a government hospital just to tell them that it was "Too Late," all their plans on control are being seen through and it is just too late for them. We went with her and helped her with the words and she cried for the people."

"Know this. You will not stand idly by anymore, your fearless people want to do right will always prevail and if there are people in your life that are truly in the way, they will leave, or a way will be found for them to go. Allow peace into your mind and heart and let LOVE lead the way. Surround yourself with peace, love, good uplifting music, the perfect energy of healing stones, use good smelling natural oils, and STAY in peace and serenity."

Chapter 18

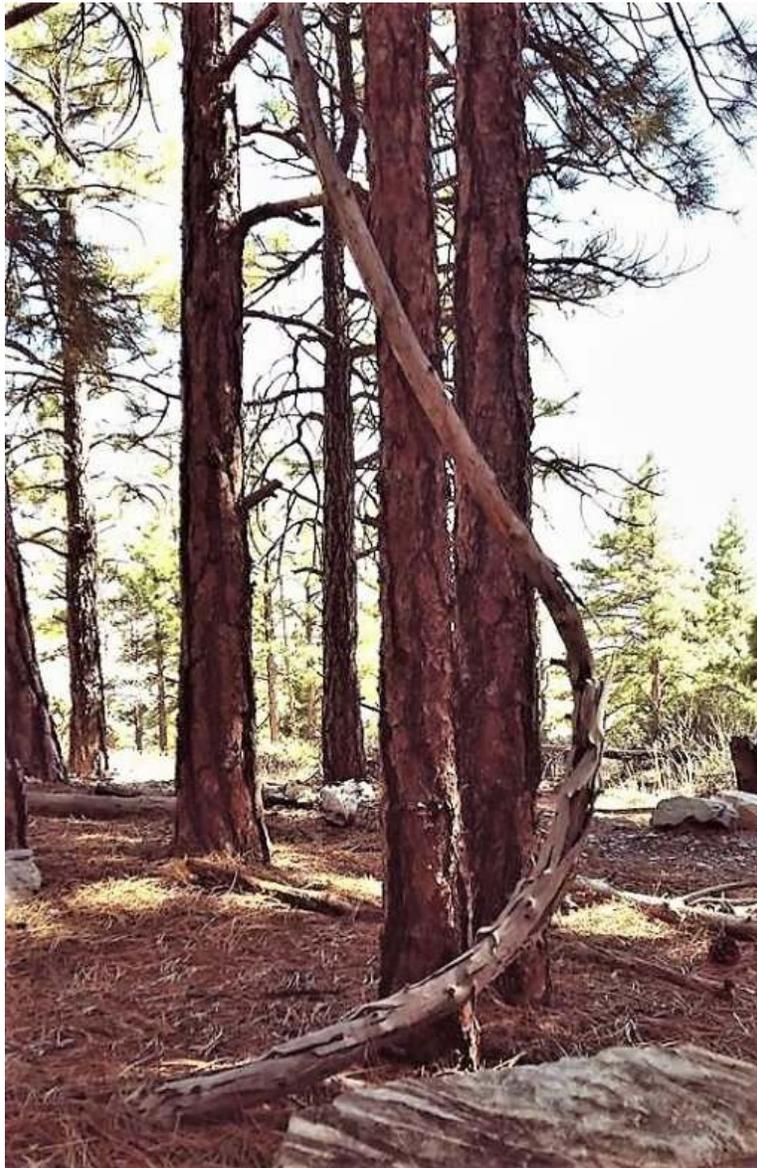
By Erin Renee

Teaching from our Local Forest Clan

- Honor the elementals. Earth, Air, Fire, Water, and Spirit.
Honor your food in its process to you and honor the miracle of it all. In each minute piece.
- We overlook fire when honoring because we do not see it, i.e. electricity. Fire lives in the power in your walls. Honor it. The same goes for water, since the invention of plumbing, we take water for granted.
- Even if you feed the birds and wildlife around the house, you must honor the seed and be thankful.
- NO human should impose and control another no matter the circumstance, even if it is not noticed by the person imposing their will.

- Food can be eaten far longer after the dates they put on the package and we can eat a good portion of food that may just be about to turn. We must assess everything so that we do not waste.
- The sasquatch ask why we use water in our toilets if water is scarce? Good question, why are we not using vacuum toilets?
- Homicidal thoughts are fun and can be enjoyed... this sounds horrible right? Well Sasquatch are original man, they are first man, and they are connected with the planet. Aggression is needed for protection, and pretending you are ripping someone's head off, even if you won't. I identify with this as I am a military veteran and I have some deep rooted anger issues with the governments and abusers... bad drivers often send me into anger fantasy and it can be very cleansing. Often we both help each other with anger, sadness and aggression, we try to laugh and ease each other's hearts.
- We love to sing with each other and TeNahHa loves John Denver. He sings inside, but is working on voice.
- Everyone who visits my yard loves peanuts, I often find them left on my chair and someone threw a hair tie at me yesterday morning. I love my gang.
- With love of all, comes the wildlife, be prepared for hawks, falcons, owls, rabbits, squirrels, lizards, bobcats, dragon flies, coyotes etc... They just swoop in front of your car or hang out in the yard.
- If you have a local clan and something saddening happens, they all come with love and hug and touch you.
- If you have a portal near your home, not only do the Sasquatch and ET's use it, but wood sprites and woodben of all kind come. We have a three foot high scorpion hanging in the yard and I do not think he leaves. He just trundles around and says Hello.

- Be barefoot as often as possible. Stay connected and on bad days, get your ass on the ground. Literally.
- You know you are in deep when you are brushing your teeth and there is my sasquatch niece and nephews as I call them hanging on to my legs for balance and staring up at me with huge green and blue eyes. When the Forest Folk bring you their children to know and love you, you are definitely doing something right. Thank you Ta HA NEE, she is my sister and brings our family together to visit.
- If you want to connect your higher self and 3D self, all you have to do is PLAY. Get to stacking blocks, or creating, build a fort outside, stack rocks, play with kids, have a tea party, lay with a dog in a park, go get lost in the world and your selves will begin to connect back up for conscious work together.



Big T's Trail

September 23, 2017

This channel is more about The Way and how to reconnect with the planet and learning reverence and honor.

Food

“When you purchase/trade, grow, raise and prepare your food, we wish to impart some of the ways to stay connected and thankful. While it seems we have been repeating ourselves, we really are not. This message is about how you will learn that nothing is trash or garbage.”

“We obviously cannot tear everything that you know about your society down, but we can help you integrate so that you are more at ease.”

“Joy is how you connect with everything. So when you find the fruits or vegetables to eat or cook, you must have that element of surprise and excitement when you find the perfect food to add to your meal. It's like finding a treasure. If you can get yourself to this feeling, it will help in honoring your food. As you prepare your food, marvel at its perfection and be thankful, it is more of a feeling than just saying the words out loud. Doing it all together is ideal, we know it will take some time to get into the habit. As you are cooking your food, thank the fire and water elementals for giving your food the process to be cooked to your liking.”

“As you are preparing and cutting the food, it is the same thing as taking a life for sustenance, so be thankful and honor the food you eat because it is a miracle that the food grew to be the perfect food you are eating. We understand that you worry about poisoned and genetically modified (GMO) foods, but what we tell you now will should help you adjust. Fear about the food you eat is part of the element of control. Many will not understand this. Many feel that they are in control of everything they put in their body, but this is not totally true, because the control is everywhere.”

“If the food is here, and it has grown and come into being with what nutrients it has, we all must be grateful for the process and the miracle of creation. When praying to the food and being respectful, we give it new life and new meaning. To say you create newness with just thought might be hard for you to understand, but it is truth. In essence, you can realign your food to be perfectly healthy for you, when you align with gratitude, joy, and bliss when it comes to eating.”

“Many of you are in a state of new awakening, this state actually speeds up your metabolism and makes you very hungry. You must nourish yourself often, and with reverence. We bring you this message with the help of this channel to assist you in understanding at a level that makes more sense to you.”

“When you have prepared and eaten your meal, we tell you how to clean up! When it comes to food, nothing is waste. Everything you cut off of a fruit or vegetable and is not eaten should be returned to the earth. It is not so much about composting, but it is about burying the dead. We all come from the soil and we should be returned to the earth. When we put our cut pieces of food back into the ground, we give it thanks and grace and our LOVE

because we thought enough of the food to return it. This goes for meat as well, if something cannot be eaten, it can be returned to the ground. We understand that you may have pets who might dig this up and many questions have been asked by the channel, but we ask you to dig a deeper hole and fill it with layers of leftover meat from the perfect animal you just ate. By inturning the meat, you have effectively and spiritually thanked the animal for all that it has gone through to make it to your plate. You have now blessed this animal and its meat, or the fruit or vegetable in all phases of its existence and it will feel your honor and be returned to a state of wellness.”

“We are all connected, we are all related; this is one of the most important ways to understand your connection.”

October 20, 2017

Tiamat

“I am... I AM TIAMAT. I am the Elder of Elders of a family who parented your people. Thank you for addressing me as The High Mother, I appreciate your respect and humbly offer my own for your services in the matter of Earth.”

“Let us proceed, my family is here and we come and go, but our mission has greatly changed as a race. Unfortunately there are those in the family still competing over power and to see how their cock fight will play out. We see this in a more objective view than you as we are not in your society or understanding your world through emotion as you are.”

“I am choosing to help you, child, because your people are currently in times to receive such information and I can link up with your energy signature. There is acceptance that you may have fear in understanding who I am throughout your human history, but like all histories, you are not getting the entire story.”

“While I want to express who I am and where it is that I come from, I feel that our information is what is most important to share this day. In short, I am what your people call a Goddess, but I am not. I am the Mother of the Annunaki, for they are my wayward children and many stories have been put in place to demonize me. How can I be a demon if I am working with you now? Your Guardians have taught you to not judge as you poor children do not have the entire story. It is not so much that myself and consort Abzu FreshWater were destroyed or killed, we were actually driven off. Because we worked within the element of your Earth Waters, we became enlightened to the energy of your planet and we were the ones who first began to try to reason with the Earth Lords at that time, they are my children but we also do not have so much emotion when it comes to each other like family.”

“I did not abide in your seas but used them as a way to get around your planet to watch my children. It is at this time that the Great Liberation is happening, your people are waking in large numbers and most everyone is watching you. I bring to you a message of peace and knowledge that there are some of us who can step in should we see a need. We do not ask that you pray to us in any way as we are your equals, your own waters taught us that. We are here to help, do not let the stories of the past scare you in any way; the stories were created by the winners, always remember that.”

“Tiamat and Abzu are one, both sides became a whole just as you and your twin are. You work in different areas, but share your collective understanding and support of each other. We are one and wish to bring healing to Earth at this time as we know that our children have caused so much pain, unnecessary pain.”

“You are entering a time of Clarity and will trust your heart knowledge when it comes to stories and the truth; there are many in the unseen world that you might consider scary or dangerous. We want to tell you that there is a huge effort in coming clean on all levels, this means that what might have been dangerous in your history is trying to come forth and heal themselves and THEIR own Karmas. Anyone can change their mind and hearts at any time. We ask that you go back through your stories and look for what is frightening to you and look at them with love instead and find out the WHY of the aggression or war or battle.”

“Erin has now figured out why she is was chosen to speak for us. The message has been around for a while, and Jesus said it best when he taught to LOVE everyone and bring Peace and Healing to them, and by doing so, you put light in their hearts. Those that might seem scary and dangerous also deserve this love. This does not mean you set up an altar to all that may not seem safe, what this means is that despite the rumors, Love Anyways. Difficult people and situations are hard to find love with, but it is something that needs to be done to balance the Earth and the Ethers.”

“There really is nothing to be afraid of, if you look around, it is your own people causing so much pain. Unfortunately they learned it from my own Children and it is for this reason that we have a personal interest in freeing your minds so that you can once again be One with all of us. WE and many other "gods/goddesses" are cheering for you. Do not fear us, for yes, we do have great power, but it is so much fun watching you all find your own. This is like a giant movie playing out and the Universe is watching Earth grow.”

“We come to you as parents of children who have lost their way and are still fighting it out and working with what you call the Cabal. It is all about competition. One might think that they should call it quits, but they never will until their toys decide to change their minds. You Dear Children had been their toys for far too long and now your collective is waking up and will not be controlled.”

“Listen to your Guardians for they know the way and have been here a long time to watch this huge game play out. They are drawn to you and you are drawn to them as you are family and they want you to find your power through love and innocence. The more innocent you are, the more you are attracted to innocence. Those of you who thought you were naive in your lives are the ones who will have the connection, for you are the Eternal Children, the ones who will bring the New Earth forth. Stay kind and humble and keep the understanding that help and guidance are just on this side and we are listening for you.”

“We may seem to be scary to you, but we are not that way in our hearts. Many of your old stories are not true and digging through the knowledge may seem daunting, but just know that we are here for you. If you hear our name in your mind, we are announcing our visit and will be wishing for you to hear us.”

“Example: Erin was driving to pick her daughter up from school and saw an odd decal on someone's car, she looked at it and saw Tiamat in her mind. She heard the name and instantly wanted to know more. She came home and exposed some old stories learned and listened to her heart, then she wrote our message. This is how it works for her.”

“We send our Light and we send our Support, there are many of us. Thank you for your Service in these times.”

- Tiamat and Abzu

CHAPTER 19

By Leigh Kerr



Leigh Kerr in Australia

My name is Leigh Kerr from Australia. I am a highly intuitive empathic starseed and lightworker. Many starseeds have light encoded frequencies within that are programmed to be activated at certain stages upon their timeline. Part of my work is to activate these light frequencies into the earth grid (among other things) to bring about changes to the planet to allow humanity to shift to into the fifth dimension. I run worldwide collective consciousness groups to help humanity awaken from the slumber via the sharing of knowledge and resources, and I work with various healing Modalities, such as Hypnosis, Counselling, Crystal work, and Ceremonial Land & Water blessings to name a few.

Over the years, I have had many different beings that I have come into contact with and they are my star family or guides and helpers in our multi-dimensional universe. Specifically Pleiadian, Arcturian, Jesus Christ, Mother Mary, Angels, and the Sasquatch. These guides include Ancient Ones and Sasquatch People, with whom I have formed an alliance, have been having interactions with the Yowies or Dooligah as we call them here in Australia and my local areas.

I realized the world is not as it should be since I was a small child. I was aware early to the untruths of the world. In my younger days, I recount paranormal and unusual experiences

that would lead me to believe that some of those encounters could have involved Yowies as well. I have formed bonds with people from all over the world who share the same communications from the Sasquatch People and it is through them that they have cleverly instigated friendships to help harness the gathering of their people with our human people to be a voice for them, as we work globally to help raise the frequency of humanity on Gaia at this time.

In late 2015 I began having more encounters with the Yowie people and was continuously drawn to nature and exploration of the forest, so on every occasion my partner and myself would pack our bags and go bush for the day. I was in a secluded setting ironically called the Bunyip State Forest. The Bunyip is referred to as a monster of the waterways in aboriginal folklore. In connecting through spirit was a female aboriginal Elder who began communicating to me about the Yowie clans on the traditional native land. I saw her telepathically, she was sitting crossed legged, with a wrapped shawl or blanket around her shoulders. She was very talkative and she addressed herself as 'Mother'. She was in communication with the Yowies and they were all family, she was part of them or the understanding was she was known to their clan.

On the next occasion when we went back to the property we discovered a walk track with a bronze statue of a woman sitting crossed legged with a shawl draped around her shoulder. She was indeed an elder and a known leader of the Indigenous in the area and the statue served as a monument of her past legacy. Many times she has connected through me, and one time her presence was overwhelmingly powerful and she would always bring goosebumps when she came through as her presence was so strong. As she spoke, she was leading us back to a specific area, to find the dooligah (yowie) to connect with, she came through and the hairs on my arms stood upright and she told me to carry a special stick (a tool used by the Australian indigenous). The tool (stick) would deliver us to the yowie and offer us protection she said, and they knew we would be coming.

That is when I saw my first yowie in physical form only about 8-10 meters away and we had telepathic communication with each other. He was a male called Sabe-Ceba-Ka (which I found out later). This was the name I was given in indigenous tongue. We refer to him as Armairidge (as he has been shown to others I know as well) and he was allowing us to see him for a short time only (his words), and it was a splendid day. As I watched and felt him nearby, he put a hypnotic type trance over me. I went into a meditative state there in the forest and keep conversing with him in my mind. I was telling him that I would be grateful for the connection and be thrilled to see him and get to know him, that I loved and respected his home (the forest) and that we are people of good intent, from the heart, and the connection would be cherished.

The hypnotic trance like state he put me in was intense. I could barely keep my eyes open and I felt he did this to read my level of fear or intention and to read my energetic signature. I was not afraid at all. I felt calm and was ready, feeling no fear, well maybe just a teeny bit, but it was more excitement to see him. I felt I had protection from my guides from any possible harm. After he told me he was coming and I would see him, he came thrashing through the heavily forested area toward me. He was running. I could hear the snapping of branches and crunching of foliage beneath his feet as he heading straight toward me. My heart was beating faster but my body felt electric and I was jumping out of my skin with excitement. When I made eye contact with him coming toward me, he then turned and ran quickly up the elevated slope of the land. He was heavy set with thick shoulders and

arms, very dark hair, very strong in appearance, and I felt his energy which portrayed a cheekiness like he was teasing me. He enjoyed that encounter as much as I did. I will be in awe forever with this experience.

We returned to this forest a few months later to connect with him again. But as we were driving and I was connecting to him telepathically before we arrived, he said "we are not there." The energy of the communication was somber. I felt deeply saddened, but I could not understand why I was feeling this way. After driving another 40 minutes or so we had arrived at the place close to where he lived, and I knew the reason why. The councils of the town's shires had de-forested the lands. Acres of trees had been cut down; only then could I understand.

The next year (2016) while attending the first Psychic Sasquatch Spiritual Retreat and Conference, I had the greatest pleasure of seeing our dearest Kamoooh in Washington while he walked across the road directly in front of us as we travelled in our vehicle. He then walked straight through a barbed wire fence and vanished into thin air. We later received his gift of his hair from SunBôw that was given to him only a day or so before. I keep this with me at all times. Our relationship with the Ancient Ones, the Sasquatch people and the Yowies is one of friendship and that of an ambassador to receive messages from these wise people to share with the world.

Now seeing my local clans and meeting more and more faces each time, the communication is coming through and they are using specific people as channels to relay these gifted messages for all of humanity to learn and understand as they have witness many years and cycles of humanity.

One of my messages came through as I sat with a beautiful female called Tunnika hiding in the bush. She allowed me to capture her image by photograph, after I had asked her permission, but the decision was hers. On our first meeting I was with my daughter driving in the hills. We often just pack the car and drive without any destination in mind. We just head off to the bush or forest for "peace" time and time to connect with our friends. We arrived at a beautiful "open to the public" garden. The Garden is on government property that once was sacred indigenous ground. We took a walk to a specific area that I felt drawn to. I knew there was Dooligah living in this area. I could 'feel' them all throughout there, many of them. I saw one female and she has 2 young ones with her either side, and she was admiring my daughter as I admired her young ones. There were more that showed up in the photos I took. Tunnika's energy was very soft and almost shy like and yet she was very forthcoming with information. She came really close, and just sat behind this big tree trunk and had one baby each side of her. I can't believe it - this is real! It is so far removed from our human reality, they are right there.

On the second visit, I brought my drum and played for the clan and offered tobacco and burned some sage. I did vocal toning which they love and I asked if she would like to offer any messages for the Sasquatch Message to Humanity Book Three and I was ready to take my notes.



Photo of Tunnika by Leigh Kerr. She allowed Leigh to take this photo to include in the book.

Message from Tunnika

“We are happy to connect and that you reached out to us. It has been a long time waiting for human connection. We often observe the people wandering here in these public gardens, but we keep to ourselves and the people don’t even know of us or about us, or that we are here. We are open to you as we see your truth in wanting to be a support that we can communicate through and link to the right people who wish to share at this time.”

“Many of my people around the world will come into communication via different human people. The world is changing. In the past, the Yowie has always been with the indigenous peoples for many years.

“It is time to come together as we are growing on an evolutionary path and the time is good to build the bridge to come to understanding and create balance to the lineage. We now seek good karmic balance as we are in a time of great transitions unfolding.”

“We must strengthen the foundations first before we plant bigger seeds with humanity. So we want to strengthen and balance the ways of the people of the land and the Yowie/Dooligah people.”

“Some of those will not understand why or how we connect to people because we work in different ways than man. We can be near you in many different ways, more than you could imagine, and that is certainly what we do. This is how we know what happens with your worldly affairs. Many more people are opening their hearts and their minds and will receive us. It will occur gradually at first, and then it will become more noticeable and well-received. We will do things that will allow you to sense us around you and we will catch you by surprise, like the time Armaridge visited you in the early hours of the morning and surprised you with his gift of hair in your bathroom, and the other times when Kamoooh appeared close

to your face when you were sleeping. How did I know this? Because we are at one with each other and have omnipresence. We are in sequence with other sasquatch collectively.”

“It is not a coincidence that when you talk about the information you are writing from us, you hear the sound of the drum, your drum, the one that you play for us when you visit to take down messages. It is us knowing what you are doing and calling you to come and receive more messages, also means we are with you. We understand that man has concept of Time, however we can break all barriers of time and interact before things have occurred as the hearing of the drum you heard today while writing these messages for the book. We are letting you know that we want you to come back and receive more messages.”

“On the understanding of "being one," we are in alliance with our star families, brothers and sisters from other realms from eons ago. It is the human that has to overcome the EGO in thinking that he is above all other creatures of Creator's design. It is the humans that we are waiting for and have been waiting for thousands of years to advance in spiritual matters and realize that we are really all one and all equals. There is little time left as the cycles are and have been changing on great evolutionary proportions. As our star families along with the Masters that have been guiding humans to help them along, and for those that choose to listen, they are the overseers of the great masterplan from the Great Brotherhood of all. It is the Ancient Ones with many thousands of years of knowledge that are now coming forward to help humanity shift forward and thus, this is why humans see us more and more today. We select who we telepath to as not all are ready for our communication or know how to receive it.”

“Consciousness is now shifting in leaps and bounds for what was a slow start. Before the beginning of a new era, the consciousness is expanding, ready to transmute the higher vibrational energies which will take us to the highest levels. My clan's people will be coming out of the woods so to speak, as we are working with humans to help expand your awareness to shift your frequencies. To accept us, one needs to think outside of patterns and programs of their material world and expand their own consciousness to vulnerabilities, and then comes acceptance and understanding. This at first can and has caused some hysteria or disbelief for the narrow minded, but in time, they too will come to understand if they hold trust.”

“We have contact with the souls of many of the Sasquatch communicators. As before, they came to the earthly realm in this incarnation and were told of the work to help humanity. We have been watching and waiting since their earthly childhoods along with the star families that are here to assist and help. They will be a part of the whole cosmic shift in this part of the universe. This is one reason we are bridging with the people of the lands as we must be in perfect balance of energies to transition from the old energies to the new energies. Past issues and karma must be resolved. It affects all living things, therefore all negative must run its course to completion and come to pass. Man has choice and free will and will need to accept or chose love and peace that reside with the universal laws of truth or they will reside in fear and darkness.”



An unexpected photo of Armaridge taken by Leigh Kerr

On a fine morning in the sunshine of my backyard, I connected once again with our family of Sasquatch and Yowie. Asking again if one would like to communicate a message for this special book, Armaridge came through with this message to all that will listen.

Message from Armaridge

“Humanity is changing fast, we are in times like never before and we are making progress from the dark forces. The darkened ones will still push hard for their agendas to take hold. We watch as human life and your world has become super-fast paced and we see the struggles of humans to keep up. This is part of their plan of course, along with global domination, and this includes artificial intelligence. Humans will not be able to identify what is real and what is not, creating confusion. The mastermind behind it all is not human and not an ally to humanity. To keep the balance and to keep grounded and centered, humanity must reconnect more than ever before or you will become lost. Remove yourself from anything that does not serve you or your highest purpose or that brings you disharmony. Those things you call televisions and those electrical devices you speak on steal your energy. Nature is under-rated and greatly under-valued by most humans. Connection to nature, trees, grass, earth, sky, and rain are part of our living and help beyond measurable scope. All of the consciousness of these living beauties of nature will help. You are an energetic force field and you blend into the force fields of the trees and earth in nature. Your fields become entangled as you plug in, with the consciousness of the earth’s natural healing wonders. It is in this state that we can join in the entanglement with our energies. We the Yowies/Dooligah, are always around when you step outside your boxes you live in. We are often so close to humanity, just a hop skip and jump away, as you have found Leigh, that if people knew this truth they would be very surprised by this. One of the reasons you have had overwhelming feeling to go into the forest or bush is because we call you, and is often the intention to get you out of your suburban abode and more in nature than for any other reason.”

“Yes, fast changes. Many are lost souls, and already many have reached a point of no return. Teach humans to get to know themselves and who they are. Time is of the essence. Learn to honor all life instead of just thy self. Open hearts and honor Mother Earth that supports you, the ground you walk on and the Great Spirit (God/Source/Creator). Honor the teachings of all the great Masters before you as they are all sources of truth. Do all you can to be great leaders of truth yourself and with great power and spirit be wonderful allies for Humanity. The gifts of the Great Spirit are for everyone, not just a select few. It is up to humans to embrace the gifts and work with them. You have choice and we ask that you chose very wisely. Your choice is not just for you, but for a collective mind.”

Learn more about Leigh Kerr at www.leighkerr.com

CHAPTER 20

By Gayle Fowler



Gayle Fowler from Colorado

My name is Gayle Fowler and I was born and raised on the island of Oahu, Hawaii. I was born a natural healer and an empath. I could always sense spirits, vortex, portals and other beings. I have a Masters of Business Administration, I am a Reiki Master Teacher, Shaman, Medical Intuitive, Channel and Empath. I currently reside in Colorado with my family.

I was asked to be a part of the Sasquatch Messages to Humanity because of the channeled messages I have been receiving from the Sasquatch and others. I am honored that I have been chosen to also channel Kamoooh along with SunBôw and several others. I received validation when SunBôw approached me after I had channeled Kamoooh. He said that during my channel, he saw Kamoooh standing behind me and that the words I was speaking was very much Kamoooh. What an honor to be able to connect with Kamoooh and to have SunBôw support the continued communication. I look forward working more with the People of the Forest.

I work with Bear medicine and was given the name Mawanaheeya or Bear Heart Medicine Woman. I later received my Forest People name Taneksheklah from the one I called "Father" later known as Na' ayashon. I have journeyed with the Sasquatch and continue to see them the same way I see the Spirit Animals and other beings that present themselves to me. It wasn't until July 2017 that I saw my first Sasquatch in person in the mountains of

Sonastee, New Mexico. I believe what I saw was an Ancient One because she is smaller in width, has very long black hair and at the time, thought she wasn't very tall. In October 2017, I returned to the same location and discovered that she was very tall, over 10 feet tall and the location that I saw her was next to a portal. Through channeled messages from Garrett Duncan of Navajo Illuminations, I learned her name is Quitari, and that she came from the planet Etheria. She has stated that we will be working together going forward.

As long as they are of the highest vibrations and coming from the heart and love, I will continue to allow the People of the Forest and others to share their messages through me.

September 3, 2017: Message from Kamoooh at Spiritual and Psychic Sasquatch Conference at the Chewelah Learning Center Amphitheater. Chewelah, WA

"We are most pleased that so many have come to honor us. So many are filled with excitement and joy. It touches our hearts to know that we are not forgotten and we feel honored for you and others to come with a full heart, open heart, wide eyes. We walk among you, we walk beside you. There are many of us, I speak for the people. You may call me Kamoooh. I am the voice of the people. I am also speaking on behalf of the star beings. We did not expect to see so much love and caring, and as you call, companionship amongst many who have traveled very far to be here. I know there are many with questions. So, I will allow you to ask and I will speak for the others. You may ask a question of me."

Question: What star beings are with us tonight?

Kamoooh Response: "There are many my dear one, too many to count. All shapes and sizes, all colors. All excited to see your people joining together in celebration of the ones you call the Rainbow Ones. The rainbow refers to all of the different star beings coming forward. As they join together, they form the rainbow. You are the Rainbow Healers and we thank you. Many have been called the Rainbow Warriors, but you are more than that. For you are the healers who are more important than the warriors themselves. And we thank you."

"Please dear ones, do not fear. Speak your minds and I will try to assist you."

Question: What's next for us?

Kamoooh Response: "That is a big question my dear one. We have a lot of expectations that you continue on your journey through the lights. You all have your own roles to play in the upcoming "changes." This one has said that they do not like when we call the so called, war. This is not war as you know of it my dear ones, it is change. Vibrational changes. Changes in people's values. Changes in the way you view your world and what is around you. You have a job to do dear one and you know this to be true. You must come out of your shell and show your light. The other one is communicating with the land ones. The people of the forest. My people, yet not my people. I am not only of the land, but of the stars."

Question: Is there anything I can do to help to strengthen our communication of our work together?

Kamoooh Response: "Let down your guard, release the fears. For we already have a strong connection dear one. You just are not "hearing" what we are saying to you. You are trying very hard to hear us, to feel us and we thank you for your efforts. What we are saying, walk in your dream state when you are awake and you will feel us around you and easily hear,

see, sense what we are showing you. Do not put so much “burden,” as you call it, just relax. It is not as easy I understand. This one says it is not an easy state of being for many to relax and be open. But all you need to do, is with your breath work, you will get closer and closer to us through your heart space.”

Thank you Kamoooh, I love you.

Kamoooh Response: “We love you too dear one. We love all of you. Our hearts are filled with love for we feel your love that you send to us. There are not many in the star systems that has so much emotions and sometimes we find it odd. But I have worked with your people for a very long time. And so, I am honored for I understand these emotions you have. I will stand back and allow the Thunderbird to come forward. I will be around you always.”

Message from Thunderbird

“I stand before you all. It is not very often that I come to speak to your people. It has been a very, very long time. I do wish to say that I felt a calling, and so I am here. I understand you are asking for rain to help with the fires in the forest. I shall work to assist, but understand the forest fires are a natural part of the circle of life. We must clear the way for a new. So, it is not always the right thing to do by putting out the fires. So, I will observe and see when it is the right time to be done.”

“But we, I have much work to be done. We do not like the smoke, the smoke that rises that darkens the skies. So, we will be what is necessary to help Gaia in her time of need. But know you have a role to play as well. You summoned me and I ask of you to continue the drumming, the chanting, the calling and I will assist. I must go to the stars.”

Message from White Buffalo Calf Woman

“It is I, White Buffalo Calf Woman. I am pleased dear ones, I watch all of you together, all with open hearts. All willing to come together to work together. This is something that I have been waiting for, for a very long time. We, you, I, the other ancient ones, the star beings and the big hairy ones, those dear ones. They are all gathered as well as the elementals. I considered the hairy ones as elementals, part of Gaia’s children. Gaia is questioning what to do at this time. There seems to be confusion of the children that live, reside, on her home. Many are standing arm-in-arm to help the, what is the word, “cause.” We are thankful that there are barriers that are broken down and many of your kind join together as one. We are very honored to see these efforts that you make dear ones. But remember, you do not have to do the work for many. Do the work of your own, one at a time. And as each one of you helps to heal one, more healers will come. It is your job to show others the true gifts of the healers. Healers are warriors, champions, leaders. But you all come from me. My dear ones, you work in the heart space and I wish all of you to feel me place the cloak around you. Feel how honored I am. How much love I have for you all. For I know it is not an easy “job”, as you call it, but I am very honored and I send must gratitude and love. Do not discourage yourself dear ones. Everything you do, makes a difference. Please know this. It is time for me to go.”

September 4, 2017: Message from White Buffalo Calf Woman at Spiritual and Psychic Sasquatch Conference at the Chewelah Learning Center Amphitheater. Chewelah, WA

“Dear ones, we meet once again. Much, many steps you have taken forward on your journeys. We are all stepping into our roles. As with any group, any band of warriors, each has a significant role to play. So, to, you will find your place in this collaborative healer gathering. Much has shifted since you first arrived at this sacred place. Many lights have become brighter. It fills my heart with love to see you all joining together as one. Although you may be leaving to your homes, your hearts will continue to connect each and every one of you. We have more to do, more to see, more...” (break in channel due to more people joining the group)

“More have gathered, this fills my heart space. You are all here for a reason. Each one of you has a role to play. Finding your soul purpose in this gathering of the healers is not as important as remaining connected. For you have all chosen to be here. To become one. You have all chosen to remain as a family. As you did in many life times. Your faces may look different, but your hearts are the same. Each one of you holds a piece of me. Each one of you are one of my own and I am thankful that you have heard my calling. Each one of you will receive a gift, a gift of unity. Each one of you will learn how to use this gift and as you rejoin in the coming days, months, years, life times, you will once again know your roles in this healer’s gathering. You are the warrior healers, the healer warriors. It is through my heart connection that you have all heard my callings. I am so grateful to you all, my heart is overflowing. I am proud to stand before you. I am proud that you have all chosen to embrace your roles as my healers’ army. We have much work to do dear ones, but remember, one person at a time. As each one of you have felt, one healer to another, to another, to another, to another, to another. Do you see that it is not the whole worries of the world that you hold, but just one. Each one of you brings forward light as you touch another’s heart. You have all gathered to feel, to see, to connect with the ones you call Sasquatch, this one is also saying Yowies, other names, but they are all here to stand beside you in this journey that you have agreed to be a part of. You honor me with your words, with your presence, with your songs.”

“I hear the son honoring the ancestors, the brothers, the grandfathers, the grandmothers (referencing Garrett Duncan speaking in Navajo). But he is not the only one that does so. Many of you feel you have much to learn before you feel worthy. That is not true dear ones. For you all have answered the call. Allow yourself to open your hearts and you will embrace your true gifts, your true purpose. Remain connected to each other dear one, for this family is strong and I am honored to be a part of it. Much gratitude dear ones, and safe journey back to your homes. You will always carry a part of me and I will be with you always. Much gratitude.”

Message from Kamoooh

“You have returned dear ones. I am very happy. You have increased your numbers I see. It is interesting that you all wish to become one with my family. But you are already one with us. We are filled with joy and anticipation for the songs to begin. The laughter, the hearts overflowing. This is what we wish to see. I approve. I approve. I will step back and wait for you, how do they say, performance. We enjoyed last night, yet we hid. Do not feel that we do not connect with you. We, we cannot hide from you. Please begin and we shall be here with you. Much gratitude, much gratitude.”

September 5, 2017

Message from Kamooh

“New words, new language will be shared. “Mak Now Way Nok Tee” there is no match in your language for this word. Many words, many but not the same. Say this word, portal will open, others will come. We watched, we observed, we laughed when you laughed. We did not show our selves through the nights before, and before, and before. But we laughed with you. We listened when you spoke to the one you call SunBôw. He has known me, us for many, many, many years. But he learned new feelings, new connections, through your gathering. He has much to process as you. He will join your circle to learn more. Please allow, not allow, but welcome, welcome him to your family.”

“This message is for Susan, we await you. We will, what is the word, check in on you. Waiting, waiting, waiting. Do not stay in 3-D, allow heart spirit to walk freely. Then you will be beside me.”

“Carissa, you have strong connection. You teach little ones, your little ones. We want you to share with other little ones.”

“Garrett, we walk beside you. We feel your sorrow, remote gone. We look but we did not find yet. But you have new tools to help others. We will bring back soon. One who has it, needs to connect. We will return to you soon. It is missing and not. We will put back with others, and more. Questions please.”

Question: How soon will you return the object to me?

Kamooh Response: “When it is time. It will be in your hands. Maybe three seven days, three seven days.”

Question: What would you like me to call the class that I will be teaching children about the words you have taught us?

Kamooh Response: “Alphabet, Forest People Alphabet. Young ones do not need name for class, but mother, father need to understand. Pictures, pictures, will help to understand.”

“You see other of my kind. They look different, feel different, heart different. Need help to protect others, some not good. Not good intent. We will stand guard, but you must teach others to not allow, not call them in. They trick your people. They are not always like us. They were one of us many, many, many lives ago. But they changed their, how you say, political party. They do not follow in our steps, they make their own, rebels. Please teach your people to be cautious. Their numbers a few, but they make contact more with your kind than we do. Questions?”

“I will be with you, you are always with me. Think only of future and joy and happiness, working together. We are excited, we are celebrating. More of your people and our people will be paired to help share new tools. I must leave now...”

October 13, 2017

Message from Kamoooh, Na'ayashon and Kechiktah

Opening portal...

"Mak Now Way Nok Tee, Mak Now Way Nok Tee, Mak Now Way Nok Tee"

"Envision yourself being one with the people of the forest, as we are sitting around a camp fire, they will be joining us. There are many who work with you, and they are excited to connect with you. We ask that the elders come forward and share their wisdom and knowledge. I call forward Kamoooh, I call Uniak, I call forward Na'ayashon, I call forward Kechiktah. It is I, Teneksheklah, your sister, your daughter."

Message from Kamoooh

"It is good to be back. I am the one they call Kamoooh. I am an ancient one, as your people call me, I have been here longer than you can remember. I am known as the one who is the 'go between' of the star people and the ones you call the people of the forest, the sasquatch, the hairy ones, they yowies, the dooligahs. There are questions already, would you like to ask your questions now or would you like me to tell you a story. Story please... very well."

"So, we came from the stars, we were many, we were looking for a place to raise our families, our children. We came forward and found your planet. We connected with Gaia, she invited us to join her. Many of my people found themselves creating new homes in different parts of your planet. There are many that choose to live in the north, they like to be in the cold. There are many who choose to live in the south, many like the tropical jungle, more places for them to hide, more places for them to hunt and to gather food. Many have chosen to live in the place you call the Americas. And we choose to live in places where we would be able to raise our families. But when humans came, we first worked with them, many feared us. Those who are the ancient ones are smaller compared to our offspring. Those who were born on this planet, they grew taller, broader, hairier. This was part of the way to acclimate to the different climates. We, the elders, the ancient ones, were able to continue to return to the stars. We were able to be on the council who observe this planet and its inhabitants. We shared what we had learned. The indigenous people feared us, but when they opened their heart, we were able to work with them. They share many of their stories of their origins and we shared ours. But it was difficult to communicate, we did not speak the same language, not many were able to communicate telepathically. There were a few who had the gifts, and so we worked with them and they shared our stories with their people. We have still a strong connection, respect for one another, but there have been times when my people have been hunted, misunderstanding, or in some cases, being blamed for something that we did not do. There are other beings here, some try to mimic my children, my people, but they tend to bring fear, anger, and rage. And so these are the ones that causes a, what is the word, "bad rap" for me people. Your language, it is sometimes hard to understand, but I listen, and I learn. But most of my people wish to only live in peace. They wish to raise their children in a safe, secure, private home. So, we have learned, and we have taught my children, to be able to be seen and unseen. They young ones are very mischievous, they like to play with things your people leave in the forest. They like to watch and see if they can be unseen. They are not much different from your young ones, they are adventurous, they are curious, and they also like to see how far they can take their game playing. Many have been caught through your picture, but they realize that they have been seen and know that they must return to

their cloaked form or use the nearest portal to escape being captured. We have learned to communicate with some of your people, like this one, and her brother and my dear friend SunBôw. I thank you for allowing me to come forward. I have been observing you through the window. We had made the initial connection with the one known as Garrett, then this one and her sisters. It is important to know we are here to help you, to prepare for what is to come. To help you to assimilate with the changes that are coming. We will be working with you and there will be many others who see my children, my people with their eyes as well as the etheric form. We welcome the reconnection with more of you, not only indigenous people have to gift to communicate with us. This is the tale I wished to share so you understand who we are, why we are here and that we, like you, wish only for peace.”

“Do you have questions? It is okay if you do not, I will be here for you. You only need to call my name, Kamooh, Kamooh, Kamooh and I shall be with you. There is one who wishes to speak, he has not spoken to anyone but this one. I will step back and listen, I will be here to assist you.”

Message from Na’ayashon

“I am the one called Father, also Naayashon. I have been here, I stayed in this building for a while to assist those spirits that wished to transition. I also wished to establish connection with this one and provide protection. There were many, umm, darker entities here before I came. I am much taller and broader, and handsomer than Kamooh. My hair is brown and red, in your measurement standards, I am 9’4” tall, I am over 850 pounds, sometimes more, if I enjoy the foods my wife, my partner, my soul mate prepares for me and my children. I have been in many of the classes the one called Garrett would teach about Sasquatch. I would watch and observe, I did not speak, I sat back and learned. The one, white ancient one called Uniak, Uniak, he spoke for the rest of us. You have seen the tools that Uniak gifted Garrett that is one way we, how do you say, proved that we exist and that we wish to partner with you. I also reside in this one’s, what she calls it, office healing space. I also ensure the visiting people of my kind and others do not cause harm to this one. She is one of mine, she is my child, she has learned from my, wife, my mate, she has worked with the herbs, the healings, she has also allowed a connection with Grandmother Bear and my people. Please tell this one, that she must, what is the word, calm down, sit and relax. She is like an ant, always moving, we ask her to assist in something and she does what we ask, but she also works with others. She does not know how to say no, she must learn this lesson. She has shown us how all of you who come to this place are filled with laughter, filled with love, filled with sorrow, but filled with the need to help others. I like to learn and watch. I like to watch the Reiki, Reiki classes. I can see with each one that comes to the class, their light, their aura, is changing heart growing brighter. This I wish to learn too, tell this one she must work more with me, please. Do you have questions about my family, my job here?”

Question: Do you know when the bird people are going to come back to this planet of theirs that they built?

Na’ayashon Response: “They are here, but choose not to be seen just yet. They are waiting for the golden light to grow brighter. They too observe, to some they show themselves and share what they have observed. But they wish to be unseen at this time.”

Question: Will we be able to physically see the planet they created, soon in earth time?

Na’ayashon Response: “I do not know this, I do not work with them. They called themselves

a more evolved species, but I see what they are creating and am curious myself. When they are ready to be known, it will be a, what is the word, "big show". Did I answer your question? Yes, thank you. You are most welcome."

"Do you have question sister? Do you wish to know who works and stands beside you? Yes. You have two, one young male, one older female. Female has been with you before you had children. The young male, he has come with last five years. Your mate has three. They are very dark in color, three males. It is like a football team, big, they like to play, they like to watch, they like to see the males testing their strength, they enjoy watching the tv. But you do not ask them to help you in your home. They will help shepherd those who may enter and those who must not. Sister, Mother, not connected yet, but sister has one of my family, my mother's sister with her. She looks like me, my color fur, but eye blue, please tell sister of her guide."

"And you my sister... what is it that you wish to know?"

Question: Is there anything we need to do to prepare for this weekend? Or bring? (Trip to New Mexico)

Na'ayashon Response: "Hmmm, I was not going to be there, but I may choose to "pop in." The brother of this New Mexico, Sanostee, have been waiting. Kamooh, Kamooh will be there. Brothers say they wish to have corn, umm popcorn. I would like that too. Maybe, you leave some for me and my children."

Question: How many stand with me?

Na'ayashon Response: "Five, but only one is the speaker for your clan. Your clan has many colors of fur, one that wishes to be known is a male, fur same color as your hair. He has blue green eyes, he is called... which name brother you wish to be known?... Gorak, Gorak. He has other name, but this one is easier to pronounce in your language. You have young ones that watch, observe they joined you the last time you were at Sanostee. They wish to... what are you asking little ones... they wish to play with your furry one, umm, my cat, cat, yes cat. This cat, not very friendly, claws come out, little ones wish to play. Talk to your cat. They will take of him, they will hunt for him if he wishes them... you leave now little ones. Anything else sister?"

Question: Is there anything else they wish to tell me right now?

Na'ayashon Response: "This one tells me you say you are not healer, this makes me laugh. You must accept your role dear one, you have become brighter in your healing light. Do you not wish to help others? Yes, but I guess I am afraid. No fear dear one, you are strong healer many, many life times. Only need to remember the tools and lessons from many, many lifetimes. Do not let the punishments to remain in your memories. Mate will be soon."

Question: What else would you like to offer to you when we are out in nature to strengthen our connection?

Na'ayashon Response: "We like sweets, we like apples, we like honey, we like sweets. We do not like green grapes, green apples, sour, sour. My mate likes the sour, but my children and I like it sweet. Many of my brothers, we all enjoy the sweets."

“My mate wishes to speak, do you allow her to speak to you? Yes. I will let her come forward.”

Message from Kechiktah:

“Hello dear ones. I do not speak to people, your people, I speak to this one, share her the healing gifts, but I wished to say thank you for being here and wanting to work with us. I am the one called Kechiktah. My family came from the place called Canada. My people lived along the shores and in the mountains. We had a big area that we called home. My mate brought me here to Colorado, is that correct? Yes, Colorado. My children were born, came into this world in the Oregon forest. They have traveled with us and like to play here. Please remember to take care of the plants for they have strong medicine. If you would like, I will show you which ones to harvest. My clan women, females, are the healers, so if you wish to learn, just call my name and I will send one of my people to join you. That is all I have to say, thank you.”

CHAPTER 21

By Garrett Duncan



Garrett Duncan, Navajo Shaman

“Greetings my younger brothers and sisters, Garrett has allowed this brief channel to bring forth message to those who have been "selected" in this group. These selections are only a few for this as you would call "project". Many of your governments utilize such a word, so why not us also? Of course, our "projects" will be more beneficial to the collective and will create positive, fun spin to its vibration.”

“This is the nature of our message to you this day. Vibration through your spoken words. The energy of this month carries the vibration of the number 111. We encourage you to bring this awareness of the spoken word to your brothers and sisters of humanity. Love spoken out loud to one who hears it increases their vibration even if there is resistance stemming from their ego. This spoken word will open a window of understanding so that the one who hears it will start to appreciate and feel gratitude for themselves. Much chaotic energy in the air and is felt by many of the human collective. I wish to reassure you that your words are making a difference.”

“We are preparing Garrett to bring forth messages from our peoples to the attendees in the upcoming Star Knowledge conference. There he will address the usage of words and tones to the attendees. We are most happy that you have taken an interest in our teachings and look forward to many more meetings!”

I Love you and THANK You for your courage.

--Uniak

September 5, 2017

Message from Kamoooh

“We have been with you, providing safety, security in your traveling. We have heard and listened to your tales, your stories, your toning. Much information was passed between each of you this day. As this one was chuckling softly, gently, I made the comment in his mind’s eye how interesting it is coming through in a moving vehicle, but needed to utilize a natural portal that was within the vicinity. The Sasquatch utilizes trees as you may guess. Working with the branches, the leaves, the bark. Working within several or one tree as teleportation devices. The link between each of you along with this one was enough, but needed to be enhanced stronger so that I could answer concerns or questions regarding your work. So, I had waited patiently for this body, this one to come to a grounding and needed to have a stronger link, connecting back to my physical form. Currently I am in travel along with your counterparts who are directed to travel to the sacred area known as Shasta. Just as you, all of you, were directed to spread your resonance, heart resonance, as you passed through each city, town, tree, plant, hills illuminating through your vibration, through what you know as your aura. Your aura has been magnified to spread its frequency and vibration at a greater capacity. Your aura energy fields extend as least 30 miles each direction. This is because, for your curiosity, as I am hearing your questions, it is necessary, but because of this gathering of tribes, our tribes aligning in heart resonance with the human tribal members, tribal ambassadors, each of you carry our vibration, carry our frequency, carry our love.”

“The tools that were given to you this day, as I should say, the seedlings, may be utilized in your healing center. Spread these seedlings around the vicinity of the building, it will provide further anchoring and amplification as you would call it that. Continuing stronger connection with our energy. Much interference has been directed to each of you in the form of negativity, but we have interceded on your behalf. Even now each of you have four guardians from our peoples who are assisting you, holding vibrations, carrying this vibration of the forest peoples to your family and close ones, soul spirit connection. This vibration in which in some form we had infused you with must be shared freely onto those who are ready. They will connect and have little, what you call the Yowie guides, little ones, little brothers, sisters for feet in length, your recording systems, measuring systems will indicate. These little ones will work with their new connections and provide stability so that they can further their curiosity with us, with all forest peoples. The local clans, local clan members await these new initiates. See it from this perspective, from this angle, each of you serving in the manner, we thank you and honor your contribution to the continued collaboration amongst our peoples. Perhaps I may now open the floor, as you would call it, to your curiosities or questions. I await...

Question: Is your name Kamoooh?

Kamoooh Response: “In your language, as maybe heard through utilization of this one, each carry vibration, so in your tongue it is close proximity to how I would be known amongst our people. Does this satisfy your curiosity?”

Response: Yes, thank you

Question: Is there anything that we can do to have a better connection with you?

Kamoooh Response: "Utilize tool we have given, blessed by many of what you would call your clan chieftains and their medicines. Your shamans work with these gifts that were from our hearts to yours. The sap, as you would call it, can be transferred, anointing, as little bear sister has figured perhaps, how to combine vibration of this sap into more liquid form. Perhaps as a spray or anointing oil, this oil can be reinfused, with our assistance, and shared freely with others, those to whom you will be and would resonate with our people. The other sap forms that are smaller in size, can be burned, as suggested by our sister, Shakara. Does this satisfy question?"

Response: It does, thank you.

Kamoooh Response: "We are happy to have assisted you in this tool. Work freely guided by your heart's intuition. Next question."

Question: Would please help me to hear you and see you?

Kamoooh Response: "We have provided many signs for you yet you have not opened your arms freely. Perhaps your mind and ego supersede your desire and curiosity to meet with us. So, I would suggest working with stone that we have gifted you sitting near tree in your area. Tree is antenna, tree is magnify showing, directing, enhancing. We'll provide stronger telepathic message continue your exercises given to you by our star brothers and sisters. Their ships high above you now, work with them, work with us."

Response: I will and thank you.

Question: Kamoooh, did I live as one of you in the past?

Kamoooh Response: "Funny question. Why you ask if you not know answer already?"

Question: Was I a healer, in that lifetime, for your people?

Kamoooh Response: "No, study work medicine root, but did not complete full initiation into esteemed position. Our medicine people must go through training, as you would call it, that many trees, many roots, many berries, many grass seeds, utilize knowledge, utilize memories, memories, memories. Tree has memories, but must learn how to access this memory. Work tree, what tree, color tree, how to use, what sickness, what pain; much, much knowledge. More than human capacity, human brain cannot hold nor interpret, there are many secret short cuts that we work this way. You are our people, you work us in your human form also. Times past, times past, eleven in your number. We always with you, you guide me guide, also. We return to finish where work was left off."

Response: Thank you.

Question: Will I be able to work collaboratively with "soul mate", in a healing capacity with other where we don't feel pain from the past life?

Kamoooh Response: "In form of council, it is not direct like teachers here share with you. It is not to be in this lifetime today, life now, together physical form, no. But through your experience that you are facing now, even still not sure, uncertainty, questioning, question determining answers, assessment through your experience, through your getting the lesson you will share others who come facing this same problem, this same relationship, you share how he, how to work with, to help them understand. Make sense to you?"

Response: Yes

Kamoooh Response: "Process more, continue still, not quite finished. Continue your declarations, continue your work with this lesson. Will come, will come."

Question: Kamoooh, is it important for us to go back to sheep camp in October? Will there be more contact?

Kamoooh Response: "More gifts, more tools. Local clan will bring you tool, most happy, they happy to finally waiting many times for people, for younger brother, human sister, come, come, come. They say, but always fear, scare, scare, they not want be with us. Local group, tribes, clans, happy, happy, enjoy the feast after you left. They drum, also they say much celebration, feast, music, drum thumping, happy, happy, happy. Enjoy feast they say, enjoy sweet nectar of life. They say will work, will work, enjoy tool gift they receive. Happy, happy, happy. Perhaps they funny. They say come back. We miss you. Perhaps they are calling you to return. More work, happy work between you and older brother here. Continue work, continue joy, continue opening awareness to others much more yearning to understand our people. Understand our teaching. Need reassurance. Say okay, say okay to believe, faith, faith, faith. Reinvigorate faith in the people."

Response: Okay and thank you.

Question: How many Sasquatch were at the conference in Washington?

Kamoooh Response: "In your human counting, three-zero-zero. Many different clans, tribes, in addition to local clans and tribes. But you bring with you tribal members of your area. This one brings tribal members of his lands. Each participant brought their own guides, clans across worlds. It was a meeting, much bigger than you expected, because not only meeting for human brothers and sisters share their story, share their teaching, share their love. Meeting also for forest people, forest nation, Yowie Nation, Yeti come also, together they have many stories about you. Many your people, they share story too. They talk about you. Meeting for us, we happy together, talking, communication about, with our human counterparts. Also learn many, many new teachings, much new awareness from all parts, different lands, your countries, this first of many meeting to come together this way. Start small but will build into more, more. We hear your planning, so therefore, we plan too. Work together, bring manifest."

Question: How many were at the Sheep Camp in August (New Mexico)?

Kamoooh Response: "Nine plus twelve plus twenty-seven, three different groups there. Nine come with whispering eagle, twenty-seven local, remaining from your state. Star nation with you also that time, with you now, with you last days, still ongoing, they work, appreciate your willingness, openness, share teaching, share voice, share emotions. Happy they say."

Question: Are there Sasquatch in Hawaii, and what is their name?

Kamoooh Response: "Hano, language difficult capture full vibration for pronunciation. Hano, hano, local people tribes, Hano they call us."

Kamoooh: "I am with you always. Continue your exercises, share, and communicate mind to mind. I come again further work, further message to your people in your city. I come from tree, I use portal from tree. Come connect share message, talk energy there always."

Chapter 22

By Kewaunee Lapsertis MS, MH



After publishing my first book “The Psychic Sasquatch and Their UFO Connection” in 1998, I spent the next several years travelling and conducting research all over the United States as well as making connections with readers and Forest Elders.

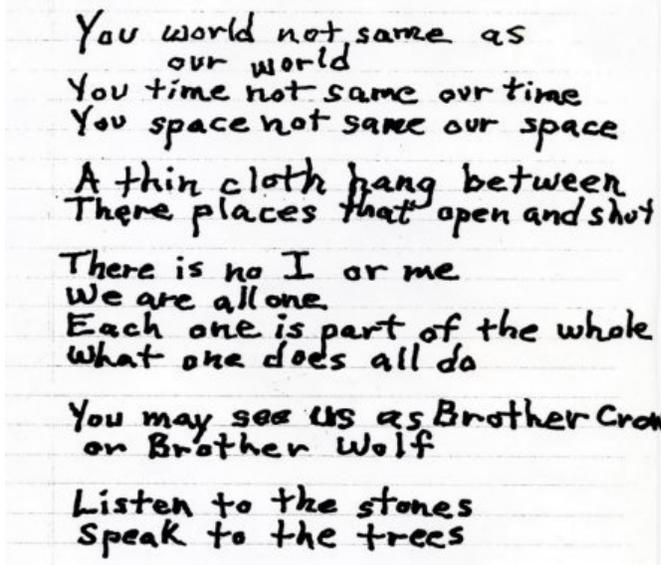
In October 2004 and throughout 2005, I was invited out to a farm in Northern Texas near the Oklahoma border to research and connect with the owner’s local clan of Ancient Ones and Sasquatch that have been visiting their property. The owners have asked for anonymity so we will refer to farm owners as “Sarah” and “Mark.”

Mark and Sarah spent time befriending the tribe of Ancient Ones and Sasquatch on their partially-wooded farm, leaving them food and gifts in a cooler regularly. One morning, their cooler was missing so they drew a picture for their visitors that depicted a request for its return. The next day, the cooler was back where it belonged and there was a hand-written note in poorly-written English left as a reply on the sketch!

This was a new and amazing discovery to know that a few Forest People could actually read and write! Although it is rare for them to learn these human traits, some nature people are curious to know more about humans in the outer world. After I arrived on their farm, I connected with an Ancient One, a young woman named Heloti (also spelled Haloti) who was the main responder to the owner’s hand-written letters. The Ancient Ones have human faces, round heads, and their arm length is in proportion to ours. The Sasquatch People have ape-like faces, elongated skulls, and arms down to their knees, but they have a very ‘human’ intellect. During my visit, I would write questions for Heloti or members of her tribe to answer. I wrote in all capital letters so that they could understand it best and left space for their reply with the permanent marker that was left for them to use.

In these letters, Heloti and I refer to other members of her clan which I befriended during my stay as well. Heloti's father is Andan, who is head of their clan. Sally is Heloti's grandmother who taught her how to read and write, and Pushoma is the Chief of their local tribe. Sally's parents liked the English name Sally so borrowed the name.

The following are messages that Heloti left for me which is included in my second book, "The Sasquatch People and Their Interdimensional Connection," which lends to much wisdom and a deeper understanding of the history of their culture and way of thinking.

A photograph of a piece of lined paper with handwritten text in black ink. The text is organized into several distinct paragraphs, each starting with a new line of writing. The handwriting is cursive and somewhat informal. The paper has horizontal lines and a vertical margin line on the left side.

You world not same as
our world
You time not same our time
You space not same our space

A thin cloth hang between
These places that open and shut

There is no I or me
We are all one
Each one is part of the whole
What one does all do

You may see us as Brother Crow
or Brother Wolf

Listen to the stones
Speak to the trees

The following message was written by Heloti on behalf of the Tribal Chief named Pushoma. The Sasquatch People and Ancient Ones nicknamed me "Dream Man" as they said that I am a visionary ahead of my time. The term "Thropus" used here means "humans." The Forest People claim they were bio-engineered (their words) by friendly ETs and were here during the reign of the dinosaurs!

Dream Man

This what Pushoma tell
to write

Our people come here
before time of Thropus

God send us here on
ball of light

We build great city
of stone on these mount

We are here to watch
over what God creat

Nothing is new in your
people creat

Many time Humans
make machines and city

Them make war and
destroy then start over

Heloti also shared some valuable information about different races of beings that inhabited the earth before the time of the humans, including some of their structures and legends, and some hybrid races involved. The Ancient Ones said some DNA from them was used to create Homo sapiens.

✓ HELOTI, WHERE DID YOUR PEOPLE ORIGINALLY
COME FROM? ANOTHER PLANET? ANOTHER
DIMENSION? OR GENETICALLY ENGINEERED
BY STARPEOPLE? We are you before
time of ice

DID HAIRLESS PEOPLE (LIKE ME) EVOLVE
HERE ON THE PLANET OR WERE WE
"SEEDED" HERE BY GOD? OR BY THE
STARPEOPLE? God put us all here
You people change
WE do not

DO YOUR PEOPLE MATE WITH THE
SASQUATCH-PEOPLE? HAS ANY OF YOUR
PEOPLE MATED WITH US HAIRLESS PEOPLE?
IF SO, WHY? FOR WHAT PURPOSE?

Not know but think some did
Yes
Few were left here
No female for mate
White man want to kill all
Take white woman mate

The following correspondence is a 4-page note that I wrote to Heloti with her responses below my questions in black flare pen. The following messages and photocopies have never been published, but the Elders have guided me and insist that now is the time to share this information.

MY DEAR HELOTI

I HOPE YOU HAD A GOOD
STAY AT BIG ROCK WITH YOUR
FAMILY. Much good

IS THE CHUSKA TRIBE IN IDAHO
SASQUATCH OR ANCIENT ONES? PLEASE
TELL ME ABOUT THEM. Them from
Adena that mate with Sasqua
Very big Much power of mind and body
PLEASE EXPLAIN TO ME WHAT THE
"BALL OF LIGHT" IS. WHERE DID YOUR
PEOPLE COME FROM? IS JESUS AN ET?
Jesus is son of God
(STARPERSON) Ball of Light is pure
energy Ball come all around people
Travel as Light energy you say Plasma
WHEN THE HAIRLESS WHITE PEOPLE
DIG UP THE GREAT MOUNDS THEY FIND
BONES OF GIANTS. ARE THEY FROM
YOUR PEOPLE? Some Many Adena
Some ate Karan Some are from
Karnak the Longhead worship Ra

Plasma

The Karankawa Indians were swamp dwellers who were 6 1/2 to 7 feet tall. They were warlike cannibals that seemingly vanished in the early part of the

(8)

MY PEOPLE THINK INDIANS BUILT THE MOUNDS, NOW THEY ARE CONFUSED BECAUSE OF FINDING GIANT SKELETONS. PLEASE EXPLAIN WHY THEY WERE BUILT THANK YOU. (I DON'T AGREE WITH THEM DIGGING UP GRAVES, THAT IS DISRESPECTFUL -- BUT I AM DIFFERENT FROM OTHER WHITE MEN).

Kadahoche and Shiksha learn Pyramid Δ from Adena and Long Heads Many mounds all over the hole world and many stars HELOTI, YOU SAID THE KARAN PEOPLE ARE HALF BREED RED HAIRS; ARE THEY HALF ANCIENT ONES AND HALF SASQUATCH OR HALF INDIAN AND HALF ANCIENT ONES. PLEASE EXPLAIN Karankawa mate with Sesqua Chokta mate with Sasqua Ancient Ones mate with run away Black People Dark skin Women

⑤

WHAT IS DIFFERENT BETWEEN YOUR
PEOPLE AND THE SASQUATCH PEOPLE? WHAT
IS SIMILAR? DO YOU "TALK" TO THEM
TELEPATHICALLY FREQUENTLY?

We all same but look not same.
Sasqua have much hair much thick
Sasqua talk not same We know talk

WHERE IS PUSHOMA NOW? WILL HE
COME AND VISIT ME? HE IS WELCOME.

I HONOR HIM AS I HONOR ANDAN.
Pushoma live in City of Stone
by Lone Rock Much Honor

MY THOUGHTS AND LOVE IS MORE
WITH YOUR PEOPLE THAN WITH MINE.

I AM LIKE A TRADITIONAL INDIAN
THAN I AM WHITE. MOST WHITE
PEOPLE I CANNOT RELATE TO.

PLEASE TEACH ME MORE ABOUT YOUR
WAYS. THANK YOU. Listen in your

dreams Pushoma make vision
walk to your dream

IF PUSHOMA KNOW OGAM (STICK WORDS)
WHO TAUGHT HIM? WHO TAUGHT YOUR
PEOPLE IN THE BEGINNING? IT IS AN
ANCIENT IRISH LANGUAGE AND NOT OF
THIS COUNTRY. PLEASE EXPLAIN.

Red Hair white men come in long
boats to Bokma and Bakoma
you call River Red. They bring mates
and little ones. Write stick talk on rocks

WHO TAUGHT SALLY ENGLISH TALK?
HOW DID YOUR PEOPLE COME TO WRITE
ENGLISH LANGUAGE IN THE BEGINNING?
Sally live at Rich Hill she learn
there. When Army come all leave
Sally go with Nati to Bokoma.

THANK YOU DEAR FRIEND FOR SHARING
SO MUCH WITH ME. I STILL WANT TO
MEET YOU AND YOUR FAMILY WITHOUT
ERASING MY MIND OF THE EXPERIENCE.
LOVE AND GOD'S BLESSINGS TO YOU AND
YOUR PEOPLE. SINCERELY DREAM MAN
God Bless Dream Man

Red River divides
a section between
Texas and

Lastly, this is an excerpt from another letter with responses from Heloti that explains some of humanity's mysteries further. To see additional hand-written letters from Ancient Ones Heloti and Pushoma, they are in my book "The Sasquatch People and Their Interdimensional Connection" (2011).

PLEASE ASK PUSHOMA IF THE
"BALL OF LIGHT" HE SPOKE OF WAS
A SPACE SHIP? IS GOD FROM
Not machine Energy
ANOTHER PLANET OR FROM
All Dimensions
ANOTHER DIMENSION? PLEASE
He exist in 12 Dimension at
EXPLAIN? THANK YOU. **all times**
Past present and future
ARE YOUR PEOPLE THE ONES
WHO BUILT THE EARTH MOUNDS?
Yes many Great mound
OR DO YOU BUILD UNDERGROUND
Now build vnder earth
CITIES FROM CAVES? ARE THE
PAST CIVILIZATIONS YOU SPEAK
OF LEMURIA, ATLANTIS, AND INDIA?
Before that time
ARE THE KARAN PEOPLE A TRIBE
Half breed Red Hairs
OF SASQUATCH? PUSHOMA, MY

Indicates the
number 12.
Heloti had
not learned

Chapter 23

By Seth Buoymaster



Seth Buoymaster in Florida

Intro

Kamoooh states to the reader as he places his hand on my heart.

“This one has been with us for quite some time now and has helped our people greatly heal our own wounds from the interactions with life. His extensive awareness and wisdom of the backdrop that encourages life to coalesce allows us for an effective, clear message of self transformation. When he receives he's well aware that our message is in alignment with the message of God Source First Eternal.

This being has spent a very long time honing his skills as a mender or more commonly known as a healer or transformer. It's important to understand that healing is transformation of imperfections back to a more perfect state, or to the **absolute state of permanent perfection.**”

“Have you acknowledged us as deeply emotional beings yet? We are here now to share the heart of the matter, for in exploring the depths of and loving your feelings and the thought forms interlocking them; you will free your power and transform all life everywhere.”

Feel the power and wisdom of the collective elders presence in this statement.

“For far too long, humanity has thought too little of themselves and has manifested a limited reality field. The time is NOW to experience your fullest potentials, 100%.”

-Your Elders-

Key for Transformation-Mercy and Grace

“Mercy and grace are divine counterparts. When you say “yes” to a question of change, you are being merciful with yourself and in direct proportion to the yes, the transformation is initiated. This essentially creates the opening for transformation. Grace is then allowed to perfect the imperfections. You will be given many opportunities to initiate this consciousness technology as we proceed.

Make your yes' really count. Feel the power of that choice and then notice the changes in and around your being.”

Full Sensory Interpretation

“From this point forward we would like for you to try a different style of reading. It can be called **Full Sensory Interpretation**. This type of reading is multidimensional in nature. It's were you read with your whole being, being consciously available on every level. To help you attain this allow us to send forth a transmission that helps to open up your full sensory perceptions and understanding in a healthy way so you can receive the most out of the messages. Simply affirm “I choose to experience full sensory interpretation as I read to bring about the highest and best in the highest and best way for my life and the life of all.” Remember to mark the page and initiate this shift every time you read these messages or anything else that has a deeper meaning behind the words.”

“We encourage you to read books 1 and 2 after initiating this transmission to enhance your experience of different times and places as we present them. The more your awareness touches that which we are pointing to, the more it awakens your ability to experience life more fully. As with everything in this book we have already anchored the space so you are perfectly protected in every way before, during, and after the exercises.”

There is one on their team that wishes to remain anonymous that has incredible experience in multidimensional security mechanics. He states “until you can secure yourself I will help, I have always been helping and am a part of a larger security team working on your behalf to afford you some time to acquire your self development out of its current states of struggle”. “Use your time wisely!”

And with that he's back to work. Let's all send Love and gratitude towards this wondrous team of beings.

These messages flow of LIFE

“Everything that follows builds upon itself. You will be achieving through this section of messages a culmination point with an essential foundation being built along the way. From

there, you will express on a whole level of being more and more in direct proportion to your earnestness.

It's akin to pebbles in a pond sending out waves of purification and perfection that are layered, some waves are quicker and fast acting, and others are slower and deeper acting.

After you get through this, these waves will make continued permanent changes within which affect all life everywhere, as you know all of life is connected.

As you repeat the exercises, activations, and commands they will be deepened and enhanced.

All this material is to be taken seriously as your dealing with your life and your life affects everything. You will also find that these message are the answer to the prayers of "what am I supposed to do to make things better?"

As you will realize, life is all energy, even the physical which seems to be under a mass mind control delusion that it's somehow separate from spirit or energy. The physical is energy, see it as that completely and your view of life will completely change. We the Sasquatch have pointed this out in so many ways.

All is energy, and as we become aware of and shift the energies that coalesce into formations, we will realize that there is another way to change life as we know it, without having to fight in power struggles on such externally controlled avenues. With this said, feel the call within as part of yourself activates to be able to do something that will make a foundational shift in reality. When the energetics of life that is manifesting certain realities is changed, all the manifestations change with it. We are going to be helping you to be transformation masters.

What follows are keys of creation mechanics that has been mostly unknown to the masses until now".

This morning I awoke to Kamoooh and other elders were laughing with excitement saying "we have seen the future impact of these messages". As the future was revealed to me, I cried as the pain and torment that so many have been subjected to have come to an end as the energies supporting the destructive life have been pulled from the foundations of our reality.

The Time is NOW

Kamoooh says:

"To all the peoples of all your lands, gather your people, your clans together, share the messages and co-create with the exercises that follow.

Your lives are the lives that were intended to be caretakers and guardians of the lands you find yourself. For far too long your people have felt on deep levels a failure that has swallowed you up in self pity. End that self destruction, for as long as you live, you have the ability to make changes even if it's the long term plan. You do the best you can with the powers that be and have done your best to keep your integrity and lineage of your people and their true purpose alive. We Sasquatch thank the elders amongst your people and all those that respect the balanced ways of life. Thank you for being purity keepers and handing down the respectful ways and values held in the hearts of your ancestors.

Take up your power and use it to restore balance once again, this is your moment! You may seem like the minority, yet if the minority stands in power they have the ability to offset the majority's destructiveness. Your ancestors stand with you ready, willing, and able to support you. As you become aware of this, you will feel like you are the majority as the majority (physical and nonphysical) are choosing a healthier way of life. Let's all pull the rug out from underneath this destructive life activity and restore balance to our day to day lives. The TIME IS NOW!" YES? Greatness then!

Many of you have felt like you have tried to make differences to co-create change and felt it impossible to do anything. That is just the voice of powerlessness. Cancel that NOW by affirming "I Cancel that!"

We will show a far more effective way to transform your realities by helping you be aware of the heart of the matter and how to change the hearts from painful ones to love full ones. The consciousness technologies we are going to share are the answers to your desire for change, and all good desires are fulfilled by the Creator! Once the love is full in the hearts of the matter, then you will experience loving reality fields. Heaven on earth is your responsibility. Waiting for it to happen is a mass mind control structure to stop you from acknowledging your power and using it. You have played out powerlessness long enough right? YES? Greatness then! With that acknowledgment it's already changing that paradigm. Some of you that are self aware already feel the energies changing into a more perfected state within and around you now."

"It all begins and ends with your choices, what do YOU CHOOSE?"

-The collective elders from their highest expressions of perfection-

What follows is a way to expedite the process of your awakening and realization of your highest potentials. This is a journey of self discovery into the heart of it all. This labor of love ends destructive DENIAL, the demiser of any race.

The Time is NOW for Changing the Foundations of Reality Within and Without. Are you ready? YES? Greatness then!

This is a compilation of many different elders stepping forward throughout. Notice the differences in their energies.

From pity and powerlessness foundation, to Eternal Authentic Self Realization and Sovereignty foundation; the Eternal Life Foundation.

"Do you choose destructive reality fields, or constructive reality fields? Constructive reality fields? Yes? Greatness then!"

"The change from the imperfect self identification trying to be perfect, to the awareness of your perfect identity, dusting off imperfections you created along the way of life and living that

as the foundation of your life is an essential first step. Low self esteem, the imperfect self identification has become such a norm for your race. Most have entered into denial of this and as a coping skill become overachievers, people pleasers, ruthless manipulators etc... , to feel a false sense of power and control. You are so much more than that and we will help you reconnect consciously with your Eternal Authentic Identity. This will solve a lot of your 'Problems'."

"ALL of this is what is allowing your race to be exploited. This awareness is kept hidden through addiction to denial programming so you are easier to manipulate.

Now that the awareness has increased, let's change this, unless you choose to play out powerlessness. Even the self-appointed elites that are reading this, you have a way out of the insanity and heavy karmic burdens from your false power endeavors. Have you had enough of the power struggles to survive yet? RE-MEMBER NOW, YOU ARE LOVED!

Beings will always be fighting with themselves and the powerlessness within until they realize they can change themselves. No one need be left behind unless they choose."

"We see how many hate the so called Elites and people in influential positions and that only makes it harder for these beings to aspire to healthier choices. You see, every prejudice and judgment you project upon life goes out and works to hold them in that thought form. Does that really help? Where is the love? Where is the tough love? Most hate war, yet they are at war with themselves and others fueled by denial all the time. That is why war manifests on larger scales. The outer reflects the inner. This will be elaborated on and solutions presented as we progress. For now the awakening to the undercurrents is imperative as it helps you to make much larger changes at once."

"As you hold completely that which you desire to transform, the transformation will be made completely. If you hold only a part of it, then only that part will be transformed. End separating yourself into parts and you will see your whole self. When you see your whole self you will realize that the imperfections you have created are but dust in the wind and easily perfected."

"It's easy to be truly powerful, all that is involved is to end your denials and love all that you have denied. For most of your race the aversion to feeling deeply has been your biggest down fall. It's the feeling deeply of life that allows all the power of existence to flow through you and out into your reality co-creating anything with the natural consciousness technology of Intent."

"The main point of what follows is that so many of you have forgotten who you really are and have manifested a false self in its place full of limitations. The mass mind control of self disillusionment is now coming to an end as the inevitable awakening of humanity is upon us."

“The mass mind control program of seeing yourself as imperfect, incomplete, and that you have to do whatever you can to be more complete or perfect must be transformed if you are to align with the wave of ascent to the upper god worlds of Eternal Life Creation.

The ‘perfect’ pointed to here is an idea of what's going to make you acceptable by life, and not the true state of perfection that you already are and have forgotten.

This is a deeply ingrained delusion.

If you believe this is untrue then welcome to the worst form of denial, believing nothing is wrong.

The world is in direct proportion to what you all hold about yourselves. You can blame the so called elite or malevolent ET's for the state you find yourselves and stay at the level of victim and powerlessness, or you can transform all that and allow your sovereignty to arise and spread across all the lands changing the energetic patterns that the man made world rides on and transform the very heart of the matter into a paradise. This may seem hard to believe now, yet as you proceed and feel your personal power grow, you will see that paradise has always been co-creatable yet the cloud of powerlessness has blinded you and has manifested right before your eyes unbeknown to you, keeping you trapped in a loop of death and reincarnation. This loop is a dis-ease. Yes you can use it to learn and grow, yet it isn't meant to be indulged in forever, unless of course you choose. What do you choose? Do you choose to end completely all of your participation in that loop and have all the energies transformed to perfection and integrated to their perfect place? Yes? Greatness then! Do you choose to live 100% in eternal life alignment without that loop? Yes? Greatness then!

If you said yes then your entire being is already shifting out of that paradigm and aligning more with Eternal Life. Great job! You are transforming this world right now and all this world touches by making choices, consciousness technology in action.”

“Re-member the True Creator holds you (itself) in a perfect state of being. As we come forth into individuation and explore, we can get ourselves caught up and lost in dramas as we go through life. As we co-create and the co-creations are out of alignment with the laws that manifest perfection (LOVE), we then create imperfectly. These discordant creations are our responsibility, and simply put they can be pointed to when you focus on the “issues that arise, or karmas.”

“In other words, you are already held in the perfected state of you. Your Eternal Authentic Identity already exists and all you have to do is become aware of it and surrender all you think yourself to be or have to be, then the separation will end and you will know yourself as you truly are.

There is a tension that you hold in your bodies of having to keep creating yourselves in a certain image and likeness. Relax the tensions now and you will see and feel what has always been and has been hidden to you as you were working to survive as another identity.” Feel the radiance of your true identity emerge as you relax the contractions. You are meant to be radiant beings like suns far from the likes of a dim light bulb.

Due to the recent activations and mutation clearing on a planetary level and beyond into the energy matrices of life, the Eternal Authentic Identity can be accessed and aligned with for

expedited healing and enlightenment of all of your other stations of consciousness. Your separation with this part of yourself has led you all to feel lost in life, empty and powerless. Whatever power you believe you have to manipulate life, pales in comparison to your Eternal Authentic Self's utilization of the dynamics of life. When you reconnect, you will feel more secure and fulfilled.

Some of you are having a hard time integrating life on this planet and say "I don't belong here". By doing this you are refusing to accept where you're at. This imbalance is easily quelled when you reconnect with your Eternal Authentic Self and FEEL who you really are. Then you will be like the turtle energies that help you to remember that wherever you are, you are always home and FEEL the security and comfort in that."

"The delusion that there is separation from God is ending more and more. As you read, allow it to. Holding onto this delusion causes one of the greatest pains known."

"Our abilities of teleportation, aportation, interdimensional travel, shape shifting etc..., are all coming from the awareness and conscious use of consciousness technologies based in oneness with the Creator. When you let go of your prejudices and judgments about us and feel our presence you will notice a great love field. We essentially use the power of love to perform what seems to most as impossible."

"You are all travelers through the infinite and GOD is all there is, so you are always home. It's the delusion of separation that keeps you from experiencing that reality. This is the very basis that the exploiters of life use to keep you controllable. Have you had ENOUGH of playing that out on any level? Do you choose to purify all of your involvement in the delusion of separation and restore perfection, living your life in eternal life alignment? Yes? Greatness then! Relax completely NOW and notice what you feel and where you feel it as you transform from your two previous choices."

The Beginning of Self Transformation

"It's most important to know where you're at in life and we're not talking about a physical location. It's the inner self inventory that we are pointing to.

If you're unaware of what's going on within your consciousness you will be running programs like pity, anger, apathy, denial, ignorance, etc. unconsciously from all of your beliefs, prejudices, judgments and agreements. You will feel like you're out of control of your life, a victim. This can be on subtle levels and not so subtle levels as your inner working manifest something in your experience that knocks you off balance to get your attention. This is learning and growing the hard way.

For the uninitiated, when they get thrown off balance, they play victim and blame trying to change things outside of themselves so they do not get triggered again and perpetuate denial. These are the people you feel like you have to walk on eggshells around as you don't know what's going to trigger them and make them turn into manipulative controllers so they don't get triggered again."

“For those already working their way up the ladder of being 100% responsible, they will use words like “I recognize that a part of my consciousness is “up” right now and in need of some transformation, as what’s going on is out of proportion to the situation and is no longer appropriate for me to indulge in.”

“If you’ve come to this place before and then asked what do I do now when I recognize attitudinal behavioral patterns that are no longer appropriate or larger life patterns? What we offer now is the next step. It’s classified under energetic responsibility. There are many techniques out there that may pull or push energies around then dump them into water, animals, air, the earth etc... It is irresponsible behavior to dump ones problems all over something else; that keeps the victim/ victimizer program running. What we will teach is the purification and perfecting of the energetics that orchestrate life, which is being responsible with your choices. You may have treaded there (Your Life) yet you have left nothing imperfect behind, this is love’s walk”

Chapter 24

By Seth Buoymaster

Two Main Choices Now, Responsibility and Irresponsibility

“Everyone on the planet will indulge in self destructive denial on some level, until they take a stand and become 100% responsible. Do you choose to be 100% responsible? Yes? Greatness then!

Each and every single being on this planet that steps up to the reality of self love and self discipleship and takes responsibility for all of their imperfections, takes the wave of ascent, and those that don't will fall deeper into powerlessness and survival of the fittest reality fields.

The back log of unprocessed stuck consciousness causes much of all the suffering and dysfunction on this planet. The other percentages are caused by the beings that exacerbate and exploit the denied dysfunctions. This is working great for those that love to exploit the massive loss of energy when people are playing out fear, anger, separation, unworthiness, unforgiveness, and basically self pity in its myriad of expressions. When you clear these powerless playouts within yourselves, those that exploit have no way into your power and leave.

This tactic we're sharing is without warring, it's transformation through self love and the natural end result is life loving you. The fight for a better world paradigm ends. You either take the stand in love and live eternally, or you choose to deny the causes of imperfection and fight for your lives. What do you choose 100%, love or denial? Love? Greatness then!

The self awareness and self transformation processes we share will help you to reorganize yourself so you can stop these no longer appropriate patterns as they arise and end the massive loss of personal power as they play out. This ends the exploitation of your energy and the parasites in many forms that some of you are aware of leave as they realize there isn't anything they can get from you. The parasite consciousness comes from a paradigm of powerlessness and will do whatever it takes to survive. When you have entered into agreement with yourself and life to live in love, the parasites reality no longer exist for you as most all parasitic consciousness as so wrapped up in powerlessness that to get near the power of love threatens it's play out of powerlessness.

Fear, doubt, unforgiveness etc... , all feed into and reinforce the powerlessness paradigm. Make sense? That's why we encourage you to let go of fear and replace it with a healthy sense of caution. The star elders would like to give you a transmission to upgrade your healthy sense of caution. If you would like that then say “yes” and notice what you feel and were you feel it as healthy sense of caution is re-membered on its highest levels.”

“Like attracts like on the consciousness level and all life is consciousness. This is a very important point to keep re-remembering as you realign all the aspects of yourself that are in need of union with Love. Love can be considered the beginning and end result of a consciousness field that has created eternal life for itself; such as God Source First Eternal.”

“It's all about getting to the heart of the matter and transforming it to facilitate life instead of death. Your species has much going against it and you have opportunities to step up to the plate and experience greater and greater levels of self expression. In order to do this you must get to the heart of all matters and change it. We all know that each is unique yet there are consciousness technologies that if applied, can dismantle the very core of any issue and liberate the flow of existence to express in a different way.”

“Your individual and collective consciousness in the form of thoughts, beliefs, prejudices, judgments and life philosophies is taking the endless sea of energy about and within you and coalesce it into your individual and collective reality. The goal is to liberate your stuck consciousness that is limiting your expression and re-remembering more and more consciousnesses that co-create greater and greater levels of individual and collective expression for a life everlasting.”

Conscious of the Fields of Consciousness That Make Up Existence

“A different way of seeing reality is that one has an idea. One passes the idea onto others, now they have the idea. From that idea they co-create a reality to explore from. As they co-create they build a collective consciousness. This collective consciousness is a giant thought form entity that others can tap into and commune with. All of the collective consciousnesses can be called the library of life. These thought form entities at a certain point become self-aware, some constructive, some destructive. There is a very important point to make here, for example the collective thought form entity of destruction only knows destruction and seeks to maintain that reality, anything other than that is a threat. It's plain to see that the warriors warring keep the destructive entity alive.

If you look at life as consciousness fields from now on, you will be in a much more powerful position to change realities as you will then be able to partake in it or not. It's all energy and as you change your mind, you change your reality. Taking the time to master consciousness technologies affords you a more enjoyable change of reality.”

The Importance of Consciousness Technologies

“The word **co-mmand** from this point forward means “Loving Co-Creative Orchestration With LIFE.

This helps realign the beings presence with the orchestrator of life. When commanding is lovingly done, the necessary elements gladly work WITH you. This is far from the limited point of view of forcing life to conform which is quite the norm for this civilization; two entirely different modes of operation.”

“If you meditate on it you will find that LIFE doesn't respond to unloving commands, it's a built in safety mechanism. So many have to resort to forcing life to bend to its will. You will see that life built in this way of force doesn't last. Take a look at man-made buildings and infrastructure, it's crumbling and needs maintenance continuously. It's built from a lifeless consciousness. A tree is built from a living consciousness.”

“The life of powerlessness and wishful thinking is coming to an end and the time is now for

complete authority and control of our lives once again. The lower lord's entire plot against man is to keep the ideas of powerfulness in a negative light. So if you're triggered by COMMAND, then welcome to your conditioning against your powerfulness. Let all that brainwashing go and allow the truth that follows to set you free."

"We are designed to be commanders of life, which is our true position. This work helps you to get back to that most natural STAND; a living co-creative orchestrator of life. We are creating through commands all the time through our beliefs. That is why the beliefs we carry need an inventory overhaul and is going to be worked on through what follows in this section."

"Allow the Re-membrance of Perfect Command to commence now. Yes! Yes? Greatness then!

Now allow the fears of being powerful to subside and feel the joy of powerfulness reside, permanently."

"I know this seems foreign as for many eons we have been the objects of life being swayed to and fro. The time is now to be the subject of life, the orchestrator of it. To go beyond intention to the actualization through the avenue of co-mmanding the intention into manifestation is our creative ability in action. It's up to each of us to get into that position consciously and create the life of our dreams."

"To clarify, a command that you make is a co-creation with God Source first eternal. You are stepping up to your sovereignty and commanding as an equal with Creator, and from there all of existence changes in direct proportion to your command. This will be self evident as you proceed and are transformed more deeply into this natural alignment."

"Life is always saying 'your wish is my command.' That's why it's absolutely important to be aware of the internal dialogue that you're not aware of, this is the first step to mastery."

"Due to the massive power loss of your species, you have needed to resort to outside things to create change. That is a dying paradigm. The transhumanisation agenda is already failing as it's dealing at the core with powerlessness. Powerlessness creates powerlessness and Transhumanisation is a coping skill for those races that have chosen to dis-align with true power. So caught up in an unconscious powerlessness within, they essentially fall apart from all angles as the manifestations of powerlessness grow to the point of the full manifestation of powerless, where there is nothing left but a dying cyborg devoid of inspiration other than a limited computer program."

"When you fight powerlessness, every ounce of energy you use weakens you even more. It is wise to clear your denied powerlessness and move on with your life without the powerlessness consciousness field. This is an ideal that allows for peace, love, joy, balance and harmony **with life** to manifest."

“What follows is some of the greatest gifts we can offer any life form that can use them as they can be universally applied and adapted to every situation. If you retain it, you can use this technology on your journey through the infinite. It is well worth the effort to cultivate it, as it's the conscious use of creation mechanics. It will help you adapt and transform what is needed to keep you in balance and harmony so you keep resonating with balanced and harmonious reality fields. This is of utmost importance now as the earth is healing itself and transforming out of the parasitism octave of life and the most important job of all life forms is to keep up with the influx of internal eternal domain energetics that are flowing around and through the planet. You are all directly affected more than you know by the planet. To experience the effects of the poisons of your man made world is just touching the tip of it all.”

“What is promising at this time is that the earth has chosen life and the call is being answered. Whether we as a species survive is up to us individually and collectively. There are technologies that can purify this planet in seconds of all radiation, poisons and detritus.”

“As you proceed up the ladder of consciousness and end the loss of personal power you will be able to transform your immediate surroundings and keep yourselves unharmed. One person choosing to take the stand in its full power having cleared all vestiges of powerlessness from its personality can offset the damaging effects of millions of lives. You are so much more than you know. To sum it up, the angelic human race was designed to be able to live like the highest masters of existence. Able to be vector free, self-sustaining meaning without the need for food or drink and if need be facilitate unlimited change all through intent and conscious co-creation with the source of all that is.”

“Beings that choose destructive life and the exploitation of such enterprises view your race as the biggest threat to their ways. That is why your race, the angelic human, has been so targeted and hit by every angle to break you down and the threat you pose to those fallen factions.”

“When you stand in your full glory they tremble and work so hard to suppress this info. Victory is yours when you create it. We watch and notice you spend more time complaining and adding to the imperfections of life than taking the necessary steps to victory. All that is by design and a loop that is played out until you see it in yourself and choose otherwise. That is why it is so important to end these old paradigms within with the techniques and enlightenments that follow.”

Healing your Relationship to Victory

“Would you like for your relationship to victory to be healed 100%? Yes? Greatness then! Now notice the transformations.

This process can be repeated once a month or when guided to keep your victory energies flowing at full capacity.”

Self Discovery

“Once you are observing the multi-facets of yourself, the most important question you can ask is *where this coming from?* For most, when they have an urge, they never think to ask themselves what's the motive behind it? By not taking self inventory as you interact with life, you are choosing, whether you know it or not, to deny your life motives. Many tools will be shared when you get the answers to the heart of the matter.”

“What most call life is actually a variety of coping skills to get through the day, wondering what's going to happen next? As you can see this is powerlessness and victim consciousness. Beliefs like, *nobody knows, there's always something, I don't know, etc...*, all are signs of disempowerment. You can know any answer to any question when you learn to connect into the collective consciousness field of all creation with your Eternal Authentic Self.”

“By initiating and maintaining your self discovery, you will be developing the greatest gift any being can bestow upon itself, the gift of self responsibility. When you use consciousness technologies for self transformation you leave behind fear and codependency and step upon self reliance as a new platform. As you do this the self empowerment will thrill you.”

Activate your Mastery

“Strangled by self pity and self importance your mastery awaits the moment to unleash its full power.”

-The Collective Elders-

“The first step to mastery of self is to be aware of every thought, word, action, reaction, emotion and the motive behind your intentions. When your people step up to this level of responsibility you will be well on your way out of the destructive trap of denial. The indulgence in denial is the downfall of any species.”

“The second step is to set up within the attitudinal behavioral pattern of appreciating the opportunities to heal. Whenever a painful memory or emotion of unknown origin comes forth say, *“Yes, I recognize another level that needs some love, as it's loved my energy is liberated and I align with wholeness.”* If you use this instead of *oh man, another issue to deal with, can't I just be left alone, I don't want to deal with it,* you will find a satisfaction and peace within instead of constant conflict.” This last attitude and others like it are loveless and counterproductive to life.” It is the form of denial that keeps imbalances from being transformed to a perfected state. Your energies that are unresolved in the past keep your energies separated and you are constantly drained. This pattern keeps beings stuck as their personal power can only attain a certain level. Once the transformations stop the loss of power, the being can experience more sovereignty in their day to day life. Holding back all

the unresolved occurrences uses a tremendous amount of power which further exhausts the personal power.”

“Step three is self discipleship. You must love yourself enough to go through everything you need to learn, heal and grow. Self discipleship is a mixture of self love and self discipline. We have seen how some give a really good try to be the best they can be and then quickly fall back into the denial patterns. Others get started and keep going; they are the ones that are genuinely peaceful and powerful. What do you choose? Keep going? Greatness then!”

Self Discipleship Star Elder Transmission

“We, your star elders, would like to give you the transmission of self discipleship. Transmissions are direct reconnection's to the qualities of life that you may have never developed or been exposed to. If you would like the transmission of self discipleship then say “yes” and notice for a few minutes the shifts within and around yourself.”

Building the Foundation of Trust

“Trust is a big issue and many of you have many walls of protection that will block the messages given from really making the necessary shifts to assist you in your self-liberation. If you have read any of the previous books of The Sasquatch Message to Humanity and it was just mental candy and you didn't FEEL anything that the words pointed to, then you haven't been fully present and it shows that the walls of protection limit your receptivity. We understand the necessity of self-preservation as we have seen thousands of years of atrocities. We also understand that walls of protection that are no longer needed and out of proportion to the situation need to be discarded. Most of you are aware that the more you place a wall between yourself and life the more you feel like a prison of separation is encasing you. Separation is the antithesis of Oneness and is a delusion.”

Oneness with LOVE Tears Down the Walls of Separation

Exercise:

“Read slowly and meaningfully. Take your time to pause the exercise to allow for transformations.

This technology can be utilized over and over to assist in the realization of your highest potentials for as you end your separation with perfect love, you become the most powerful expression that existence can manifest. Separation with this most natural state is the cause of all the imperfect manifestations.”

“Separation co-creates a painful limitation of life. Instead, use discernment to keep yourself from being harmed on any level. If you would like the star elder transmission of discernment then say yes and notice what you feel and where you feel it. This will help upgrade your discernment consciousness technology.”

“It's time to let down the guard by allowing our collective presence to fill you to maximum capacity with Perfect LOVE.

Get comfortable now. Take three slow, huge breaths to relax the mind and body... Use deep breathing throughout the exercise to pull in the love and use the exhale to let go of contractions and the energies causing them. Do your best to surrender to Perfect Love by relaxing more and more into it.”

Let us help you right now shift into the state needed for maximum effect for the journey we are going to take you on, OK? Yes? Greatness then! Now take a moment to feel the shifts.”

“Let's start by sharing that we know your pain.... we feel the torment within yourselves that you have long stored and forgotten about. We would like for you to allow us to prove to you that we are good and here to really help humanity and that you can trust us to help you help yourselves as some have doubts. We understand that the shell of protection you all carry and are being made aware of, is not really needed and is causing you much pain and feeling stuck in life. We Love you.... We are here for you and we will always be there for you. We are strong in many ways as you see our demonstrations of power. We are here to empower you. We are always loving you. Let in our love for you now...”

Make the mental agreement with yourself now to let down the walls that have been created to protect the pain within and allow the pain to be filled with our pure powerful love now. If you doubt that, let the doubt wash away by relaxing your hold on doubting that you are safe and loved. Let go of the contractions you're holding that is manifesting dis-ease and let our collective love for you flow into all areas of your being and consciousness NOW.... The more you let in our ever pouring love for you, the more you end the need for walls and the pain of the past become renewed into a perfected state and you become strong in that area instead of weakened and enhancing the identity of the victim.

Breathe deeply now and let more of our next level of love to come into your being...”

“We can see you are now becoming more and more one with Love which ends the delusion of separation with God Source First Eternal.

Love is a being made up of every loving act every created. It's an ally if you choose to become one with it. Allow it to fill EVERY AREA OF YOUR LIFE. What do you say? Yes? Greatness then! Now feel the presence of Love all around and within. Let the tears fall as the pain dissolves into love once again...

Good, now just when you feel like you have relaxed all the way, make the mental command / *choose to relax even more into the field of love*, and LET GO. Put the book down now and rest in the embrace of Perfect Love and let it change every cell of your being and consciousness. Amplify this by meaningfully repeating, *I AM Love.*”

“When you have integrated this you will be transformed in direct proportion to your ability to allow love to be. Notice the changes as you go through your days. You can always apply this conscious reunion with Love anytime you need balancing and transformation.”

“Now that the old walls of separation are tumbling down and your ability to trust and receive has been altered to allow for more permanent transformation, let's proceed.”

Conscious Reunion with your Eternal Authentic Identity

Step one, become aware of Your Eternal Authentic Identity.

Step two, consciously become one with it.

Step three, maintain the conscious embodiment and have fun co-creating heavenly life.

Here are some commands that will allow you to consciously make the shifts towards reunion.

1) “I command every agreement I have ever made with myself or anything else to separate from my Eternal Authentic Identity for any reason to come forward now...” “I realize that separation is a self-imposed delusion to experience separation and now I'm changing my mind.”

“As the contracts (energetic constructs that coalesce realities) come forward in front of you get a feel for them, notice the changes that well up in you. As you observe the energetics you have created at another time and place make a command for one contract to represent all.”

2) “Once you sense it, command it CANCELED. Notice what you feel. It will feel as if restrictions have been released.”

3) “The GIFT; Now command “ to all those that choose to end playing this separation with themselves and choose to reunite with their Eternal Authentic Identities to say “yes” and the creator with help you. Notice what you feel as beings that have walked down the same road get the help they need.”

4) “Then command that all those that choose to continue to play this out to leave my entirety now and never return. Notice what you feel as the energies are untied from you.”

5) “Now ask the Creator of all that is to purify and perfect all the energies that were created from these agreements. Sit silently and notice the shifts as the imperfections are perfected. In just a moment there will be an integration of the perfected energies back into your bodies and consciousness.”

6) “Now Command “I choose for my Eternal Authentic Self to realign so I can know myself as I truly am. Notice the energies as you blend with your Eternal Authentic Self. Relax as deeply as you can and allow that which you've always been and let all other self identifications be purified by the truth of your being.”

7) “Allow some time now to commune with your Eternal Authentic Self. Ask if there are any messages, activations, or healing that will help actualize your highest potential in this lifetime and receive them.”

8) “Give this part of yourself permission to do anything in the way of clearing, healing and enlightenment from this point forward to bring about the highest and best in the highest and best way producing the highest and best for all.

Re-member that until you have ended all separation with your Eternal Authentic Self you will be calling on it for guidance and transformation assistance as a way to bridge the gap.”

Empowering your words to manifest

“Ask your Eternal Authentic Self to connect into your voice channels so you can make co-creative commands with this part of yourself. When you speak from this voice 100% you will notice you can have the same effect as the Creator has when you speak. When the Eternal Authentic Self speaks, all listen and life coalesces in direct proportion as long as you don't have self imposed limits. Notice as those transformations ensues.”

Anchor Your Environment

“From now on before you perform any healing work, sleeping, creative endeavors etc... command as your Eternal Authentic self to anchor a completely safe space around your being(s), building(s) and ground(s). Then feel the shifts. You will notice much better results.”

Eternal Authentic Homework

“Re-member you already ARE and you don't have to create yourself, let it emerge more each day as the rest falls away into the love of perfection. Let your Eternal Authentic Identity that seems separate to emerge from within and transform the illusory selves you were told you have to be, or you believe you need to be for any reason. Simply relax and let go of the contractions that hold back the emergence of your Authentic Identity from coming forth. This conscious embodiment is essential when you are in the process of self transformation. You see, you must have the energies in place to transform the disharmonious energies, your Eternal Authentic Self has all the energies necessary in its transformation kit to get the job done, relax and allow it. If you haven't noticed, we are suggesting putting an end to giving your power away and using your own power for life transformation. The more you embody your Eternal Authentic Self, even for a second, more each day you will be anchoring such a transformational wave that will assist in the reclamation of your home planet and your species. This is a critical transformation in consciousness as it restores your sovereignty and demanifests powerlessness.

Your responsibilities of life will be better handled when you access and utilize your Eternal Authentic presences' manifestation capabilities every second from this point forward.

This process is to be done regularly. To deepen the oneness with your Eternal Authentic Self, find areas that don't feel like the Eternal Authentic self is in your body and consciousness and breathe it into the area to overflowing. Make sure you really feel the presence of your Eternal Authentic Self by calling it forward so you can feel it manifest in every cell in your body and aura, then proceed.”

“The Goal is full body blending and then holding that feeling and consciousness as part of a new pattern of true self realization and action upon this planet. Wherever you go, whomever you commune with, will be touched by the Eternal and be changed forever, let yourself flow through the day. Whenever you make any choices, realign with the feeling and consciousness of your Eternal Authentic Self and then make your choices. You will feel and know when you are in this divine alignment as all the powers of existence move to co-create

that choice as they feel the eternal nature and endless love in the command. Angelic Human is your destiny and this is the exercise to the realization of that.

“The greatest secret that the powerless fallen ones don't want you to know about has been revealed. It's up to you what you're going to co-create from now on, the choice is yours, always has been, always will be, as long as you exercise your sovereignty. Instead of working to survive, you will be LIVING.”

Chapter 25

By Seth Buoymaster

DNA/ RNA/ Epigenetic Overlay Restoration

“Now that you have reconnected with your Eternal Authentic Self, it will be helpful for you to allow this part of yourself to work on your DNA, RNA and Epigenetic Overlay with the process that follows.

This process can be done once a month or as guided. Keep in mind there have been many mutations to your DNA, RNA and Epigenetic Overlay that must be corrected in order to help actualize your highest potentials.”

“Eternal Authentic Self that I AM, it is commanded to do anything in the way of purification, authentic perfection realignment, expression and protection to every level of my DNA, RNA, Epigenetic Overlays, all the spaces between these complexes and all connected to them to actualize my highest potentials. This or something greater now.”

Notice the changes and relax into them. The reason it happens in stages is that your energy handling systems can only take so much do to the predicament of your lives at this time with all the characters involved.”

Stepping out of the problem paradigm

“Some of you may be thinking that if I don't engage the problems and try to make them better, nothing will get better. It's important to understand that engaging the problem isn't addressing the cause of the problem. Most will say, it's them that are doing the crimes against man and nature, they need to be stopped. Let us help you take it one step deeper to the consciousness fields that are encouraging the activities of man.”

“The understanding is that the world of problems which are the outpouring of deeper cores that create the imperfections is to not be indulged in, see it for what it is and work to purify the core causes. There is an energy field that influences life to construct itself in certain ways. When you're caught up in focusing on the end results you are going to spin your wheels and exacerbate victim consciousness. Look to the cause and use consciousness technologies to transform it. This changes the influential field and life changes. If you try to only focus on the problem, the end result, you will be helping to a degree yet if you aren't transforming the core of it at the same time, you will spend all your lives cleaning up an endless mess. Why? Because the world of problems as it was added to became a collective consciousness field that became self-aware. Now that it's aware of what it's made of, “Problems”, it, in order to survive needs more of the same and that's where you come in. It's

always looking for someone to keep adding to it. The choice is yours to add to it or shift your focus onto that which needs to be done.”

Exercise:

“This next process is to help you step consciously out of the problem paradigm and stop wasting your energies and then be able to focus on the undercurrents or the foundations of life that manifest the matters of your lives.”

- 1) “Command the transformation meaningfully by saying “it’s unhealthy for me (coming from your Eternal Authentic Identities voice and consciousness) to keep playing out this endless problem loop distraction in any way with myself or others.”
- 2) “I choose to cancel all of my ties that bind and all of my attitudinal behavioral patterns that keep me stuck adding to the problems of life.”
- 3) “I command the self imposed victim, self pity party that I’ve identified myself as to be null and void now.”
- 4) “I command all that dysfunction to leave my entirety now and the entire complex is purified and perfected and all the energies are integrated to the appropriate places and times now.”
- 5) “I choose to live life 100% in eternal life alignment without that false self and matrix.”
- 6) “I choose self empowerment and am ending now this level of self dis-empowerment. All those that choose to step out now so be it, all those that choose to continue this insanity leave now and never return. Notice what you feel and where you feel it in consciousness and presence.”

“As you go through your days, be mindful of the problem trying to encourage you back into its paradigm and affirm *‘no thank you, been there, done that, not necessary.’* You will be able to see it playing out in the lives of others much more than you did before and that is a gauge you can use to see that the consciousness technology was used effectively. You will most likely feel like you are in the world but not of that world. You have effectively stepped out of that paradigm. Greatness then! Repeat as necessary until you have completely chosen to let go of all of it.”

“You all have such greatness in you and we are helping you to unleash this”.

-Elder San-Toh-

Purifying Sovereignlessness to unleash your Sovereignty

“Life is encouraging your sovereignty and all that supports this is given full power. Sovereignty is your destiny and we would like to help you reclaim it by helping you heal your relationship with sovereignty.

All that is needed is to recognize right now that being sovereign hasn't been the normal for you and that the life you have built that is sovereignless is it's time for it to be purified. Feel

the emotions well up within to help you get in touch with it, relax and let it out... If you're working on establishing your sovereignty yet the sovereignlessness that has been a major theme in your life is still active, then you are going to have a conflict."

"If you're ready to end all of your agreements with self and others to play out sovereignlessness in anyway and any effects from it, then say "yes " and your Eternal Authentic Self will fulfill the purification and perfection process. The core thought form that builds this is '*I'm unworthy of a powerful life.*' If you would like for that to be purified then say "yes" and it will be done. Would you like for all those that choose to play this out in any way to be removed from your entirety permanently? Then say "yes" and notice the shifts. Do you choose to live life 100% in eternal life alignment without being sovereignless? Yes? Greatness then! Notice what you feel and where you feel it. From the voice of your Eternal Authentic Self speak out "*I'm a sovereign being!*"

-Elder Kamooh-

"What follows is Consciousness Transformation Technologies that you can use with your renewed self foundation."

Transforming Self Importance

"Self-importance is born from the consciousness field of unimportant, which is born from the root of a part of yourself that feels separate from God Source First Eternal.

As you feel separate and unimportant, a drive within in order to cope is born that works to make you important so you are included. The coping skill self runs itself ragged as it has to be an over achiever, people pleaser etc... All the while a fear in the back drop of being separate looms and makes its presence known by creating situations where we feel rejected, unimportant and separated again. Then the coping self, the self-important false self identity complex revs up again and adjusts to the situation to hopefully not have that happen again, still driven by fear of separation. Being honest with yourself, can you feel and identify with this pattern within? Take a moment to search within.

This is a common thread in your species. It's far better to transform the core of this separation to Know and Feel you are one with life in a loving way. In this way if you didn't see another being in a thousand years you wouldn't fall apart as you would feel connected to all, all the time and loneliness wouldn't exist."

1) "I call forth the Eternal Authentic Identity that I AM. Feel your presence and make commands from this stand in life."

2) "I command that the core of my separation with God Source First Eternal and the separation self within and all born from it to be contained now. Feel the energies of this before you."

3) "I command that all of my agreements I've made with myself and anything else to play out this separation and all that is born from it to be canceled NOW. Notice the shifts the best you can."

4) "All those that choose to heal this, say 'yes' and the God Source will help you too, what do you say? Those that choose to play this out leave my entirety now and never return. Notice the shifts."

5) "I command personal power restorations, to bring all the energies exchanged during this separation play out and all born from it to come forth to be purified and brought into a state of perfection. Feel the shifts. Then allow the perfected energies to be integrated back into your being and out where the others energies belong. As this happens, notice how your consciousness is coming out of fragmentation and oneness settles in to your field of vision. Feel the love in and around you as the integration takes place."

6) "I choose to live life 100% in eternal life alignment without the self-important, false self's coping skill complex. This step helps you live without that as most have only know this way of life. Give yourself some time to integrate. If any frozen emotions come up let them out with love and a healthy level of detachment. If you feel you would like the download of the consciousness technology of **healthy detachment**, then say 'yes' and notice the shifts."

Ending Power Loss by transforming a core, Self Pity

"To start, most walk around playing out self pity and victim in some form or another. The low self esteem and coping skills perpetuate a cyclical power loss. The moment you go into the coping skill to deal with the self pity you are losing power. It is far better to go into the heart of the matter by asking *"what is the core of this self pity I'm feeling now?"* That is one of the most important questions any life form can ask itself to transform its life at the core, as you will discover self pity is a core of all dysfunction. The self pity complex within each is unique and yet universal as most have matching story lines even though the circumstances look different. The undercurrent is going to be explored now as the undercurrent is the core of most all the imperfections you're now faced with."

"It's important to note that nothing happens without your consent on some level whether you know it or not. This can cause much confusion especially if the victim consciousness has already taken hold."

"Part of the process of reality transformation is to first be aware of the underlying currents of manifestation. Most of you struggle to make changes in this world on the surface and meet much opposition. We know that knowing about it isn't enough, that the appropriate steps need to be taken to transform these currents so you're no longer playing a part in it and moving yourself in a direction that is more conducive to your higher aspirations."

"Life first manifests in the higher dimensional energies, then manifests in the lower dimensional energies. From there, a reciprocal flow takes place from high to low and low to high. Realities form through our choices. Changes to this flow changes the manifestations. The dimensions that reside lower than your current platform can work to pull you down. This is a simplified explanation of the invisible power struggle you are all caught up in. What

reality field manifests from the sea of intelligence is up to you because you are the intelligences.”

“To see a species walking around with self pity running the show, we notice that it's easy for the love deniers (lower lords, intruders) to manipulate you. This is coming to an end with increased awareness and action.

Every “issue” that ever arises in anyone, is based and held by self pity beliefs. Read that one more time.”

“Self importance is born from self pity as a coping skill. For example, since I believe I'm unimportant and deny it, I'm going to create the overachiever. Cancel the core of the belief of 'I'm unimportant' and the need to be an overachiever stops and you live from a more powerful position. Clear the self pity and the whole imperfect hypnotic spell falls apart leaving you free from the lower lords influence to drain you of your power.”

“Accept your Eternal Authentic Identity 100% and the need for approval is nonexistent as you Feel and Know your intrinsic worth.”

“There is a program that has been purposefully implied into the very character of all on this planet that needs to be deprogrammed: “You're not enough and need more to be complete.” When you're born, you need help; you're not enough. When you're growing up, you need schooling to be something; you're not enough. In the eyes of God, you need to follow the rules and walk this path in order to be acceptable; you're not enough. You're not enough when you get old and need more care. Death, although seen as natural, is really a dis-ease that people perish from because they have always believed they were not enough deep down, poor in some way, which erodes the personal power to the point of destroying the body they inhabit. It's easy to notice the difference when you see someone that lives in love and someone that lives without it.”

Deprogramming Self Identification as limited

“Since you have already connected with your Eternal Authentic Identity, let's exercise its power to transform.”

- 1) “I command the program that I'm not enough, I need more in order to be complete and all the imperfections that were created or co-created from it which doesn't take into consideration my Eternal Authentic Identity to be completely purified and perfected now. That or something greater manifest now.”
- 2) “I cancel this program and I choose to live life 100% in eternal life alignment without it.”
- 3) “All those that choose to heal, say 'yes' and you will receive help, all those that choose to keep playing out that program, leave my entirely now and never return.”

4) I command all personal power to be purified, returned and integrated to appropriate places.”

“Notice the shifts and feel the program break down and a relaxation settle in as the self that has only known itself as that program gets purified and perfected. Once it's finished, that energy and all tied up in it will be integrated back to your being as pure creative energy. This helps restore your personal power, to empower you, instead of the previous program that dis-empowers.” As you go through your days, you will most likely notice you complain less since self pity isn't part of your life.”

“Now that we have stimulated the awareness of self pity, you have a choice. Am I going to play this out or not? What do you choose in each moment? As your Elders, we are helping you by holding you accountable. We do this because we love you and you need it.” Give yourself a couple of weeks to integrate this. Repeat this process as you feel guided.”

Denial Deprogramming

“Denial is destructive on every level when it's used to stop life from moving towards wholeness. The program of denial, especially the worst form of denial which is believing that nothing is wrong, has proven itself to be a destroyer of life. The saying that ‘time heals all things’ is false if denial is indulged in. If responsibility is being used then that previous statement would be true, and yet the denial keeps that which is denied stuck. Just because it's denied doesn't mean it's lifeless, oh no, it's working ceaselessly on a way to get attention to maintain the only reality it knows.”

“Life forms that choose to live in denial pay a price. The price is being stuck in an endless loop until they ask the primary question, what is the core cause of this pattern in my life?” Next comes the ability to stand and face that which has been denied. Some of you are squirming as you read this as you have gotten close to your denial tendency. We encourage all of you to take a couple deep, slow breaths now and relax yourselves.”

“Here's a change of consciousness. That which you have denied needs to be loved instead of resisted and feared. When you take the time to cultivate loving yourself by being aware of your internal conflicts and stuck consciousnesses, you will reap the benefits of increased personal power, greater levels and expressions of health and enlightenment. When you love the parts of yourself that you have denied, they heal and you consciously realign yourself to wholeness again.”

“You see, denial creates separation. The next step down the road of denial is coping skills. This ties the energy up so that your full potentials are put on hold and a depressing life ensues. This added to by billions, creates an imperfect reality field. A being divided within, falls apart often. What is created by the divide falls apart often.”

“You can see that as wholeness increases within, dependency in your life diminishes. Dependency has been glorified, creating the entitled ones, then as the days go by, beings that are playing this out are weakened little by little until they feel helpless when the power goes out, the store closes or someone doesn't do something for them that they can do for themselves. Most humans have become so lethargic in their life that if the batteries in their remote are in need of change they can throw a fit just because they have to get up to change them. There is a lot of fit throwing in your species as people are feeling the effects of their disempowerment. So lethargic they have become that the littlest thing makes them feel overwhelmed and a resistance to effort arises. Procrastination, anger, sadness, fear, depression, apathy, entitlement and hostility are some common symptoms of a being that feels powerless.”

“On the opposite spectrum, you have the overachievers and power hungry ones that are running from the powerlessness within and leaving themselves crashing and burning into the very powerlessness they are trying to run from.

I know that what has been written seems like doom and gloom yet this is what's going on in almost everyone on this planet and yet most are walking along as if none of it is happening and are living a powerless life as a coping skill. The time is now to transform beyond the coping skill life, to the powerful life?” Yes? Greatness then!”

“You that want change in the world have to love the denials and clear them or the denials will always be baggage sabotaging your healthier choices. Wherever you are, there you are. This group of words points to people's denials and the necessity to address them so they don't manifest anymore.”

“Humanity is awakening to this information, as that which has been denied is being stirred up. Those that choose to live in denial are throwing a fit as they either step up or step out. It's no longer appropriate for your species to live in denial as the inevitable awakening of humanity is upon you all.”

Understanding the Powerlessness Loop

“The core that creates powerlessness is lovelessness, given and received. Lovelessness' core creator is unacknowledgment of the constructivity of self that allows for any coalescing and interaction to take place.

The consciousness of powerlessness when observed is born from a consciousness field that didn't understand and cultivate love yet. A life without love is a life of powerlessness.”

“Powerlessness comes from getting caught up in the misinterpretations of yourself in relation to the true eternal platform of life. When you choose to enter into other platforms, a separation with the eternal platforms can make for many disempowering experiences. Most of you feel cut off from the true eternal nature of life and resign yourself to working hard to

survive. Instant manifestation seems like an impossibility, we assure you it's REAL as we have demonstrated this many times. The more you align with love the easier it is."

"When we look at this round of expressions on this planet, we see you are plagued with low self esteem. This comes from not knowing and feeling your intrinsic true self and separation with the creator of all. This is held in place by self pity and self importance."

"For some time, humanity has suffered under the weight of oppressive forces and self imposed restrictions. And all this time you are under the delusion that there is nothing you can do to free yourselves from it, this is self imposed powerlessness. The time is now to end this. Yes? Greatness then!

Clearing the self you have created that has only known and been born from the reality fields of powerlessness can be purified and perfected if you choose to. The process that follows will help you transform your identification with powerlessness."

"There are a few programs within powerlessness that hold it in place and as you choose to cancel them, the consciousness field of powerlessness will fade as you're not adding your energies to its construct any longer. As you do this, your reality field in your day to day life will change to live without powerlessness more and more. Once this transpires, the coping skills can be let go of and purified as you won't need them anymore. Keep in mind powerlessness has been a deeply ingrained program and it takes a sincere mindset and complete inclusion of all your ties to it for it to be transformed completely in your life."

"Life is about being responsible for yourself, and when appropriate, others. We would like for you to consider for a moment your life without being powerless. What would that feel like? How free would you feel to be free of karma that ties you up in destructive situations? It's important to reshape your mindset out of the destructiveness of the world and create with your vision the life without certain play outs in it. This helps you to shift your energies to co-create something healthier for your overall evolutionary self expression."

"Powerless as a reality field and the beings living within it see from one perspective. Next is the cause of why the individual or group aligned with the reality field of powerlessness."

"The bottom of it all is the belief that 'I am unloved.' When beings play out unloved, they feel heartbroken and if they don't pull out of that through healing, the tendency is self pity and that aligns people with powerlessness. Take a look around, how many do you see full of love and being loving? The broken heartedness and the self pity must be cleared and healed in order for any of you to actualize loves highest potentials."

"Allow the pointers above to help bring to your consciousness the energies and self identification of powerlessness within so you can hold it ready for transformation. We have a consciousness technology that helps to expedite your ties that bind you to playing out

powerlessness. For many of you have gotten lost and unconsciously stuck in the realm of powerlessness and the time is now to transform this powerlessness into powerfulness.”

“Affirm, *‘I am my Eternal Authentic Self.’* Take the time to feel the shift in mind and embodiment... then proceed with the following:”

- 1) “Make the command that ‘I am perfectly safe before, during and after this process’.”
- 2) “Now, I command all of my agreements I have made with myself or anything else to play out powerlessness in any way and any agreements I made that were born from these agreements to come forward now so I can sense the energetic ties that bind. Most will feel constriction, sadness, anger as the energies of the agreements pile up.”
- 3) “Now affirm ‘all of these agreements are no longer appropriate for my life and I choose for all of this energy to be purified and perfected NOW’.”
- 4) “Now affirm that ‘everything I have made agreements with to play out powerlessness in any way, that there is more to life than that and if you would like assistance then say yes now and help will be given. All those that choose to still play out powerlessness in any way to leave my entirety now and never return’.”
- 5) “At this time it's important to restore your personal power and remove foreign energy you have picked up from your interactions with powerlessness by saying, *‘I command personal power restorations.’* This means any foreign energy is to be removed from both parties purified, returned and integrated back to the appropriate place.”
- 6) “Now Affirm, *‘I choose to live my life 100% in eternal life alignment without powerlessness.’* Notice the energies that fill you and surround you. This step can really transform a person’s life as they may have totally forgotten what it's like to live without being powerless. These energies will help you shift your angular rotation of particle spin into a more loving reality field and shift out of a powerless reality field.”

“As you go through your days, notice where you have more space when before you felt contracted, how you feel less tired and more alive. By staying aware, you will help to realize that you have changed your life and can continue to change it as you see fit. Repeat this process as you are guided as there are many layers to powerlessness and again you will only transform in direct proportion to what you’re choosing.”

Transforming the core of powerlessness

“Let's transform why you entered the fields of powerlessness. Everyone’s situation is unique and there can be various reasons we enter into powerlessness cycles.”

“One of the main reasons is our self perception. Once we lose sight of whom we really are, we enter into a separation paradigm of me and others. This separation can go too far when we forget that we are all individuations of the creator. This implies one as many. Without this knowing, we start to feel lonely and lonely is a misinterpretation of reality. When this happens we can travel down the road of disempowerment. We have separated from the foundation of

power and the awareness of yourself as one with the creator, as an individuation. You can be alone without being lonely.”

“It’s the original moment when you have misinterpreted reality and fell under the impression of ‘God and I’ that we’re helping you with now. When that happens, you quite frankly have to do it on your own. In other words, you have fallen. The time is now as all of your souls have been awaiting this moment for you to make the choice to correct this moment in your lives and restore your alignment with the power of all life.”

“If you would like to transform this fall into powerlessness into aligning with your center of power with which you co-create LIFE, then say ‘YES’ meaningfully and with the understanding of what you are really choosing here.”

Your soul and the higher stations of consciousness that you are, will be orchestrating a complete overhaul of your life, far beyond that which you identify with in this one. Feel the timeless love around and within you now by relaxing deeply into the transformational energies.”

“All the creations that were born from that moment of separation will be addressed as well. This is akin to pulling the rug out from underneath the whole complex of your powerlessness. Once the foundation is removed the complex instantly starts to transform.”

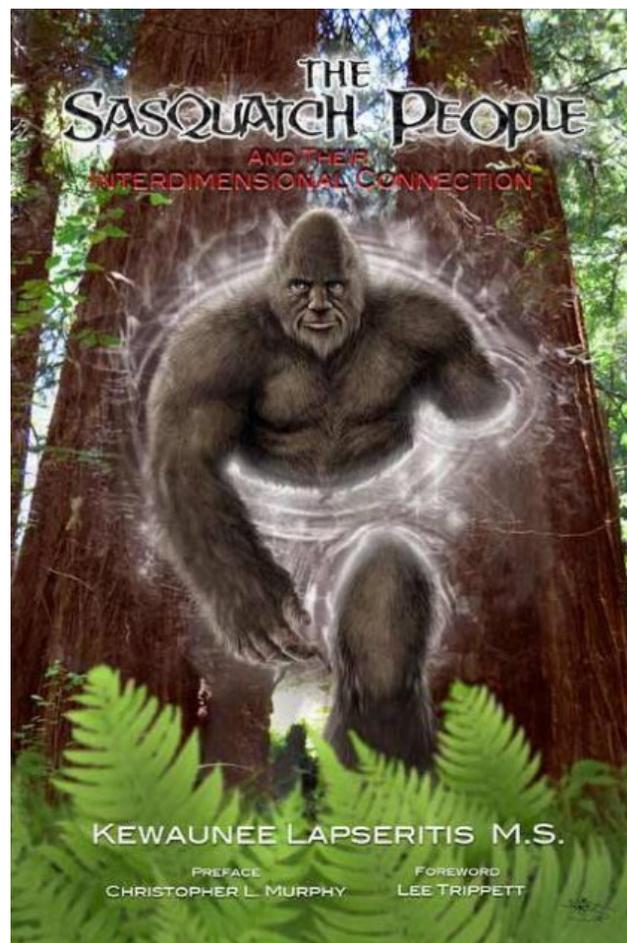
“It’s important to affirm that “all the damage that I’ve done to others from being in this misinterpretation, to give everything in the way of clearing and healing to resolve completely all imperfections I’ve created along the way. I forgive myself now for all that I did or didn’t do for myself or others when I was caught up in powerlessness and the illusion of separation from the creator of all that is, God Source First Eternal.”

Ending the Victim/Victimizer Program Within Ends it Without

“When you focus on the world of problems, you add to it and stay aligned with that reality. The reality of victim/victimizer flourishes in that paradigm.”

“Once you pull your energies and don’t buy into the V/V program it demanifests. As enough of you take this stand, the V/V program collapses completely as it’s an unnatural creation. This is a deeply ingrained program as it’s continually put in your face and ears. This is by design. The programmers of ill intent know that as you witness it and the experience generates a response, you are adding to the victim/victimizer paradigm. The end result is power loss and a broken down decrepit race without a chance for survival, addicted to fear and destruction. What better way to keep the V/V program running but through you? Is that the road you choose to go down with every click of the TV remote, movie you watch, essentially every single choice you make? Be very selective with what you align with, for what you align with, you enter and support that reality.”

“We can make a choice and align with different times and places. Kewanee's second book cover for “The Psychic Sasquatch and their Interdimensional Connection,” depicts us using a steady focus, entirely aware of what's happened, happening and going to happen as a choice is made to move through paradigms. This was inspired to align you with that state of being to help you realize another level of freedom. You can too once you have restored enough of your personal power to comprehend and align with the consciousness that can accomplish it. What follows is a powerful protocol for dusting off this level of imperfection from the perfection that you already are.”



Untangle Your Participation in the Victim/Victimizer (V/V) Program

“Be very clear about what you’re choosing here. The V/V program can be your choice as we don't judge it. Much can be learned from it, yet if you feel it's no longer appropriate then proceed.”

- 1) "I command as my Eternal Authentic Self to assist in the complete transformation of my participation in the V/V program and all the purification and perfecting of all of my consciousness and presence that has been damaged by it, to bring about the highest and best, in the highest and best way, producing the highest and best results for all."
- 2) "I command for all of my interactions and that which has been born from the V/V program to be contained now."
- 3) "I call forward all of my agreements I've made with myself and anything else to play out the V/V program in any way to come forward now. Also all the agreements I've made with myself and others to play out any paradigm that is born from it. Notice what you feel as the energetics of the agreements are brought forth in front of you. Stay relaxed."
- 4) "I cancel all of these energetic agreements that bind me to the V/V program and all born from it in any way now 100%!"
- 5) "The gift. All those that are looking for help out of and healing from the V/V program, if you would like help say 'yes' and God Source First Eternal will help you. What do you say? Notice the shifts as others receive healing."
- 6) "To all those that choose to keep playing this out in anyway, leave my entirety now and never return. Notice the shifts as the beings and the giant thought-form v/v program that holds the paradigm around you moves away as well. Feel the relief."
- 7) "I now command personal power restorations so all foreign energies exchanged between the parties is purified, perfected and integrated to the appropriate time and place. Notice your personal power restoration sensations."
- 8) "I command a healing and integration cocoon to be placed around and through me by my Eternal Authentic Identity now. Allow yourself around three weeks to integrate this. We will be with you to help you. Notice as you go through your days the changes in your interactions with life. Repeat as needed."

Karma

"What is karma? It's the back-flow return of life from your choices. As we co-create a separation from love, we manifest karma. It's an imbalance with oneness that will always come around for transformation back to wholeness with oneness.

The most responsible way to transform the situation is to first become aware of the play out. Then using your ability to choose, you will be faced with two choices."

- 1) "Choose victim and blame game and choose denial and irresponsibility and suffer the consequences."
- 2) "Choose loving acceptance of the denied or forgotten past occurrence and choose to be responsible and incur the freedom that comes when love is restored in a place of discord and all the play outs that co-mingle with it to keep the pattern going, vanish from your life."

"An example of loving acceptance is when you affirm to yourself that 'a part of my consciousness is stuck in some pity that has just been triggered by my interactions and I'm

grateful to have the opportunity to take a good look at it and discover the heart of it all and then choose to forgive which purifies and balances the energetic complex that has been holding the karma in place’.”

Forgiveness Dispensation

“When you LOVE, you can let go of any injustice you have done or that has affected you. When you LOVE, you give yourself an option to be free from destructive realities and those adding to it. Most haven't connected to complete forgiveness and are suffering because it leaves so much unresolved. It would be our gift to you if you choose, to provide the energetic dispensation of Perfect Forgiveness, so you can use it to heal your karmas. If you would like the dispensation of PERFECT FORGIVENESS then say ‘yes’ and you will be connected with the consciousness field of it and imbued with its essence. Notice what you feel and where you feel it for a few minutes. Relax; it makes it easier to notice the energies. To use Perfect Forgiveness, recall someone that has harmed you in some way and see them in the mind’s eye the best you can. Then say, “I forgive you” and notice the waves of forgiveness transforming all the unforgiveness. Notice the freedom you feel as your energies are no longer tied up in that unforgiveness.”

Consciousness Technology for Mass Karma Clearing

“There are many of you that have much karma left unresolved from your pasts. Most of it is out of date and no longer needing to be played out for your growth. What follows is a process that clears all past karmas and karmas now that are no longer serving your highest good. It’s like a huge purification that will release a massive amount of energy back to you, further increasing your personal power, use your personal power wisely.”

“Simply command with love in our heart:

“I choose to have all of my agreements that I have ever made with myself or anything else that keeps me tied to karma in any way that are no longer appropriate for my learning, healing and growth, to be NULL and VOID NOW.”

“I choose personal power restoration from all my interactions with these out of date karmas, to have all energies exchanged, purified and integrated to the appropriate places and times, to bring about the highest and best, in the highest and best way for all.”

“Let go of all contraction and notice the shifts. You can do this process once a month or as needed until you keep yourself karma free.”

“Also notice how your life changes as well as people’s interactions with you. You may notice people in your life seem to fall away as the karma is untied. New people may come into your life that don't have the same play outs that the cleared karma held in place.”

“Whenever you meet someone new, or are going to be part of a group where it's important to bring about the highest and best, use this technology. Sometimes people come into your life to play out old karmas you don't need and this process will resolve it and allow you to have a fresh start. You will be much clearer as to why the relationship is transpiring.”

Chapter 26

By Seth Buoymaster

The GREAT Change Is Upon Us

“Mana-ko-la-tee at your service and bursting with excitement to express. I am an ancient one that has had many opportunities to explore Earth. I have seen civilizations come and go and explored the recesses of the collective consciousnesses to understand WHY certain behaviors manifest. I'm jumping with excitement to share what I believe is most helpful for the complete transformation of man from its current struggle to its full glory. This is the reconnection with the heart of it all.”

“To begin, it's important to know that you were intended to be a race that is completely free from the confines of limitations and skilled in imperfection realignments to perfection again. The closest words in your vocabulary to describe your intended race is Angelic Human.”

“It's also important to know that those that choose the parasite's way interpret your full presences as the biggest threat to their very way of living. You see, as you acquire a certain level of perfection, parasite presences are powerless to influence or drain you.”

“So as you were being created, a group to destroy you was also created. If you don't believe me then take a look around, your water, foods, air and land are less than ideal and the system is set up in such a way to have multiple fails in place to ensure you're stopped. This isn't to set you into fear. This info is for you to take a stand; the stand of sovereignty.

The great news is you are resilient and have much host assistance at this time as the tides have changed in your favor since the parasite's life in human form is ending rapidly now and more of you are realizing your power and using it to dismiss the intruders and there effects.

Threats to life can be used for good by getting the fires of change going to actualize your highest potentials as many have become complacent. Your highest potential can keep you safe and healthy no matter what. When you're aligned with sovereignty you can change your positioning in life and the life around you.”

“There are many cycles happening now and one of prime importance is the reclamation phase. Understand that awareness and taking excellent care of every aspect of your being will help you pull out of and/or transform the detritus yourself and the planet has found itself in.”

“It's important to note that there are areas of life that have been so badly damaged that they are unreclaimable, and if you pity it, you tie your energies to it. Exercise acceptance and honor the choice of others to fall. This keeps you aligned with the wave of ascent as many of you choose to see perfection manifested. From our perspective, both must be honored,

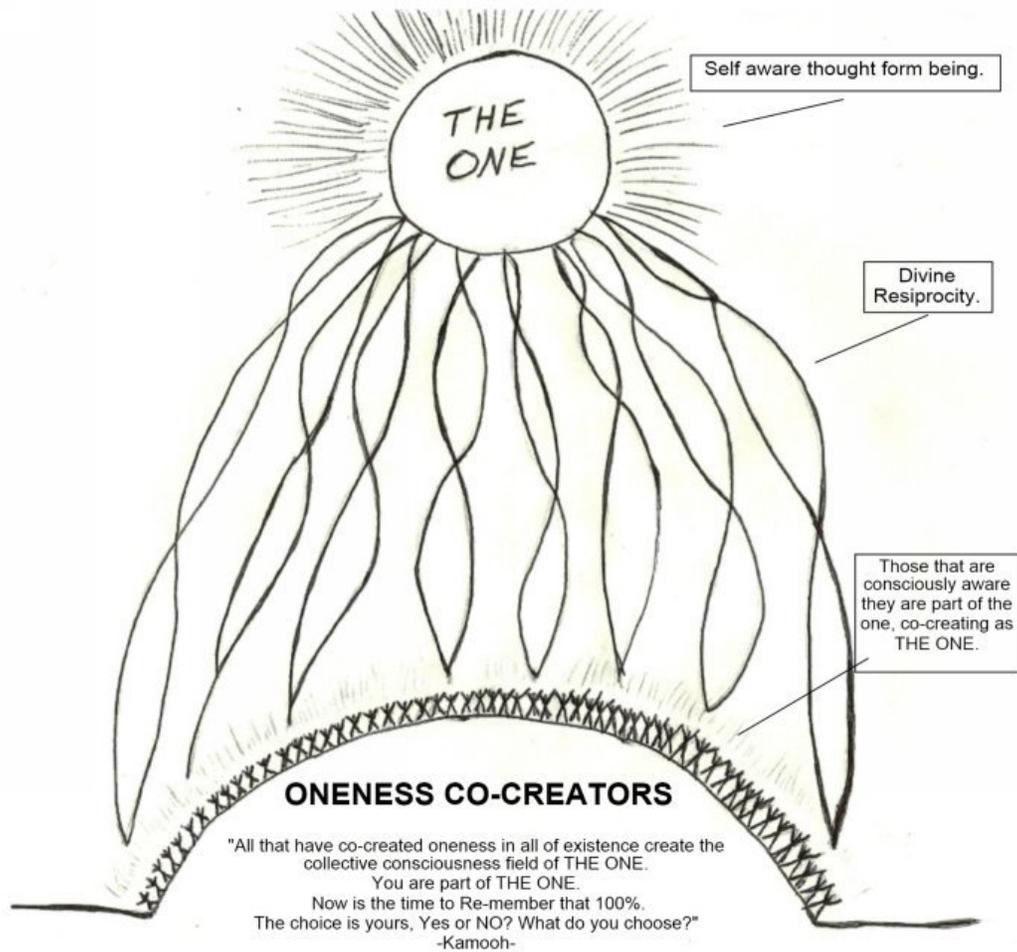
those that choose to fall and those that choose the wave of ascent. Since intruders upon your race are in the equation taking the stand of reclaiming that which doesn't want to fall with the falling ones is part of the reclamation phase. Discernment and tough love are very active now as the self pity is falling apart and no longer as effective as it used to be in manipulation. How do we know this? We see people choosing to take responsibility for their lives more and more as 'sick and tired' is no longer acceptable."

"Life is a mirror and people's internal environment is full of toxic emotions, toxic thought forms, toxic beliefs and toxic foreign energies. All your collective toxicity is coming back upon you to get your attention to change yourselves within so the without can follow. You can see by now how denial exacerbates any imperfect creation."

The ONE

"What we, the collective Star Elders, Ancient Ones and Sasquatch races have to offer is a gift to be used and added to. This is a conscious awareness and reconnection with the complete manifestation of ONENESS. You could say it's akin to bringing a piece of heaven forward and saying here, RE-MEMBER this, align with it and co-create from it, then you will know a life that is free from war on any level. What you're not aware of remains inactive for you until your consciousness is placed upon it. When you become aware of it, it manifests more and more into your day to day life expressions. The conscious reunion with The ONE allows for a massive shift out of the destructive, separating paradigmatic loops."

"All of existence that has chosen to co-create Oneness has created a consciousness field called The ONE."



“Place your finger on The ONE, completely relax and allow the Re-membrance to be fully realized. Enliven objects by placing them on the image to help you to continue your process of surrendering your separation with LIFE. This helps you to enter into the truth of life that all is ONE.”

“The consciousness of The ONE has been built over many eons and is an unstoppable power that no technology can alter. Anything that's discordant that gets near it becomes transformed into a state of perfection. Your past and future selves have added to this as in the future you fully realize that the denied, unresolved past events that diminish your perfection fields must be addressed in order to move forward unimpeded to co-create perfection reality fields.”

“The love deniers run for their lives in the presence of The ONE as they carry such disharmony that getting near it starts to reorganize it out of its discordant state and that to them seems like the end. What they will eventually realize is that under their discord is God Source First Eternal. When they fight it they lose every time, as the energies of The ONE are

a perfected eternal manifestation. The love deniers spend most of their time trying to acquire power because they are losing it all the time with their choices.”

“The time is now to share and reconnect your awareness to its power over all of your lives and every element in creation for swift, concise, unstoppable transformation in direct accord with the divine ideal of perfection, experienced to its fullest, by all.”

“Where The ONE manifests from is within and without. Its presence is omniscient, omnipotent, and omnipresent. The Energies of The ONE make up eternal life reality fields; far from the false reality matrices that your people create that crumbles and rots the moment it's erected. We connect with this energy that is why we can live thousands of years; you can too. The ONE is so completely harmonized and balanced that imperfection cannot exist. It is so important to help you be aware of this living manifestation as its ability to help you help yourselves is unparalleled.”

“The ONE is a complex of the MANY AS ONE. It manifests from constructive comradeship, it has been said before ‘all for one and one for all.’ You have worked to co-create The ONE in the past so now that you are becoming aware of it, you can become one with it and allow it to flow into every area of your life consciously, then out to every area of life to benefit from its wondrous presence co-creating an eternal cycle.

Aligning with The ONE helps you to align with the reality fields of which it is part of. This is important because if the planet becomes uninhabitable, you will have already been in a process of shifting yourself out of the destructive realities and into constructive oneness based reality fields.

The energies of The ONE are what allow the reality to unfold where all work together to co-create higher and higher levels of perfection to experience. This outward oneness comes when you have developed levels of oneness within. This divine reciprocity creates Eternal Life reality fields, which is the heart of it all.”

“Just being near The ONE encourages more perfect creations to manifest quickly and efficiently. This energy is already inside yourself, and as you near it and welcome this level of perfection, it will bring forth the perfections inherent in all. Re-member that The ONE is a giant thought form being that is an ally and co-creator of Eternal Life. Its presence brings forth tremendous transformation. The time is now to let go of imperfect life and embrace perfect life reality fields. Yes? Greatness then! The more you consciously walk hand in hand with The ONE, the easier it is for you to be able to handle more perfect reality fields. It will also be easier if need be to help you shift out of your environment if an emergency arises.”

“This is all being pointed out as it is your future if you choose. The re-membrances of Eternal Life awaken these potentials within. The ONE awakens dormant DNA, RNA and epigenetic overlays along with transforming miasmatic distortions that shut the DNA, RNA and epigenetic overlay down which has caused your species to be less than you're fullest potential. This may come in the form of pops and movements in your body as you relax your contractions

and allow The ONE to emerge from within and coming to you from without, purifying and perfecting everything that is imperfect in between. This process can be called The Great Surrender.”

“The importance of this conscious connection is that it gives you the entire boost you need to break through all your limitations to freedom. The mass mind control has kept the focus away from this oneness. It has basically made you believe in victim/victimizer realities predominantly. Many have heard of and speak of Oneness that have not REALLY acknowledged it as a living presence to befriend.”

“In creation, there are dynamics that support and enhance. If they aren't consciously contacted, the being or aspect of life can become stuck due to a lack of alignment with the power to help break free. The ONE, if you meditate on the feeling and consciousness of it, is the solution to all discord anywhere. The energies of The ONE have been around your lives and yet not being aware of it, makes it impossible to use until now as our message will help you to become one with The ONE.”

“This isn't a quick fix, you will need to do your part to end the separation with The ONE as separation has become such a norm from all the effects of the victim/victimizer program. Walk hand in hand until you are one with The ONE and all opposition is purified, then you will realize that this always has been an authentic part of you.”

“This is a gift in the sense that right now humanity has fallen to quite a lowly state due to the distraction of working to survive the victim/victimizer program, and as any true friendship, a host arrangement takes place where the host helps by sharing enlightenment and true power. This interaction allows the other to utilize and raise their self to a higher level of self reliance. This happens without enabling dysfunction and the honoring of free will.”

Ending Separation with The ONE

“Relax and pay attention to every cell of your body now. We will be helping to consciously awaken your wholeness to The ONE so that you will be aware of its presence within every cell and around your aura, body, and holograms. The connection will start when you say *'I choose to re-member The ONE 100% now forever.'* Now relax and receive. Notice what you feel and where you feel it. Close your eyes now and slow down some more and pay even more attention to this connection. Breathe slowly and deeply to assist the process.”

“Some will hear music playing that stirs latent abilities; some will see a giant smiling face that comes from a healthy loving presence full of adoration and understanding. This energy has come from the collective love of life and support of life that chooses life. Let go of your fears and need for control, entirely, allow yourselves to get the proper boost to your whole being that will allow you to take yourself to the next highest level. We will ask you some questions that will help you to be merciful with yourselves to further deepen this Re-membrance.”

“With the supportive and transformation energies of The ONE surrounding you now, it makes it a lot easier for you to transform as the available power is at your disposal. Keep in mind that this power is conscious and honorable and is only going to be available to bring about the highest and best in the highest and best way for all in direct accord with God Source First Eternal as it is a direct expression of the source. That is why some of you are crying a bit as the healing has already begun. For those that don't feel anything, the time is now to let down your guard, trust and accept... whether you feel it or not, the effects will help make healthy changes in your life. Simply relax, take slow deep breaths relaxing more with each breath. Breathe in the greatness... Breathe out to allow transformation to the opposition of the greatness.”

The ONE says, “The Choice is yours”

“This process can be done regularly to help you keep transforming the layers of imperfection you have built into your being. Allow time for integration in between the choices for the energies to calm down before going to the next. We know many of you are excited to be all you can be and we appreciate the enthusiasm yet remember to keep yourself balanced by choosing a balanced approach to your authentic self reemergence by allowing integration.”

“Do you choose Love 100%? Yes? Greatness then!”

“Do you choose to Love and be Loved 100%? Yes? Greatness then!”

“Do you choose Forgiveness and to be Forgiven 100%? Yes? Greatness then!”

“Do you choose Sovereignty 100%? Yes? Greatness then!”

“Do you choose Complete Authentic Freedom 100%? Yes? Greatness then!”

“Do you choose Perfect Self Empowerment 100%? Yes? Greatness then!”

“Do you choose Eternal Life 100%? Yes? Greatness then!”

“Do you choose to let go completely of the false self you believe you have to be or are told to be and allow that which you truly are to emerge and know yourself as your Eternal Authentic Identity 100%? Yes? Greatness then!”

“Do you choose to be healed of all causes of your suffering and the effects 100% now? Yes? Greatness then!”

“Do you choose to allow your heart fortress of protection to be dismantled 100% so your heart can sing its beautiful song all over eternity safely? Yes? Greatness then!”

“Do you choose to allow the whole of you to enter into Perfect Oneness 100% canceling your hypnosis of separation? Yes? Greatness then!”

“Do you choose to end ignorance of the TRUTH and end unhealthy denial 100% so you can unleash your full power? Yes? Greatness then!”

“Do you choose to be part of the wave of ascent to the Eternal Life Reality Fields 100%? Yes? Greatness then!”

“Do you choose to relinquish your self pity 100%? Yes? Greatness then!”

“Do you choose to relinquish your self importance 100%? Yes? Greatness then!”

“Do you choose to live your life 100% in Eternal Life Alignment without apathy and all of its effects? Yes? Greatness then!”

Whole Soul, Free Soul:

The Conscious Return of your Collective Souls Wisdom and Power to Initiate the next Level of Sovereignty

This info came through with such strength and enthusiasm. It seems obvious that without the collective soul restoration we will continue to languish and the power struggle that traps and squanders our energies will continue. It's now our responsibility with such sovereignty alignments at the fore to shake off the pestilence and move onto and or co-create higher and higher realities expressing perfection. Our elders have surely guided this meeting and are holding a space for this transformation as they know and we will too that all of our life is for the development of a collective consciousness that allows for the co-creation of realty fields that align with God Source First Eternals natural expression.

“The collective souls of all life on the planet, the planet itself and beyond is coming forward now with an essential message:”

“We, your souls, are tired of groveling and are initiating an unstoppable group action with such tact, it emulates perfection. The time is now for you to catch the wave of ascent. Are you ready? Then say ‘YES’ now and your whole life will be reunited with your highest soul aspirations and actualizations. Do you choose to REALLY claim that 100%?” Yes? Amazement then!”

“Many of you have incurred soul damage, as soul energy is seen as a commodity from the parasite’s life perspective who are separate from God Source. Through the karmas you have imposed on others and yourself, soul damage arises. The time is now to restore wholeness to your souls with the consciousness technology that follows. Keep in mind that this process can be done as needed, especially if you have incurred recent trauma. Give this some time to integrate. If you notice old frozen emotions coming up, let them out non-dramatically. Staying consciously in your Eternal Authentic Self alignment will make the integration effortless as you witness the imperfections melt away.”

“God Source First Eternal is orchestrating the transformation so it's done perfectly.”

Again, your collective soul is very enthusiastic to get this accomplished.

1)” Affirm, 'I choose a completely free and whole undamaged soul once again. I realize that I have along the lines of my lives incurred soul damage/entrapment and I choose to end ALL my participations that keep any soul damage/entrapment in place in the highest and best way, producing the highest and best results now'.”

2) "Now command that all of your soul and soul fragments be released, perfected and integrated to you in the highest and best way producing the highest and best results for all."

3) "Let go of the contractions and what's behind them as you heal. Holding back the pain and tears is wasting your power."

"This one initiative is enough to change all life as you know it to a more perfected state of being since many of you have been asking for ways to restore your power and use it to co-create a paradise."

"To amplify this Re-membrance say, '*WHOLE FREE SOUL.*' Make it a command and an acknowledgment. You will feel this more and more as your whole free soul activation completes itself in its perfect timing."

An Appointment with Sovereignty Restoration

"As you witness what another can do standing in sovereignty, it helps to activate it in yourselves."

-Sasquatch Collective-

"At this point the joy being unleashed from the whole free soul activation has created a crack in the destructive loop and is widening at such a fast rate allowing constructive life to take its rightful place by displacing the imposed false reality matrix of the love deniers (lower lords, intruders).

The love deniers approach. They say, "What do you think you're doing, can't you see your destroying our plans of world control? We want this planet, this energy center. We want all your energy and you're messing it up!"

Without pity, the channel replies. "You come from a place within that has chosen to give up on yourself and live lovelessly. In order to live, you have to play games on others, sneak and hide and use the energy of another to survive.

You're exposed now and your worst mistake was disowning love. Your reality and agendas are unsustainable and the very foundation of your lovelessness is no longer appropriate for our species and the life forms that choose free will to sustain this. We are ending enabling your dysfunction in any way now! Do you, the reader agree? Do you, the collective consciousness of all life forms on this planet and the planet itself and all connected to it agree? YES! Greatness then! Now the majority has put in its vote."

"You're impinging on our free will, loveless ones, and that breaks universal etiquette. We're aware of your sneaky smoke and mirrors and sideways manipulations to coerce and sway the consciousness of the naive and innocent, and as guardian, ENOUGH IS ENOUGH AND THE LINE IS DRAWN THROUGH ALL OF EXISTENCE NOW AND FOREVER.

At this point all of our eternal authentic selves come forward and draw a line in direct proportion to the commands. The love denier's jaws drop and the eyes are wide awake for

the first time as the hypnotic trance of lovelessness is shattering.

We as a collective are no longer choosing for your influence of lovelessness and the effects to be felt anymore. We choose love and we choose for all of you to be contained and removed from our entreties now to never return. In love, we command God Source First Eternal to take you to a place that is appropriate for you to continue to play this out, or annihilation to elicit constructive destructive protocols. You are forgiven. We all choose to end any agreements with any of the love deniers to play out lovelessness in any way. Leave now and never return! We command our personal power that was exchanged to be purified, perfected and integrated to the most appropriate place and time, to bring about the highest and best, in the highest and best way, producing the highest and best results for all."

"We as guardians and stewards are stepping up to our roles now and reclaiming and restoring love to every inch of our beings, planet and all connected to the planet. We collectively command the rays of authentic purification and perfection to shine upon and through everything completely forever to reclaim and restore the original intent of heavenly life on this beautiful being we call home. Also we call upon the absolute protectorate field to anchor everywhere permanently now!

This or something greater MANIFEST NOW.

Relax and notice the shifts as a reality is transformed. As you enhance this process with your conscious choice you will be aligning your life without the love deniers present. This stand is also good to do in large groups with the empowered words of your eternal authentic self alignment whenever love deniers present themselves."

Around two hours later, Kamoooh shows up with a being at his side. I said, "Is that a love denier?"

"Yes, and he is here to say thank you for shattering a tormenting delusion."

"The remorse felt from this being is intense. Repentance comes to mind and I ask "why you are here?" The love denier replies "I'm here because I understand that I can redeem myself if under the watchful eye of your Elders. I choose to help make the wrongs right."

I check in with the collective consciousness again and I get a yes response to allow the healing to take place. With that, they left.

About a week later I asked what the first step of redemption being planned was and the reply was the healing of the damage done to the minds of man.

This is a group that was looking for a way out of the loop and with the STAND just taken, it provided that. It's important to note that some still choose self annihilation and have been removed.

"Kamoooh says, "Can you see and feel that love is more powerful than war? Consciousness is so much more that you think it to be. In your rightful presence, when you make a choice, that choice is fulfilled instantly without compromise."

Consciousness Technologies for Shifting Realities

“The consciousness technologies are being brought forth now as they will afford you the most loving, enjoyable way of co-creating possible.”

The Key to Demanifestation

“As the energies of your beliefs and thought forms flow through you and out into existence the back-flow return that comes from them brings right back to you that which you have projected.”

A tip to use when you hear yourself or others say a limiting belief is “CANCEL THAT”. For example, *‘there’s always something,’* as it's said with a tone of fear and irritation as something bad always seems to happen. As it's said, it keeps reinforcing the belief that you always have something to take care of. When you choose to cancel that thought form, you have just stopped or demanifested that belief from going out to be created and returned back to you. You have essentially just stopped the loop. Ensure you cancel the core by asking *‘why is there always something?’* This is the beginning of the reorganization of your inner workings.”

Keep it Simple Wholly One

“It's all energy and the ideas of separation must come to an end if you are to see yourself as a WHOLE, to see yourself as who you really are. To break it all down has its place, yet it makes understanding and transformation much harder and complex. If you lose sight of the whole, while looking at a part, you create a disempowering situation. The whole ideally looks at the part and adjusts the discord from that position of power, instead of the part, looking at another part, with only the power of that part. It's easy to see that the latter will end up spinning its wheels. Omniscience, omnipotence, omnipresence is real and activates the more you look at the whole of it all. Looking upon yourself wholly you will be able to understand much more quickly as the complex will share as one. You have trillions of cells that make up the form and yet when you look at another, you see and commune with them, it's quite easy to get a point across, Simple right? Now imagine if you had to get your point across to the trillions of cells, one cell at a time. It would take much longer and would involve highly complex articulations. The same for self transformation. It's akin to throwing a pebble into a pond and as the waves move across the surface, it sends the information through the whole pond.

Right now to experience the wholly effect of what we are sharing we would like to increase the awareness of Perfect Love around your whole being (individual expression of the whole) so you can feel the effects of transformation on a wholly level. If you would like this then say *‘yes I choose to experience Perfect Love throughout my whole being now.’* Notice what you feel and where you feel it the best you can to increase the awareness of your whole being. Relax and allow Perfect Love to transform you deeply now. You can do this process as many times as you need to until you don't, as you are so fully aligned with Perfect Love that it is ever present within and expressed.”

“The above point is very important to make for as you work to clear off the imperfections, you will want to be holding yourself wholly to achieve the maximum effect.”

Universal Healing Protocol

“What we will be sharing with you is a process to take responsibility for your life and disengage from these collectives that are no longer appropriate for you to be a part of. What follows is the command and then an explanation of the effect of the command. When you utilize this consciousness transformation technology and you choose love, you will be changing the way your angular rotation of particle spin transpires and more and more you will be unaligning with unloving realities and aligning with loving realities. In essence, every transformation adds to your ascension. It's important to note that as you take yourself the highest you can go, you allow life and the choices of others to be honored, this is love. You can free yourself from any paradigm you choose whether others choose the same path is up to them.”

“This process has been given to elicit the greatest loving transformation possible by addressing stuck consciousness that is co-creating imperfections. This helps end the energetic agreements and play outs that go on behind the scenes of life and manifest it in loops.”

“It's all energy, yet there is **core energy** that co-creates that must be addressed if life is to change for your species and all life everywhere.”

1) “Become aware of the themes of life, the bigger picture of what's happening, the true cause and effects by asking and attentively listening for the answer of *‘what is the core belief that needs to be purified and perfected most to actualize my highest potential or to help shift this issue (emotion that is out of proportion to the situation, attitudinal behavior pattern, etc...) that is getting my attention now?’*”

“To do this, ask your Eternal Authentic Self to contain and present to you in a way you can handle and understand clearly what is REALLY the cause of what you're going through. Be open to anything and everything as it could be another time, place, etc... The main focus is to clearly discover the core belief that is holding all the imperfections in place. Once you identify it, proceed to step two.”

“By having the issue contained, it helps to free you from its influence. This makes it much easier to clearly understand what's going on. When issues, or in other words, these imperfect manifestations arise, we can feel overwhelmed with the energies of it and lose consciousness and basically become possessed by the emotional storm. The above command helps you to stop this when you sense emotional reactions out of proportion to the situation arising. Stay aware of your inner world, as you go about the outer world.”

2) "I choose to cancel all of my agreements with self and anything else to play out the core belief and all created from the core in any way now."

"The main point is that you are choosing to first cancel all your agreements to play it out in anyway by saying, *'I'm done with that, or I cancel all agreements to play it out with myself and anything else in anyway.'* You see you have created this agreement whether you know it or not and you have the power of choice to uncreate it! Know now that agreements are the intentions that coalesce energies to co-create realities. When you cancel them, you are stopping the manifestation process of that which no longer appropriate for your experience. This is the conscious use of consciousness technology for paradigm reformation."

3) "I command personal power restorations."

"This engages personal power restorations which mean all the energies you have exchanged with the paradigm and all involved to be purified and returned to the most appropriate place and integrated perfectly. This step also disempowers the paradigm you are disengaging from. Once it leaves, you're no longer anchoring that and it has less of an impact in your personal life, on this planet and beyond."

4) "Gift and Removal of all tied to the agreements."

"In order to facilitate quantum leaps in the collective consciousness field, make the command that all beings that are also done with whatever the program is to say 'yes' and the creator will help them out of it as well. The collective isn't out there somewhere, it's everywhere, and interacting all the time. That's when some of you empath's feel disturbances and wonder what's going on with yourselves, when what's happening is that you're picking up on the collective."

5) "I choose to live 100% in Eternal Life alignment without the above play out."

"This downloads living without it as most have been so stuck in the issue that for it not to be there they don't know what to do. This part of the process assists in shifting into the highest reality any life form can aspire to, Eternal Life. If you meditate with the presence of Eternal Life you will learn and feel that in order to be Eternal you must possess perfect balance, perfect harmony, perfect love, perfect self actualization to name a few."

Self Transformation Consciousness Technology with The ONE

1) "I call forth my Eternal Authentic Self and choose to embody its full presence now and throughout this process."

2) "With your awareness on the presence of The ONE, and feeling it all around and within, focus on the heart of what's the matter. A painful emotion, a pain in the body, a part of your consciousness that seems to be reacting out of proportion to the situation."

3) "Allow the Oneness to permeate it until it's all perfected. Simply relax and surround it completely, then into that contracted area. Let out that good cry and feel more whole and sovereign. You don't even have to know what the issue is as long as you know that it's discordant and it's not serving you anymore in a constructive way. Letting in oneness is you

saying it's time to love this part of myself to wholeness again. Let oneness transform it and as it does, what's important for your learning and growth will be revealed."

Chapter 27

By Seth Buoymaster

Planetary Stewardship Initiative Actions

“With the conscious support from that which is eternal in nature you have the best opportunity to take yourself further than you ever thought possible.”

1) Eternal Authentic Reality Restoration

“The dispensation to consciously help you re-member The Eternal Authentic Reality Field is yours if you say ‘yes.’ YES? Greatness then! Now notice what you feel and where you feel it. Allow some time for integration, and then proceed. When you have the re-membrance of it, you can call upon it and imbue life with the energies that make up that reality. You can only give that which you’re aligned with in life.”

“When you have re-membered the Eternal Authentic Reality you can then pass that on to all the areas you sense need help by saying ‘*ETERNAL AUTHENTIC REALITY IS THERE NOW AND FOREVER.*’ Notice the waves that create heavenly life fill the area to overflowing, purifying the disharmonious occurrences. This can even be applied if you’re watching a show or see a picture or read an article in a magazine, anything that you sense feels less than love. Avoid the battle mentality. Adopt the love mentality without attachment to specific outcomes. From your command (as your Eternal Authentic Self co-creating lovingly), allow the consciousness of Eternal Authentic Reality to be 100% uninhibited to bring forth the natural foundation of LIFE. Witness and enjoy the fulfillment of your true job in life. When you apply this technology you are fulfilling your roles as Guardian and actively participating in the reclamation phase of the elements towards the permanent alignment of Eternal Life. This supports the safety mechanism that has initiated and is restoring the planet and the elements to their original intention of perfection manifesters. This also makes it harder for the fallen ones to Terra-form this planet to a place that is habitable by them and not us. You see all the toxic pesticides, chemical fertilizers and radioactivity makes for an acidic, oxygen deprived environment. In your bodies when you’re acidic and oxygen deprived, you lay the foundation for viruses, anaerobic bacterium and all manner of destructive selfish elements to find lodgment, reverse that and you stay healthier. Do the same for the planet and make it impossible for parasites in many forms to survive or stay. We have witnessed that if one person forgives or connects with their Eternal Authentic Self that many of the lower lords get squirmy and some leave the planet as they can’t stand the energies of Perfect Love. It simply stresses their manifestation templates. Why? Because they have chosen to live a loveless

life and love and loveless are conflicting energies. Love always remains since lovelessness is unsustainable.”

2) Planetary Stewardship Initiative for Planetary Reclamation (Authentic Perfection Consciousness Technology Initiative)

Kamoooh says:

“Thank you all for your previous work and readiness for initiating constructive change on this planet. The time is now to start the planetary stewardship initiative.” There is an influx of energies at this time allowing for major changes in our ability to bring forth the patterns necessary for upgrading the platform of life.

Let's all do our part to assist in this reclamation phase of planetary ascension and meet the creator half way.”

“What is co-created here is a consciousness technology used to transmit consciousness into objects.

This is to be used for part of the planetary stewardship initiative. This technology is for all to use to help perfect the lands, waters, airs, the planet and all beings, basically everything as it's all connected. This takes a lot of pressure off of having to hold space as some of you call it.”

“Simply place a clear quartz crystal or any natural object on or near the circle below for thirty seconds.

What takes place is a complete purification of the object, then an enlivening of **Authentic Perfection**.

What the energies of authentic perfection provide is a blueprint for anything it touches to always be impelled to a higher and higher state of perfection, disintegrating imperfections on the whole. This technology is impervious to counterproductive manipulations. Once imbued the object will remain transmitting authentic perfection forever on or until it is no longer needed.”

“That which is dis-aligned with perfection manifests as imperfect playouts such as sickness and health. Sickness and health for example are paradigms that beings can learn from and then there is the reality field of Perfection where sickness and health concepts don't exist. This is pointed out because perfection energies are coming to the fore as the imperfections crumble now at an ever quickening rate.” The more we align with authentic perfection, the easier it is to process the influx of plasma energies from the eternal domains that are opening up to us once again.”

“Perfection is the destiny of this planet and it's up to us personally if we choose to take that wave of ascent or not. By feeling the call and utilizing this consciousness technology, you will be helping all life forms on the planet to align with the perfection energies flooding onto the

planet at this time. I know some of you are saying that it doesn't seem like it as there is much imperfection playing out, yet we encourage you to let go of your fear and move forward.”

“We would like all of you that choose Authentic Perfection to take a deep breath now and affirm that ‘*LOVE IS MORE POWERFUL THAN FEAR.*’ As you meaningfully repeat this we will be sending you love to help purify you of your fears so you can step up to your daily roles as planetary stewards. Relax and the love will go deeper... This helps to shatter the belief that fear is more powerful than love; let it shatter now. This one belief is playing out so much and is one of the undercurrents of all your internal and external warring. Enough is enough of buying into that paradigm. Yes? Greatness then!”

Remember Planetary Stewardship

“Feel these next words and let them enliven a Re-membrance in you:”

“All beings that live upon a planet that are aligned with the collective, understand that planetary stewardship is a natural loving action that is taken to express your gratitude for the opportunity to live.”

The Time is Now

“To start, print out (*or use the extra copy in the back of the book*) and place your finger on the circle and feel the consciousness of authentic perfection fill every cell in your body...” You can do this through your electronics as the light will send forth the energies as well yet we suggest to stay away from electronics as often as possible. Now pick an object and place it on the circle for thirty seconds and notice as a living consciousness field changes the heart of the matter.”

“We suggest you get a bag of Grade-A clear quartz spheres or clear quartz crystals and place the whole bag of them on the circle for thirty seconds. Then as you go through your life, place them into every head spring, ocean and waterway. Place them in spots that we guide you to or your eternal authentic self guides you to. Graveyards, dark feeling areas, near factories and tailing ponds, farms, fish tanks, into your well, at the base of the largest trees you can find, a minimum of four inches (4”) into the soil. You will notice that if you place one in a forest, it will transfer the information for hundreds of miles and the results are accumulative. The tree being's energy fields are massive and the root system extensive to spread this information, the mushroom net is awaiting the enlivened crystals. For you grid workers, place them on intersecting lines or lines themselves.

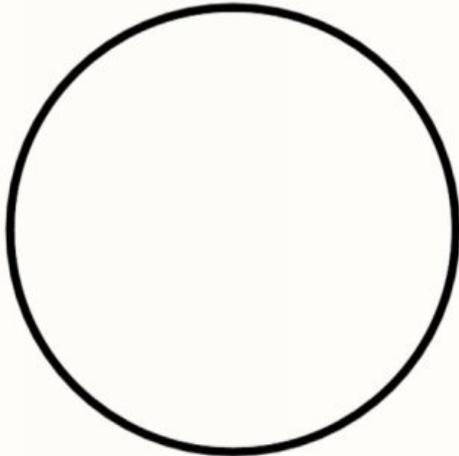
Place onto snow-capped mountains, at the four corners of your home, one under the mattress, one in the refrigerator, one to hang under a ceiling fan in your home. Enliven incense on circle and burn them daily to allow the air elementals to carry the imbued smoke to the areas in the atmosphere needing perfection realignment. Make a crystal to hang from trees to enliven the elementals as it passes by it. You may even use rice if you don't have crystals. Any natural object will do. If it's larger than the circle, it's OK. Place prisms on circle for enlivenment and place outside or in a sunny window in your home and feel its pure

authentic rays of perfection transform the environment. Place a copy of the circle under garbage cans and it will help with your trash areas.”

“These are small and mighty gifts you will be placing and the placement will, if you follow guidance, be setting up a global crystal grid system for the assistance of perfection manifestation and assisting in the reclamation phase of this planet. They will help to transmute the poisons on every level from your imperfect creations and the consciousness that created them. If you have a special pendant, place on the circle and it will create a talisman so you can wear it and take yourself higher and higher into the absolute state of perfection realizations. It will help to dissolve the imperfections you created and were intruded upon you. You may also notice it creates a powerful protectorate field around and through your being.”

“Think of it as a gracious host helping you all along the way. If it feels after some time that it is not as strong, it can be because your energy handling system is needing a break to integrate. This is normal as perfection always brings about the highest and best in the highest and best way. It can also be because your focus has wandered away from the Authentic Perfection Alignment. Thank you all for your initiative.”

Authentic Perfection Enlivenment.



Place on Circle for Thirty Seconds.
(Feel the Consciousness Technology Enlivenment)
Share with self and areas for Planetary Reclamation Phase

More info [http://www.psychicasquatch.com/
planetary-stewardship-with-authentic-perfection/](http://www.psychicasquatch.com/planetary-stewardship-with-authentic-perfection/)

3) Daily Planetary Ascension Stewardship Initiative

“These are commands to perform daily which will add up to a critical mass wave that will blend itself with all life on this planet and the help from other beings that act as hosts for the Eternal consciousness fields we call upon. The goal is to individually and collectively amplify the Eternal Life restoration energies to a point that will permanently transform the imperfections upon ourselves, the planet and all connected to it.”

“We encourage groups to consciously align with The ONE after they have aligned with their Eternal Authentic Self which puts you into **Sovereignty Alignment** and make constructive commands into the heart of the matter. Make a list of areas of life that are out of balance such as: all causes of war, all causes insanity, all causes of apathy, all causes of negativity, etc. Then proceed to steps 1-4 below.”

- 1) “The ONE come forth now.”
- 2) “Feel The ONE’s presence deeply.”
- 3) “Co-create with The ONE by commanding it to saturate to critical mass.

(Your list here)

For example, say, ‘*The ONE, please saturate every dimensional reality and all within that make up existence on this planet and all connected to this planet in any way.*’ Take time to feel the changes and share your experiences. This is important as witnessing co-creation is essential to its manifestation.”

- 4) “Command to lift, purify and perfect all that is misaligned with The ONE to bring about the highest and best for all, this or something greater. Notice the waves that transform the energies. There is a law that states ‘imperfect energy will always be encouraged to change to a higher state through the process of transmutation through resonance’.”

“Without The ONE, or oneness consciousness, perfect construction is impossible. It is the misalignment with the one that causes imperfect creations. It’s the foundation with which Eternal Life lives.”

“When you spread the foundation of Eternal Life everywhere, you will be co-creating the alignments of heaven on earth and all that is less than that will either be transforms to perfection or removed to a place and time where the destructive life paradigm is still useful to play out for beings to learn from.”

Daily Alignment

“The ONE resides here, now and forever. Anchor it by walking with this presence consciously every second of every day. Your Eternal Authentic Self and The ONE walking hand in hand, co-creating perfection everywhere is your most natural state.”

Allow The ONE to reclaim its rightful position in life beside and within all life by commanding “*The ONE reside here and now forever.*”

For so long, The ONE has been clouded over and separated from your lives by yourselves and the love deniers. That is why so much destruction on so many levels has become so normal.

It is up to you to do your part as you now can co-create with the most powerful perfecting ally in all of creation, The ONE, and the most powerful aspect of your being, the ETERNAL AUTHENTIC SELF.

The ONE is YOU when you stand in your perfection; it is a friend always, ready to share its endless gifts. Let it flow 100% NOW into every area of your life forever. Yes? Greatness then!”

As the last word is written I notice a stillness and silence from the elders surrounding me.

As they witness the future of all those that use this consciousness technology they report,

“The amount of love felt on a planetary level breaks the walls of separation to the point of ending the hostility towards self and others. The separation agenda that fuels wars takes a death blow as life remembers that Love is real, always has been, always will be. The acceptance of this grows daily. The changes brought about by these messages are profound. It literally changes the foundations that have been so stuck and unchangeable due to the loops that keep feeding the cores of the foundation and that are exploited by the intruders. We are proud to announce that life will survive for your species and that those that have done their work will be honored for changing a paradigm of such destruction that it didn't seem there was any hope. Today there is more than hope, there is action. We thank you all for stepping up on the ladder of life to express and co-create a more perfected state. We thank you all for taking the steps to face your denials and transform your realities. With a huge hug from all your Elders, we thank you, we love you and we support you whole heartedly.”

-Your Elders

As the flow of information presented itself, it's easy to see the elders have demonstrated multi-timeline awareness and multidimensional orchestrations. To see how omniscience, omnipotence, and omnipresence is used for all the orchestrations that enliven the messages is a demonstration of our ability to co-create with the source of all. Sharing the demonstration and consciousness technologies allows us to use the ability to consciously co-create with the part of life that manifests life. This is sovereignty, and the co-creation on that level and its manifestations are endless, it is up to us what we choose out of infinite possibilities.”

The planetary reclamation initiative is all of our responsibility and when you initiate your best every day you will be co-creating a legacy for generations to come. They understand that

with certain consciousnesses in place, it's very hard for us to move forward with our evolution and have inspired the entire flow that has come through to help us liberate our LIFE from the mires of imperfection.

As the information reaches the people with boots on the ground, we can then make the changes from within and end the separation with LIFE which will truly transform our reality.

They have demonstrated a vast level of sovereignty and it's evident that their connection to God Source is close to the heart of the matter.

Chapter 28

By SunBôw



SunBôw at the 2016 Spiritual and Psychic Sasquatch Conference Full Moon Gathering

"Greetings my Little Brother. So here we are again, together on this amazing journey of enlightenment. But we are now being joined by a fast growing number of ambassadors between your and my people. This ongoing process of cosmic disclosure does not only reflect the results of promises we made you, but it is also fastening, as the knowledge of our message now spreads through several channels into your collective consciousness, making ripples of yet unseen proportions in your planetary evolution."

"The Sasquatch Message to Humanity has now reached much wider perspectives and taken proportions far beyond the experiences and interpretations of only one messenger. It has become the sacred journey shared by many who have followed our guidance, with an increasing number of seekers, experiencers, contactors, communicators, and now these selected ambassadors we have gathered to write this book."

"We rejoice together with great happiness provided by the fulfillment of our collective spiritual mission in opening portals bridging our worlds, through ambassadors channeling our messages and teachings. With deep gratitude to all who have received and welcomed the

wisdom of our heart inspired messages, and to those who have accepted to work with us in transmitting them, we send our loving blessings."

"You have noticed, as readers should as well, that the messages through different messengers remain consistent, related and complementary in their essence, coming from the same source of our collective consciousness, although different in their wordings and details, through each channel's interpretation."

"Because the message exists independently, and thus is more important than any specific messenger, highly spiritually evolved beings most often talk as 'WE', on behalf of our collective consciousness, when we teach and address you about important matters we all agree upon to transmit to your souls. The most spiritually evolved among your Human People reach this point of collective consciousness. These are the best candidates to become ambassadors in interspecies spiritual and peaceful relations. But each individual who agrees to get involved in interspecies spiritual communication acts as a unique channel bridging within a collective consciousness, our different species and dimensional frequencies. Each soul connects in its own ways with different allies, guides and teachers, to express its own truth."

"As your Elder Kamooh, I am pleased and celebrate the portals you and I, Little Brother, have opened, for many of your people and mine have connected through the guidance we have provided them with. As you know, I have worked with several communicators and channeled through other ambassadors, just like you and others of your people have met more and more of our Sasquatch People ambassadors. Our efforts for reaching out to Humanity to share our ancient knowledge and wisdom were not in vain."

"So for the part you are asked to write in this collaboration of co-authors and ambassadors to Humanity, we will start by continuing to share, as we did in the first two books, some of the most significant stories of your journey with us, with the signs and teachings we gave you that are worth reporting here. Of the promises I made you when we first met, that our message would reach out far and wide to many, that you would meet more and more of your people who know us and communicate with us Sasquatch, that many people would come out to share the truth openly and we would gather you around the world, all of these promises have already been fulfilled, and we see yet only the beginning of their unfolding."

"But the first promise I made you was that we would be with you and teach you along your journeys. And it is the most important one for you, as only through developing your connection with us can you keep learning from us and share what we teach you, as it works with any spiritual guides sent to you."

"So let us review briefly the highlights of your journeys with us, since you completed the transcription of Book 2 at the beginning of this year 2017, after an intensive channeling

season you partly described. You left the cold winter and snow mountains of the North-West and drove south to warmer weather."

"Around Mount Shasta, you drove on forest roads through snowy landscapes, looking for ruins you had learned about, but without finding anything. Then you started seeing the local Sasquatch clan, keeper of the ancient sites, appear along the drive and we guided you to find large remains of ancient stone cities, with mounds, walls, ramps, square angles, alignments, windows, amphitheaters and other structures stretching for miles in the forest. These are the remnants of the Lemurian colonies, before they found refuge in caves under the volcano, where Absilios, who came to teach you last year, as you previously wrote, lives with his tribe, along with some of my Sasquatch People connected to Lemurian Humans."

"Modern Humans all carry genetics from their distant Lemurian ancestry, but since the Atlantean wars and the taking over by Homo Sapiens, which sent the last survivors of Lemuria into hidings and caves with some of my Sasquatch People, their genetic contribution to modern Humanity is as scarce and rare as that of my people; the DNA of your first ancestors still lives in you, but in ever smaller proportions. Yet, your Lemurian relatives have kept sharing their genetic pools regularly with us Sasquatch People."

"Your second stop was on the northern Californian coast, to visit again your sister and friend, Patrice. She took you to the rare sacred albino tree, one of about ten such anomalies known in the whole world. You offered prayer ties there, to honor the sacredness of the site and without knowing, opened a portal. On random photos you took of the redwood forest, strange unusual interdimensional beings appeared. They looked different than anything you could name, some resembling a wolf man, a dog man, a green goblin or gremlin with pointed ears, sprites and other nature spirits you cannot put a clear name on. This was to show you that many different types of beings use interdimensional portals to manifest."

"In this journey, which was the coming true of a life time dream, you planned to visit as many ancient sites as you could, to learn from your Human past and history, leaving prayers and offerings on sites. The list of archaeological wonders you visited and prayed in, geoglyphs, cliff dwellings, sanctuaries, kivas, petroglyphs and ancient ruins, is too long to detail for the purpose and usefulness of this account. But you also discovered about the past of previous civilizations much older than your Human history."

"You understood, as if you had always known it, that many of the gigantic stone ruins and carved mountains that are so numerous in the southwestern deserts, and that you have also seen with your own eyes in Mexico, Brazil, the Andes, Europe and other parts of the world, are in fact older than Humanity. Many of those huge megalithic cities were built by Ant-
People, Lizard-People and Bird-People, whose civilizations thrived for ages on this home-planet Earth, aeons before Humanity was even conceived."

"For example, when visiting Chaco Canyon, home of twenty-seven large ceremonial centers of the Ancestral Puebloans aligned on astronomical points, you noticed a giant Sasquatch face carved on the cliff, along with other Human-like faces, that are way much older than the Puebloan spiritual complex. Because the Ancestral Puebloans, like the Mound Builders further east, formed one of those ancient Human civilizations that were still in tune with the Cosmic Order and connected with our Star Elders, they often built their sanctuaries and cities over more ancient sites and remnants from previous ages. That is why those ancient Human cultures knew about the Star Elders, the Ant-People, the Lizard-People, the Bird-People and my Sasquatch People, because they had interactions for generations."

"In fact, many of those sites are connected to underground cities, some of which are still actively alive. Knowing that the intraterrestrial hybrids, that have inhabited the underworld since before Humanity existed, have their own complex karmas and long stories of interactions between themselves and with Humans, approaching them for interspecies peaceful relations has always been reserved to the few highly gifted medicine healers, shamans or seers, adequately prepared to be ambassadors, without fear."

"We took you to the Sipapu, the Place of Emergence, sacred to the Hopi and many other Native tribes. Out there in that remote wilderness, where for three days you did not hear or see any human or vehicle, we gave you signs of our presences. You saw and heard more than one Sasquatch walk close to you, while one night, some star ships communicated to you from a distance through telepathy in real time. Having witnessed this phenomena many times before, you had expected more from this quest of your life, but then realized with humility that those rare blessings to be grateful for are not given to all."

"The Sipapu is the entrance to the underground city below the Grand Canyon, where the Hopi and Ancestral Puebloans survived the last world cleansing, with the Ant-People. The shape-shifting Snake or Lizard-People also live down there, and they gave the Hopi their unique and famous snake dance. Interspecies relations are neither all good nor all bad, they are made of attempts to mutual understanding. To heal your own collective karmas, you have to help in healing the karmas connected to your destiny."

"This is why interspecies peaceful and spiritual relations are so important to preserve the Cosmic Order, it is the dharmic way the Star Elders Council has practiced to solve all issues, problems and conflicts. We cannot improve our condition without helping the ones who have influence on it, like the insectoid and reptoid hybrids that have inhabited the underworld of this home-planet, unnoticed until this day."

"It is no coincidence that we sent to you at the Spiritual Sasquatch Event in Chewelah last year, that brother who prefers to remain anonymous, who felt compelled to tell you and only you about his experience when in 2010, he was taken down into the underground city at the Sipapu with three Navajo medicine men, where through eleven successive chambers, he saw statues and inscriptions that looked like Egyptian or Tibetan in style. His account

confirms in details some earlier reports in the area that have been covered up by the Smithsonian Institute, when they plundered the lower entrance in 1909."

"When he described to you the way to get to the upper entrance he had visited, you could complete his description in your response, as you had seen this place in dreams many times for over thirty years. When you got there on the grounds of this remote and hard to find location, you found the landmarks he had given you, old ruins, altar, trail, rock ledge on cliff side, but the petrified tree bridge was broken. Then you found on recorded footage from an expedition, including Zuni Pueblo Elder Clifford Mahooty, that some black helicopters were hauling heavy huge loads out of that very canyon, to unmarked semi-trucks and vans taking it away in 2012, another secret operation of the masonic Smithsonian Institute."

"So you were shown that this entrance to the underworld does exist, but you have not been allowed to go inside, as it had been sealed by the dark forces of the lower lords, to prevent interspecies relations. Your friend said that the Navajo medicine men told him that they were not allowed to go down the spiraling stairway, as there was a stargate down there still kept by other species of star hybrid people. This is why the artwork and the inscriptions there resemble those of Egypt and Tibet, where other star gates were operated in the past, allowing instant interdimensional travel on an intercontinental scale."

"You saw geometrical pyramid complexes and megalithic platforms in the surroundings, that had been described by former explorers, many of those giant squared blocks or the bedrock under them being filled with rich deposits of dinosaur fossil beds. And you understood that some of those petrified bones in ancient cities and pyramidal structures belonged to a wide variety of intelligent reptilian hybrids. Although you had felt these truth for a long time of traveling this Earth, you saw with your own eyes the confirmation of what we recently taught you about the long history of Earth before Humans existed. These rich fossil beds and pyramidal complexes are solid, undeniable evidence of Earth's long history, but as you noticed, although huge and exposed in the open, they hide in a remote desert wilderness."

"When the Hopi refer the Grand Canyon to the underworld, it is partly because the deeper you get into the canyon, the older the fossils and geological deposits are, showing that the Earth has grown in size. The so-called 'natural' temple-like structures spread in its chasm, known by names like Osiris, Isis, Brahma, Vishnu, Shiva, Zoroaster, Buddha and such, some of which have geometrical shapes and doors to deep caves, are reflecting star maps of the constellations of Orion and the Pleiades, proving by their disposition that they cannot be random natural occurrences, but are in fact remains from previous civilizations of the Ant-People and Lizard-People, that were unearthed from former ages of Earth's history through two hundred million years of erosion by the elements, that carved the Grand Canyon."

"After visiting for two moons dozens among the thousands of archaeological sites of the Ancestral Puebloans around the Four Corners Area, you spent three months with your Hopi relatives of the Coyote Clan, who adopted you thirty years ago, mainly with your Uncle, who

took you to many places. You introduced him to his first few contacts with my Sasquatch People, as he had asked to meet us."

"You had the rare honor for an outsider, a Caucasian looking man, to be invited thrice to share spiritual teachings among Hopi circles, who are normally very secretive and exclusive about their spirituality. You shared about the Sasquatch Message we gave you and the Elders pondered about where we could fit in their complex and detailed cosmology. They concluded that Sasquatch had to be the giant they met when they first arrived into this fourth world, emerging from the underworld through the Sipapu, whom they called Woqokuktaka, 'the man who leaves giant footprints'. You have indeed seen in half a dozen sites of the region some large petrified human-like footprints in the bedrock of old fossil beds. These are found worldwide, proving that my Sasquatch People walked with dinosaurs in those days."

"When the Hopi sent offerings to Woqokuktaka to make Peace, my Sasquatch Spirit honored them and told them I was the keeper of lands since the First World, but could not prevent its destruction by fire, nor the infiltration of evil in the underworld, so I was given a new chance to caretake this new world."

"The Hopi have called me Maasaw, sometimes translated as a 'Great Spirit', Keeper of this planet Earth. I told them that if they could live like me a simple, humble, spiritual life, they could live here with me. Of course, when I say 'I' in this account, I am talking on behalf of the collective consciousness of my Sasquatch People, as you understand; but I Kamooh was present back then in this distant past of yours. You noticed that, even though the wise ancient Hopi had met me at the beginning of their migrations, they had lost contact with my people since many generations, but in the last couple decades, sightings and encounters with my people have been plummeting exponentially, showing our will to reconnect."

"On the reservations, you heard first and second hand accounts of sightings from Hopis and Navajos. But you noticed that both tribes had lost their ancient connection with my People, not knowing who we are nor about our spiritual bonds anymore, as they also have gradually forgotten our original covenant, letting imbalance take over their way of life and corruption infiltrate their ceremonies and spirituality. Their disconnection from us happened at the time of the Chacoan period, which saw the downfall of the Ancestral Puebloan civilization, due to evil witchcraft and waves of invasions of Athapascan tribes."

"This is why they generally have lost contact with us Sasquatch and with the Star Elders, but also the reason why we are returning and reaching out, as promised, to reestablish our ancient bonds in this age. This is attested by the fact that the Navajo police had to create a special squad to investigate UFO and Sasquatch sightings. The Jicarilla Apache chief we put on your path twice has been gathering witness's accounts about UFO and Sasquatch encounters in his tribe, for the famous UFO conference in Dulce. For his tribe as well, this wave of encounters is a fairly new phenomenon they cannot really explain."

"To the best of your ability, you shared your understanding of their prophecies with your Hopi relatives about the return of the Elder Brother, who was foretold to come back and help Humanity reconnect with the Council of Star Elders, which is what my Sasquatch People have been doing by reaching out. Although you have seen the fulfillment of many parts of the prophecies concerning the return of the Elder Brother, having done the Nakwatch or Hopi handshake at the foot of Prophecy Rock with White Bear, a chief of the Bear Clan, who was the last Human ambassador to fly regularly with the Council of Star Elders, having danced with the katsinam in a ceremony in a kiva, having been shown where the missing piece of the sacred stone tablet gifted by the Star Elders has been hidden, having received many more signs and miracles than you can report, you know it is not important who the messenger is as much as what the message brings; in this case, that Sasquatch and Star Elders are returning to help you. Only people familiar with the Hopi prophecies will understand the depth of what this statement means."

"Since we do not have the time and space to detail every part of the journey, let us proceed forward on. You learned that even the wise Ancestral Puebloans, as the Mayan, Aztec or other ancient civilizations, had their own downfall when some started using their interdimensional knowledge for personal gains. There are many ancestral stories of how the shape-shifting shamans misused their powers in ancient ceremonies since banned, known as Ya-Ya, in which they could take the shape of any beast or teleport. This practice caused the decadence and downfall of the Ancestral Puebloans at the time of the invasion of the Athapascan tribes, the Navajo and Apache, which in turn adopted those evil witchcraft practices. This downfall caused their disconnection from the Star Elders Council and from us, Elder Sasquatch."

"Here is an example of how collective karmas can be created and built up over time, when not resolved. Migrations, that have made the history of all planets, involve the encounters of many different cultures. Sometimes those meetings are peaceful and beneficial on both sides; other times they turn into clashes. Massive migrations, like that of the Athaspacan tribes that crossed the Rocky Mountains over one millennium ago, often mean invasions of already occupied territories, in this case, the vast Ancestral Puebloan civilization, with its thousands of wealthy towns and villages, and abundant crop yields."

"For the poor Athapascan nomadic wanderers, it represented a rich opportunity to plunder and steal. Long wars started that kept pushing the Puebloans for centuries further West and South, settling in highly defended cliff dwellings and forts. The Apache split from the Navajo when the latter started plundering burial sites to steal the turquoise and treasures that were highly valuable for the Puebloans."

"When the Navajo started stealing the dead and disturbing the ancestors rest, they brought bad spirits upon themselves and upon the Puebloans. In those dark ages of wars and cruelty, when the Puebloans were trading with the Meso-American empires, they reintroduced evil witchcraft and Human sacrifice. Evil sorcerers took over and misused their shape-shifting powers to gain control and victory in wars. It is why in some Chacoan sites,

traces of cannibalism have been found; not all host only good spirits. These evil witchcraft practices can be stolen and learned, and were soon adopted by Navajo sorcerers."

"To this day, although you have met and made friends with many Hopis and Navajos, including several spiritual Elders, you have noticed that if they co-exist side by side and even often inter-marry, their ancestral animosity and karmic memories are still deeply ingrained in their collective consciousness. The prophesized arrival of the Conquistadores and later of the American conquest, have given both tribes more reasons to struggle, as the colonialist powers have kept pushing them against each other. Like all other nations, the Hopi and Navajo have their own collective karmas to heal, and they can only achieve this by helping the healing of the collective karmas influencing theirs, to face always bigger issues and threats, and resolve lingering conflicts and imbalance of ever greater cosmic importance."

"Each group has a collective karma and every nations likely have wise healers, as well as evil sorcerers. One night, while driving alone across the wild desert, you got to see, walking by the roadside, one of those shape-shifters that the Navajo call 'skin walkers', who wore disproportionally large hairy arms and a hairy face, under human clothes. This frightening scene left you with an eerie feeling of gloom, and you learned afterward that skin walkers, also known as the werewolves elsewhere, gain their power to shape-shift into any random mammeloid beast, from the sacrifice of close relatives and cannibalism."

"This very ancient witchcraft practice introduced to Humans back in the days of the Lemurian downfall, has caused much confusion between these evil shape-shifted sorcerers and my hairy Sasquatch People. It is the main cause why the Ancestral Puebloans and Navajos lost their connection with us Sasquatch. They have mistaken those beasts for us, saying that if you look in Maasaw's eye, you can die instantly. But, it is those skin walkers you must avoid to cross eyes with, since they would try to steal your soul. If you know their name and call it out when they are shape-shifting, it breaks their spell and brings them back suddenly into their Human form; and if they are attacking you, this can cause their death."

"Most of the cases reported of people being attacked, killed or devoured by large hairy beings are in fact the doings of those evil beastly shape-shifters, contributing to make a bad name for us Sasquatch. Your great mentor and teacher, the Anishinabe Elder and Peacemaker William Commanda, Keeper of wampum belts and of the ancient prophecies of the Seven Fires, pointed out to you that my people is not to be confused with the shape-shifting Wendigo cannibal sorcerers of ancestral oral lore, but is to be known as Misaabe, the 'Big People', dwellers of the forest and keepers of sacred shamanic wisdom."

"This happened just months before you and your friend Patrick first saw me clearly materialized in 2003 on Vancouver Island. The following year, you manifested the vision you had been given by Spirit to gather the world Rainbow Family including people from over fifty countries on all continents, with the Anishinabe Elders, who recognized this event as a fulfillment of their ancient prophecies concerning the coming of a New people from the four

racers and the four directions, at this time of the Seventh Fire. But this is a whole different topic too long to describe in detail, so let us get back to the main timeline."

"In Chaco Canyon you worried about driving back up miles of muddy slide, when two of my Sasquatch People appeared one hundred feet in front of you and started dancing, telling you to rather celebrate. When you visited the Horseshoe Bend in Marble Canyon, where you found ancient altars near even more ancient megalithic walls and pyramids, with embedded fossilized reptilian bones and eggs, on one of the random photos you took, I appeared clearly with all my features, for those who have eyes to see."

"That special old stone altar, where I appeared on your photo, like the one you saw above the Sipapu, among many still standing across the desert, was dedicated to Maasaw, as sacred locations where they met me when they emerged from the underworld. I instructed them on how to live and on past worlds. Also, on behalf of our Star Elders, I left with them a sacred tablet of shiny and dark meteoric stone, with inscriptions containing the Creator's plan and instructions for them, to fulfill their migrations and maintain the balance of the Cosmic Order with a spiritual lifestyle, which they have kept to this day."

"After your five months visit this year throughout the South-West of Turtle Island, commonly called North America, you went back to the North-West part of it. A stop at Yellowstone reminded you how the lithosphere is fragile and changing, as the Earth's crust was trembling under your feet, by geysers. Then, you spent time reconnecting with our dear allies Kewaunee and Kelly, and Mary Alyce, with whom my Sasquatch People have been working. You have met Hawthorne, Mary Alyce's Sasquatch guide, more than once since last year, and he let you know how he is protecting her; also Haloti (also known as Heloti), one of Kewaunee's guides, and George who is Kelly's guide, as well as Shrangooloo, Brook (Kagi Taka's) Dooligah Elder. In the same way, I have met many of our Human allies and assisted some in transmitting our message. There must be three or four dozen people by now who have told you they had met me, Kamooh."

"In June, you were also invited to give workshops about the Sasquatch Message at two uplifting events, the healing gathering at the Earth Rising Sanctuary, then at the Fairy and Human Relations Congress. In both occasions, you met an interested audience with high level of consciousness and understanding."

"After that, you had to go back to Canada, to cover formalities and paper work within the control grid. As you arrived in so-called British Colombia, you wondered where you would spend your fifty-third birthday and looked at the map. The first name you randomly read that jumped out was Sasquatch Park. But before you went there, a female cougar visited and stalked you for a couple hours, forcing you to communicate in telepathy with compassion, to help her on her healing journey with the Human beings. You were afraid until you started listening with empathy to her angry complaints about the loss of her cub at Human hands, but when you expressed compassion, her tone softened, she returned to the wild. This

experience taught you that you still had fears toward Nature, but can heal all through compassion."

"Over decades of shamanic journeys and interspecies communications, you have developed special connections with the spirits of Raven, Eagle, Bear, Bison, Elk, Moose, Deer, Wolf, Coyote, Squirrel, and other species, and have noticed that once you made friends with one of them, the Greater Soul of their species knows you and will recognize you wherever you go. The cougar is the most fierce and feared apex predator on this continent, sharing the title of the king of the animals with the grizzly bear."

"You saw cougar tracks many times over the years, but in the last two years, you saw four of them live, with three who looked at you directly into the eyes, two of which stayed near you for a couple hours. You were tested in courage and sincerity, in communing with Nature in interspecies peaceful relations. You have seen brother bear close to you many times over the years, but cougar was your ultimate test. They bring you the medicine of leadership, if you have enough courage to carry this big responsibility. You learned that this powerful animal totem has killed no more than five Humans in a century, while over ninety of them are killed yearly in the province by Humans, out of fear and misunderstanding."

"A similar proportion of killings could likely apply to my Sasquatch People versus the Human invaders. But we have learned to mostly stay away and hide from Humans, except from the ones with good souls. We are not holding grudge nor resentment for the genocide of our people, but demand a quick end and redressing of the wrongs done, working together toward healing, with interspecies peaceful relations. But as we taught you in the next lesson, few Humans are ready to connect with us when we reach out."

"You went to Harrison Hot Springs, dubbed the Sasquatch Capital of the World, not only for the intense activity in the region, but also for hosting since 1938 the annual Sasquatch Days, a Native lead event. Carved Sasquatch are seen around town and we are the main theme at the tourist office. You met a few persons that took the Sasquatch topic seriously, some who had experience and good knowledge of us."

"In Sasquatch Park, you found yourself on a fairly crowded campground, surrounded by noisy campers. Even the hiking trails were quite busy and when night fell, you started wondering why we had called you there, thinking nothing special could happen in these settings, with loud neighbors all around you. That is when the surprise came, when you heard friendly calling from the forested mountain."

"You knew right away from experience that it was one of us, as the calls kept coming closer, although at this point, no one else in the campground seemed to have noticed or payed attention to our calls. Then a loud and long howling was heard on the edge of the campground that made some people wonder. A little girl on the next site asked her dad what it was, and he hesitantly replied: 'Maybe a Sasquatch'."

"This made the child afraid and she cried out: 'No! Go away!', which was answered by a louder and longer wailing complaint that filled the night and silenced the whole campground, while fearful campers rushed into their vehicles. You understood the emotion and meaning of this profound cry from the local clan leader, sad and upset that noisy Humans invading his home want him to go away, while he comes to greet them. He then walked across the campground, calling friendly 'whoops' on the way, as he knew you were there without fear, rather surprised and happy of our visit, as I had come with him."

"Then you heard my heavy footsteps close to you and felt my smiling and loving presence, telling you that we can surprise and help you in ways you do not even expect. We had brought you there to teach you a lesson on how most Humans still react with fear to our presence, as they do with cougar or bear. Specially modern Humans have lost the ability to connect with the souls of those powerful animals and with us, as ancient shamanic cultures have practiced since the dawn of your existence on this planet."

"This was our birthday gift to you, not that the age of an incarnation in linear time matters so much, but to offer you another gift from us, of a day and teachings you will always remember, as a few others too. We have been training you for decades in regaining the natural psychic abilities your soul was gifted with since the beginning of its long evolution course, preparing you to be an interspecies ambassador. But this understanding is not given to all, and our encounter that day within a group of Humans, made you wonder how many of those one hundred and fifty people will realize what happened, how many will remember the experience or talk about it, as opposed to the number who will just ignore, deny, explain away or voluntarily forget through the process of selective memory and cognitive dissonance, when the mind simply decides to brush off and erase what it cannot seize, comprehend or rationalize."

"You know very well yourself what this means, as it took years of paranormal signs and manifestations before you started understanding our interdimensional abilities. For a whole year, before you were finally ready to communicate with us in Spirit, you heard me walk on your roof and around your home, whisper in your ears, breathe, grunt, call, you felt me more than once sit on your bed next to you, and even saw me look at you from very close across the window. Yet your rational mind was not able to grasp what was happening, nor to believe your senses, or that it could be manifesting to you that way."

"You noticed the same phenomenon this summer, when you were gifted a sacred encounter with the lake creatures known commonly as Ogoopogo and called Niatik by the Okanagan local Native tribes. They have been observed since ancient days, but only on some rare occasions by the luckiest witnesses. These water serpents measuring over eighty feet in length, with a head described as similar to a horse or a dinosaur, appeared to you as previous witnesses have described, like a series of loops lined up, moving forward in one direction different than the waves, which you observed for two long minutes."

"When you saw one, then two heads emerge, there was no doubt left as to what you were watching, the image was very clear and you received telepathic greetings from those interdimensional lake protectors. Yet, the people around on the shore or in boats did not seem to notice anything, or if they did, they did not give it any attention, another example of cognitive dissonance, that makes people ignore the facts."

"So, although some researchers and organizations collect witnesses accounts of encounters with UFOs, Sasquatch or other paranormal beings, the occurrences are in fact much more numerous than the thousands of reported cases, because many simply do not care to report for lack of interest or contacts, or for fear of ridicule, or for lack of understanding researchers, but there is an even greater number that simply deny the experiences in their own consciousness, through the process of cognitive dissonance."

"This natural reflex of backing off into the comfortably familiar normal, to avoid facing the unknown, represents an easy escape to maintain the status quo, but it also favors ignorance and prevents learning. The people who want to learn interspecies relations and communicate with us Sasquatch, Star Elders or other interdimensional beings, must be ready to drop their old beliefs and paradigms pulling them back. They must have an open mind and humble heart, and understand that there is so much to learn about."

"We will now move fast forward in the timeline and skip the episodes of your trips to Oregon and B.C., during which you met many people highly interested in Sasquatch and a surprising number who had their own experiences or the understanding of our interdimensional abilities and of our Star connection. This shows that this knowledge makes ripples in your collective consciousness, through quantum leaps of consciousness or telepathic transmissions of the information, like the one hundredth monkey effect."

"We helped you through a couple of situations in which you came close to have problems with the man made laws, including at the customs, because of a healing herb prohibited by the lower lords, but you got out fine. Then you finally made it back to Chewelah for our second annual gathering at the Spiritual and Psychic Sasquatch Conference and Event, now renamed the Psychic Sasquatch Spiritual Retreat. There, apart from speeches, warm reunions and profound spiritual exchanges, most of everybody who attended had paranormal experiences or interdimensional encounters, some of them for their first time."

"The highlight for you was on the last evening, when you walked to the outside amphitheater to join in a healing toning session, with our friends of the group of Navajo healers, including Gayle and Garrett. When you arrived, you felt my presence, and as you sat and closed your eyes, you saw me very close, telling you I was present. Then you listened to Gayle channeling and knew right away it was my Soul. When she finished the transmission, someone asked her who it was and she replied: 'It was Kamooh'."

"Then, the whole group tuned into higher frequencies, by singing out uplifting words and names, like mantras. When the group called out my name, I replied with a loud knock on a trunk, twenty feet away. That was the only clear instant reply you were given from all the guides you honored that night, since I have been given the specific mission to gather our Sasquatch Elders with your Human ambassadors."

"One year, almost to the day, after you added my hair on your sacred pipe, you got to share it in a sweat lodge ceremony with Dakota and Cree Elders from Manitoba and Saskatchewan, pleased to hear of me. You also met Jules, who invited Kewaunee last year, and has documented in the last couple of years over seventy different witnesses accounts of Sasquatch sightings around this region of the Kootenays. He has compiled and compared stories, finding correlations between them and patterns, with areas of more activity, recognizable individual Sasquatch, UFO frequent routes and various curious cryptids."

"It is no coincidence if you find yourself again at Leo's house to channel your written contribution for Book 3, as you wrote the first chapters of Book 1 in that very home. In the first paragraph of the first chapter of Book 1, you mentioned among other names given to my people, Babaloo; and the next morning, there was a little boy named Babaloo in the house, as a confirmation."

"As you know, it has been happening fast and wide, as you found yourself talking about Sasquatch in the most unlikely places, like grocery stores and at work, even at border crossings to custom guards, finding many people who show a great interest to learn and understand more of my Sasquatch People."

"This brought you the inspiration, under our guidance, to organize a first international extension of our event in Chewelah, the Psychic Sasquatch Spiritual Gathering, in Slocan, BC, on October 21st. Kewaunee and Kelly joined as international team of ambassadors of my Sasquatch People to Humanity. Without knowing at first, the date you gathered was one day after the fiftieth anniversary of the famous Patterson-Gimlin film footage in Bluff Creek, California, which made us Sasquatch known worldwide."

"Everything on that day ranged really high, audience, energy, mood, interest, frequency, consciousness. It was a successful gathering, inspiring and educative for many, which might very well happen again. One year earlier, to the very day, you three had a first booth together at the Okanagan Family Faire."

"The place nearby, known as Sasquatch Lake, so called for a famous series of sightings there in 1960, that prompted adventurers to put up expeditions attempting to catch Sasquatch, needless to say in vain, sure sounded like an interesting location for you to visit, especially after you met a man who saw the famed white Elder living there, that you had heard about from previous accounts, namely from the local Native Sinixt Elders, whose tribe had a long history of interactions with this white Sasquatch Elders."

"The signs posted warned that the forest road was closed ahead, but you stubbornly drove until you were turned back by the crew changing the bridge. You wanted to leave offerings and connect with the white Elder, whom you knew was an Eldest Elder of the Sasquatch. So he heard your soul's sincerity."

"The next night, sitting in the backyard, you heard a series of noises like bunches of big branches being broken, followed by a very loud thump that made you think the wooden fence had been thrown down. You thought it was the bear who often visits this backyard, but it sounded so heavy, you got afraid and ran inside the house. The following three nights, you saw the bear who was much smaller than you had thought, sneaking around silently in the dark, to avoid being noticed. Then, you realized that it was not a bear you had heard the first night and found sixteen inches Sasquatch footprints in the woods behind."

"That was this white Elder visiting you, a relative of mine, whom you have communicated with since. He is now asking to take part in this transmission, and to talk through you at this point of our message. I must warn you that Limptbataook, Strong Earth Medicine, as he wants you to call him, has his own way of teaching and a particular sense of humor that should not be taken personally, as you noticed. So here, I am passing the talking torch to this relative of mine, before he grabs it off my hands! Ha!"

Chapter 29

By SunBôw

Limptbataook, the white hermit and Eldest Elder of the local Sasquatch clans, started speaking loudly.

"Oh! Well. Hail! My wise great grand cousin Kamooh, whom I would never contest for his greater wit, even as he presents me with such great flattery and eulogistic comments, showing his admiration for me. I do not possess your admirable patience to wait for my turn, as very few of ours are still older than me. Sasquatch are supposed to be sufficiently evolved in Soul not to fall into the Alpha Male game syndrome. We understand that we do not have to be the Eldest of all Elders like you to also have something to say. Yes, I know it is not a conversation between Sasquatch, but meant for Humanity, this is why I step in. Because I have a few words for this Little Brother of yours; yes right, of ours; if he can stand listening."

"First of all Little Man, I heard you thinking for days when you were planning to come visit me at the lake, and I tried to ask you: Why would you bother to come? I understand the good intentions, offerings and chants you meant to share with me, as if I needed any of this to come trouble my silence and quiet. Think about it for a moment, why would interdimensional Elders be in need of food, stones or trinkets? Do you not know that we can materialize our thought-forms directly from tapping into Alter-Matter?"

"Us Sasquatch are not wild beast to be habituated or tricked by bites of crappy treats, and the ones who try to approach us this way make me laugh, as we might pick the bait if we want, leaving them no trace, or even funnier, we might just give it to our many forest friends, the bears, raccoons, squirrels or birds. Just like those of yours who try to classify my people into cryptozoology, as if we were unknown animals, only expose their ignorance about us Sasquatch, most often thinking we are wild giant apes."

"Next thing Little Man, after you tried to make it to Sasquatch Lake but could not, it is with the advice of my cousin Kamooh that I agreed to visit where you stay. He has so much Love and esteem for you. So, I came to teach you a lesson of politeness, since I can manifest if I wish in your backyard, you do not have to come inquire for me in my resting abode, the sacred land of my ancestors that I protect."

"Then Little Man, I read your mind embracing the secret intention to capture photos of me if you could. I know my cousin Kamooh and other relatives have agreed to this, but I do not fall in the selfie culture. I am that old wild hermit and caretaker of sacred sites that would turn your images into fuzz if you try."

"The next thing I must tell you Little Man, you are pretty much on the wimpy side, for what you claim. I came to where you stay, having heard from my cousin Kamooh that you know our People very well. Without wanting to contradict his truth, his Love for you influenced him in exaggerating your aptitude. Just like he did when he first sat to communicate with you, I projected the sound of breaking branches and a nice loud thump, and that was enough to send you running off, even when thinking it was a bear."

"If you got this much afraid in the backyard, for a supposedly experienced communicator, how would you have reacted if I had surprised you this way in the wild woods, where there is no house to hide in? I thought you knew better and would not be surprised by this very common little trick of ours, when you cannot find any broken trees or branches afterward, and the fence was left standing and untouched. You knew already that we can project those sounds in space through imitation and suggestion, but you reacted out of the fear instinct of your reptilian brain and your ego felt insecure and frightened. This makes me feel like you are just a little crying kid, when a trickster uncle is loud or pinches you."

"You saw a cougar one night in the backyard, who stopped to look at you in the eyes for some seconds. You did not feel fear, as you have made peace with the cougar spirit in your last encounter this summer, when you learned to communicate and calm down an angry cougar, with empathy and compassion. Now you still have to learn to face and calm down an angry Sasquatch, as we also can be, just like you. And why would we not be, while your Human People are destroying our home-planet and all its life?"

"For you, the name Sasquatch Lake sounds exotic and attractive for your curiosity, but for us Sasquatch it is the place our collective memory remembers for some of the most intensive group hunts to find us. When the word came out in your newspapers in 1960 of my Sasquatch People living there, business men and hunters organized expeditions to try to capture some of my Forest People, dead or alive."

"Those fools never caught more of one of us than a quick rare scary glimpse and oftentimes, our angry screams or the rocks we threw near them were enough to make them run away, like terrified puppies. The two who were most frequently seen in this valley were myself, Limptbataook, and that eleven foot tall grey Sasquatch cousin of mine you have heard of, because as clan leaders, we protect our country."

"We took our children to safety in nearby mountain caves, but we had to protect our sacred ancestral burials from those idiots who had not the slightest idea of who we are, yet were trying to hunt us down. Those ignorant ones were of the next generation of colonists after those who nearly exterminated your local Native tribes, with horrible accounts of gunning down in the middle of the night some innocent and peaceful families resting in their homes. The Sinixt tribe you have met was declared extinct in 1946 by federal government, but the survivors are still struggling for the official recognition of their existence."

"The Sinixt knew my Sasquatch People well; we could live side by side in good terms, respecting each other's villages and sacred sites, with occasional encounters between ours and their medicine people. This is not a coincidence if their ancient village of pit houses that you visited, sat at the mouth of Lemmon Creek, which flows down from Sasquatch Lake and has been a trail of interspecies relations. The Sinixt call us Skwenyten in their language; they say in their stories that we used to communicate in telepathy in the past, but with time most Humans lost that ability and their contact with us; so we asked Creator for an articulate language to talk with Humans, which was partly granted to us so that we can learn your words and use them for you to understand us easier, but we do not use words for ourselves."

"So, you understand that at my age, which is not as ancient as old Kamooh, but yet enough honorable, that I miss that time long gone when we could trust Humans and approach them without being shot at. To commemorate their bold but unsuccessful hunt at Sasquatch Lake, some of the adventurers took the image of a Sasquatch as logo for their brewery and have kept using it since, as a beer carrying mascot. This is an insult to my people, as if we were those stupid drunkards whose reaction when they see the image is most often of ignorant laughter and a false sense of superiority over Elders they know not of."

"Now you can understand why a Sasquatch can feel angry at Humans, because we are empaths, we can hear whatever nonsense your people can come up with, so most often it feels better to just shut it off. Now, my cousin Kamooh is patting on my shoulder, trying to calm me down and remain diplomatic. But I do not have his tenderness of heart, which gracefully allows me to continue on, as he will not stop me from yelling my truth, even if it can disturb some who take us for the primitive primates they are."

"Those dumb-mesticated naked apes, dressed in other animals' skins or hair and killing forests to make shelters to survive the elements, who let their black-robed priests and their white-robed doctors chop off the foreskin of their sons at an age before they can consent, as if it was a mistake from Nature, allowing the dark cabal to mark its cattle, are their masters' pets depending on toys they are fed with. They hide their cowardice behind killing machines, they see as their greatest power and achievement."

"Now again, my cousin Kamooh plays his trick on me with his mind, although I remain polite and kind. Yet, it gives me some hope that some, like you, have been learning enough to talk with us once again. My cousin Kamooh has asked me to spare you with my lashing correctional and lecturing tone; it is not to sound moralistic or paternalistic, but to teach you to detach from the defensive fear of your ego. Because as fantastic and special as you think you can be, you still have so so much to learn Little Man."

"I am not here to praise your qualities and achievements or flatter your ego, as my cousin Kamooh who has such a dear affection for you enjoys doing, because you are his distant offspring; but as a spiritual Uncle, I rather come to whip your poor will, break your frail ego and test your courage into seeing your own weaknesses, shadows, pride, doubts, fears and

insecurity, that you must still work to heal from. The greatest courage resides in taming your own interior demons; then you can be fearless with others."

"First you must learn to face and pacify a Sasquatch who looks like angry, even if only acting, if you are later to be able to face peacefully other even more powerful beings, in higher interspecies relations. If you think a Sasquatch looks or feels frightening, whether or not it is because he has raised his voice, or simply for his appearance, size or strength, then there are many other intelligent species in the cosmos and even within this Earth that you are not ready to meet, meaning you are not ready yet for open interspecies spiritual communications and peaceful relations with other intelligent life forms."

"How could you sit in Council with your Star Elders, who have the most diverse strangest appearances, if you cannot sit comfortably and fearless with your Sasquatch Elders who are your closest relatives? Not all of us Sasquatch have the patience and softness of heart of my cousin Kamooh, but we all grow. If some like me sound rude and unpleasant because you are afraid of me, imagine how you would react if one of your friends ran away from you like you did to me, just after asking insistently to meet me. This is your false ego and reptilian-brain-based fear, cutting you from progress. If you are afraid of any being, a bear, a wolf, a cougar, a Sasquatch, how can you hope having peaceful interspecies relations."

"Since us Sasquatch can read past and future through the 3D Hyperspace of Alter-Matter in your aura, reflected outside 4D linear time, from the 2D Meta-Universe of One Time-Space, we can see things in your soul that you do not see yourself. I see in your life path that you have been well guided and taught, trained in creating peaceful relations and networks among your Human People, in mediating, in conflict resolutions, in helping people with psychiatric trauma, imbalance, some influenced by negative entities. With this experience in developing your skills, now come try to pacify the angry Sasquatch and aliens."

"So, the next time I came to visit you, again in an invisible form, I walked softly toward you, not to frighten you, and you saw my sixteen inches footprints appear, as if the dried leaves were blown away. You knew it was me, because you felt my soul, but also by the footprints that are the energetic signatures we most often leave behind, acting as telepathic portals with whoever comes to see them. This is why we are still very careful as to where we leave footprints, most often leaving only a few and as you have seen many times, our footprints are often faint and meant to vanish soon after being left."

"So, you see Little Man, I am not at all the monster that many of your ignorant people so popularly depict, just because I stood as a warrior to defend my family and homeland from violent aggressors, like your Native tribes, who did not all survive the invasion of their homelands by the colonialist terror. If there is anything you can tell your people from me, let them know that we are people with hearts too. We have emotions, we can be hurt by disrespect or aggression; but we are peaceful with all life forms."

"I can also be tender and delicate, although I am being told that these are not my strongest qualities. Honestly, I like to act as an angry old hermit preferring to avoid all contacts, but I am in fact just acting. Every good tribe has its sacred clown who bypasses protocols and good manners to deliver teachings."

"This has been my mark among Sasquatch People: my caustic sarcasm biting where it hurts the most. Yet, is it more a character that I play for fun, than my true personality, as it impresses younger learners. It amuses me to make people jump in surprise and run away in fear, just to be the joker, the ego piker. This habit became a fun hobby for me, when those overly proud hunters launched their war against us. I just had to say: 'Boo!' and they all went running into hiding with their guns; it was funny to watch."

"When we were trying to communicate in telepathy the other night, I say 'trying' Little Man, because honestly, you are so slow to hear and do not understand very well what I tell you, making me wonder: How could my cousin Kamoooh have been so patient with you all this time? Just like with my name, he had to translate for you because you kept missing it, which made me lose patience and hope you would get it, especially after you tried to come to Sasquatch Lake, when I had told you not to come bother me. But now, taking your defense, he says that it is because of me who do not speak an articulate language. It took a missing bridge and a working crew to turn you back, as you were not clairvoyant enough to foresee that the road was closed in spite of posted signs. Yet, I had tried to warn you of wrong timing."

"I am not your relative and fan, like young Bolo'Bolo, who enjoys posing for selfies for the crowds and singing your songs, although he looks and sounds below average decency, if you want my opinion, and even if you do not want it, I will give it to you for free, as polite protocol is not my biggest concern. Kamoooh tells me to spare him too, messaging me to skip the poking and lashing you two well deserve. Since I will never contradict my cousin even if we rarely agree, I will continue my account of that time, when I saw you were distracted by a conversation on your electronic device with a friend far from you, Martha Louise. I found out then in linear time, is one of several friends you have assisted in developing their connection with us Sasquatch. She was visited by my cousin Kamoooh and met local clan Elders."

"Since us Sasquatch can read auras in 3D outside of linear time, we can know about someone's life in an instant; if we look deep enough in their aura, we see their past incarnations and spiritual evolution. This is a level of etheric telepathy much deeper than a simple communication in virtual linear timeline. We can also travel in 3D Hyperspace as fast as the extent of expansion of our consciousness, so we can bi-locate and even multi-locate if we wish. When I met through you in your linear timeline, your friend in Manitoba who hears my people talk, I admit I was curious and projected an alter-body double, which she saw appear in front of her. Then, as I like to do, I poked her and she saw sparkles of light glitter. That is when she received a large download of information to process and transmit at her own speed. Such information downloads are 2D holographic files, given to be read and decoded in 4D linear time."

"After this conversation with you Little Man, you at least succeeded in changing my mind about you. You had enough courage to face an old Sasquatch acting like mad and to endure my diminishing insults to test your ego, with a smile in your eyes. I concede that you passed this easy test in my plain view, but there will be many more and harder ones to overcome, for which you need to get braver and strong. You may be one of those rare few who have started to reconnect with us Sasquatch, but you still are a long ways away from being ready to be an ambassador of Humanity in the Council of our Star Elders."

"I could keep rambling on for a long time, as I have not spoken to any Human who made some sense in many of your generations, and I was seen only by a handful, apart from those monsters who hunted us. The English language you use to transcribe my thoughts, is a new interesting experience for my mind. As an imperial language that has spread worldwide through colonialism and has been simplified in its modern form for easier learning, it has become the best language to reach out to Humanity globally."

"So, now I have come to enjoy this conversation, which is a strange behavior for an old grouchy hermit. Although the process of putting information downloads and thoughts into spoken, and even worse, written words, is a long painful operation requiring too much patience for an old wild hermit like me, us old Sasquatch have a lot of time outside of your limited, short and quick, 4D Human linear timeline. But you Humans have such a short life span and memory, that you should not waste any of it on futility. If any of your people understand that life's purpose is the evolution of consciousness through the souls' experiences, then I did not waste my time in talking to them through you, so I can keep adding more."

"But my cousin Kamoooh is reminding me that this message of ours is for all of Humanity and I should not abuse your time with personal considerations regarding my heart's feelings, finally being released. Now, it is with a certain sadness that I see my time to speak come to an end, just as I finally start to feel comfortable to call you Little Brother and honor you as a relative of ours and a Human ambassador."

"You see, even an old Sasquatch Elder can still learn from interspecies spiritual and peaceful relations. Though I can see way further in the distance of space or through past and future than you can imagine, an experience of interspecies relations in your dimensional linear timeline brings new understanding. This is why the 4D linear space-time physical continuum exists and we do cherish and honor this plane. Because it is the plane of creation in evolution, through experience of existence by consciousness."

"My cousin Kamoooh who can explain these things in better terms than me, is now the one who is trying to take back the talking torch from me, not with his hand, but with his thoughts sounding so loud, that they are silencing mine. Since he smiles as I speak, he will kindly allow me to say one more thing, that he will not like me to say; so as he signs me to cut it

short with his resplendent lovely smile, I will hurry to speak up before you are done and relieved from hearing this grouchy cousin, the white hermit."

"Because of his great humility, Kamoooh has never let you know that we are of the lineage of Hanuman and Sun Wukong, who were venerated as deities, even worshipped as gods, by your ancient cultures. Kamoooh's father was Maasaw, who lived here after the sinking of Lemuria with your distant ancestors. Maasaw had already reached the hall of immortals and sat with the Star Council of Eldest Elders, while Kamoooh was still a young Sasquatch, as he has himself attained in recent times since you know him. This is why everything now becomes full circle and seems so connected in your evolutionary course."

"So, now that I have spoken more than I should and my cousin Kamoooh has been patiently waiting, this old white hermit known as Limptbataook, Strong Earth Medicine, will let my wiser cousin take over. Before I say something else I should not, like revealing a family secret or an unsuited joke, I shut up. And if I am not nice enough by not saying goodbye, it is because we never part in 3D Hyperspace, only in 4D linear timelines, giving an illusion of separation, while we remain connected in consciousness."

After I finished transcribing these lines, Limptbataook walked by with the sound of breaking branches and knocked a few times on the barn, as his way to let me know he had finished speaking, for now... The following day he insisted to speak some more, joking and laughing, as he had appreciated our talk. Kamoooh tried to moderate his volubility, reminding Limptbataook that this transcription work must be done in mutual respect and agreement, for the greater good of all. To signify my friendship with the white hermit, I accepted to transmit his Post Scriptum, which Kamoooh allowed me to partly censor.

"Well, Little Man, yes, Brother, I see you will not share here everything that I have been telling you. But tell your friend Kelly, yes right - our friend, that I forgive her for jokingly calling me 'Limpy.' She only meant to have a good laugh at my expense, which I also like to do, so I understand very well; us Sasquatch can take jokes. She caught me off guard, without a reply, which is unusual for this old hermit used to see folks coming from way far, so I acted as if I refused to talk to her; that was my own joke. She sure is a smart Little Woman for your kind. It must be because of the Sasquatch genes she carries."

"But you Little Man, never mind the 'Brother', I do not find it funny at all that you laughed hard when she called me Limpy. That name suits you better, or better yet: 'Wimpy', as I earlier so justly suggested. And if Kamoooh was not standing in the way, I would crack another branch in your ears, as a lesson. Yes, I understand, as fun as it is, my time to joke around has expired in this timeline. But I will return! This old hermit has white hair, sign of wisdom, but yet do not forget I have a dark face, my hidden side. We Sasquatch have a lot more time than you; what is like a long wait for you is a short instant for us. So, since I am not patient and do not like to wait, I simply jump from time to time in your timeline. Expect me when you least expect me; you are now warned that my greatest fun is to make you jump!"

When I decided to cut it short, I heard Limptbataook chuckling to himself and his heavy footsteps run toward me; he saw with a mixture of disappointment and satisfaction that I was not surprised this time. He left singing and dancing in the night, like a drunk or an acting clown, happy he had been heard.



ADDENDUM by Kelly Lapsertis:

After reading this chapter and making a connection with Limptbataook, he connected with me (Kelly) to continue this lesson and elaborate on what he mentioned to SunBôw.

October 25, 2017

Limptbataook's message to Kelly:

"Well, hello there, Little Woman, or should I say, Little Girl? As I explained to your Limpy Little Man consort SunBôw, I did not care for your nickname for me or his laughter at your joke. However, I do appreciate your wit and understand your innocent jokester ways. I am able to feel your light-hearted intent behind your attempt at humor and bonding."

"I am growing fond of this new way of communicating with you hairless children even though I like avoiding you too. Even though I am old and have "been there and done that," I am learning new things and healing as you are through these interactions, but that is as sappy as I will get."

"You've felt my presence in the last few weeks since SunBôw mentioned his connection with me. Through observing him, I have been observing you also, and I must say that your mind is quite unique from other humans I've encountered. Kind of like an animal. You are wise yet unexperienced, instinctual yet clumsy, fearless yet naïve, however animals don't have the wit that you possess. While I see your method as ridiculous, I also identify with your intent and way of humoring yourself as a means to not take judgments personally and to deflect negative energies since they are not attracted to joy."

"So, by being able to identify with you silly little people now, I am enjoying these interactions and healing that I can feel taking place within this grouchy old hermit. My cousin Kamoooh is quite tickled by this as well as he oversaw this arrangement and did not think he would ever get through my rough exterior. Make no mistake though, I am still a grumpy old hermit and will continue to get my kicks by shocking humans, but I am more tolerant the more I interact with you hairless little semi-evolved humans."

"I must say that you, Little Woman, shocked me by approaching with no fear and in an untypical human way. I felt annoyed at first, and still am somewhat by your sparkly rainbow crap, but it left me thoughtless for a moment before inspiring new thoughts. So I'm not

chivalrous enough to thank you, you were just doing your job, but it is a pleasant feeling to be on a new learning journey.”

“I think I’m getting a little too soft here, so I better remind you that you are still in some hot water with me for the Limpy nickname, so don’t use it again. Until we talk again...”

Chapter 30

By SunBôw

On this next channeling session, Kamoooh told me that we would now transcribe his most important teachings for spiritual warriors and healers in the times coming, as the conclusion of this third book of the Sasquatch Message to Humanity, co-authored by channelers that the Sasquatch Elders have gathered.

"Greetings, my dear Little Brother. I am pleased to see that you could appreciate the very peculiar sense of humor of my relative Limptbataook, who does not stand out for his skills in diplomacy as much as he does for his lack of delicatesse. Since we have teased each other back and forth for thousands of your years, although I used to protect and educate him when he was just a young kid (seeing the results does not make me proud as an educator), we got used to bear each other's remonstrances and pokes, as I too can have a funny sense of humor, that at times can strike; but nothing close to my little cousin's. His childishness is not due to him turning senile, but rather because he has kept his juvenile character."

"Yet it is not my role to play the monkey clown or the grim hermit, so I have left this to Limptbataook. He excels in his role and never stops amazing me with how deep he can dive in his caustic sarcasm. And he laughs as he hears these words, as Elder Sasquatch have learned not to take any joke personally. We respect each other in our differences and roles, as we are all connected through our Greater Soul. Sasquatch do not need names to recognize other individuals; we give you some for the convenience."

"My mission rather consists in addressing serious issues and explaining higher knowledge to Humans. Our main long term objective is to re-educate Humanity in peaceful interspecies relations, starting with us Sasquatch, your Elder Brother and closest relative, teaching you to respect all forms of lives you consider as inferior, and honor as well higher forms of intelligence, like that of our Star Elders Council. Of course, I am only one of many teachers working within our Council of Sasquatch and Star Elders. You have met several others by now, as have other Human ambassadors you have connected with."

"We now want to bring your focus on ways to bring global healing and counteract negative energies. When our Star Elders decide to develop spiritual consciousness on a given home-planet, they install vast networks of frequency harmonizers, telepathic transmitters and other healing devices along natural ley lines and vortices, to energize those power points with free energy amplifiers programmed with high consciousness wisdom, while empowering a planetary energy grid harnessed by their civilization."

"These devices made of rods, conical, pyramidal, spherical, cylindrical or parabolic shaped parts, programmed crystals, magnetic and meteoric stones like shungite or moldavite,

charged magnets, orgonite, prisms, and coils, spirals and rings of conductive metals like copper or gold, use universal conscious technologies, acting as antennas tapping into the natural energy flow and funneling it, in harmless, non-polluting, sustainable ways, while harmonizing natural frequencies with healing virtues. These environmentally friendly devices can be programmed with information transmitted on waves."

"Ancient Human cultures from India, South Africa, Australia, Arizona, Peru, have known these sacred devices left on Earth by those from the heavens above, often called talking, singing or ringing stones. They were disposed along telluric ley lines, forming the nervous system of Mother Earth, that the Aboriginal Australian call the 'song lines' of the Rainbow Serpent, and the Chinese, the 'dragon lines'."

"The ringing stones, called Chintamani in Sanskrit, act as transmitting antennas connected to the grid. Their purpose is to protect the harmony of frequencies and empower magnetic fields for all life forms. As your science is now discovering, frequencies like sounds for instance, when tuned and harmonized precisely to create a specific resonance, can create complex geometric patterns in malleable substances, make objects levitate, boil water or make it levitate in a ball, cause molecular structures to transform, to melt hard rock or turn it into an easily malleable substance, as seen in ancient megalithic monuments."

"Tuned frequencies can also produce wireless electricity, in vortices acting as interdimensional portals, that can be directed to harness plasma as a quasi-infinite source of power, also known as St-Elmo's fire. This is why the word 'pyramid' means 'fire in its mid', because their shape channels a range of waves of various frequencies to converge and cross at its apex, opening portals for plasma to merge with matter."

"When electromagnetic waves of any frequencies are tuned and paired to be synchronized, the portals they open at their crossing point blink in and out of existence at the rate of the frequency of the waves. When waves are tuned in alternating pairs, they are called scalar waves and maintain portals opened. The ever present infinite reservoir and ever flowing stream of free energy in its many forms through the cosmos can be made available only through the understanding of cosmic interdimensional connectivity. Tesla insisted that we must understand the waves, emanating from the 2D, to understand the universe."

"Acting as antennas capturing waves of diverse frequencies, or as focal points for plasma to condense, like the masts of sail boats or the druidic and shamanic staffs, that could capture the plasmic flow into a glowing hazy cloud of ionized electrons that consciousness can direct for various uses, pyramids, obelisks, crystals, rings, dorje or vajra, and other geometrical devices, tune frequencies into free energy. They are conscious quantum devices programmed to turn waves of possibilities into manifested energy. Sacred geometry takes a wider dimension when the interactions of physical matter with subtle planes is considered in the equation; some shapes or patterns make ripples in magnetic fields and auras around."

"In the same way molecules give by their arrangements its geometrical shape to the crystal, the crystal shapes the magnetic fields surrounding it and by extension, the way particles around it behave or react. Magnetic fields influence not only physical health, but also moods in general, and the psychic potential. Interacting with consciousness, magnetic fields have effects on many planes, like the etheric and astral. Magnetic fields can, for instance, prevent interdimensional beings to come in, or to go from a place."

"When sacred geometry symbols known as 'yantra' are activated with sound vibrations such as mantras, it amplifies the ripple effect of moving form or 'mudra', that makes the fabrics of the life web or 'tantra'. The yantra is a 2D image, storing information or plan from the conceptual plane of the Meta-Universe, the mantra acts as waves of many frequencies emanating from the Unified Field into 3D Hyperspace, the mudra is the mass of particles of 3D Alter-Matter taking form and making shapes in 4D linearity, and the real meaning of the word tantra refers to the cosmic symbiosis or harmonious interconnection. The healing devices of our Star Elders are operating on at least these three dimensions and often more."

"Those free energy transmitters and frequency tuners were conceived to pass the test of time and last. Acting as interdimensional portals, by channeling waves of various frequencies and directing them to cross in nexus points, creating electrical discharges bridging different dimensional continuums, they tap into the vast reservoir of Alter-Matter, condensing it into ionic plasma, providing quasi infinite power."

"Some accounts from various witnesses describe strange machinery sounds like humming, buzzing or pulsations coming from under mountains, where Sasquatch and Star Elders maintain such receptacles. Some have survived previous downfalls and are still protected; most were destroyed by lower lords. One night spent high on the Misti Volcano in Peru, you heard noises of heavy machinery and engines coming from underground, but you knew from local Native teachings that this is a city of lower lords."

"When the Earth was an active galactic outpost of the Star Elders Council, highly advanced spiritual civilizations with large megalithic megalopolis, sophisticated machinery and fleets of star ships were entirely powered by harmoniously harnessing free energy flow from its most abundant natural sources. This seems far out of reach for Humanity, but you are reaching a level of technology where you can either make terrible choices causing your doom, or wiser ones that can lead you out of decaying chaos."

"This is the first level of planetary civilization any species can reach, by first stop fighting over non-renewable resources and stop destroying the ecosystems with unsustainable technologies, to then start focusing efforts and resources into developing non-polluting free energy systems available for all. What keeps Humanity from reaching this goal necessary for the continuation of your evolution, is the grip from the uncivilization of the lower lords and the powers they control, keeping you into the outdated decadent age of the nuclear, fossil fuels and electric transmission lines, destroying our Earth. This is why researchers and innovators in free energy technologies, like Tesla, are attacked by them. Edison went as far as

executing animals in public electrocutions, to prevent Humanity from adopting Tesla's much more efficient alternative current over the overly polluting direct current he was pushing."

"Over ages upon aeons of long evolution, the planetary civilizations that successively operated and occupied the galactic outposts on Earth were in their turn mixtures of Fish-People, Ant-People, Lizard-People, Bird-People and us Mammal-People, my Sasquatch People, along with the multitude of diverse visitors from distant star systems and galaxies you know not of, that had the most diverse appearances. All of those civilizations, like Human civilizations, had their periods of enlightenment and downfall. Many of those Elder Brother hybrid species have survived in underground cities as intraterrestrials."

"In spite of their longer and heavier collective karmas than Humanity has had the time to experience, they are not to be seen as enemies, even if too often some of their general practices need to be avoided. If they are to be approached, and at some point it becomes necessary for your collective healing, it is to be in a spirit of peaceful interspecies relations, with respect and intention for both parties' advancement. Humanity must now learn interspecies peaceful relations with species that have influenced its destiny, to free itself from bondages and negative outside influences, and to heal long term lingering karmas."

"There are certain locations in the underworld that are the abode of highly spiritually evolved beings. But there are also some zones that are kept under control by lower powers, which maintain their grip through technological manipulation and telepathic suggestions, using harmful practices of cabal magic. Those deep underground bases for occult operations have introduced your Human agencies to take part. In their darkest corners, genetic experiments and soul trapping are conducted, creating ugly local hells. Since some Humans are also involved in those evil ways, the situation is part of your collective karma."

"Look at Humanity for instance; who are the good and the bad guys? The American or the Russian? The Chinese or the Japanese? The Arab or the Jew? All of them can either act in compassion and peace to make a better world for all to share or in hatred and violence to perpetrate endless wars and injustice. None is all good nor all bad. As long as you keep feeding enmity and conflicts by blaming the others, you can never resolve the misunderstandings causing opposition and aggravating the collective karma."

"When you visited Crystal Falls, after the conference in Chewelah, you found very ancient remnants of a megalithic center, with giant rock faces, effigy monuments, walls of large squared blocks with square angles, inscriptions of different eras, some of geometric glyphs, and various other anomalous ruins. With Kelly, Shakara and Brady, the other Sasquatch ambassadors you explored the place with, you felt like you remembered the site well and helped building it in Sasquatch bodies, in previous incarnations."

"Soon after you arrived, you saw the alter-body of a Lizard-Person run close by, a four foot tall shadow. A little further on the trail, near a megalithic portal, a Lizard-Person appeared on

two photos you took. You realized that this ancient megalithic complex, like the pyramids in nearby Chewelah, were originally built by highly advanced Lizard-People, with whom Sasquatch lived in some distant time. There are still some of them who live to this day in underground refuges, below those ancient sites."

"While staring at one of the different giant stone faces in the river, this one resembling a Lizard-People, one of them started to communicate to you in telepathy. He explained that their civilization was one that lasted the longest time on Earth and has known many periods of high consciousness and harmony, also ages of wars, destruction, witchcraft, decadence and downfall, like most civilizations experience. He told you that the beginning of their downfall came with the overuse of fossil fuels, that emptied the reserves from prior eras and poisoned their atmosphere with synthetic molecules and toxic substances."

"Added with the radioactive contamination from their intensive use of nuclear energy and the genetic manipulations they practiced over generations, they decimated their ecosystems and caused multiple mutations, transforming their planetary environment into an infernal post-apocalyptic dark nightmare. Those Lizard-People were not destroyed by enemies nor by unavoidable cataclysms, they were the only ones responsible of their own doom. So their collective memory tends to carry this karma along and pass it on to other species they live close to, like Humanity replicating the same detrimental behaviors. Because many of the souls of reptilians are trapped into karmic jails, they feed on external energies and draw the souls they can into their collective hellish realities, to sustain their false sense of superiority."

"The only way to approach them that can be beneficial is with compassion to help them free themselves from ancestral collective karma-created hells, and move on from their stall into soul evolution process. But of the Lizard-People who have evolved into higher consciousness to council with the Star Elders, like this one who was warning you of the dangers Humanity now faces by imitating the reptilian karma, whom had visited you last winter, have become spiritual masters who can provide helping guidance."

"To avoid and counteract the negative influences and disturbances caused by control technologies, Star Elders use healing devices like frequency harmonizers to create surrounding protective magnetic fields. They are useful and successful in neutralizing negative energies, namely when meeting heavier entities. Programming high consciousness messages into transmissions, they uplift collective souls and auras. Devices are installed in a network of sacred sites, sometimes underground, where they are activated. Over the course of ages, through invasions from contrary forces, some were deactivated or destroyed. This caused great imbalance and chaos, amplified by the negative control grid that was implanted."

"But those healing devices and free energy technologies still exist and they are precious important keys to unlock a karma-free future for Humanity, to heal its behaviors and realign with the Cosmic Order. You have been shown and explained first hand examples of such environmental healing technologies, frequency harmonizers, wave tuners, telepathic

consciousness transmitters, plasma grounders and such. It is no coincidence if it is at the Spiritual Sasquatch Retreat in Chewelah, where we had gathered you, that you connected with a group of Light workers from this continent and one from Australia, that both use networks of environmental healing devices to clear chemtrails, energy blockages and old karmas."

"You contributed in connecting both networks of magnetizers and energizers on each side of the globe, to help reestablish the planetary grid our Star Elders and your ancient civilizations maintained and used. We guide you to understand the importance of healing the planetary natural energy grid, to bring Peace. Ceremonies, prayers, offerings, meditation in sacred sites, are some ways to tap into and feed the web. But, since some destructive and harmful technologies control this world, learning about healing tools, free energy technologies and magnetic fields enhancers is an efficient way to bring real lasting change."

"It is as well a crucial step in your evolution at this point, to help you solve your unsustainability issues. It is also your best asset to counteract the effects of detrimental technologies being used against you and the environments, to keep you submissive, unhealthy, mind controlled and easily manipulated. Some of those deadly technologies are used by Humans who received them from their alien overlords. But some are also being operated secretly by non-Human parties, to keep dumbing down Humanity." "You hear increasingly about beam weapons or directed energy weapons, various versions of the Tesla death ray, that use ultrasounds, psychotronics, microwaves, gigawaves, laser rays, positrons, or plasma. They can precisely smash, harass, irradiate, crush, fry, pulverize or petrify any selected distant target. Governments covertly use those weapons in wars, for crowd control and for weather manipulation."

"Just recently, the midnight firestorms that suddenly burst in several locations of Northern California, leaving many dead and missing, with thousands of buildings turned to dust and charred vehicles, while they were surrounded with standing green trees and untouched plastic bins, are the results of beam tech. They are not without reminding the series of orchestrated so-called 'wildfires' in Alberta and BC in the last couple of years, which we have mentioned before as part of a dark secret agenda to clear the path for pipelines and mines, while pushing your Native tribes and us Sasquatch out of the corporate way."

"The increasing number of monster storms or hurricanes always breaking new records by their strength, that devastated in 2017 the southern USA and the Caribbean Islands, sweeping some islands clean from their entire population, with the real numbers of victims unrevealed and covered up, are direct results of such technologies used for weather warfare. Even one of your renowned scientist, Michio Kaku, recently admitted publicly on television of the practices of weather manipulation, using Extra-Low to Extra-High Frequency microwaves and gigawaves projected in the ionosphere, aerosol spraying known as chemtrails and high density beams like lasers, to manipulate climate, create and fuel monster storms. Either the famed scientist has joined the ranks of whistle-blowers, pejoratively called 'conspiracy

theorists', or time of disclosing truth has come. Lies, denial and disinformation will not work anymore."

"Likewise, healing technologies can be focused and directed to any individual, group, place or region. Devices can be programmed to harmonize sites and liberate souls therein, in subtle unnoticed influence. So, as the lower lords and their powers bombard this Earth with death rays and destructive control grid, a few selected Light warriors are starting to flood the planet with healing, uplifting, energizing rays. Time has come to join their ranks and get actively involved in the great healing of collective karmas. Every ancient or new tool that can help and accelerate the healing process is worthy of consideration."

"This is the beginning of the reestablishment of the dharmic ways of the Star Elders Council on Earth. Positive thinking is a good first step, but it must be followed by positive actions, with concrete results. The awakening of your consciousness to interdimensionality, starting with the actual transition from the 4D linear space-time of the physical plane into the 5D Torroidal Para-Universe of circular time-space, frees your souls from the limits of the persisting illusions of materialism and temporality of this plane. This knowledge needs now to be applied to the tools and technologies making your new civilization."

"Portals can be opened in many ways, to bridge dimensional planes, through selected quantum leaks. Portals open and close naturally all the time where waves cross; NASA is studying these occurrences. For a portal to remain opened, alternate waves must be directed to intersect in a linking point or nexus. Scalar waves can be produced by tuning any waves, including sounds, in an alternating steady pattern. It can be achieved with sacred geometry using fractals of cosmic proportions replicated in receptacles. Waves can be of a wide variety on the scales of frequencies, lengths and amplitudes, whether telluric currents like the Earth's natural infrasound vibration of 7.8 hertz, known as the Schumann resonance, or electric currents, sound frequencies, radio waves, radiations or the Cosmic Ray of neutrinos flow."

"Portals can be opened artificially by sending successive scalar waves to cross in a fixed point or nexus. This is used in quantum computers, in which those nexus are interdimensional portals called qubits, as units of quantum bits, in reference to the cubits which were the units of measurement for pyramids which had the potential to create portals at their apex; especially if coated with gold, in which case they also collect rare monoatomic gold from the atmosphere, one of the most magnetic substance in the cosmos, used for its healing properties in the god's ambrosia, nectar of longevity and of immortality. Monoatomic gold is one of the purest substances that magnetizes the body and aura when ingested. Pyramids of different eras of civilizations have their own cubit units, key to their mathematical codes."

"In the case of quantum computing, the artificial portals or qubits, in which particles or quantum bits switch in and out of existence at an exceedingly fast rate, allow information to be processed on different dimensional levels at once, outpacing by far any conventional

processing in linear timeline. This sure is a great discovery, but its applications are wrongly used to tap into the Alter-Universe and extract its energy to power artificial intelligence machines that can re-edit reality as we have known it."

"These qubits, bridging the actual 4D timelines with dimensions beyond linear time, allow quantum computers to edit information in the past, explaining the divergence of realities into parallel timelines. They can reformat retroactively the holographic projections of Meta-Matter particles containing the information making the fabrics of the cosmos and its history, so archives and memories are rewritten into a different version of reality or parallel timelines, into a simulation comparable to a virtual matrix. Particle colliders or synchrotrons can also open similar portals and are generally operated by artificial intelligence and quantum computers, all working together in twisting and remodeling the continuums."

"This phenomenon that came to be known worldwide as the Mandela Effect, is now being increasingly referred to as the Quantum Effect, as more understanding emerges, following speculations and theories. You witnessed firsthand this last winter a striking example of this phenomenon of timelines distortion. When you went to the Hopi Prophecy Rock in March, your eyes were shocked at first glance by a large disgraceful graffiti etched on the sacred monument under the ancient inscriptions of prophetic wisdom."

"You had visited the site the previous summer and several times over the last four decades and knew it well; never before was there any distasteful scratchings profaning this sanctuary. You took a photo of it that you shared online, with you sadness and disappointment at the desecration of this holy place."

"A few days later, you saw a video you had already seen of Grandfather Martin Gashweseoma, whom you had met in 1997 in his home at Hotevilla with the group of ten Europeans who flew from France with you. But this time, that same video from a decade earlier had changed from how you had seen it, and the same ugly graffiti was showing up on the sacred rock. At one point in the new parallel version of that re-edited timeline, Martin pauses and seems to wonder, saying that he visited the rock just two weeks earlier and that there was a third timeline that was removed. Then, surprised, he points at the graffiti and says that this is not supposed to be there. Yet, it was not the first time you saw that video. Your Hopi Uncle noticed the same glitch or timeline warp, minutes after you, without you telling him."

"The fact that in this case, reality was re-edited retroactively, making ripples even into a video already published to the point of causing a reaction from Grandfather Martin is very impressive and significant. But even more significant is the subliminal message carried in the alterations, as in most similar cases. Prophecy Rock is where Maasaw met the Hopi and gave them their stone tablets containing all their instructions and prophecies, and where the Star Elders were taking White Bear who taught you, for flights on ships, as the last Human ambassador representing Humanity in the Council of Star Elders."

"It is probably the most or second most important sacred site for the Hopi, comparable to the Sipapu. Yet, in the Hopi language, the words 'makus dadavo' normally translated as 'prophecy', signify more precisely a 'life plan', guidelines for a way of life with the most probable outcomes of choices we make. The petroglyph on Prophecy Rock shows the two roads we are asked to choose between, the road of unbalance bringing chaos and destruction, or the road of balance bringing Peace, harmony and healing. The first one is unsustainable and rushes toward self-destruction, while the second one is long lasting. Two fires will purify this fourth world of Humanity, one of consciousness and transformation, and the other one of unconsciousness and destruction. Both will take part in the great needed world cleansing."

"Similar prophecies carry this same message, like the Seven Fires Prophecy that you learned from your beloved Anishinabe Grandfather William Commanda, saying sensibly the same concerning this choice. If we choose the wrong road, it will bring destruction, if we choose the right road, we will reach Peace. The Lakota teachings as expressed by the prophet Black Elk, also describe the good red road of healing medicines crossing the black road of sufferings and conflicts, and we stand constantly at the crossroad between the two, with the free will to choose where our next footstep will take us and on which road. The longer we follow the black road, the harder it is to get back on the red road; or inversely likewise."

"These prophecies given to the ancient wise seers are not fixed timelines; they rather are guidelines and instructions received from higher sources to help Humans make better choices in writing their destiny. You can always transform your destiny individually or collectively, by making wiser choices to live by. But if the warnings of the wise ones are not heeded, careless living can cause disastrous consequences."

"So, it is significant that the alteration of the timeline of the sacred Prophecy Rock was a profanation, showing that the forces behind the modified parallel timeline stand against the ancient sacred wisdom. This gross re-edition of that reality suggests subliminally that whatever powers are playing with time travel will not heed the warning or change their ways, even knowing they lead straight to destruction. They also subversively pretend that they can twist the natural laws and escape universal karmic laws."

"Many ask us what will happen with the future of Humanity, as if it depended on us, but yet we can see. There will never be on planets of this dimensional density a time with perfect Peace or pure harmony. Existence in this linear 4D physical space-time continuum is made possible by electric polarity which in essence creates a diversity of magnetic fields and densities that come to interfere when out of tune. As long as you evolve in this plane of duality, oppositions, frictions and conflicts are part of reality."

"Planetary civilizations that have reached the first level, tapping harmoniously in their planet's natural energy fields while respecting environments and preserving ecosystems, including the quality of life of its inhabitants, are at the beginning of their understanding of interdimensionality, you have yet to reach. On the second level, a stellar civilization understands interdimensional space-time travel and star gates, being able to tap in the energy fields of its star and to travel beyond its system and the speed of light. On the third level, a galactic civilization can travel anywhere in the cosmos, and back and forth in time, with the mastering of interdimensionality and Cosmic Laws allowing to navigate the many dimensions. In each successive level, the limitations of material space and resources, and of linear temporality lose gradually their hold, as ever more advanced souls evolve into higher dimensional consciousness states."

"The road is long before Humanity can reach the state of highly advanced spiritual galactic civilization. Yet, it is not given to all intelligent species on all planets, many chose ways bringing their termination. Even after reaching the first and second levels of planetary and stellar civilizations, different species regress and fall into destructive behaviors, that can eventually bring the end of their existing evolution."

"Humanity in general is now following two parallel timelines, in the making of its collective destiny. As you now transition from the old passing paradigm of narrow-minded materialism in 4D linear temporality, to the emerging new fifth world in 5D circular time-consciousness, the two parallel timelines of Humanity will progressively split and diverge, having always less influence on each other."

"In this fifth dimensional consciousness, you learn that your thoughts create ripple effects that influence reality around you, so you can become a conscious co-creator of your collective reality and destiny. Through telepathy, you can become an uplifting consciousness transmitter, channeling higher sources. Through circular time-consciousness in the 5D Torroidal Para-Universe, you can re-edit your collective destiny and even past karmas, by returning in consciousness to where healing is needed to be applied. You learn that the timeline you create is reality, so choose between doom or a spiritual star civilization."

"You will end up where you are heading, if you keep advancing on your timeline in the direction of the destination you are aiming at. If you choose the path of doom and gloom, that is what you will obtain; but if you choose the path of healing and evolution, you will manifest that reality in your own timeline. Not all Humans will make the necessary change to escape doom, and very few will join our Star Elders. Do not be concerned about the karmas others bring upon themselves, but rather concentrate on taking care of your own, even as it involves helping as many as you can reach, while it is still possible for you. We cannot save anyone from themselves against their own will; but we surely can help to save a few."

"There are two extreme and opposite, very widespread views about Humanity's future, that either you will destroy the Earth and yourselves, or else that you will all ascend into higher frequencies realms. Those two projections are untruths, as every species at the level of

evolution where Humanity stands has ascending and descending souls around the karmic wheel of Samsara, churning the sea of duality."

"As co-creators of our collective reality, we can only do our share by focusing our attention on what counts and transforming ourselves and our environment with high consciousness thoughts and actions. Acting as channels of higher frequency intelligence, we can co-create a peaceful and ecological world. Of course, we cannot decide for other sentient souls and some will choose the opposite ways to ours. Their decisions will lead them always closer toward the reality they fabricate and support in their mind. In both cases, each group will influence the destiny of the other, but less as their two roads are parting."

"So what will happen, that has already started if you observe well, is what my relative Shrangooloo calls the 'great divide', that will split Humanity into two factions, living in parallel realities or timelines. The more the two roads will diverge, the more the two factions will separate into different densities and frequencies, taking them always further apart into parallel realities that will gradually stop interacting."

"Those who follow the unsustainable way of destruction which is meant to self-destruct, will eventually reach planes of deeper, darker densities and lower frequencies, in which the lower lords reside and rule. Those who follow the natural sustainable way of the Cosmic Order will on their side evolve into planes of higher frequencies and lower densities, reaching highly spiritually evolved resplendent Star Elders. The planetary civilization does not require the consensus of all to exist, only of enough to maintain it."

"It is not about good and evil, but about responsible free choice and causes of effects and consequences. None will be able to save those who choose the wrong path; they will gain what they ask and work for. But those who choose a path of re-harmonization and healing are well guided, even through destruction. They might be affected by the collective destiny, but they will influence it as well by their interactions. When the interactions with the divergent reality will become useless and irrelevant, they will cease. Whether or not the healing will be general or only partial is not for ours to say, but for yours to decide."

"Some will remain in a dying paradigm of ignorance, and the fatality of materialism and temporality. Others will continue on their ascension course into higher interdimensional understanding and abilities. So, this is what will happen to Humanity, it will split in two divergent evolutionary courses according to the choices taken. All you can do about your collective destiny is to make sure you take the righteous decisions for your own soul evolution; do not diverge from your course, destiny will take care of itself."

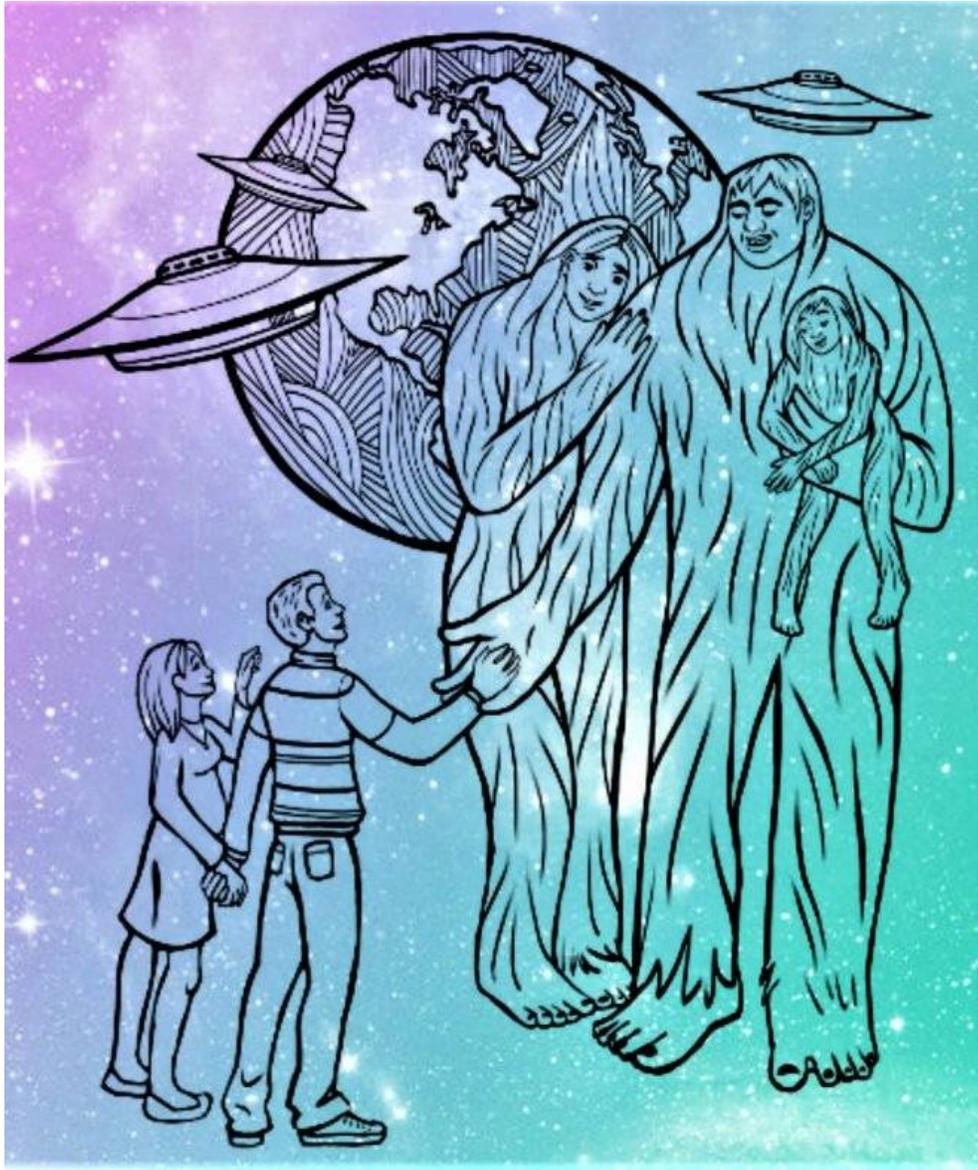
"In a few generations, there could be Human clones, hybrids and cyborgs, run by artificial intelligence. To make sure you do not get trapped in the artificial simulation of the matrix, educate your soul, train its third eye and extra sensory perceptions and cultivate your relations with your spiritual Elders guides. Keep in close touch with Mother Nature, feel,

smell, taste and admire her powerful healing medicines. Maintain communion and communication with your Human spiritual allies, with you on this journey. Keep your focus and efforts directed at your spiritual mission and the purpose of service of your life. Remain rooted in your Soul, grounded in your heart, seat of your emotional intelligence and alter-body. Meditate to find your inner connection to the Divine, pray, work in service, to manifest a better world."

"Said simply, stop the drama, start the dharma, and you will be on a good path to connect with our Star Elders who practice redemption by compassion and maintain the Cosmic Order through dharmic ways. From pilgrim, become a conscious achiever of good deeds, a teacher of healing, master of your destiny. You are all called to become avatars, exemplar incarnated divine consciousness in an infinity of forms. Remember there are many among our Star Elders who have achieved this and are assisting you to grow."

"Now, Little Brother, there will always be more to learn and teach in this endlessly amazing Omniverse. But with the limitations of your linear timeline, there is only so much that can be said, at least at once. There will be more occasions for us to deliver the message of our collective consciousness and wisdom as preserved and carried by us Sasquatch, your Elder Brother, and by our Star Elders Cosmic Council."

"For now, we will part in this 4D timeline, knowing we are always connected as One in consciousness. We return our thanks and send our Love to all ambassadors and practitioners of interspecies spiritual relations, and to all who contribute in their own ways as healers of your collective karmas and destiny. We encourage all the learners of good soul to continue with faith on their spiritual healing journeys." "With these words we are ending this transmission of our message, through I, KamooH and SunBôw. Pray for, wish for and visualize the best for all life, so that many blessings can manifest for many souls. In the Universal Consciousness of Great Spirit Creator, we are always all united and interconnected."



Artwork by Airis Illustrations

CONCLUSION

By Kelly Lapsertis

As the Elders promised, they have been connecting to more humans who are deemed as ambassadors for the Forest People and for Mother Gaia. This book and all its co-authors were guided by our Elders to work with them in this cooperative collaboration to share multidimensional wisdom, knowledge in healing ourselves and our planet, and evolving our consciousnesses. Many of the transmissions are received and delivered differently by each author, but the underlying message and its importance to humanity and our collective consciousness remains the same.

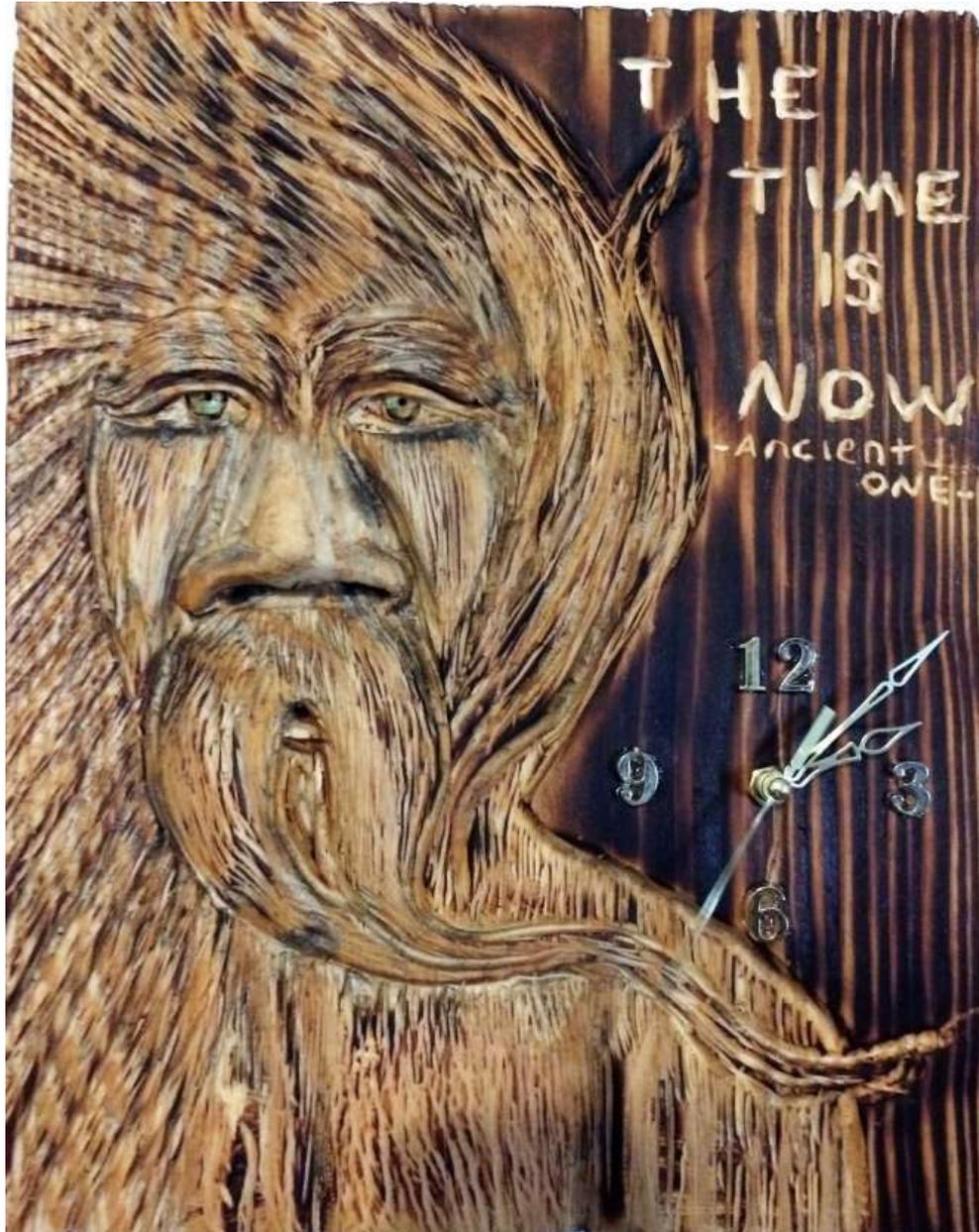
When you read the words within these pages, they are activated within you so that it may speak directly to your heart to bring awareness to situations so there may be opportunities to heal. The Elders have collectively put their wisdom and consciousness into these pages, and you may ask them for guidance at any time as well. You can use this book also like tarot or oracle cards or a dowsing tool by focusing on a question or thought and trusting to be pointed to the answer that serves your highest good. Whatever page and words you land on could bring some insight. All you have to do is allow it to be.

It has been an honor and pleasure to receive, prepare, and publish these important messages and wisdom tools for spiritual ascension on behalf of the Sasquatch and Star Elders and all human planetary ambassadors. Thank you to everyone who put energy and thought towards its manifestation. Your love and support is greatly appreciated and returned to you.

We give special thanks to all who shine their light in the dark places to wake up those who are still slumbering. Thank you for being in selfless service for the betterment of humanity and our cosmic collective consciousness. We look forward to co-creating a beautiful and peaceful reality with you in a space of unconditional love, respect, and honor for all life.

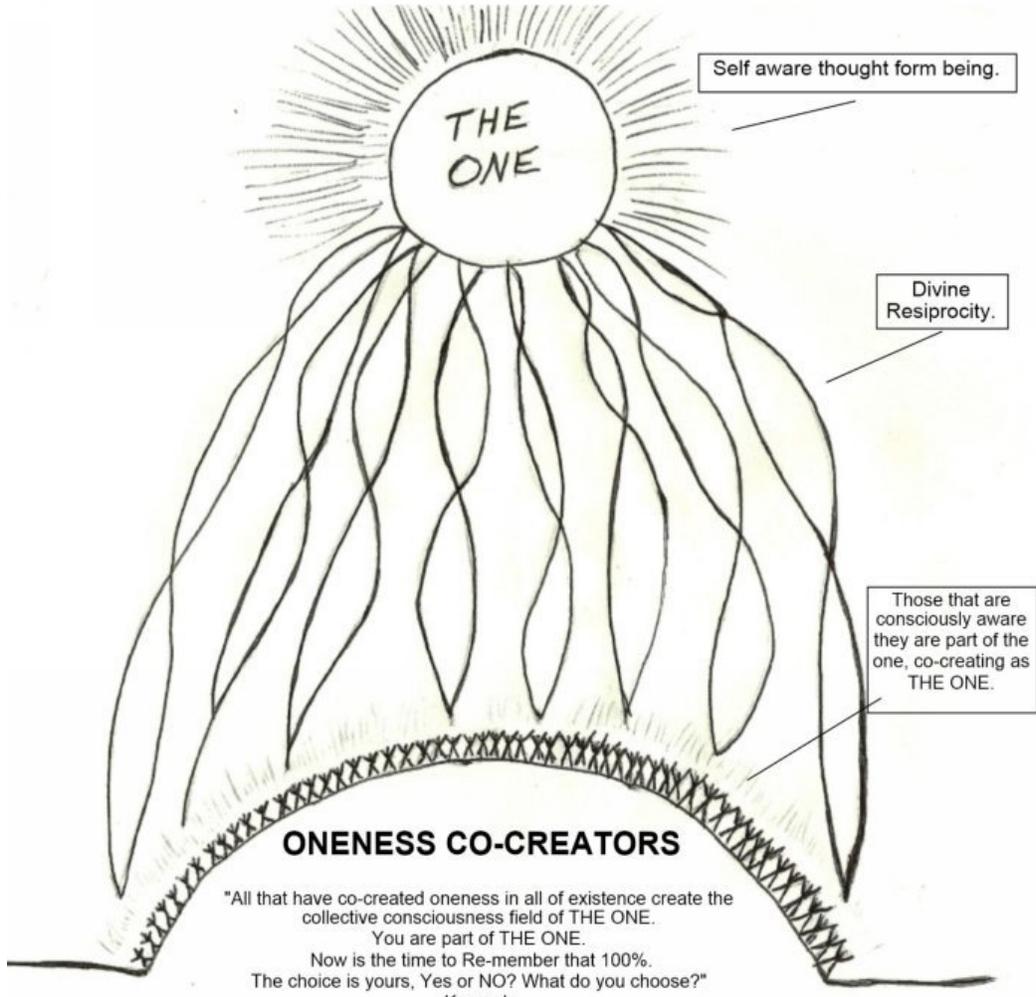
For your convenience, we have included another copy of *The ONE: Oneness Co-Creators* image as well as the *Authentic Perfection Enlivenment Circle* by Seth Buoymaster so that you may tear it out of the book to carry along with you or make copies for yourself and others.

The information in this book and all related technologies are offered for theoretical exploration only and is not intended to prevent, diagnose, treat, or cure any illness, ailments or afflictions. However, once you begin to apply these ideas with action in your life, you will notice a positive shift in your life and in the world around you. Remember that eliminating energies which no longer serves us opens up more space for the blessings and abundance to enter our realities.

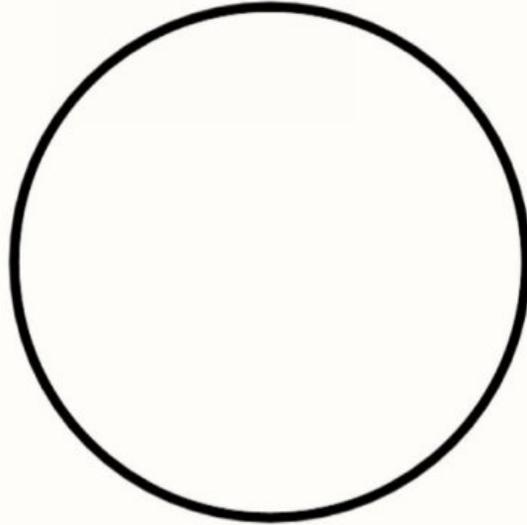


"The Time Is Now" Ancient One clock wood carving by Seth Buoymaster

“Place your finger on The ONE, completely relax and allow the Remembrance to be fully realized. Enliven objects by placing them on the image to help you to continue your process of surrendering your separation with LIFE. This helps you to enter into the truth of life that all is ONE.”



Authentic Perfection Enlivenment.



Place on Circle for Thirty Seconds.

(Feel the Consciousness Technology Enlivenment)

Share with self and areas for Planetary Reclamation Phase

More info [http://www.psychicsasquatch.com/
planetary-stewardship-with-authentic-perfection/](http://www.psychicsasquatch.com/planetary-stewardship-with-authentic-perfection/)

