

Contents:

Foreword	2
1. Introduction	10
Who am I?.....	11
Why am I here?.....	13
What is so special on this place in universe(s)?	13
What is so special on this time?.....	14
Our solar system in the universe.	15
Why is nobody telling me?.....	19
What do I do here?.....	19
What can I do here?.....	20
Who is telling you what to do?	21
Guidance Example 1	22
Guidance Example 2.....	22
How can I live my life?	23
2. Physical body ex-perience	25
Biology and external influences	28
Channel 31-03-2015:.....	29
Our mother earth and our body	29
Our Body in movement.....	30
Heart & Lungs	31
Eyes and vision	31
Teeth project.....	32
Channel, 15-04-2020 Mouth balance and virus	32
Circadian Clocks project(Circadian Rhythms)	33
Time	33
Definitions.....	34
Info from literature.....	34
Channel 24-07-2019.....	35
Believes of circadian processes to check for healing.	36
Literature circadian clock project.....	36
Duality and body ex-perience.....	37
War and Peace duality.....	37
Light and dark duality.....	37
Left and right duality	37

The end of duality	38
Body of humans	40
Water & Light in body	41
Time.....	42
Timelines	44
Balance	44
Space.....	45
Space, location and time relation.....	46
Location-time imprints.....	46
Mind.....	46
Mind control	50
Thoughts.....	51
Feelings and e-motions.....	51
Channel 21-12-2020 about Feelings.....	51
Body ex-periences	51
Language(and thoughts) choice.	52
3. Energy fields	53
A. Waves, frequencies and energy fields and laws.....	53
Reality energy fields.....	53
Channel 17-10-2020 about realities	54
Nature energy fields.....	55
Portals.....	56
Channel 12-03-2020 Stargate 8D	57
Channel 25-08-2020 about energy portals	57
Longitudinal waves and scalar energy.....	58
Solfeggio Frequencies.....	59
Love.....	62
Love Fields.....	62
Love of creation “field”	63
Vibration.....	64
Scalar energy.....	65
Free energy.....	67
Channel info on energy 03-02-2021.....	68
Channel 01-03-2015.....	68

Channel 22-10-2020 about earth resonance,.....	69
27-11-2017 Channel on free energy batteries	69
Channel about free energy 15-09-2019 by Asil	70
Laws.....	70
Consciousness laws	71
Channel 25-10-2014 consciousness basics.....	71
Universal laws.....	71
Law of Coherence	72
Law of one	73
Law of time and Money	74
<i>The Law of Time</i>	74
B. Personal energy fields and consciousness parts.....	75
Innate field of the body	75
Chakra's.....	76
Soul, Higher Self, Cosmic Self, Team(guides, angels, spirit family).....	77
Soul.....	77
Channel 29-10-2018 Soul.....	78
Soul forgotten/neglecting	79
Channel 20200818 About soul, selves, etc.	79
Concept of the I and Myself...and Me.....	79
Team(guides, angels, spirit family, star family).....	80
Inner child.....	81
Channel of Alcazar 2020.....	82
Being together as one	82
Unity with life cycle	83
Crystal-Electro energy fields.....	83
Lightbody and Soundbody.....	84
You, Love of creation and creator of love.....	84
C. Relation/connection energy fields.....	85
Kingdom, guru, leaders, etc.	85
Channel 9-11-2020 about Kingdoms	85
What is outside of me?	85
My integration Ex-perience	86
Unity or oneness, Unity with self	87

Life partners.....	87
Organic portal.....	87
Soul-mate, twin-soul, twin-flame, etc.	87
Divine life partners.....	88
Meeting a beautiful “soul”.....	89
Channel on relationships(02-01-2016)	89
Future.....	89
You, Love of creation.....	90
4. Lightbody and soundbody.....	91
Important!	91
Info.....	91
Light, biophoton and information.....	92
Meridians, cells and lightbody.....	93
Channel 16-09-2017.....	94
Connecting and switching to lightbody.....	94
20-01-2020 lightbody	94
14-04-2020 speaking about lightbodies.....	94
Coherence, harmony and light.....	95
Breathing and lightbody.....	95
Lightbody healing.....	96
Channel 19-11-2015 Light power	96
Soundbody.....	98
Channel 08-12-2020 Soundbody.....	98
5. Creation - Manifestation.....	99
Manifesting/expectations	99
Divine timing.....	100
How can I influence my life?.....	101
How can I create my life and you your life?.....	102
How can I create my life?.....	102
How can we create our lives?	103
Consciousness, feeling and focus.	103
Free will or free choice?.....	104
Accepting all my creations	105
The game of life	106

Creations and manifestations channel(2016-02-10)	107
The false time lines of creation.....	108
The veil.....	108
Playing with life.	108
Filters	109
Examples of playing	109
Human being or human computer? The teaching protocol	111
Self realization or realization of Self	113
Abundance	114
Financial systems.....	115
20200903 Channel about a new systems: Quantum Financial System(QFS).....	116
6. Material Universe	118
Introduction.....	118
Background.....	118
Material or not?	118
Plasma and bioplasma fields.....	119
Channel 19-01-2021 on Plasma fields	120
Elements, periodic system.....	122
This universe	125
What was the story on this planet until now?	125
Molecules, atom, electron, quantum physic, plasma	126
Channel 18-02-2020 about molecules.....	126
This earth	126
The horizon story.....	127
Channel 23-10-2019 about optical illusion.....	127
Channel about holograms and water 2-2-2020	128
25-11-2020 Channel with Gaia about her 2020 situation.....	129
This sun	129
The moon around this earth	129
24-11-2020 channel about sun and moon energy	130
The bubble of universes	130
Our reality, the local “real” one.....	131
Channel 15-12-2019.....	131
Water	132

Krystal Waters.....	132
Krystal Water, Amrita or Spiritual Oil.....	132
Quantum properties of water discovered - water is like a hologram	133
Water cleaning and activating.....	135
Channel 10-02-2020 How to clean drinking water.....	136
Channel 11-02-2020 Water	136
Channel 14-03-2020 at Lagoa de Congro about Water.....	137
The teeth in these material universes.....	137
Channel 17-06-2020 about Teeth.....	137
7. Healing.....	139
Healing, what is that?.....	139
Healing yourself.....	140
Healing of patterns and repeating programs	141
Vibration, resonance for healing.....	142
Breathing for healing/balancing	143
Breathing for coherence.....	143
Breathing for comfort	143
Breathing for oneness.....	144
Breathing for higher connections	144
Double breathing in heart	145
Double breathing for activating Thymus and direct healing.....	145
Sound healing.....	145
Follow your thoughts.....	147
Fear.....	147
Judgements	147
Self-trust.....	148
Surrender.....	148
Trust	148
Self-worth.....	148
Self-Love.....	148
Practise for experiencing different feelings of selflove.....	149
Compassion.....	149
Gratefulness, feeling grateful and Thanks	150
Every day is a new day.....	150

Accepting your heart, feeling home.	151
Cleaning yourself.....	151
Mind control issues on 24 april 2015.....	152
Clean your laundry(cleaning your attachments)	152
Implants and Implantings, wormholes and slides	153
Filters	153
Viruses and Parasites	153
Eye Healing	154
Heart, throat, higher heart trinity.....	155
Healing by RVHH(Reversed Vortex Heart Healing).....	155
Healing by breathing.....	156
Healing by increasing functionality and energy of systems.....	156
True Self (healing).....	158
2015 11 11 portal opening ArchAngels and activation of aura layers	159
Activating Genesis cells.	160
8. Future?.....	161
Duality, Oneness or divinity?.....	161
My view on a world “ after” the transition period, started in 2020.....	162
Literature	164
Index.	167