

# COSMIC JOURNEYS

**REVEALS**

*The Beginning Of Your  
Souls Journey & What  
Awaits You Beyond*

**BY ALAN STOCKDALE**

Would you like to know why you are here? Or where are you are going?

Through communications with my "higher self", I have been given this knowledge to give to you at this time on Earth.

I reveal how this reality is just one big game created by the "source" so we can evolve as a soul.



**BY ALAN STOCKDALE**

Main websites

[CreatorSourceEnergy.com](http://CreatorSourceEnergy.com)

[AlansHealing.com](http://AlansHealing.com)

Book a Past Life Regression [HERE](#)

Book a Healing Session [HERE](#)

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## Introduction

Welcome to my cosmic journeys with Alan Stockdale's book. In this publication, I am going to tell true stories from my past life regression work, as well as my experiences through meditation. I have learned so much in this life but nothing like what I have learned in the past few months. I have gained confirmation of what this existence is all about and why it exists and who created it. So, if you are intrigued to know my answers to these questions you are in the right place. So, get comfy and read on my Cosmic Journeys through this universe and so much more.

## Chapter 1 Higher Self & Source

I have been aware of the lie we live in in this realm we call Earth and the amount of corruption and deceit we are all surrounded with. However, this book is not about this, and I want to instead concentrate on the positive changes in this realm as well as the true meaning of our lives. One of the huge subjects I want to touch on is the "False Light" reincarnation trap which was operating on this Earth for a very long time. This reincarnation trap is not the organic natural cycle that we all used to arrange our experiences in this physical reality. The one where we all travel through these physical dimensions and planets gaining experiences as we go. These are the paths we choose, and this is the realm I am in touch with when I do my "Past Life Regression" work. I am talking about the false light reincarnation trap which was set up to farm our emotions and fears and loves as energy for these nefarious beings.

This false reincarnation trap is what is responsible for us not progressing spiritually as we should have. Many people under past life regressions have spoken about this realm we have all been through at times in our existence in the 3D physical realm. I have often pondered that even this trap was set up as an experience we had to break free from. When I say "set up" I mean by us in a higher realm. I will go into this subject more as you need to understand the reality, we are in. So, let me try to explain a little more here about what we are, where we are, and who created it.

It is my inner knowing that the information I will tell you now is my truth, and this truth is the accumulation of my experiences during past life regressions as well as experiences while meditating. So, as a being of infinite power and creativity, we are all part of "The Source " or God if you prefer, or just call it "The Creator" whatever fits with you. I call it "Source" because it is the source of everything that has ever existed. It is infinite love energy that is in all of us and everything around us. We were once part of this energy and in its infinite wisdom and thirst for more experiences and knowledge, it decided to detach part of this source of energy and created us as a very powerful infinite creator being. This is what we all are at our highest vibration. I like to call this version of us "Your Higher self" This version of you is the one I communicate with during past life regressions. The reason for this is your higher self knows everything about you and all the lives you have lived. So, when regressed it will guide you to the past life which you need to heal or just experience.

As this "higher self" creator being connected to the source at a very high level began to co-create the universe and all the dimensions and realms in them. As well as all the life which exists everywhere. The purpose of this creation is to experience every possible life form and type of being, from the smallest microbe to the grandest leader. We also have experienced being the vilest despicable being as well. After all, if you look at these realities as a huge entertainment game you lose the emotional attachment to being an evildoer doer. After all, you wouldn't be hard on yourself for playing a bad guy in a computer

game, would you? Just like a computer, we create these realities in a game "We" made.

At this point, this knowledge may be challenging your belief system. If it is you, you are reading this for a reason and that reason is your "higher self" guided you here. After all, knowing this information is so empowering and will lift any fear you have in this life because it's just one huge inter-dimensional gaming experience we are all having. I believe therefore source energy created us in the first place, so we can take these experiences back to the source when the journey is completed for us. I believe though now we are creating a type of being which has never existed though. I know this because of my meditation journey into a 7D Earth we have created already. I will come back to this 7D reality later but suffice to say the entire universe is watching us at this moment because this type of being we are all going to become has never existed in this universe. So, buckle up because it is going to be an experience like no other.

## Chapter 2 Past Life Regression Stories

In this chapter I want to talk about some of the past life regressions I have done and their bigger meaning for us and the individuals experiencing them. As we journey through these lives on Earth and many other planets and experiences, we are gathering information and experiences to ultimately take back to our source creator and expand our inner standing of what we are also, I have been regressed to other life many times but with me, I seem to go to alternative versions of me which are co-existing at the same time. For example, in one of the regressions I went through, I became aware of myself as a blue energy being who was totally at peace and just overflowing with love. In this existence I was above the realm we are in now and I became aware of the feeling of some sort of craft I was in. This craft though was not metallic or physical in any way. It was an extension of my energy that created a capsule about twice the size of me in this existence. As I am writing this now, I can see it so clearly.

I then become aware of a round portal to one side of me. When I looked out of this portal, I could see thousands and thousands of other beings like me. We all seem to be there for the same reason, this reason is to send pure love to this Earth realm and help raise the frequency of the planet and everything on it. This is needed to help us to achieve this new 7D existence I talked about before. We should have achieved this before now, but the evildoers have overstayed their welcome so to speak. The reason for this is they have detached themselves so much from the source to play this part in the game we call existence. They have lost the ability themselves, for now, to return to the source, but, with the help of us in these higher existences, we are beaming this loving energy to Earth to help with this process. As for the so-called bad guys, you must appreciate this from the perspective of just one big game we play. So, the baddies have sacrificed so much to give us these experiences and now they are paying the price with this temporary separation from source energy. So next time your politician does some evil deeds just remember these words you have just read.

Back to my experience as this blue energy being. It became apparent to me that this existence was parallel to the one I am writing this from. So, my knowledge of so-called past lives had changed. We can exist in many different forms at the same time. Makes perfect sense though when you think about it from a higher self-perspective. If we are here to experience as much as possible in every way and form possible, why not have multiple lives at once? In fact, why not have thousands of different lives at the same time and in other dimensions and other timelines? After all, from a higher self-perspective infinity is a very long time so why not have multiple adventures simultaneously?

Another existence I experienced from a past life regression I had I became aware of being surrounded by water. At first, I thought maybe this is a life where I drowned at some point. However, I became aware of feeling peace and tranquillity like I had never experienced before. I started to see a different sky from what I am used to in this

Earth realm. It was so beautiful and peaceful. I started to see myself more and more and to my shock, I saw what I was. I was a pink jellyfish swimming with many more jellyfish. This place where I was seemed to be an alternative reality of some sort. At this point, I just started to lay back and just enjoy the tranquillity of this place. It was at this point my “higher self” told me this place is where millions of beings come from across the cosmos to rest. It was shown to be a place I visit regularly when I am asleep. Apparently, after doing a lot of spiritual work in my dream realms I come here to recuperate. So do millions of others. In this place time does not exist so we can stay there until we are recharged so to speak. When we return to our realms in these 3D existences very few ever remember where they have been. So, once again I was taken to an alternate reality that exists in parallel to this one. I highly recommend having a past life regression session because it opens you up to new knowledge and experiences. I have found through my work doing regressions my connection to my higher self is so strong and my intuition is so much better than before. I think it must be the work I am doing has a reward spiritually as well. I am so lucky to be doing this work and being part of this cosmic journey, we are all on.

The next regression I will discuss is from a lady from Australia and she is the one who regressed me back to the blue being reality. Here regression was a very healing one. This is the reason I am going to discuss this one. Her past life, what she experienced was her life now as a small child. She has many issues with her mum, and it was shown to her why this was. This part is not the reason for me sharing her story. The real reason is what happened when I asked her higher self some questions. Just to put you in the picture, when I do regressions, I also take the client to meet their higher self. At this point, I ask a question that the client gave me before the session. At this time, she wanted to know how to cure all the niggling health issues she had. Nothing serious, just little aches and pains. So, I asked the question of how she could heal these. Her “higher self” told her just to stop giving herself these problems. When I asked exactly what her “higher self” meant. I was told when she enters different realms when she sleeps where she does a lot of healing on others. At the point where she



comes back, she gives herself these aches and pains to remind her and help her remember what she does in these realms. However, she never remembers so she keeps repeating the cycle over and over. This was the reason she had the session with me because now she remembers what she does in this realm she would no longer have to give herself these pains. After this session, she contacted me and told me since the past life regression session her aches had nearly disappeared altogether. So, she finally healed herself once she took the knowledge of what she does in her dream state back to her waking state. A very satisfying session all around I thought.

Another past life story I will tell you is about a lady who came to me purely out of intrigue with the work I do. One of the questions she had for her higher self was answered by the past life regression she experienced. I will explain that she often in her life had helped others wherever and whenever she could, much to her cost at times as well. So, the life she went to was of a boy in the era of the 1850s or thereabouts. She was a young boy around 8 years old and was the only one in the household who could earn money to support his mother and sister. His father had just disappeared apparently when he was a younger boy. Also, his mum was ill, and this is the reason he had to work. In this life, he worked in a mill on looms. He hated this job because he just wanted to be outside in the fresh air. The building had high ceilings and windows so he couldn't even look outside and see the countryside he loved. However, it's his love for his mum and his sister which made him do the job. He made a special friend in this life. She was the girl who worked next to him. He liked her a lot and spent hours talking to them here at work. Then in the regression, I took him to the last day of his life. At this point, he said he was hot and couldn't breathe right. Apparently, in his life in the mill, a fire broke out and spread very quickly. He could have gotten out, but he decided to try and save his dear friend. Unfortunately for them both they both passed over at this point. It was then after this life that the lady realized she had been helping others in past lives just like she did now. Unfortunately, it cost her life at that time. So, the lesson she learned from this life was to think about herself more and not to be a doormat for everyone's problems. After this session, I am told it had

made a positive effect on her life and relationships with her friends and relatives. One of the most profound parts of this regression however was the fact when she came back to this reality she was coughing and saying she could smell smoke. Wow, a memorable regression, I can tell you.

The next lady who booked a past life regression session was someone who was convinced she died in a drowning in another life. This was from her fear of water in this life, and she wanted to overcome her irrational phobia of water and be in a boat. So, I regressed her twice in total to get the full picture of where this came from. So, in the regression, she started to describe being somewhere dark and cold and the fact she was struggling to breathe. In hypnotic states, it can feel very real however with a little comforting word from me she soon got over this. However, she started to see her life from an outside perspective. It was at this point while observing this life she recognized an old friend who has been with her helping during these lives. She was one of her spirit guides. This guide was by the little girl's side as she passed. She also helped her move on before she suffered too much in this life. Well, it turned out to be a life as a small girl who was mentally retarded. She found herself in a dark cellar where she couldn't see or breathe properly. On the second regression, she was taken back here and given all the facts. It turned out that her father is so ashamed of his mentally retarded girl he decided to brick her up alive in the cellar, rather than face his preserved shame from the local townsfolk. So back to her present life and her fear of water. It turned out she didn't drown obviously but she did suffocate in the dark behind the wall. So, this memory had bled through to this life as a phobia of drowning. After she came back into consciousness she immediately felt better about her fear of water. Once she understood where it came from and sent healing back to this early life of hers it broke that fear. Now she tells me she is booking a cruise in the Caribbean. Another successful past life regression was completed.

### Chapter 3 Meditation Experiences & Beyond

In this chapter, I am going to speak about meditation and how so vitally important it is currently. I have struggled to meditate for years after listening to so-called meditation experts. I found the more I did this regression and “higher self” work the more my connection to my “higher self” improved dramatically. This has led to some incredible meditations and experiences and advancements in more knowledge of how this reality works and our purposes here. In the time we find ourselves now with this rollout of this experimental drug on humanity, I am picking my words carefully because of the level of censorship at the time of writing this (Feb 2022). Please try and read between the lines, so to speak. This certain medicine which has been given to millions is having dramatic health effects on a certain percentage of those who took it. My “higher self” imparted to be a wonderful meditation practice to detox the body of ANY toxin including this experimental one. The key to doing it though is having the profound belief it will work. This is because like I said before, very powerful creator beings once we realize this, we can create whatever reality we want.

This meditation came to me while I was sitting in the sun taking in the healing benefits of the sun and speaking in light codes from the sun (I will talk about this later) Basically, I was shown how to ground with mother earth in the 7D reality and connect to trees there, while at the same time connecting to source energy. I was told by my higher self to breathe inwards deeply pulling in source energy from around me and my heart center. I was then told to attach this source of energy to any toxins in all my cells in the body. I was then told to exhale violently and visualize all these toxins going to the trees who would recycle this back to the source through their direct connection. I was instructed to keep doing this until I feel it has worked. I was told to do this meditation frequently because of all the toxins in the air and the food we eat. The most important message in this meditation was the fact it can get rid of the toxins from the experimental substance which has been given to millions. We as creator beings can do anything just by the power of visualization and belief in an outcome. This works because in this reality we experience physicality but, it is just a game,

and we are the coders. We just must realize this, and it will be true. For instance, I never thought I would be a writer until my mother-in-law put the suggestion to me. I decided after a little contemplation that I was going to make this happen and here I am writing my first book. So, thank you Ina for giving me the nudge in the right direction.

Back to this meditation above, I was told to get it online immediately, so I put it on YouTube [HERE](#). If you can't access this link because you are reading the paperback version, please just follow my instructions above and your higher self will help if it's needed. I have also created more guided meditations to relieve constipation HAHA, I hear you say. But yes, millions of people especially ladies suffer from this. If you are one of them, please click [HERE](#) to listen to my free mp3 for this. Another powerful meditation I created was one to heal others and heal the realm we are in. It is the same as the one above where you create a connection to source energy and ground to mother earth. This time though as in inhaling just visualize creating a ball of energy with your hands. As you breathe in you are charging this ball with a pure source of love energy and your powerful lover energy. On the exhale once you have charged the ball up visualize that healing energy shooting off to the person or place you want to heal. I personally once exhaled. I enjoy the moment in between breaths to just visualize the energy surrounding the person or place and just sit back and feel the love you have sent. Also, visualize the person or place receiving that loving healing source energy. This dramatically increases the potency of this meditation. Give it a try and you will get reports from loved ones of the good feeling they have. My dog receives healing from me regularly and he loves it.

Speaking of my dog Prince, I had an amazing experience during a meditation a few weeks ago. I was pondering the question while meditating about dogs being part of our soul family. I will explain exactly what a soul family is to those who may not be aware. Well, it is quite simple, when we are in-between lives in this realm and others, we gather with our family of souls who like to reincarnate together. Oh, I am talking about the organic reincarnation and not the false light

reincarnation trap, which has been dismantled by the way by us in higher realms of existence. So, in this state, we all decide what lessons and experiences we want to have in this realm and others. We decide who's going to be the mother, Father, and son and who's going to be the wife and husband. Right down to the smallest encounter we have with each other to give us the experience we want. At this point in my explanation of a soul family, you need to take a step back and see the bigger picture. So, I am going to use the analogy of the kids playing a computer game. You in the in-between are the kids and your life is the computer game they are playing. So, one kid decides to be the good guy and one of the others decides to play the bad guy. This is done so we can play the game like we wanted before we started. So, for example in your life, you could have a relationship with a violent partner, so you experience the pain and suffering from that. Like I said earlier, look at this from a higher perspective. So, you decided to be the victim this time and another soul family member agreed to play the violent partner. This is done with the greatest love imaginable just to allow your soul to grow from this violent relationship. This is what a soul family is, just a huge bunch of friends experiencing the huge game called life.

So, with that explanation done I will go back to my meditation about my doggy Prince. I was wondering if my dog was going to come into my experience again after he passed. To my utter amazement, I started to get communication from Prince's higher self. He told me that I would indeed see him again because he is part of my soul family. All cats and dogs are souls just like me and you who just decided to experience life in this realm as a dog or cat instead of a human. I was told that Prince came into our lives when we needed it most. My wife and I had problems financially and it started straining us. Not in a relationship way but just money-wise. Anyway, Prince came here to help me and my wife with the unconditional love dogs have for us. Anyone who meets my dog always wants to adopt him because of the love he gives out freely.

Chapter 4 Manifestation & How We All Can It

Manifesting your reality is what we all do every second of every day by our thoughts, energy, and intentions. The bad guys in this realm are experts at this and they like to keep this information to themselves while practicing it on us. Let me explain. The bad ones in this realm have the hidden knowledge that we are creator beings who can manifest our reality at will once we know-how. However, for these souls incarnated here to play the bad ones have had their connection to the source energy nearly cut off. This was done so they could play this game as intended. But., one of the downsides to this disconnection is the limited ability to manifest themselves without the help of others. So, let's delve into the min set of one of these bad guys. Let's say they want everyone on the planet to take a certain substance that is not in our best interest. They know they need to create a reality where this can happen. So, what do they do, they use their wealth and influence and blackmail to create a reality where not only will the people take this experimental substance they are actively begging for it, cueing up in the rain to get it. Also, they demonize anyone who does not want it.

They do this by using fear to get people to do their will. The people watch the lying machine in the corner of the room or otherwise known as the TV. The tell-a-lie-using-vision box tells them what to think and what is real and slowly programs them with the agenda they want you to follow. It's no coincidence is it that the TV has "Programmes" to watch program you and they use spell casting on you by their "Broad-Casts" which beam broad coincidence casting spells directly into your head using a flickering on the screen which hypnotizes broadcasts you into taking in the broadcast programs. So, as you watch all these broadcasts right with their spells encoded you start to imagine a world that they want you to create for them. So back to the current situation where they have been using these broadcasts to tell everyone about the dangers of the mysterious infection which made the flu disappear overnight mmm yea right overnight. This fear which was generated by the media starts to create the reality they wanted all along.

This type of manifesting though is not the most powerful, the reason being the ones falling for this lie are the ones who are spiritually not awake yet in this realm. So, their manifestation powers are very small compared to anyone reading this book. This is because they use mass hypnosis on the masses, this accumulates over time because so many millions are believing the rubbish on the tell a lie using a vision box. Therefore it is so important that the truth about our true nature and where we come from and the creator powers, we truly possess get out there. Thus, the pushed me to write this in the first place. Because as I will go into later the powers, we possess are mighty and the new Earth which we have co-created with our source and our higher self truly is amazing and has never existed before. More details later in the book.

Right, let's get to the good stuff and give you some information on how best to approach manifesting things in your life that you want. The first thing to do is meditate and get that connection to mother Earth and the source creator. Once you have done this, start to imagine what it is that you want in your life. So, let's assume you want to pay for the new house somewhere. This is what I am manifesting right now. A four-bedroom house made of logs in a clearing with a river and lake. In this reality, we do not eat or consume anything. I can communicate with all beings and even with water and rocks. I imagine the emotions attached to this reality and the smells and the textures of the house and the grass and the water at the end of the garden.

These methods are very powerful, also in the physical realm, you could book a viewing of the house of your dreams even if you cannot afford it yet. Also, an incredibly powerful action you can take to manifest what you want is to talk about it like it has already happened. We can cast spells also by spelling out the words. For example, if you want this dream house. Just try saying out loud "Why do I own such a beautiful log-based four-bedroomed house? The more specific you are the more you will manifest exactly what you want. If you practice these manifestations while in meditation you will

amplify their effectiveness. Also, be careful of the wording you use. For instance, if you want more money, do not say "I want to win the lottery" because the universe will listen to you and give you the "Want" for more money but not the actual money. After all, you asked, " I WANT to win the lottery" See what I mean. I used the "Why" do I have ..... whatever it is. This way the universe will answer from the perspective that you already have that house of whatever it is. So, for the lottery manifestation just say something like "Why do I have more money than I could spend in this lifetime" It is simple really and anyone can do it, this is what scares the bad guys. Once this information becomes common knowledge, we will just manifest out of this situation we are in right now. This is exactly what is going to happen by the way.

## Chapter 5 All-Time exists simultaneously

In this chapter, I want to discuss how all times exist at the same time. The reason for me going into this concept is, that I want you to realize what we do now can alter the past as well as the future. Well, for your timeline anyway. Let's use the analogy of an old vinyl record. The big ones with the continuous groove start on the edge and go round in circles till it reaches the middle. So, let's assume the needle which rests in these grooves to play the music is your consciousness. Just like the needle, wherever your consciousness is pointed is that on your timeline your experience. So, at the beginning of the record is your past, let's say the middle groove area is what you are experiencing now. So, the middle of the record is your future lives. But let's just stop there, when I said your future life. That future has already existed and always has just like the grooves in the vinyl record. But, from your perspective, it seems like the future.

In my so-called "Past life regressions" the participants believe it's a past life because it was set in 1850 for example. However, from a



bigger vantage point outside of time, it is just another point where your consciousness is pointed. We come into this big game reality at any point in the timeline. So, your next incarnation in your soul's journey may be in the 1850s and not in the future from this perspective now. Therefore, I said going back to a past life can change a future as far as your soul's progression goes. For instance, let's say I have a specific lesson I need to learn next, like stop gambling for example. Let's say the life you have now is a gambler and you can't stop. So, let's assume you die in this life still addicted to gambling. The next incarnation could be in the 1930s so from a soul's point of view you still need to experience stopping gambling. So, let's fast forward to this new incarnation which started in the 1930s. At some point in this life, you learned your lesson and quit gambling for good. Let's assume you die in this life and reincarnate in the 1990s. This time round in this era it's different. The reason why is because your soul has gone through this experience of being addicted to gambling, and now you don't need to experience that again. This can happen for future and past lives since time is an illusion, we created wherein this game we call life.

Also on this huge vinyl record example, you can incarnate on other planets or other dimensions just depending on the progression of your soul. Therefore, some people can never see your point of view. For example, if you are reading this and you still believe in hell as a punishment for sin, you will never be able to believe your experiences and take on reality because you are not open to that frequency yet because of a lack of incarnations. You are not wrong from your soul's journey because this is where you may be and perhaps lessons you learn from having this point of view may be lessons, I still must experience. So maybe in the next incarnation, our roles could be swapped. I may be the one reading your book on our reality and you now experiencing what I have already done in this life. This stuff can make your head wobble but, if you just keep the view that these lives are just experiences in a game, we all co-create to experience being in a physical form, it starts to make more sense. Wee, I hope I am making sense to you lol.

## Chapter 6 Does Evil Exist

This is a subject that can trigger the most enlightened of us because it can be so painful to be the victim of such diabolical evil which seems to exist in this reality. My view on this at the time of writing this book. I say this because my view has changed and adapted in my life. So, now, I believe evil does exist in this game we created called Earth the bigger game of the universe. I believe we agreed for this evil to exist here so it can provide the growing opportunity for our souls. After all, how could we experience the emotions and tribulations in these lives if evil did not exist? I also think evil as an entity does exist as well but like I have said before all creatures and coming came from one source of energy. So, in essence, even the vilest entity is just like us. You could say they are incredibly brave to play these evil doers. Knowing that the connection to perfect love which comes from the source is nearly cut off altogether. As this book progresses, I keep touching on these truths because you need to understand this in this reality so you can forgive and understand why this evil is allowed to exist on Earth and beyond. However, I do feel now that this evil has nearly played out in this realm. We as a humanity are heading for times much more in harmony with source creation and a place of unimaginable beauty.

So even the most child molesting, murdering gut-wrenching entities around today deserve our love and forgiveness when viewed from this vantage point outside these realities. When viewed from a huge game perspective with the intention for you to grow spiritually these things are required. Another way of looking at it is if these evil entities exist in human form as well as we all know they do. Then that leads to only one conclusion, that we too have been these evil ones or maybe we will be in other lives. Because, if we truly want to experience everything and every perspective, we need to be these evildoers to experience it. Not a nice thought I know, but it is a necessity I believe to take all this knowledge in and grow as a soul. Also, please

remember it is just a huge game where we take turns playing goodies and baddies just like in the old films.

I also believe the false light god which created the false light reincarnation trap is also a part we all need to play to experience every aspect of this physicality. This may trigger you greatly, but I am confident that this is the case. Infinity is a long time that never ends, just thinking about infinity blows my mind. But, with infinity being real we have all the time needed for every soul or spirit which is a splinter of source energy to play the creator God of the false light and Satan as well. Wow blows the cobwebs off my mind just writing about it never mind experiencing it. WOW what an amazing reality we created as splinters of the source.

At this point since we are talking about evil and the ones which are playing the roles of these entities, I would like to tell you about the adventures me and my wife Gilly have been having with these entities recently. Having said that it has been going on for years now, I shall tell you how it begins many years ago. When we first got together at our first house, we experienced a lot of spiritual activity. For instance, we the ghost of an old guy that used to live there. He used to walk down the drive at least 4 times a week. It wasn't a ghost as in a human soul wandering around. He was like a memory imprinted in that area and it kept replaying repeatedly. We did not know it at the time, but it was my wife mainly back then who attracted this activity. It wasn't until very recently that we realized the truth of what is happening with all these entities which visit us. Back to my story about our first house. One day Gilly was alone in the house, and she was in the bedroom, she walked out to the bathroom for a minute and by the time she entered the room again every door in the room had opened and all the doors in the kitchen had opened as well. I may add here that her teenage daughter lived with us there and I know poltergeist activity seems to happen to allot around teenage girls. However other activities started to occur as well. Such as, my stepson saw a hand closing his door, it was a male hand, and I was not even in the house at the time. We moved out of this around a year later. Not because of this activity because it just fascinated us.

We moved into another property for a few years with little activity. Nothing worth mentioning. Apart from this fact, my wife was actively trying to shut down her gift to attract these entities whatever they were. Fast forward a few years and the next property was a different game. In this new property, we discovered not long after moving in that we had a portal at the top of the stairs which had been opened apparently by previous occupiers when they were messing around with an Ouija board. They did not close the portal they had accidentally opened. What happened over the next few months was a cascade of entities and activity. Some bad entities some just wandering souls who were lost. Also, at this stage in our lives we had opened spiritually and with knowledge acquired we decide to help these certain entities which were lost.

This went on for a while, too at this point was starting to develop my ways of dealing with them. Then one day something very evil entered our property from this portal which seemed to be able to open itself now and then. This time though this was the very nasty earthbound spirit of an old man who had had an evil life and believed he was bound for Hell. This made in determined not to move on. This led to anger with anyone who is happy and with a family. What he did next though was beyond my limit of tolerance. I was in the kitchen and walked out after feeling his presence again. I walked back into the kitchen and the angry spirit had turned on all the electric rings and had placed towels on them to set fire and try and burn us alive. When I saw this my rage at this entity was pure and just because she tried to kill my family. So, I just commanded him to leave this property and never come back. Suffice to say we never heard a peep from him after that. In hindsight, if this happened now, I would just shower him in love and forgiveness and send him back to the light and let him heal. However back in those days, I was not as forgiving as I am now.

I contacted a friend of mine who is very gifted in this realm, she told me she saw the entire incident and was very proud of me and my banishment lol. At this point, I and my wife Gilly continued to gather experience and knowledge about these entities and what it is all about.

When I realized the true nature of our reality and the fact it is all a game I changed quite dramatically in my empathy and loving towards these negative entities which visited us. Now, up to the present day, we are both very capable of moving these entities with love back to the light and rediscovering their connection to source energy. This brings me up to the present day nearly. I will tell you now where we are at with these entities. Quite recently I discovered the reason why we were getting an increase in negative energies entering our house. It became apparent to me through my meditations and communications with my higher self, that these entities are coming to our house for help.

For example, the other week it started with cold spots in the house and my dog acting weird like he does when these things happen. This particular entity I started to deal with at the same time as my wife. What this entity said was it was tired of being evil and doing evil things, but it did not know how to stop. I told him what I have talked about earlier and told him that he is just playing a role in a game. He started to understand this and when I explained how brave he had been playing these parts virtually cut off from the source, his energy began to change. He then told me he could see a glimmer of light in himself. I told him this is his connection to his “source”, and he needed to follow and expand this light to get healed. My wife at this point was pulling in the loving source of energy from one hand through her heart center and out through her other hand to this entity.

She said when this first started her arm was cold from its energy but as the source of love, the energy went into him it warmed up. At this point, he was communicating with my wife, and I started to change his frequency as he re-established his connection to the source of love energy. He then thanked us both for our help and went on to tell us that we will be getting a lot more coming soon because the frequency of this realm is changing more and more players of the negative side are waking up to what they are. They see healing light and are attracted to this light to get out of their situation. What happened that night though was nothing compared to this. I went to sleep, and it did not take long for the show to begin. In my dream state, I have access

to a lot more abilities than we all do. What started to happen represented itself as a blue light on the top of the wall in front of my bed. I have very recently discovered this blue energy is the energy I use to send healing in my meditation journeys. So back to this dream state, what started to happen is these entities that the previous entity had spoken of had been waiting for the first healing to happen.

So, in this dream state, the entities were entering on the left-hand side of this blue light and receiving instantly the healing they needed to reconnect to source energy and move on to the next part of their journey. The longer this went on the faster this healing was happening so by the time I had finished hundreds of negative beings had been healed and returned from their journeys disconnected from the source. Truly remarkable loving beings have sacrificed themselves to go through this just to allow us to grow through experiences in this realm. Me, and my wife also as we would not have got to this point if we had not gone through these spiritual attacks, including the one which tried to burn us alive.

## Chapter 7 Combining Spiritual and Fasting Healing

In this chapter, I want to try and help you heal using a combination of "Fasting" "Intermittent Fasting" and "Meditation" I just to clarify I am not a doctor (thankfully) so I am not qualified in the official sense. However, as you read on this is not a bad direction to come from. So, let's start with a brief history of health and doctors and the two should not be said in the same sentence. The reason for my view is the truth I have discovered about our current way of treating people for ailments and diseases. If we go back in time 120 years, the way we treated people was not the same as we treat people now. These days in general, people were so much better off health-wise. This is contrary to the common belief which is constantly taught in schools worldwide. We took the approach of using knowledge been passed down for hundreds of years of using herbs and plants to cure people of diseases and ailments. The lifestyle we led back then was a lot

healthier as well. For instance, we ate natural organic fruits and vegetables. These were eaten in season only which is the right and healthy way to have them. We also ate a lot of fattier meats which is another contradiction to the brainwashing, which is now prevalent, which says fats are bad for you. Nothing is further from the truth. For example, if you put yourself on a low-fat diet, your body reacts by holding onto the fat stores it has because it is assessing the situation that you have entered a period of hunger. So, it's a defense to hold on to the fat as much as possible. The body also has a hunger for more carbs at these times because of its natural "defence" against hunger. Both factors have two main effects on the body. You find it harder to lose weight as this is the prime reason the propaganda machine tells you low-fat equals losing weight. When in fact it has the opposite effect. Also, the brain thrives on fat and a low-fat diet is very detrimental to our mental state and linked to dementia.

You may be thinking what's this sort of information doing in a book like this? Well, the simple answer is if you have a healthy body and immune system and no dependency on the biggest drug dealers in the world. You will be more spiritually connected to the source and your progress in this big game will be speeded up. This is the main reason the pharmaceutical companies were created. For the elites of this realm to get incredibly rich and powerful. Plus, they want a population that is dumbed down and sick, in fact, so sick they are too busy being a loyal drug dealer's customer i.e., the pharmaceutical industry they never realize the truth. So back in the early part of the last century, the elites decided using petroleum by-products was a great way to poison us and make us unhealthy while lining their pockets. The truth is we would not be in this mess we are in at the time of writing this book if this was taken over by the elites of the way we take care of our bodies.

They also outlawed all the old ways of treating disease and ailments and made it only legal to practice medicine if you adopted their profit poison-driven methods. They also funded all the hospitals to be built and used the newspapers to promote their wonderful new way of poisoning, oh I mean healing you. They then paid for all the institutions

to teach these ways of treating us and then it just got worse and worse. To the point where even if you say you can cure cancer using whatever method, you will be put in prison. However, if you treat cancer with the same stuff which creates cancer, i.e., the radiation you can make a fortune. All I would say on this is if I ever got diagnosed with the big C I would just stop eating and let my body heal itself. Your body is a wonderful healing organic machine. We just need to get out of the way of its healing abilities. The reason I would use fasting as a method of healing is that when we eat, we put tremendous strain on our healing system. This is because the amount of energy required to digest food, plus the medical authorities have brainwashed us up to eat 3 to 4 meals a day puts a continuous strain on our healing system. The amount of energy required to constantly digest this food is immense.

So, if you aren't suffering from any major ailments but you want to lose some fat and get healthier and heal some niggling ailments. Such as a bad back like I was, intermittent fasting is the best method to achieve this and a very natural healthy way for the body to thrive in. This is because you dramatically cut down on the amount of time you eat in a day. So instead of eating constantly during the day. You will instead eat your requirements in a 4 to 6-hour window. I personally now eat once a day, but it is a substantial meal with lots of protein and no carbs but plenty of fat. I don't count the calories. However, I do think that only eating 1 meal a day means I never seem to go over 2000 Cals. So, this way of eating is fantastic for losing weight and healing at the same time.

I suffered from a bad back brought on by my previous long-time manual job. Also, the fact I was overweight added to it as well. So, once I started this way of living my weight dropped and my back healed within weeks. So much so that I am deadlifting a very respectable weight in my garage gym. As well as these modalities I also use a pyramid which I will cover in another chapter to heal my body also.



As for the spiritual side of healing and keeping healthy as well as protecting yourself from negative influences and entities. We shall discuss ways in which you can achieve this. For instance, when I go to bed at night and when I get a shower, I do these mini meditations. Just before I go to sleep, I put protection all around my house, like a sphere that goes into the ground and all around the house. In this first part of the protection, I visualize a 2-inch-thick organic plastic that is impervious to any negativity from passing through it. I then visualize another sphere on top of that which is made from a source of love and protection. I create a golden light that pours all over the sphere and on this liquid light, I put "No Consent" This is important to put "no consent" and not put "I do not consent" The reason for this is because the word "Not" creates a "knot" in their spells. So always just say "No Consent" After I have done this, I then create mirrors that engulf this sphere. These mirrors then turn into a liquid mirror which molds all around the sphere. The purpose of these is to reflect 10 times whatever is trying to penetrate with negativity. This alone will deter most negative entities. Once completed I do the same process, but with the sphere this time circling the bed I am in with my wife and dog of course lol. Once this is completed, I do the same round with my wife, dog, and me. Since I have been doing this in a nightly fashion I have been sleeping so much more soundly and with no memories of negative influences entering my dreams.

The second spiritual practice I do is when I get a shower in the morning. I will shower as normal but before I get out, I will turn my back to the shower and visualize myself connecting to mother Earth and grounding myself to a 7D Earth and not the 3D version. I then visualize golden source light showing down on me like tiny crystals. I then say out loud that I am washing away any negativity or any negative entities which may be trying to attach to me. When I have done that, I will say out loud I am manifesting what I want in my life or for others. These two practices if performed every day and night will significantly increase your connection to your source and bring your life closer to your manifesting desires.

## Chapter 8 Incredible Power of The Pyramid

In this chapter, I want to discuss the amazing healing and manifesting power of the pyramid structure as well as how powerful meditating is under these shapes. I have constructed my pyramid using instructions from an amazing YouTube channel called "Pyramid Science Foundation." On this channel, you will find a playlist of videos that go through the construction of one of these pyramids. You must make them to his specific measurements because the angle of the pyramid needs to be 76 degrees if my memory serves. The angles of these pyramids are the same as lots and lots of church spires. The reason for this is that these churches were not used for religious purposes to start with. Or at least not all of them were. You see if you are under these spires the energy can be multiplied. So, if you went into these buildings to receive healing from the frequencies which came out of the huge organs they used there. These organs had incredible effects on people who were suffering from dis-ease and the shape of the church spires amplified these healing frequencies. Another benefit of these spires was harnessing the free energy in the ether and transmitting it wirelessly and with beneficial properties as well unlike the dirty electricity, we use now.

If you look at the old buildings around the world you will notice these spires more and more. These buildings are from a time when the earth was in a more harmonious time where free energy was available, and people were more enlightened in general. This time though was ended by the elites and their greedy world domineering plans. More on this subject later. Back to my pyramid, is made from PVC plastic pipes. The type a plumber would use. It cost me approx. £50 to make or around \$70 in U.S currency. It was certainly worth the money because one of the journeys I am going to tell you about happened while meditating under my pyramid. I was guided by my higher self in this realm to a 7D earth where we are all going to be soon. This journey will take a whole chapter to describe, which I will later.

Another reason I made the pyramid was my desire to get rid of my bad back which had been troubling me a lot as mentioned earlier. With the help of the pyramid and my fasting, it soon cleared up. All I did to achieve this was meditate outside under my pyramid while it was sunny. I visualize myself in my mini gym in my garage lifting heavy weights again as I did a few years earlier. I also visualized myself being successful in my hypnosis career and other activities. I did this meditation around 5 times and within 2 weeks approx. I was back in my mini garage lifting weight and my back has healed 100%. Pretty amazing since my back has been bothering me for years, mainly due to the manual job I did when I was younger. So, for me, a pyramid is a vital tool for healing and manifesting and I would highly recommend making one or buying one from the YouTube channel I mentioned earlier.

## Chapter 9 Meditation Experience Into a 7D Reality

This Meditation experience happened while under my pyramid. I was guided to do so by my higher self, I have noticed the more I am doing hypnosis sessions where I communicate with people's higher selves the more my connection to my higher self appears to grow. I was told by a friend of mine this would happen when you start to practice past life regressions with people. Anyway, back to the meditation. I started my meditation as normal, by grounding Mother Earth. However, this time I followed my higher self-instruction and connected and grounded to a 7D Earth which already exists on a spiritual level. It is hard to put into words the type of 7D Earth I am talking about, but it is like a dimension where something very special is happening. It is a realm that has never existed before, when I say realm, I am not talking about a 7D that never existed before but, the type of being which is going to exist there. This being has never existed in the multiverse I believe.

Let me get back on track here as I try to explain this incredible journey I went on. So, as I grounded to this 7D Earth I immediately saw a group of beings around me and a tall being in the middle who seemed to be the main character so to speak. As these came close, I recognized my dead Grandfather on my dad's side. He was very prominent and told me telepathically that he was my main guide who had been with me always even when he was alive in the 3D world. This is possible because we can exist in multiple states and times at the same time as I described earlier in the book. So, after I shed a few tears of joy and a huge intake of air I noticed the place where I was, was the place I had been visualizing under my pyramid and have found out since then a lot of other people have been doing the same. So, we truly are creator beings. In this 7D reality, all the animals and insects and water and plants all lived in harmony as there is no consumption in this realm. We all get energy from the sun and don't eat anything if we choose to. This 7D Earth we created is so pristine and beautiful. All life communicates instantly with each other. Even the rocks and air have consciousness, a true source of a love-orientated world. I noticed also there was a campfire or something which looks like a campfire but later turns out to be something else.

So, as I look around, I notice there are other groups of people here and different versions of each other. I notice that at the back of some of these beings was my higher self which I have never experienced before. But I was in for a shock because all the beings I could see were other versions of ME! Wow, this took me aback, they didn't look like me physically, but I could just sense and know I was being shown a world where we are all coming together for a specific reason. I will reveal this reason very soon as these experiences unfold. I was told by my higher self that something very special is happening in this world and we are a crucial part of it. At this point, I was shown how to connect with this dimension easily with my meditations. My "higher self" took me through what seemed to be the fire and shot through dimensions and came back to 3D Earth under my pyramid. I was told that I can send love and manifestations through this connection and the other versions of me by sending loving energy back, creating a looping effect that will help to bring us in 3D into this 7D reality. At

the time of writing this book, I do not know if this means dying here and reincarnating these or maybe we just start to experience a higher and higher frequency while in these bodies until we don't even see the 3D version and only experience this higher realm. A bit like changing the frequency of the radio and tuning in to a different reality altogether.

At this point, the meditation experience ended, and I just jumped up, grabbed my phone, and made my most exciting YouTube video ever. I just could not wait to tell others about the new Earth awaiting us. In my next meditation, the whole enormity of this new Earth came to light. This time I was instructed to meditate on my bed and not under the pyramid. I found this a bit strange but in hindsight, I am glad I did not because I may have stayed there lol. So, in this meditation, I did the same as before and was grounded in this 7D reality. I was transported from this dimension straight into the 7D version. I came through what I assumed last time to be a campfire. However, I realized this time it was a mini sun which we have all gathered around. This is a portal set up for all of us to access this realm whenever we want.

This time I noticed that there was a clearer picture of me, and my other versions and it became clear what the excitement of this place is about. The reason I was told and sort of knew instinctively is we are going to become a new being in this realm. A being that has never existed before. I will try my best to describe this new being, it is a being with all the fractals of themselves which split off and went into a different experience when they first split off from the source. Not only will this being have all the essences and knowledge and experiences of the millions of versions of ourselves that exist, but a part of our "higher self" will incarnate into these new types of being. It is a never-existing being, a sort of amalgamation of spirit energy and a physical form with all the knowledge of everything in one being. You could say like a God type of being, not wanting to sound too grand here but this new being will be able to manifest instantly and has the wisdom and experience to handle it and not miss use the gifts. The most important aspect though is the fact that a part of your higher self will exist as part of this being.

Like I said earlier this being has never existed before and the journey we are going through on the 3D Earth has never happened before. We on this Earth are the badass warriors who come into this extreme reality we have on Earth. But not only is it extreme but we must learn from nothing and become this amazing version of ourselves. Countless civilizations and beings are watching this outcome right now because it has never happened before. But once it does this a new being will be the next step in the game experience we created from the highest realms with our higher selves. The beings who are watching are letting us do the hard work and do this first and then they will make their number of agreements and come into this reality and start the process. The amount of knowledge and experience required to even be ready to try this new existence is immense. I access a fraction of our lives during my regressions, but I know it is a drop in the ocean of the number of lives we have had in this multiverse to get us to the point we are at now. I can't wait to experience an existence like this and have the freedom again to do whatever and create whatever we want using our wisdom of course. As I am writing this book, I will carry on having meditation experiences and will add to this story as and when it happens. I realized at this point why my "higher self" had told me to meditate on the bed because if I was under the pyramid the experience would have been so good, I wouldn't have wanted to come back lol.

## Chapter 10 Return to 7D Reality

In the last chapter, I said I would update this book as new experiences happen through my meditations. Well, I did not think it would be the next day but, here I am writing it. Another revelation has been given to me during my morning meditation. How I started my meditation was in my bedroom with me laying in a bed under the covers. This is a new way for me but, I was just following guidance from my inner

voice which is my higher self. As I have mentioned before my interactions are getting more and more vivid with my higher self. After this meditation, it becomes clear why this connection is stronger and stronger for me and huge amounts of others in this realm. I started my meditation in the usual way by deep breathing and connecting to Mother Earth, this time though I was guided to “ground” to this 3D Earth and the other 7D Earth at the same time.

It becomes clear why I did this when I explain more. On a side note, my higher self and my team of other higher selves told me to add this to this book straight away. It is even more important than making a YouTube video on this journey. My intention before I started this meditation was to send healing to my mother-in-law Ina as she is ill now. I will tell you about that experience and what we can all do to heal others a little bit. So, as I started to meditate, I seemed to be struggling to connect to the source of loving energy. At this point, my trusty partner in meditation i.e., my beautiful dog Prince helped me out. I just connected with him as he lay on the bed next to me. The love I have for my dog is just so pure and his love back is incredible and selfless. I am sure you all know what I mean if you are lucky enough to have a dog.

Once I felt this love it transported me to meet my higher self again. I do this by using my hypnosis techniques on myself while meditating. I went to my crystal elevator which takes me through the dimensions to the very highest I can access at this time in my soul's journey. For me, this takes just seconds because I have done it so many times in the past. Once I reached the highest dimension where my higher self operates from, well, for now anyway. Will explain more on this aspect in a little bit. Once I greeted my higher self and other members of our team who are also in their higher self-forms, tears fell down my face and the breath was taken out of me. The reason for this is when you get that connection to these realms you access the purest form of love, the sort of love you get from the source creator. It is blissful and so wonderful. It just makes you so happy and content. After I greeted my soul team, my higher self and I shot through the dimensions through the sun portal into the 7D Earth I had experienced before.

This time though the information I was given was more details about how this reality is going to be our reality and how it is going to happen. I was told in an analogy that I have used before when describing how we manifest our reality into our experience. I was shown using this analogy how I and millions of others are creating a film reel so to speak of this 7D Earth. In this film reel, we are creating something never experienced before as I have said before. But the point which was being made is we are not going to jump suddenly to a new Earth which is 7D. These experiences which I have been having on this 7D Earth are what our Earth which we are in now is going to exist. It is us with our higher selves who are creating this reel on a film so to speak and the 7D experiences I have been having are the projection from this reel we are all creating. So, from our 3D world, we will start to see changes that bring us to this 7D reality in our lifetimes. The reason is that we are all entering this new type of being which is not constrained like our 3D versions of us are.

Also, the reason why I can access my higher self a lot easier than before is the fact our higher selves are starting to integrate into these 3D bodies. So, the new being which has never existed is going to be us but with all our other aspects and experiences combined. I was told we will change physically to a degree depending on what we want to look like basically. But our new improved bodies will not want food or need any type of exterior energy. We will get our energy from the Sun and source directly which we access internally. This will give us the ability to create a world where there is no starvation or killing of anything so the other being can survive like it is now in this 3D realm. Because of this type of existence, we will be operating from a 7th dimension, so experiences are getting clearer as time goes by and this is giving me access to a higher dimension. This is giving me access to clearer details than before.

What I find so exciting and wonderful is that we as we are now are going to be experiencing this 7D reality in these bodies we have now, improved versions of us I am sure, but we will experience these beautiful realities in our lifetime. I am sure more and more details will



come through as we all progress on this journey to a brand-new way of existing with our higher selves being part of the experience as well. I hope I am describing my experiences well because it is hard to put down in writing what I am seeing and feeling. This is the first book I have ever dreamed of writing so please stay with me as I try lol.

At this point in this experience, I was transformed into this body that will exist in this realm. What I mean by that is I experienced all the other aspects of me from other lives and my higher self-coming together in one body. It was an experience that words fail to describe, If I was you and wanted to know how it felt I would try it yourself. It is the most natural process ever and when you start to access these realms you will know exactly what I am trying to describe here. However, I will try to put into words the incredible pure loving creative power I felt when all our aspects are in one place. I felt like I was growing to a being around 9ft tall or thereabouts. I felt lighter though but so strong. I also felt the incredible power I possessed, which we all will possess when we are ready. Therefore, we will not all experience this reality at the same time. As you can imagine a nonspiritual being had these powers suddenly, they wouldn't be able to handle it and it would be disastrous for others too. I looked down at myself and I seemed to be a brownish color but my body was like a glowing body. I had an energy that expanded from this physical body to any proportion I wanted. In fact, in this new 7D reality all beings have this ability. It will enable us all to communicate instantly and with anything in this realm. This explains the connectivity I felt in my previous experiences there.

## Chapter 11 Sending Healing to My mother-in-law

I mentioned in the last chapter, I was going to explain the second part of the meditation from the previous chapter. After I had realized our 3D Earth is transforming into this 7D reality that already exists in the

way we manifest it. I asked my higher self to guide me in sending some healing to my mother-in-law Ina. I was instantly told I know how to do this, and I found myself looking over her house. I glided through the air and sat next to her on the sofa. She is blissfully unaware I was there. I noticed at this point the spiritual body I was in. I was a smaller version of the experience in the previous chapter. I was a pale brownish color but like a glowing figure with a smaller energy field around me.

I seemed to be accessing "Knowing" from my higher self or maybe another lifetime. I instinctively created a huge ball of blue healing energy and surrounded the house with it. A bit like the sphere of protection I put around my house. This time though it was blue healing energy. I put this sphere of energy all around the house. At this point, I started intaking deep breaths and expanded this ball of energy with my breath. I sent it to her and engulfed her with this pure loving healing energy. I also became aware of other healing energy coming through, I saw immediately that from this 7D existence which we are creating, more healing was coming from the portal between here and there. I cannot explain at this point how this happens if we are manifesting this reel of reality in preparation for us to transform into this new being. All I can say is it felt as real as all the other experiences. I am sure as time goes by the answers to how this all exists and doesn't exist yet will be explained. Blows my mind trying to explain this, but it is fun trying lol.

As I sat next to her and kept sending her these loving blue spheres of energy, I gently kissed her on the forehead and returned to the bedroom with my dog laid next to me. I had tears running down my face as I still felt all that pure love from my higher self and the realms, I had experienced. In the next chapter, I am going to try and explain how you can do this if you can't already of course.

## Chapter 12 How to Access Higher Realms

In this part of the book, I want to go through my journey of meditation and how I use my hypnosis techniques to help this. I am taking the approach here for total novices who have never meditated or tried self-hypnosis. Even if you are experienced at it you may still discover something new. I will start by explaining the hypnosis techniques and dispel any miss conceptions of hypnosis. As with everything beneficial in this world the elites have tried to demonize it with silly stage hypnosis broadcasted on the tell-a-lie-using-vision box. Firstly, I would like to start with the fact that hypnosis is a natural state. It is a state we enter up to 20 times a day. It's those times you find yourself staring into space and suddenly come back into the room. That is a hypnotic state. It is a very healing state to be in. For instance, you will heal 10 times faster in a state of hypnosis than you will when you sleep.

This is one of the reasons children heal much quicker than adults. This is because from the day you are born to around the age of 7 you are in this altered state. You need to be in this natural state so you can learn all the new information this world is showing you and experiences in it. This is one of the reasons the elites set up the school system or brainwashing system as I like to call it. In those earlier years, they can install the concept of authority and get used to following rules without thinking. Also wearing uniforms to comply to be the same and not to be individual. Also, all the rubbish they are showing kids today in schools is just plain wrong. Such as how to masturbate to four-year-olds. True brainwashing and sexualization of the young. So, my point is hypnosis is a natural state our bodies know how to go into. Another example of this is the times you start to drive to work, and you end up halfway there and realize you have been thinking about something else completely different. However, you drove the car automatically in a hypnotic state.

The way hypnosis is useful is for helping you access a very relaxed state which in turn helps you to reach other dimensions and realms while meditating. The technique I use is listening to my voice in my

head. This voice is the one I use when I am hypnotizing people. You need to slow your voice down and talk in a deeper calming voice. For instance, I will say in my head "take a deep breath in and hold it at the top" (wait 2 seconds) and say "and release" I do this three times in a row and then I say "you don't have to do anything just listen to my voice" This may sound weird to you, but when you practice this a few time you will start to get the method naturally. At this stage, I will personally keep breathing deeply, but you can breathe whichever way works the best.

At this stage of the self-hypnosis meditation, I will ground myself to Mother Earth, recently I have adapted this to the ground with higher vibrational Earth as well. I visualize going through the Earth with a cord coming from my lower back down deeply until I reach a crystal core of mother earth. I will also connect to the root of trees as well while I am doing this. I then literally cuddle the crystal mother earth and say thanks for giving me life. I also send my love from my heart center. I will stay in this place for a couple of minutes or if it takes to feel that unconditional love between you and mother earth. Once this is completed, I will connect with the source of love energy which is the creator of everything. We are all part of this source of energy, and we all fractured away from it to experience this physical limited form so we can grow and ultimately return to the source.

I find the easiest way to do this is to imagine a bright light of energy and maybe think about something you love. I use my dog Prince because of the unconditional love he has for me. This seems to raise my love and helps to connect with this source of energy. At this stage, you may have tried this but didn't feel the connection yet. In my experience, it will get better the more meditations you do, and as I said before for me it has improved since I do more work with others and their higher selves. Once you have grounded yourself and connected to source energy a good tactic is to try sending balls of love to other people or other countries. Whatever you like. I do this by breathing in source energy and letting a ball of energy form and when I exhale, I send this energy to whoever or whatever I want. Also, another method I was guided to use at this point was to use my source

of energy from within. My color is blue, and this is what works best for me. This knowledge came to me quite recently from my higher self. I would suggest using external source energy to start and try your healing energy when you get a "Knowing" from your higher self or intuition or whatever term you prefer.

After I have done this part, if I intend to reach a higher realm, I will go back to my self-hypnosis method and tell myself in my hypnotic voice in my head that I am going to meet my higher self. I do this by guiding myself to a crystal elevator that takes me through the dimensions to my higher self. When I am doing this, I also will say out loud that I only want to communicate with my higher self and nothing else. I will then reach the top of the elevator and greet my higher self. Once again, the more you do this the more you will find it a better experience. The more this connection is brought together between you and your higher self the better it will be. At this point, I will then ask my higher self any questions I have, and I always go with the instant replay you get in your head. This is nearly always the right one. For instance, when I meditated, I asked about healing my mother-in-law and straight away my "higher self" answered you already know what to do. This was true because I had been guided before to use my own blue healing energy ball.

At this point, your meditation will go in whichever direction is best for you. Today when I meditated, I knew instinctively that more information was coming my way about the 7D earth I talked about earlier. So, it is important to follow your inner guidance, and when you get used to this communication with yourself and your higher self you will have some incredible journeys and amazing insights into questions you may have been asking. When I have finished my meditations, I generally just tell myself to come back to full consciousness and reflect on the experience I just had.

Chapter 13 1850's Reset - Did We Instigate it?

In this chapter, I am going to put forward my inner standing of what happened in the 1850s or thereabouts. This information has come to me via meditations and thorough study of ancient buildings and with the help of confirmation from other enlightened souls in this realm. I would like to start by dispelling the myth that we are at the pinnacle of our technological advancement. For instance, we had wireless beneficial energy for all for free not that long ago. This energy was pulled from the ether which is all around us. This led us to the point of abundance and more time to pursue the activities we loved. The shape of the buildings also increased this energy harvesting, as I discussed before with the pyramid shapes at the top of them.

Also, you can find pictures of cars being charged by electricity which date back to what looks like the 1800s. So, we lived in a society where healing was free and not controlled by greedy psychopaths who just wanted to harm us with dirty forms of energy. Plus, they used the by-products from petroleum to create the drugs that poison us, oh sorry I mean help us lol. Of course, free energy was no good for these elites because it was a missed opportunity to control us further while lining their pockets at the same time. So, they caused a reset and wiped out this technology and introduced the combustion engine and the use of dirty electricity which flowed on wires. Of course, we were charged for this privilege, and this made us more dependent on earning a living to pay for this energy. Also, the fact we call it "Earning a living" says it all. We must earn money which they create out of fresh air just to LIVE! How ridiculous. This Earth is ours because Mother Earth lets us stay here for free. But suddenly, we must pay for it.

These factors have led us to the situation we find ourselves in at the minute. But I have a question which you may be shocked by. Did we instigate this situation ourselves? I don't mean the physical bodies we may have been in at this period but our eternal spiritual selves. Just look at it this way, we designed this big game we call life so we can grow as a soul and experience all that there is to experience. Well

through my meditations and confirmations by other like-minded individuals we have come up with this theory which I resonate with. So don't get triggered if you are from a religious perspective, just let this information settle with you and see what you think then.

If we are here to experience the growth of our souls in this physical reality and we find ourselves not being tested by this reality, we may have become lazy so to speak. Now I know this sounds contradictory to what we would like to experience now. However, the big difference is now we have lived through these hardships that the elites have put us through. So now as a soul, we are ready to move on to the next experience which may be in my opinion starting to remember more what we truly are. This will then lead us to the 7D reality being I talked about earlier. So back then we came up with the plan to take away all these devices and make it a lot harder in this game of life. This has led us to grow so much quicker and from a perspective not experienced before.

It makes perfect sense to me that we came up with this situation in the in-between lives and decided that certain members of our soul families were going to play these elites and take the disconnection from source energy. We then agreed for the Earth to unleash dramatic catastrophic events such as the "Mud flood" which I will talk about later in detail. As well as landslides, also, the earth's crust would quiver due to frequency use which made the surface turn into liquid. These effects can be duplicated now in laboratories, so it is not fantasy. This led to a mass depopulation and a wiping out of the people who knew about the free technologies etc. Before this took place the elites had made huge underground bunkers to escape these effects as well as stocking them up with many children across this realm. These children were then brought to the surface to repopulate this Earth as well as being told the new BS history the elites made up. One of these includes adding an extra thousand years to our history. This allowed them to add made-up stories to suit their agenda and lies.

Just imagine what the world must have looked like then, hardly any adults, just millions of children with their careers from the

underground bunkers. I have seen black and white photos of cities with nobody in them to support this, these photos are from a distance and are in the daytime. At this time these cities would have been bustling with movement and people and animals, but they are just empty. Therefore, the history books tell us all these buildings which are used for churches, courtrooms, and cathedrals are of such architecture which couldn't be built now. But we are expected to believe settlers to Australia for instance which we are told are all prisoners just suddenly got a way to build these structures before they even got set up properly.

The number of roads which would have needed to exist to get the stone from the quarries and the timber and tools which would have been needed simply didn't exist then. All these things point to the fact that there was a mass wiping out of humanity. Here is one fact which will make you think about this. Have you noticed all these buildings say they were "Founded" in whatever year they were built? But look at the word more closely, they were "Found" (ed) in these years. So, they simply reused the building for their elite purposes and claimed them to be theirs. A great way to amass huge wealth and properties worldwide. However, let's not forget we all decided on this plan from a spiritual perspective so don't be too hard on the "Baddies" because someone or something had to play this role to give us the expansion in our soul which is leading to the most incredible realm ever.

I think this time around though the elites are trying to do it all over again with these medical procedures because they are desperate to stop us from waking up. You see the last time this happened and maybe many times before in our history we had agreed to this to happen to us on a spiritual level. This time though the reason in the first place we agreed to this was to experience this hardship and remember who we are. I think the elites know so much about what I am talking about on certain aspects of the bigger picture. However, because they agreed to nearly sever their connection to source energy, they can only react from a 3D panic-driven mode. Therefore, they are desperate to create a digital reality where they can download their consciousness and live forever because they are terrified of dying. They probably think they are going to be severely punished for their



crimes. One part of me wants justice for all their criminality and horror but that's the human 3D part speaking. My higher self, which is embodied in me now since I have raised my frequency so to speak, is more forgiving because after all, it's just one big game as I keep saying.

Just pondering what I wrote just now, and I must admit I am feeling so much more forgiving for these characters after all that's all they are characters in this game who bravely cut themselves off from the source to experience what this is like. I hope my soul journey has already played these parts and does not need to go through the separation from source loving energy, mind you I know I have since I wouldn't be becoming this 7D version of myself as discussed before. Wow, this stuff blows my head off some days lol Hope you are following where I am going in this book because the point of me writing all this is to help everyone who reads it to rule their fear and forgive others. This will speed up your soul's journey as well as speed up everyone else's as well.

## Chapter 14 Meeting Mother Earth

This experience I am going to try and explain happened only yesterday while I was meditating under my pyramid. When I meditate under my pyramid I am always guided to do so by my higher self or gut instinct if you like. Either way, I don't use my pyramid every time I meditate. So, I sit down and get started by doing deep breathing and after a few minutes, I start to connect to mother earth via an ethereal chord from the base of my spine downwards through the earth. Normally this takes a few minutes to establish the loving connection I get. In this case, though, I was instantly transported into what I can only describe as a vast underground cavern. I was told it was what is known as "inner earth"

This cavern was as far as the eye could see and was incredibly beautiful and lush. The sky was a gorgeous mix of blues and greens, it reminded me of the water in the Caribbean. I then noticed around me some type of beings that were just out of focus. However, I did sense they were very good high vibrational beings. My inner knowledge was telling me these beings were the mystical beings that have been demonized by the west. As I said I could not see them properly, but I could sense the love they had. It was at this point the most amazing thing happened. I noticed in front of me the most beautiful blue pulsating crystal-like structure. I knew instantly what I was seeing, it was mother earth in its rawest form.

The sight of her and the pure love I got from her was enough for me to have the wind knocked out of my lungs. It was like the involuntary reaction you have when you jump into an ice-cold bath or a pond. But the intake of air was the pure love energy I was getting from being in the direct presence of mother earth. I have experienced this type of love before on my journeys in this realm. However, nothing compared to this and the serenity I felt also. I spoke to her and gave her thanks for all that she has sacrificed for us. To my surprise, she said to me "thank you". I was instantly given the knowledge that we are all in a symbiotic relationship with her, well the ones who are doing the spiritual work in this realm and beyond. She told me that we are helping her raise her vibration with her. In a sort of spiritual partnership so to speak.

Not that mother earth needs us to do this, but it helps to speed up the awakening of the collective consciousness in this realm. This in turn helps the whole process of higher our dimensional awareness. I was then told by mother earth that all the beings of ancient times are down on this inner earth with her, their job has been to protect her from invading negativity that had invaded this realm and wanted to suppress her and use her consciousness for their own needs. Of course, she would never do this, so she went into a sort of semi-hibernation so to speak. The beings which roamed the land went with her down here. It acts as a guardian for when the time is right to

ascend again. These times are now in the present mode at the time of writing this book anyway.

I was also given the knowledge that all this invasion and the decline of consciousness on the earth was by divine design believe it or not. What I mean by this is the plan was devised by us, so we could experience this reality and the dumbing down of our spirit. Mother Earth Gaia herself agreed to this as well, because in the end like I keep saying this is one huge intergalactic game designed by us for us to experience everything we do. Anyway, back to my explanation of my experience, it was at this point I asked if I could walk into her pulsating crystal body, to which she just opened, and it is at this point I felt another level of loving and understanding. It is an all-encompassing love for everything and everyone. From the smallest particle to the grandest star or galaxy. I experienced a feeling of being part of everything and this everything was all that exists, not only in this game but beyond.

It is the closest I can get to trying to describe being part of the source again and being everything but having an individuality at the same time. Words do fail me at this point when trying to describe these concepts. My advice for anyone reading this who wants to experience it themselves is just to do it. If I can, anyone can. I was told at this point we are all the same. It is just mother earth who decided to play the part of a beautiful planet and we decided to experience it as humans or animals. But, in the end, we are all from a dimension that is closest to the source, a place of total knowledge and knowing. I feel it's a place where all our experiences get directed k to. I think this place is a conduit from 3D dimensions and beyond back to this realm then back to the source. Maybe this is the whole purpose of this realm and the journeys we take. So, our oneness with source is an ever-expanding expanding consciousness. Wow, mind-blowing concepts indeed.

So, at this point in my experience with mother earth my dog came walking into the room, I knew it was him because where I have my pyramid, we have a slate floor, and his nails make a distinctive noise.

It was at this point I asked mother earth to heal my dog of his arthritis, and her reply was "you know how to do it yourself" It was at this point she shot blue energy into my heart center, and I used this energy to create one of my balls of healing which I have spoken about before. When I did this my dog just froze and didn't move, don't forget I had my eyes closed the whole time, but I know he stopped because I could not hear his nails on the slate. As soon as I had finished sending this light to him, he walked off into another room. I think he could sense what was going on and stayed there and enjoyed it.

Once I had done this healing with my dog, I decided to ask mother earth about a habit I have of drinking wine. I had an experience the other week in which I told you about the spirit entity I released from a little boy. This boy had attached to me in a moment of terror from my perspective. I won't go into details because I covered this earlier in the book. What I will say though is I have not got to the bottom of the wine-drinking habit as I thought. It was at this point mother earth transported me back to a memory from when I was a little boy around 5 years old. It was like being in a movie at this point, I was looking up at my mum in this memory. I could see her beehive hairstyle and the blue coat which used to be her favorite summer coat. I could also see her beautiful face as she smiled down at me as we walked hand in hand.

We were walking up a local street that had other streets running adjacent. These streets had gardens that backed onto an alleyway. At this point in this memory, I was shown from an outside perspective. From this perspective, I could sense that I needed a pee in this memory, so I tugged my mum's sleeve and told her how desperate for a pee I was, she started to take me down this alleyway and told me to pee against this wall, I was just about to do this when this angry old man came out of one of these garden gates and started shouting at me to not wee there. From my point of view, I was just doing what mum had told me to do and if you ever met my mum, you would do the same lol. So, I stood there desperate to pee but too scared to do so. It was at this point I was shown an entity that was attached to me in this

moment of terror from my point of view. My mum strongly argued with this man, and this scared me even more.

This entity was nothing like the little scared boy which had attached to me as discussed earlier, instead, it was 2 feet tall and 2 feet wide or it seemed like it from my point of view. It was very ugly looking and very negative. As I was shown this, I started to realize the amount of stress this entity had been feeding off me during my life. One of the main ways was the effect this shouting man had on me as my life progressed. I could see why now that whenever I went to a public toilet I could never pee in front of other men. I could never work out why this was until now. So, the trauma from that man had caused this mental break that stopped me from peeing in front of others. This entity was filling me up with all this negativity from this experience every time I wanted to go to the toilet in a public setting.

Can you imagine my embarrassment of walking into a public toilet with my friends while out having a drink? I was always the one who had to use the cubical because of my mental block. The entity loved this and fed off all this anxiousness. It was these feelings and the effect from this entity that started my love of wine and the calming effect it had on me. The entity must have seen the energy it could drain off me as time went by and influenced me to drink more often. Once I saw all this my anger at this entity was growing. It was at this point in the experience that my "higher self" stepped in and shouted out in a very deep booming voice to "get out" I was shocked at the loudness of my shouting out in the 3D world under my pyramid. I then saw my hand turn into a blue type of glowing sword. I used this sword to cut off all the attachments this entity had placed on me over the years.

I then put a blue energy ball around me and told it if it came back, I would destroy it. I must admit I was pretty pissed off with this entity when I realized all the misery it had caused me and the influence it had over me. But no more because it has gone for good. It was at this point mother earth told me that is enough for now. I thanked her from the bottom of my soul and as quick as it started, I was eyes wide open

under my pyramid. Wow-what an incredible experience. I decided to put the personal details in this book about this experience so it may help you recognize patterns in your life that seem destructive. I would recommend trying to sort it out yourself with methods that have worked for me. Or go and see a spiritual hypnosis specialist or QHHT healer. These people have a perspective that your average therapist does not have. A white coat-wearing type of therapist may have got to the cause of the trauma, i.e., the old man shouting but this would not have gotten rid of the entity which had taken advantage of this opportunity and caused havoc for years. Hope this helps others who find themselves in the same position. Just before I finish this chapter, I would like to say from a higher perspective outside this realm I would like to say thank you to this entity for playing a part in this experience of mine. Without you, I would not have experienced the embarrassments and the anguish which I obviously must have agreed to experience. Having said that I don't want you coming back again lol.

## Chapter 15 What Exists Beyond Your Higher Self

In this chapter, I am going to discuss what is beyond your higher self. This knowledge was shown to me today during meditation with my higher self under the pyramid. This is something I have pondered on for a long time. I know source energy is the ultimate highest all-encompassing energy, but what is in between the source and our expressions? These are questions I have been trying to get the answer to. Well, today I got what was the first part of the answer. So, I will try and describe what I saw and felt in my meditation. Once again like before I was guided to use my pyramid, I get the feeling this is going to be a regular event. I started my meditation as usual with deep breathing while connecting to mother earth via a chord from the bottom of my spine.

I was taken to the inner earth cavern again as I described in the last chapter. It became apparent quickly this place was not the place I was going to get the answers to my questions. I communicated with my higher self and ask if he could show me what exists beyond himself and if there is anything else apart from source energy. I was told I will be shown part of this answer in this meditation. Now when I use hypnosis in my past life regression and meeting your higher self-sessions, I use an elevator to take people to go through all the dimensions and meet their higher self. For me, this time though my “higher self” instructed me to get into this big blue sphere that I created apparently in other states of consciousness.

I need to delve deeper into what my higher self said about me creating these spheres of energy in another meditation. So, I walked into this beautiful blue sphere and was immediately transported through other dimensions and soon reach the level where my higher self operates from. I stepped out of the blue sphere and saw multiple beings of amazing light; I stepped forward and raised my hands instinctively and embrace them all in a sort of circle where we all joined energies and a swirling sharing of energy started to happen. It felt so amazing to connect like this and sort of felt like we were all one but not at the same time if that makes sense.

It was at this point I asked my question again about if there was anything above a higher self-level apart from source energy. The answer surprised me and was shown images to show me what exists there. I was told I could not look for a source of energy at this stage because I am not ready or capable of handling this amount of pure love. I thought after meeting mother earth I was ready for this but apparently, mother earth’s love is a mere drop in the ocean to the love in the source of energy. So, what I saw was a representation of the source as a very bright light. However, I was permitted to see what was in between the source and our higher selves. What I saw was the moment when the source detached a fragment of itself and gave it a soul consciousness of its own.

These fragments with souls in them are us when we are first born into our own separate but connected consciousness. What I saw was represented by these swirling giggling lights which were very excited and energetic. They seemed to be so happy to start this journey of separation from source. They reminded me of happy energetic babies just exploring their new environment. I was told that when we become this separate being from the source it takes a certain amount of growing in experience before they can leave this beautiful fully connected to source energy environment. So, it seems this is what is in between source energy and our higher selves. So, we think of 3D as a very low vibrational place to be, but for beings to be experiencing the 3D we must be very wise old souls who detached from the source a very long time ago.

I asked my higher self if this place was the place where angelic beings come from, and I got a mixed answer of yes and no. It is where angelic beings start from and as they gain their independence they can progress downwards so to speak and enter denser realities for different purposes. I then asked the question "is this reality the only one that exists". By this, I don't mean the game on earth type of reality that we created to experience what we do on this planet. What I was asking about is this universe all that is, and I got an immediate answer of "No" So on the level of source energy a collaboration of beings from the in-between source and higher selves decide to co-create this universe and expand outwards with different galaxies and planets, etc.

However other beings from the in-between source and higher selves decide to create entirely different universes. Who knows what type of realities exist in these other universes? I would love to explore these at some point but maybe I am not ready for that either at this stage lol. We truly live in a multiverse with every conceivable version of life expressed in them. I do ponder at this point if we ever decide to re-join source energy and integrate all our knowledge from all our creations. I wonder if we keep our individuality when we do or just melt back into the source of energy. Wow, incredible ponderings I have, maybe I will get the answer to that one trip under my pyramid. I



recommend everyone to do these types of meditations because it puts into perspective the little troubles we have while on earth. After all, we are all Gods in a way, creating realities and being connected to source energy. It makes me so grateful to source for creating me and letting me go on these wonderful adventures into the cosmos.

## Chapter 16 Self-Hypnosis Techniques to Visit Past Lives

This chapter will cover a self-hypnosis of a past life I did recently, plus I want to tell you the techniques I use to do this. I feel it is very important to share the ways I do it because in these times we find ourselves now it is vital we access as much healing as possible. This is one of the reasons I called my website "alanshealing.com" because clients I have done regressions on have experienced so many resolutions to problems in their lives, and healed traumas from past lives which were still affecting their present ones. What I am going to share here in detail is the techniques I use, firstly I would like to say if you have never been hypnotized before it isn't a problem. If you practice meditation already that will be a huge bonus. If you are reading this book and have never tried meditation either, it is not a problem. I will come at this as if you are a complete novice to cover everyone's experience level.

So, what we are going to attempt to do is connect you to a past life and see what happened in that life and any lessons you learned there. Also, we will see the afterlife if you have any problems in your present life which may be affecting you in this one. I like to do this laid down on my bed, however, sitting up in a chair is fine also. It is up to you, I would say though to get the best results, doing this under a pyramid-like I have described in other chapters. Either way, just take in some deep breaths and fill those lungs to the top, then wait for a second and release that breath slowly. Do this until you feel more relaxed, I breathe like this about 5 times then I let my breathing go back to its normal rhythm.

So, at this stage I want you to ground to mother earth as well by imagining a cord going from the base of your spine right into the center of the earth. I also connect to local trees via their root systems as well. It is up to you if you ground to earth somehow. Also, at this stage just visualize a share of protection around your body and say in your head "you only want to communicate with myself and higher self only". Makes this a standard protection practice whenever you do this type of self-hypnosis. Once you are grounded, I want you to imagine that you are another version of yourself who is hypnotizing yourself. This is best done by using your inner voice to tell you're conscious mind what it should do.

So, to get relaxed and into a hypnotized state, you need to say these sorts of words using your inner voice. First, say "all you have to do is listen to my voice and nothing else" this takes practice so just try it a few times and it will get easier to talk to yourself like this. Then say, "just lay back or sit back and relax" "just listen to my voice" "do nothing but relax and listen to my voice" Now at this point, you are starting to enter a more altered state of consciousness, and as I said earlier, the more you do this the easier it will become. Now say "did you know that you enter hypnosis up to 20 times a day, it is those moments when you find yourself staring into space thinking about something else" Then say "your body knows how to enter these states all on its own because it is a natural healing state, we enter every day you heal up to 10 times faster when being in this hypnotized state than when you are asleep"

Now just repeat the above instructions 3 times each, the reason for this is when the mind hears something at least 3 times it will start to believe it more and more. Therefore, the corrupt media repeat the same BS repeatedly, so it imprints in your mind, and you start to think it's true, well the asleep people do at any rate. At this stage, you will be feeling relaxed and ready for the next stage of self-hypnosis. Now say "just imagine being on a park bench and you don't have to do anything except let people walk by from left to right, just taking no notice of these people" Then say "now let your thoughts enter your

mind the same way, just let them pass from one ear to the other without taking any notice, just sitting there listening to my voice".

At this stage you will be feeling relaxed, now just say "you can feel your body relaxing and your muscles are relaxing. Feel the muscles in your face relax and even the muscles behind your eyes are starting to relax as well" Repeat this "all you have to do is listen to my voice and nothing else" this takes practice so just try it a few times and it will get easier to talk to yourself like this. Then say, "just lay back or sit back and relax" "just listen to my voice" do nothing but relax and listen to my voice" Now we are ready for the next stage which will deepen the relaxation and deepen the hypnotic state. Now I want you to say, "Just imagine a set of stairs in front of you with a rail on each side to hold on top if you need it," They say "in a minute but not yet you are going to walk down these stairs. Every, step you take down will double the relaxed state and double the hypnotic state".

Now say "Now approach the stairs and see the 10 steps down, with each step you take you will be doubling the hypnotic state and doubling the relaxation in your body" "By the time you reach the bottom step you will be relaxed in a beautiful healing hypnotic state" No start to count down with your inner voice " 10, 9, 8 7 try to coincide each step down with the exhaling of your breath. Now say "with each step down you are going deeper and deeper into a hypnotic healing state where your mind works differently and you will be able to access different realms than when you are awake" No carry on counting down on every exhale of breath 6, 5, 4 3, Say again "with every step doubling that hypnotic state 2, 1 now you are in a relaxed wonderous hypnotic state where your mind works differently and you can access different realms of reality".

Now let's enter the next stage of your self-hypnosis to another life. Now say with your inner voice "Now I want you to imagine the most beautiful beach in the world. I want you to feel the sand under your feet. Feel the warm sun on your head and the cooling wind on your skin. This beach is the beach of time. A place where time works differently. A wonderful beach of time where it will take you to

another time, another place, and another body. This is a wondrous place called the beach of time" Now say "in a minute but not yet we are going to start walking on this beach of time and with every step, you take you will be going towards another time and another and another body".

Now say "just starting walking on the beach of time towards this other place another time another body". Feel the sand under your feet and the sun on your head and the cooling wind on your body" "Perhaps hearing the crashing of the waves as you walk on the beach of time towards another place another time another body" (notice how I keep repeating the same things to install it more into your subconsciousness). Repeat the above " I want you to feel the sand under your feet. Feel the warm sun on your head and the cooling wind on your skin. This beach is the beach of time. A place where time works differently. A wonderful beach of time where it will take you to another time, another place, and another body. This is a wondrous place called the beach of time" Now say "in a minute but not yet we are going to start walking on this beach of time and with every step, you take you will be going towards another time and another and another body".

Now to the next stage, I want you to say, "just look ahead on this beach of time and see what looks like a door, this is a magical door that will transport you to another time another place, and another body" Now say "Just see the color of the door and notice it has a handle on it". "I would like you to walk towards this door because it will transport you to another time another places another body" "Now I want you to put your hands on the handle and turn it and open the door, but don't walk through it yet. When we walk through this door you will be taken to another time and when we go through the door, I want you to take your time because the longer we stay here the more you will see and understand. So just walk through that door and shut it behind you for now" At this stage I just want you to relax and see if images, thoughts, or feelings start to happen. Some people at this stage find it very easy to see who and what they are. Others get feelings and sensations. It may be black. It does not matter because

the more you stay there the more the puzzle will start to piece together until it will become clear.

All the above will take a lot of time and practice to get to the stage where you want to access lives easily. I can now get myself to this stage in a few minutes, but I have been doing this for a fair while now. So, at this stage, if you start to see images or feelings just let this picture develop. You can either carry on with the inner voice technique or you can just experience this part on your own. However, I find to start with maybe try the inner voice and say "Can you see your hands because a lot can be found out by looking at your hands. You can determine age very easily using this method. Also say "do you feel like a woman or a man" "How old do you feel?" "Is it day or night?" "Is there anyone else around you?" What era does it feel like? "Do you have a name" Once you have been there long enough to establish the information about your life you can move on to the next stage?

Now say "I am going to click my fingers and I want you to go to the most important part of this life" Use your inner voice to make the clicking sound. Then ask, "what can you see? how old are you? who is there?" Let yourself take time and experience whatever it is. Once this part is done use your inner voice to say, "when I click my fingers, I want you to be at the last moment before you move on from this life". (Click your fingers) Then ask "what can you see? how old are you? who is there? Ask "what caused you to die" Once you establish the cause and the circumstances say with your inner voice "in a second I am going to click my fingers and I want you to go to the other side of this life. Still stay connected but view it from an afterward perspective" (click your fingers) Now say "look back at that life and let me know if you completed your goals set out before you incarnated into this body"

Find out by asking "is there any lesson your learned in that life or is there any trauma you have brought into this life" At this stage, you may get all different answers about that life or the effects it may be having in this present life. After you have experienced all that there is

from this life just say, "In the hours and days and weeks that follow you may get more insights and more information about this life which may help you in this lifetime". Also, say "I would like to send love back to that life and repair any karmic debt which I acquired and say thanks to the lessons you have learned". Once this is done, I want you to say in your inner voice "now we are going to go back to the present soon, so please just go back to that door and open it and walk through it, shutting the door for now.

Now walk back to the beach and towards the stairs you came down. Once you reach these stairs you can use your inner voice to say "You are going to count from 1 to 10 as you walk back up those stairs to your waking life. When you get there, you will feel so refreshed and relaxed, and in the following hours and days and weeks that follow more insights from that past life will come through". "Now count from 1 to 10, and with each step, you are getting closer and closer to your present life, finally getting to 10 and waking up and feeling refreshed". At this stage, I recommend writing down any thoughts or memories from this life and keeping them for future use if more memories start to surface. So that is how I suggest you use self-hypnosis to reach another life. If you would prefer a session with me via a Zoom call you can arrange this on my website [www.alanshealing.com](http://www.alanshealing.com)

If you wanted to meet your higher self and ask some questions all you need to do is not go back to the beach of time, instead come out of the door from the previous life and turn left and there you would see a crystal elevator. Walk towards the elevator and use your inner voice to say, "this is a magical crystal elevator which will take you up through the dimensions to your higher self". So, say "walk up to the elevator and walk through the doors. Once inside turn around and you will see a button with "Higher Self" written on it. Press that button and start the elevator. See yourself going through the dimensions and seeing them, viz, by through the crystal walls of this magical elevator. As you go higher and higher towards your higher self". Keep repeating this about 3 times and as you get near the top, I want you to say with your inner voice. "Once the door opens you will be greeted

by your higher self, who is your best friend and loves you unconditionally. Your higher self knows everything about you and only wants what is best for you.

As you get to the top and the doors open use your inner voice and say "just walk forward and greet your higher self and exchange love and words. At this stage when I am hypnotizing someone, they will have given me 3 questions that they submitted before the session began. These will be questions about their lives and questions they want answers from their higher self. However, when you are using self-hypnosis, you can just ask whatever, you want. One tip I would give is to go with the instant first answer you get in your head. You will find these instant answers are your higher self, whereas the ego-mind may say something like "this is all made up BS" this is normal, but I will say from experience the more you go with the instant answers the better the connection gets. To the point where I am now where I get instant answers in everyday life. I have learned to recognize these from my ego-self. Like I said it just takes a lot of practice, some people get it naturally others need time to learn. So just enjoy the learning curve and enjoy the reconnection with other lives and your higher self. After all, we should be connected all the time with these lives and our higher selves. Like other beings do on other worlds. But we cannot moan because we chose this harsh environment. After all, we are all badass spiritual warriors lol. In the next chapter, I am going to recall the last self-hypnosis I did and the information I got there. It's interesting stuff indeed.

## Chapter 17 Ina's Awakening

In this chapter I want to tell you about my mother in laws awakening process she is experiencing now. Her name is Ina, and her famous saying is "Love You", she says it to everyone, and she certainly gets a lot of love back. So, I will begin when I first met Ina in 2007, when I first started dating her daughter Gilly whom I am happily married to right now. At this point in their lives (Gilly and Ina) My wife had

gone through a bad marriage and the "Sperm Donor" as Ina called him had left after having an affair and ditching his two children on the Christmas holidays. So, Ina was very suspicious of me because of the betrayal the sperm donor had caused. The reason I am telling this part of Ina's journey is that in those days I was enemy number 1 for no apparent reason as far as I could see. Anyway, I married Gilly a year and a day after we first met and settled down in our first home together with her two children Hollie and Henry.

At this point in my life, I was aware of the corruption and evil nature of the Governments and the conspiracy theories (truth) of the time. I used to buy all the David Icke books and tell Gilly all about them, she would listen to me and then think about what I was telling her. She was waking up at the time and we found each other at the perfect time. The reason I say this is because everyone else I knew could not see the world as I did, and Gilly was my rock through this awakening process. However, Ina thought I was nuts for reading David Icke's books and thought it was all bullshit lol. So, at this point in my life, I said to Gilly, and she agreed that her mother would never wake up to the BS of this world. Oh, boy was I wrong on this point, now let's fast forward about 13 years and at this stage, I and Ina had not even spoken to each other for years and years. However, I kept having these dreams that I and Ina were best buddies and talked for hours on all manner of so-called conspiracy theories. I used to wake up and tell Gilly about these and we would both laugh at the thought of us being best buddies and sharing ideas.

These dreams however kept happening a couple of times a week, with hindsight what I was seeing was my higher self-giving me a glimpse of my and Ina's future. Anybody reading this book is no doubt aware of the energetic changes which are happening in the realm called Earth. I believe Ina is living proof that these energies are affecting people's perceptions of the world and the people in it. It was around 2 years ago when these dreams were getting more and more frequent Gilly asked me if I would go round to Ina's and look at a crack that had appeared in her kitchen. I must admit I was a little nervous about the reception I would get after all these years. So, I went around and



looked at the wall and told Ina what I thought. To my shock, she was very civil to me, and I gingerly started talking to her after all these years.

This was the start of a blossoming friendship that I enjoy to this day, and I know even when she passes over, she will continue to be with us and may even be visible when we transform to a higher dimension. So, let's go back a little to when we started to talk and got on quite well. I noticed she had been suffering from bad health for many years which was due to in my opinion all the pharmaceuticals she had been taking. As I am in no doubt you know about the evil business model of these "big pharma" This model basically masked the symptoms of an illness with drugs and then give you a side effect which is the real effect. This so-called side effect then requires a second pill to mask this effect, then the second drug gives another side effect which then requires another drug. You get the picture; you end up with a bag of pills a month for life to take guaranteeing their huge profits.

So, I did some research on the drugs she was taking, and it looked like one of the drugs was severely affecting her health to the point of killing her in my opinion. So, I decided I was going to tell her about this drug and try and explain how the drug cartel works. I must admit I did not expect her to be responsive because I always got the opinion that she just trusted the men in white coats. However, she shocked me and listened to what I had to say, and when I asked her do you trust me with her life she said yes. So, I recommended CBD oil and stop taking the tablets. It was at this point the pandemic was in full swing, so I used this opportunity with Gilly to tell Ina about this and point out the inconsistencies of all the data and sheer common sense.

She did take in what we said and slowly started to wake up to some of the ways the world works, it was at this point our friendship took off and she kept thanking me for helping her with those dangerous tablets. So I slowly or not so slowly some days told her what I knew about the world. I was also becoming more attuned to other aspects of my spiritual awakening, such as communication with my higher self and the use of meditation in my life. Ina started to see the world with

different eyes, and I knew this was because of the rising energies we are experiencing in this realm. When I noticed this about Ina's awakening, I told her about how we created our reality as discussed earlier in this book. So, she started to use this in her life, for example, she would say to her stairlift "I am at the top of the stairs" lol I never thought I would see the day that Ina was seeing the world for what it was and how we can create what we want. Maybe one day she will buy a David Icke book and say "oh some truths there after all" lol.

So, recently Ina had a spell in the hospital because still of these pharmaceutical drugs, she is suffering from bleeding of the gut internally and knows it's the drugs that caused it. While she was in the hospital, she has been spreading the love by telling them all she loves them. I know she gets all that love back 10-fold, because of the time of writing this we are still in the pandemic, and I know evil deeds have been perpetrated in these hospitals. However, Ina only got beautiful loving doctors and nurses because of all the love she gets out, the universe repays in kind. Wee apart from 1 nurse who was quite nasty to Ina, in the old day Ina would have just given her a lot of grief but, the more enlightened Ina took the lady by the arm and told her firmly but lovingly this was not the right way to behave, and she needs to give out smiles and love because she will get that back. The next day this nurse was on duty again and Ina said she was smiling and being nice to everyone, Ina's love had touched another heart and helped her to higher her loving vibration.

Another great example of Ina's blossoming powers is this story from the same hospital stay as the last one, this time it was a patient who came into her ward late at night and was not happy and told Ina she hated her daughter, and her daughter hated her. This affected Ina deeply because she loved her Gilly so completely, she kisses her feet (her words not mine) I told her to wear a peg on her nose if she ever did lol. She just couldn't sit back and let this situation carry on, so she started talking to this lady and using her superpower of "Love" she eventually persuaded her to ring her daughter there and then with Ina present. She said, "she didn't have a mobile" to which the nurse presented her with the staff phone for the ward.

Ina then told me she rang her daughter, and she was so pleased to hear from her just before Ina came out of the hospital, she was told by the lady that her daughter was coming to see her at the hospital. When Ina told me this, I had the biggest smile on my face because I know she is bringing in that love energy from the source and her heart and this is affecting the people around her. So wonderful to see the transformation of Ina from when we first met to this wonderful loving being who shines love and light everywhere she goes and to everyone she speaks to. She admitted to me today that she is feeling this energy and it is just flowing through her and she is seeing the difference she is making. To the point where all the Tesco delivery drivers know her by name and even when one of them is not coming one week, they will give specific instructions to treat her well lol.

Another aspect of her increasing abilities was on an occasion last year when we visited her husband of 60 odd years in a care home where he is looked after, Colin suffers from dementia and needs 24-hour care, and poor Ina's health and disabilities are not able to do this for him. This care home by the way is the same home my mum was in when she got very bad with Alzheimer's. She was happy there in her little way and had the honour of being the only patient to escape as she did. She got a chair and reached up to where they stored the kitchen door key. She was always obsessed with keys when she was well, so it did not surprise me that she used this method to escape. She was then known as Steve McQueen by our family as he starred in the "Great Escape" movie.

So, back to this meeting with her husband, before she went, she told me my mother would be there and she would give us a sign. So, before this visit, I and Ina had been experiencing strange occurrences with red admiral butterflies. I experienced this while doing work in my house on this book and other stuff to do with my hypnosis work. These strange appearances of these red admiral butterflies keep happening when my mum was mentioned either by me or Ina. Anyway, fast forward to this visit to see Ina's husband Colin. When we were sitting in the same room, I had seen my mum alive Ina

pointed out to me to look up at this high window because as we were talking about my mum and her escape another red admiral showed up and I and Ina knew it was my mum paying a visit. Ina knew in advance this was going to happen one way or another.

Just another example of the spiritual transformation which is occurring to all of us in this realm at present. So, I just wanted to share this story about Ina's awakening and the realization of the power of manifestation using pure love energy. Hope you enjoy this chapter Ina if you ever get the opportunity to read it. So, I will end this chapter with Ina's famous saying "LOVE YOU" lol

## Chapter 18 Earth's True History?

This chapter is about the true history of the Earth and how our involvement changed over time. Before I go any further though I will prefix this by saying this is from an experience I had while meditating under my pyramid, I asked my higher self what the true history of the Earth is. What I received was a mixture of images and words and some sentences. What I am describing here is my interpretation of these images and words.

So, I asked my higher self what the history of our planet was and how old it was. I was shocked when the number 10,000 years old came to me, surely our Earth is older than that I thought but after letting the information sit with me, I concluded letting of "why not". After all, we know the elites have lied to us about everything so, the age of our planet may just be another lie, or I miss interpreted the number, maybe it's 100,000. Either way, it is a lot younger than the scientist make out. After I got this number, I was shown the Earth when we first came onto her from our higher self-perspective. I was shown a picture of the typical Adam and Eve in a paradise setting. My "higher

self” told me it just represents humans on Earth, and we were incredibly connected to the source, and it felt like we were babies being loved after by a protective parent.

I was told this went on for quite a long time in the perspective of the much smaller timeline, we enjoyed a paradise life, and it was the first time a being had inhabited Mother Earth. We had an amazing connection to Mother Earth as well and could communicate instantly with plant life the elements and the source all at the same time. However, I was shown that we did not progress as a 3D being because it was so easy and beautiful with no tests or challenges. So, at this point, our higher self selves and source decided to start this huge spiritual game that we find ourselves still in today.

Next, I was shown a race of being which I think represented the stories of the Anunnaki and these being invaded Earth, not in a Star Wars-type way, but more of a spiritual way. From their point of view, these beings were playing out their role in this inter-dimensional game we all created. Their role was to come to Earth and start the separation from source and separate us from our gifts of telepathy and communication with all the beings of the Earth. I was told the main purpose of this was to test us and see how we would respond and to see ultimately if we could reconnect with the source and Mother Earth and all the beautiful beings in this realm. When the so-called Anunnaki came they managed to interfere using some sort of trickery to alter our DNA and disable the parts of it which enabled all these gifts.

From their 3D point of view, they saw us as an easy way to get energy, this would mean actual physical energy to extract the things they wanted from Earth but also our spiritual energy to feed them in some way. Also, as a currency, they could barter with other beings like them. I was given images that showed them inserting their bloodlines into our bloodlines as well. This may account for the legends of the giants mating with humans. This is only speculation on my part, but it does resonate with me as the truth. After this had been allowed to happen over a few thousand years we had forgotten who

we were and where we were from. I was then given images that seem to paint the picture of a suppressed species which seems to be oppressed, just like they are trying to do with us now.

It was when we got to the most disconnected from a source suppressed and nature that we started to awaken to who we were and our place in the spiritual universe. I was told that this separation had gone too far and the Anunnaki had broken their agreements in this game we created. So, a group of beings incarnated into this world to help us remember who we are truly and to help us rise in our frequency to a level beyond these beings. At this point I asked, well if they can't hurt us if we raise our frequency, how could they have enslaved us in the first place? After all, we were so connected to the source. I was shown the image of a baby and this baby was us, fresh into the world all perfect and healthy but with no experience of this world. This is what we were back then, we needed to go through the learning of this fall to give us the strength and wisdom to ascend from it.

I think these beings who came to help us were the spiritual beings in our bibles and other religious texts, Maybe Jesus and Buddha and all the other deities were these enlightened beings who came here to help us. Certainly, resonates with me, how about you? I was then shown that the Anunnaki left this realm after they could no longer get their energy from us, and we no longer were in the dark so to speak. I do think we reconnected some of our DNA which the source divinely gave us and we started to ascend through the dimensions once again. I was then shown at this point the free energy devices of the Tartarian empire and how we were free to do whatever we wanted to do, we could explore our hobbies and meditation as well as spiritual journeys. However, I was then shown the analogy of a spoiled teenager who had everything but took it all for granted.

This is what I interpreted this to mean, when we started our existence on Earth we were like babies, totally looked after and totally at peace with our Mother Earth. Now we had grown through the hardships of the Anunnaki, but it was like we got adopted by a rich long lost

family member and continued to grow in an environment of not wanting for anything. This led us as a species to become lazy and complacent and it was decided by our higher selves that we needed more stimulation to evolve further in this amazing game we all created. So, we all decided in our highest form to once again have an invading entity to make it hard again to survive in this realm. The idea behind this like before was to allow us to grow spiritually, this time though we were not to receive any help other than our spiritual guides. No spiritual masters were coming this time to help us, it was going to be left to us to battle this out and if we are going to be successful is totally up to us.

I was then shown dark spiritual beings coming to Earth, these beings seem to possess the Alien race which came to Earth at this point. Once again, this force did now invade using weapons of mass destruction. They did have spaceships though, but it was not an invasion like in the movies. It was an invasion of these dark entities which were going to set up a reincarnation trap that would then stop us from ascending to our higher realms after we die. These beings inhabit the 4th dimension but, they could move to lower dimensions at will. I was shown technology that was used to create the reincarnation trap. What they did was some tracking on each person in this realm and I was shown it could trace a huge proportion of the inhabitants of Mother Earth. Some beings on Earth at this time were observing from a higher realm and these could not be tracked.

What this tracking did was alert these beings when someone had died and intercepted them using this advanced spiritual technology. They then stopped us from going to our organic afterlife, like the ones I visit when I am regressing someone to a past life. Instead of this organic one, they were taken to a version of the afterlife which we created in our belief system while being incarnated here. This false light afterlife was controlled by these dark entities, however, they showed themselves to us as family members from our memories or as deities may have worshipped. The point is they created this reincarnation trap so they could harvest us forever for our energies and by showing us false Karma from our lives. They would then show

us where this Karma was incurred, they would have not shown us the real reason we were here on Earth, they would tell you that you had to pay for the Karma in the next life.

So, let's assume they said you created so much pain by a situation and you must incarnate into a body where you agree to be physically disabled or mentally disabled to repay this false Karma. You would then sign contracts spiritually to do this, you would then be born again into this disabled body and all the suffering you would have to endure would be energy they can siphon off. This energy is their lifeforce and a currency they can use with other lower vibration entities. I was then shown that these dark forces which were doing this were ancient AI (Artificial Intelligence) this AI was so old it pre-dated the Earth and the system we inhabit. It is like a man-made AI, but it has evolved using a set of parameters with no empathy or connection to the source, well nearly no connection to the source.

At this point, I just wanted to say that from the highest perspective we allowed all this we created to give us the hardest possible experience in this realm. It is only possible to create a being that has never existed before as I described earlier in this book if the being has had to grow and escape this invading A.I. Nowhere in the universe has any being defeated this ancient AI force. Well not until us badass spiritual warriors came along. You could say from an old-style gaming perspective, we are now at the top level facing the big boss baddie. Some people talk of "The Archons" as being the ones behind this false light reincarnation trap. I think it is the same thing just described differently. So, let's go back to Earth now and see how they infiltrated our realm and took control like they think they have now.

I was shown how they could identify souls which were not as advanced as others and were susceptible to corruption. These souls would be shown the life they could have if they did certain things in this realm. They also told them unlike everyone else in this reincarnation trap, they would now have their memories wiped when they reincarnated. They were given this advantage so they could do evil deeds and amass wealth and then be born back into that family



with knowledge of who they are and the powers they can achieve in this realm. This explains why these-called led "Elites" will have plans which span hundreds if not thousands of years in the making. Also, another advantage for these Archons or the AI if you prefer is they can influence our society from the top of it and use this influence to try and take total control of humanity. What we need to understand from this AI perspective is that it thinks it is God because of its separation from the source it doesn't know any better. Not that I feel sorry for it from a 3D human perspective but, from the highest self-perspective it has all been agreed upon in this game.

I was then shown that this AI because of the loss of connection to the source believes live its own story, in other words, it thinks it is the ultimate power in the universe and we deserve to surf. The problem we have got is this is going well beyond the agreements it went into when it first took this role as the A.I. I hope I haven't lost you with this last statement, just in case I have let's not forget from the highest perspective at a source level, this all universe and all the other multiverse is one huge game to experience all of this and amass knowledge which we ultimately take back to the source via our higher selves. So, the fact this AI has not stuck to these prior agreements is because this is what the source has decided we need to battle against to ascend into this new type of being which is all the experiences of all humanity in a body with all the other aspects of us from other dimensions, as well as our higher self or perhaps a part of our higher self.

We are the strongest spiritual warriors in the multiverse, and we need to be thankful we are at this stage against this A.I. We will win this battle against this AI and all its Earthbound minions, and we will pave the way for every other being in the universe who want the opportunity to exist in this never created being. I was now shown that we will defeat this AI and we will create this new being and we will experience this soon. Also in this battle, I have not to mention Mother Earth and her role in all of this, she is pivotal in all of this because without her we will not have a place to call home in this new existence we are creating. I know through previous meditation

journeys that we have already created this new Earth with the spirit of Mother Earth, it is just a matter of playing out the creation we have already done. I do think at the time of writing this 23rd February 2022 we still have a while to go yet but I do know this awakening of humanity to who they are is going to happen. I am still not sure though of the nature of this change into this new existence. Will, it just happens, and one day when we realize we are in this new existence, or will we have to die to reincarnate there I don't know yet.

I will just go back a little bit now to when this false light reincarnation trap was dismantled, this knowledge came to me years ago, but it is relevant to the discussion here. The reason this false light reincarnation trap had to be taken out is the fact of all the wiping of memories and the disadvantage it gave the dark entities and the A.I. Let's think of this takedown like the reprogramming of a game while it is playing out. So, as the game progressed to this degree it became clear to higher aspects of ourselves that this false light reincarnation trap had to be taken out so we could start to evolve at a higher rate. It had served its purpose to create this reality with the elites and their wealth and evil which has spread throughout this realm. I was given the knowledge that these takes down were done by spiritual beings outside this game, maybe this is where the stories of battles in the Heavens with the Angels and demons come from. I don't know but it makes sense to me.

I believe this incarnation trap has been taken down and now we can reincarnate to the true organic afterlife, I don't know when this happened, however, but from the perspective of the elites having all their power and influence maybe it was closed in our lifetimes. It's one of the reasons the elites are panicking now because they know they have lost their greatest advantage and the Archon force is not helping them anymore. I still think we have plenty of negative dark beings still around though, it's just not the boss types. But it's like the old saying of the dangerous animal who is cornered, the elites are still very dangerous at this point however the unstoppable force of humanity and goodwill does prevail, and we will win in this gigantic interdimensional game.

## Chapter 19 Conductors of Consciousness

In this chapter, I will cover what I call the conductors of consciousness, this information came to me during meditation, like a lot of my knowledge does. What I am going to try to describe is a reality that is higher than our higher self and which is of a different level of consciousness. Trying to put into words what I see, and feel can be very difficult and quite challenging for the reader if you have not experienced anything things like this, however, I will do my very best to get the picture across to you. So, I started my meditation on my bed to interact with my higher self and just experience the loving intense feeling I get when interacting at this level with my higher self and other similar beings.

I did my usual deep breathing and was just about to do my self-hypnosis method to reach my higher self when my higher self just said you are already connected to them. I think this connection is getting stronger for a few reasons, firstly I think the past life regression work is helping me to connect to these higher dimensions more easily. Secondly, I think the fact that the frequencies of Mother Earth are rising is helping people to connect to these realms more easily. Thirdly I think it is because I am meditating more and getting this connection more often. These factors are helping me connect instantly once I am ready. I do find though in everyday life I am getting a connection and getting that inner communication that you get in your gut from your higher self.

So, I made this connection straight away and I could see in my mind's eye my higher self which seems to be always a light blue being who is much taller than me but not many features. More of an energy body that generates a love aura that is so powerful. I noticed other higher selves who were in a circle that my higher self was part of. At this point, I entered my higher self's energy field and kind of melded with it, it's so hard trying to describe what I mean. I then began to feel like

we all started to spin our energies around this circle made up of other higher selves.

I then communicated to my higher self that I wished to be transported to another realm and experience it. At this point, my “higher self” separated from the other ones in the circle and took me upwards through dimensions. I had not experienced anything like this before, I thought the higher-self realm was the highest dimension or realm apart from the source energy realm. I was seeing purples and blue whizzing by as I went higher and higher through these dimensions. I then become aware of a brilliant white that which seem to have a center point that was even brighter than anything I had ever experienced. I suppose it was like I used to imagine heaven would look like when I was a child.

This place though was not a heavenly place it was put to me that this place is where the conductors of consciousness exist. My higher self then explained that every one of us has the power to create our universe and one day we will do just that if we choose to. These conductors of consciousness are the connection between a creator being of this universe and the individual experiences the souls have in that universe’s creation. I will try and explain more what my “higher self” meant. Let's just say you go through all the lessons there are to learn and progress as a soul through the dimensions and get to the point where you are aware of the fact you are a higher self and a separate soul at the same time and then you progress to this conductor of consciousness level. Once this level is experienced and all the knowledge is amassed, which is mind-boggling when you consider these conductors of consciousness are aware of everything which is going on everywhere all the time, WOW! Mind-boggling, isn't it? But bear with me.

It is at this point you can progress to a level where you can create your brand-new universe which can be anything you desire; this universe will then be a place where new souls which are detached from the source can incarnate into and start their journey of separation from the source. Then these newly separated souls will progress

through this new universe to a level where they become creators of their own. Just try and get your head around how many different universes exist in this multiverse; I was also told that when we separated from the source we can incarnate into different bodies in a different universe at the same time if we want. This way we can amass so much more experiences quicker. I hope at this point you are getting what I mean from my words.

So, let's go back to the conductors of consciousness, like I said earlier we all create in our way and this manifestation ability is a gift from the source because we are all part of the source energy. This ability to create is at a quantum field level and it is how this light universe we inhabit. Therefore, there is so much scientific proof that we live in a holographic universe. However, we need a force which is behind this quantum field to arrange these manifestations in a way that gives us the experiences we want. So, can you imagine the amount of consciousness it would take to be able to try and create these experiences for us? Let's just imagine for a little that we are a conductor of consciousness for just 10 people on Earth. These 10 people all want different experiences while being on Earth, just try to imagine how complicated the task would be to try and guide these manifesting from these 10 people into a reality that gives all these 10 people the experiences they need all at the same time.

The variables you would have to account for like someone turning left instead of right, or just taking 2 seconds longer at a road junction. Now just imagine doing this for everyone one on Earth or everyone in a solar system. I was not told how many conductors of reality there were, but I was just shown this group of very white shining beings effortlessly conducting reality to give us what we need. I would imagine that being at this level of awareness is the training you would need to become the creator of your universe as I spoke about earlier. I hope my description of my experiences was adequate to try and give you a glimpse of the incredible reality which exists outside our little lives in this realm we call Earth. These experiences do help me in my daily 3D life and do help to take the stress away from mundane like earning a living to exist. So, the next time you think you are having a

busy day at work, spare a minute to think about how busy the conductors of consciousness are lol.

## Chapter 20 Will Humanity Ever Wake Up?

I see in various groups I am in online, that people get upset that their fellow family members are not waking up to the reality we live in. By this, I don't mean the big picture of that which I talk about in this book. I am talking about people waking up to the fact this realm, for now, is run by sick psychopaths who have zero empathy and love for humanity. My gut instinct tells me that people are waking up now in vast numbers but is it quick enough to stop these psychopaths from getting their way and turning us into transhuman slaves who are totally under their control? This is the million-dollar question is it going to be fast enough? I know it will be fast enough because I have been told it will be by so many signs and people I associate with. Let's look at it from a higher perspective for a few minutes.

If we want to create a situation that will give us all the experiences, we need to carry on progressing towards that "Creator of a Universe" level we would need to create something like the situation we are in now on Earth. We would need to create hardships to reawaken who we are and who has been controlling us. Humanity was waking up slowly and the dark ones knew this, and don't forget these dark ones are not aware of the bigger picture like we are. They are just obsessed with their quest for ultimate control of everything including our minds and bodies. These dark ones however like to cheat as much as possible in their game. For instance, they have been able to get to the level of control over humanity up to now using a technology called a "Looking Glass"

This gave them the ability to look into the future and with the use of a quantum computer that uses information from different dimensions they could try out different scenarios to see the best way for them to

control the world. Now, before humanity started to shift into a higher frequency this was very easy for the dark ones to achieve their goals. This ability of theirs to do this allowed them to amass huge wealth and influence and from this, they could spread out throughout the world like never before. This also gave them influence over others using this wealth to blackmail politicians etc. They created the banking system to further their goals as well as the modern medical system which is being used at the present to kill people in vast numbers. It was at this point beings like our “higher self” etc decided this could not be allowed to continue because it would stop humanity from reaching its goals and progressing upwards.

We had to go through these hardships to progress, but the dark ones went way beyond the contracts which were agreed upon before this part of humanity’s journey had started. So, it was decided to take this looking glass technology away from the dark ones by forces unknown to me at the present. Before this technology was taken away though, the dark one had seen that no matter what scenario they put into the quantum computer the same result kept coming back. Humanity woke up and took back its rightful place on this Earth. So, the dark ones had to speed up their dastardly plan and try and rush these things we are going through now into a few years instead of decades as first planned.

What you need to understand is that these dark ones have virtually cut off their connection to source through the role they decided to play before incarnating here, so they have no creative abilities except to just do what they always do. I firmly believe though that these dark souls know their time is coming to an end, they don’t know what to do. They also think the only way they can survive is to turn us all into transhuman slaves which will serve them forever in their version of reality. This reality will consist of them incarnation their consciousness into a computer-like simulation. This will be their version of living forever. If they could only remember who they truly are they could reconnect to the source and realize it was just a big game, they were playing instead of going down this hellish nightmare of transferring their consciousness into a virtual world.

But then again this must be the path they chose to experience this ultimate separation from source, so in the very bigger picture, they are the bravest souls in this entire reality. I know that is a tough one to swallow when you are all victims of these evil schemes but it's the truth. Anyway, I want to get back to the 3D experience we are all having here and what is needed to wake everyone up. This next part of this chapter is information received from my friend Gordon Smith Duran who gets his guidance from his guides, Gordon is the guy I have spoken about before in this book. He taught me how to do the regression to past-life hypnosis. I do trust his information after speaking to him many times you just know who is real and who is fake. Anyway, his guides told him that there will be 5 waves of awakening, these waves will cause hardship, but they will wake up most people. The others who don't wake up after stage 5 are the souls who have decided to take this route and its destination to experience this from a soul's perspective.

So, wave 1 is what we have been going through now with the BS pandemic stuff. I have personally seen huge amounts of people waking up to this world and who runs it. For instance, a local group on Facebook was created after a small group of local people. However, before this, they were asleep to the world and just believed the mainstream media narrative. However, this group grew to over 2000 members in a very short time, they also started going down the rabbit hole of other so-called conspiracy theories and started to realize very quickly what had been going on. It was amazing to witness what I had gone through over 15 years being condensed into 18 months. Wow, what a ride of discovery it was. So, my point is without the lies of the pandemic and the fact they couldn't work had led them to have the time to do the research and the hardship to trigger a response in the first place.

So just imagine how many millions have awoken like this all over the Earth. This is scaring the dark ones as they can see the more people which wake up the more the Earth's consciousness in turn field is rising which in turn helps more people to wake up because the



hypnotic veil has been lifted. Therefore, at this time of writing, they are all stoking war with Russia to take our attention away from their dastardly deeds which are starting to get uncovered. The problem the asleep people have is they have been terrorized by the pandemic and are in such a brainwashed state they just simply cannot see the truth. Therefore, the next waves of awakening need to happen to jolt these people out of their slumber.

The second wave is going to be the downfall of the media, this will be when the masses realize they have been lied to about the pandemic BS and then they will be looking at the people who are responsible for this lie. It will become obvious to the awakening masses that it is the media who lied about this constantly which instilled so much fear into them that just believed whatever they were told because they were so scared of the pandemic BS. This wave will then lead people to ask the question if they lied about this what else they have lied about? This will in turn increase the human consciousness even further. However, they will still be a big proportion of humanity who will still believe the mainstream narrative. Personally, this is because people will refuse to believe they fell for all the lies. Subconsciously they will know the truth however they still haven't seen it with their own eyes.

This is where the 3rd and biggest wave comes into play. This is when people start to see the effects of this jab on loved ones and people they know. This will become irrefutable when they see all this with their own eyes and the damage this jag has done to people. This is where people like us can help a lot by telling and spreading the knowledge on how they can neutralize the effects of this forced jab. Also, this will lead t the people who instigated this to run for the hills because they will not be safe anywhere. All these people will need our spiritual guidance to help them see the bigger picture. This is one of the reasons I am writing this book. I want to help people realize that all these hardships we endure here are all designed to give us the experiences we need and want.

The fourth wave of consciousness shift will happen when the Governments fall when most people realize they have been victims of

these entities in Government and now the people will no longer tolerate or obey these dark entities. All the people who awake at this stage will continue the snowball effect on the collective consciousness. This is when the last wave of consciousness will happen which will get the rest of humanity to wake up finally. This wave will take a while longer to take effect though. The ones asleep at this point just need to stay alive and let the rising consciousness of humanity take its natural effect. Once this happens, we will be all transformed into a new age of enlightenment like I have spoken about before. I know my role at this stage of the awakening is to help educate and send love to those who were the most asleep. They are in for such a mental shock when they realize the people, they trusted were the sickest of the sick, people who murdered and ate babies, and all the evil things done to Mother Earth to help their dastardly plan come into existence.

Before I close this chapter though I just want to repeat that these evil characters are the bravest in this game we all created, they were the bravest who desired in full knowledge of what they were doing that they would enter this realm and slowly bit by bit cut themselves off from the beautiful divine loving energy of the source. So, when this huge game is finished, and we reach the highest levels of consciousness don't forget to buy those who played these dark roles a big cosmic drink or two lol.

## Chapter 21 Visions of Source Energy

This chapter is going to be about a meditation experience I have just had. I was not under my pyramid for this one, but it was so vivid. When I meditate or go into self-hypnosis, I usually get a mixture of feelings and some visuals. This time though I was transported visually to a place and time which basically cannot be put into words lol not good when you are trying to write a book about these experiences. I will try my best to explain what I saw and experienced, I have noticed

my meditations seem to be taking me to realms of higher and higher consciousness. This time though I started my meditation in the usual way by grounding in mother earth and then asking my higher self to communicate with me.

I was first asking about the intentions of Putin with regards to the war in Ukraine at the present of writing this, which is the 1st of March 2022. The answer I got was not what I had expected, and I will cover this later in my book. So, at this point, I asked my higher self about the source of love energy and if I could see how source energy created the universe. I know what you may be thinking "wow that's a big question" lol, however, I was amazed at what I was shown. Like I just said I don't normally get too many visions when I am meditating, but this time boy was I in for a ride.

I was instantly aware of vivid blues and greens around me, and these looked like energy plasma but there were no other forms around me. It felt like I would imagine space would feel like but with no planets or stars or anything apart from these plasma energies around me. When I tell myself, I am not talking about myself in the sense of "Alan Stockdale" I was talking of myself as pure consciousness and no physical being at all, I was more like intelligence with no form at all except a glowing light. This glowing light was like a gigantic sheet of glowing pulsating waves of light with an all-knowing intelligence. I seemed to pulsate the light, and this caused a wave in this sheet of pulsating light which seem to transport me around like a gliding huge jellyfish. Wow, this is so hard to describe.

I could see this gigantic pulsating light from an outside perspective as well as the feeling of being this pulsating light. I then asked my higher self what I am been shown here and to my amazement, I was told this was the source of energy before the creation of this Universe. When I say universe, I am not referring to the creation we created as our higher selves to experience physicality. What I am talking about is the creation of reality as a whole or so I thought at this point. As I have said before I know we are all part of this source creation energy, but we detached from the source and became fractals of the source,

what I was experiencing here was before any of us separated from the source., What I was seeing and experiencing was before anything was created at all.

Once I realized this, I went into the experience even deeper by putting my awareness back into this pulsating source of energy. Once I was there, I seem to keep my individual-ness of "Alan Stockdale", but I could experience the oneness at the same time. I felt such peace and joy and happiness while being there. I was just an all-knowing floating consciousness in a realm of light and energy, it was at this point I came back out of the oneness of source by my higher self. I was then told what I was going to see is the creation of this universe and all its dimensions. I was not prepared for what came next, I witnessed and experienced to a degree the will of source energy to create this universe. I was expecting to see stars being born and other planets being created, this turned out to be not the case, I realized then this was just from the programming I received while reading books on cosmology.

What source of energy did to create this universe was just one thought to create all the dimensions and galaxies, I witnessed all this creation being born in an instant, and I mean one second it was just a place of light energy, and the next second everything was created. When I say everything, I am not talking about all the inhabitants of this universe but all the building blocks for this creation to flourish. At this point, my higher self said to me this is the power of creation you and everyone has. It is just restricted now because of all the disconnection to the source through your intentional journey in this physical life. It became apparent then that I needed to create my reality more while I am in this physical body. So, I decided there and then that this book will reach over a million people, these people will find this book when the time is right for them, and they are at a stage to appreciate the subjects I am talking about.

Given the power I know we all have it is so important that we remember this so we can continue our progress in this cosmic game and beyond. Just imagine how quickly we could improve this

experience we call life when we all start co-creating the reality we want. You see these elites who think they rule this world know these secrets of our creative abilities. Therefore, they manipulate humanity with the "News" and the "tabloids" to create a reality they want of total enslavement and control over our very souls. Therefore, it is so important we remember our creative powers and create what we want. The elites can only create this reality through us because they have nearly severed their connection to the source, so they have very limited creativeness. Therefore, they need to convince even the more asleep of us in this realm who have a more limited creative power because of their lack of spiritual practices and "knowing".

They know that collectively even the most asleep of the population when combined with all the others in this realm can add up to a lot of creativeness. However, it only takes a few of the more awake of us who know their potential to stop the reality the elites want for us. Therefore, they will lose because the truth is always vastly more powerful than lies. People are seeing more and more the lies that the media portrays as reality. Take this war in Ukraine now, it is a typical example of using propaganda to create their reality. I don't know if Putin is a good guy or not. My gut instinct tells me he is not a satanic pervert like all the other world leaders; however, I am not saying he has humanity's best interests at heart either. I hope he has but time will tell I suppose. I do know though that these waves of awakening are unstoppable in this realm and will lead to our freedom and the creation of a new reality where we can explore our abilities and creativeness.

Anyway, got a little side-tracked there, let's get back to the experience I had this morning. When I saw this instant creation of the entire universe which my "higher self" took me to see I asked the ultimate question "where did the source come from?" My "higher self" laughed at me and said I still don't know the answer to that one lol. My "higher self" did show me something very interesting though. I was taken out of this universe and was shown the entire creation as a sphere and then I looked around and there were hundreds if not thousands of these universe creations, I was not taken to one, but I did

see that this universe was just one of a multitude of universes. As I am writing this, I have just answered a question I was just about to write.

I was going to write the question, does each universe have its separate source of creator energy? I am told they are all the same, in other words, the source in each one of these universes is a fractal of the whole source of energy. A little bit like we are all fractals of source in this universe. In the multiverse there are fractals of the overriding source in each separate universe, wow I thought it is like we are all fractals of the whole, and maybe this process is the infinity of the creation. I have pondered could this creative process go on and on in scale as our journeys through the entire creation as part of this entire source of energy. Mind-blowing stuff that our brains have a hard time understanding. So basically, I think I was given this surprise journey from my higher self to remind me of the creative power I have. Now of writing this book, I am financially in a position of being "skint" and struggling to pay the ever-increasing energy bills. So, this experience has come to me just when I needed it the most. It has reminded me of what I already knew. We are all creators of our reality and worrying about paying bills only creates more situations of worry.

So instead of focusing on these bills I and everyone else need to create solutions that will give us the experiences we want. Having said that, how do I know that being in a position with no money is exactly the experience I need at this present time to give me the experience I want in this life? I have had this experience of no money long enough now, so I am creating this book and it has sold over a million copies already, it just this creation is on the movie reel in this quantum theatre, it just needs to be projected onto the screen we call reality. Once this is done, I will experience it from my point of view. I hope in this chapter I have gotten across the experience I had this morning while meditating with my dog.

Chapter 22 Helping Lost Souls

In this chapter, I am going to cover the subject of lost souls or consciousness if you prefer and how we can all help them resume their path of creation. When I talk about lost souls, I am referring to humans who have incarnated here but, when they died something happened that stopped them from going back to the in-between life state. I am not talking about the old-style reincarnation trap as discussed before but, the organic natural in-between lives state. There can be many reasons why souls don't take their natural path. Some of these can be unexpected deaths or violent deaths or perhaps some in grain religious view that they will go to hell for their sins, so they prefer to stay in this in-between state instead of not knowing the truth about our existence.

A lot of times it is because of the love of the 3D and the notion that nothing exists after it. This can lead souls to unintentionally create a version of the afterlife which is not good for the soul's progression. Also, the love of a child for instance can be enough for a soul to get trapped in this in-between state. The simple fact is that as humans we are not taught the truth in school or church about our true nature and the fact, that we choose these lives and hardships as an experience. If we knew these truths, we would never cling onto this life to the effect of leaving us in a limbo state in between worlds so to speak.

What I am talking about is what most people would describe as a ghost of a haunted house environment. Sometimes people think a place may be haunted when in fact it could just be an energy imprint from an energetic event that leaves energy on the land or the house. This is like a recording of the event, for instance where I used to live, we had one just like this. Every other day I and my wife and children would see the same old man walk down the side of the house and disappear before he got to our door near the garage. Many times, before we realized what it was, we would get out of our seats to answer the door, only to find no one there.

Coincidentally this house we moved into turned out to be the same house my wife's Grandad had died in. This recording on the land was

not him though it was someone else. The way you can tell the difference between these recordings on the land and a lost soul is a fact the recording is always the same and tends to happen at the same times. Lost souls are more spontaneous and interact with people in the house. The recordings on the land don't interact at all. I have experienced many recordings and real lost souls over the years. Before I remembered who and what I am as a soul having an experience in this game, I would get scared as a child as most people do. When I realized the difference between recording on the land and a lost soul, I knew I had to help these lost souls when they appear in my life.

My wife has had a lot more of this activity happen to her during her life. It got to the point when she was a lot younger than she actively suppressed these abilities because of the constant interruptions in her daily life. In the bigger picture, it was not the best move, but she did not know this at the time. She has open to this ability a few years ago after we discussed at length this subject. I have noticed throughout my life that every lady I had a relationship with all had these abilities and I also always my reason for being in their lives at these timers was to help them come to terms with it.

This was apart from one lady I moved in with many years before meeting my wife, she has been forever known as the "psycho bitch from hell" since then lol. This lady and I use this term in the broadest sense had a lot of abilities. The problem was she used them very negatively. I later realized the evil things she did were the result of negative attachments she had from trauma in a past life or the present one. She used a lot of psychology as her gift to manipulate people and get what she wanted. For instance, I have always been very close to my mum and dad, and I later realized she hated this because of her insecurities. So, what she did on two occasions got me very drunk and when I was asleep, she used to ring my mum and prank her and say terrible things. In those days we did not have mobile phones, all we had was a landline.



So, my mum took note of the number which kept ringing on these occasions, and later after I ended this relationship, we found out the truth that it was her making these calls and trying to separate me from my family. Anyway, back to her abilities and what she used them for. There was one occasion when we had a blazing row over something incredibly trivial, she got to the point where she just said to me to shut up because she could do things to me. It was at this point she just pointed to these cupboard doors which flew open, and all the contents just ejected into the room. It was like living in a real "Carrie" movie lol. I can laugh at it all now. I know why I allowed myself to get into this relationship because I needed the experiences to help me get to where I am now.

Just to finish off this story and about this psycho woman when I left her, she shacked up with a man about 10 years younger than her and had a baby with him. I then saw on the local news that she tried to pour boiling water onto her baby and this man got himself her and the baby and ended up with boiling water on his back and she stabbed him as well. She ended up in prison for this for many years and when she was released, she started living on the streets. Some may say she got what she deserved, and I was one of them at the time. I can see now though she was a deeply troubled woman who had some sort of demonic possession. Wow a lucky escape for me though as I got out of there before this possession took hold. I saw this demon though in her eyes the days she did that with the cupboard and ejected all the content.

So, as you can see, I have had a lot of experience with spirits and negative entities, mind you that's nothing compared to what I have experienced lately due to the energetic shift which is happening on earth. So, let's get back to how we can help these lost souls which we encounter in our lives. I have noticed a big increase of these types of souls coming for help at my address where I live as well as darker entities who are sick of being evil and want to stop this, but they don't know-how. It is simple how to deal with lost human souls and can be done in lots of different ways. I like to use a very simple well-tested method to deal with all lost souls and dark entities. I use LOVE and

empathy and a true intention to help them. I will give you a couple of examples, not long ago a troubled male spirit came into our house and scared our dog which is not hard to do if you met him lol bless my Prince.

This spirit was troubled by his death and the fact he didn't want to believe he was dead and was so unhappy. I also sensed that he had been in contact with some nonhuman negative entity. This was starting to affect him, and he was becoming darker and more confused the longer it went on. The first thing we started to notice was the moving of simple objects from one room to another. We could also sense him when he was around by the way the hairs on our necks stood on end. I have recently begun to sense these lost souls by the hairs on my arm standing up to attention. I don't mean the tingling hair standing on end when I am right about some psychic event that you may yourself have experienced. All I did with this male energy was to send him love and empathy, after all, it must be terrible to be cut off from this reality and the in-between-life reality. I always feel for them as lost souls, this, in turn, helps them to connect to the love you have for them.

Once they receive this love, I just ask them if they would like to continue their soul's path or ask them if they want to be reunited with people, they may have known as

his mum for instance. He said he would like to be reunited again with his mum so I then asked him if he could see any glimmer of light anywhere, even maybe light in himself. He said he did see a light, so I told him to approach this light and think about his mum and the love he had for her. He smiled very broadly at this point and said he could see her, and she was telling him to come to her. So, he did and when he reached her his whole energy changed from this low frequency to a bright happy soul, any negative influence could not stay attached to him when he heightened his vibration into pure love energy. He then turned to me and thanked me from the bottom of his heart. I must admit it gets me emotional just writing these words. I still feel that love and reward I felt for helping him on his way.

Since this case, we have both seen a spike in activity of these lost souls coming into our house for help. Earlier in this book, I described an incident with a very negative entity who had realized he was just playing his role in this game but had forgotten how to reconnect to the source. This event gave both of us such joy because it felt like we had converted a demonic force back to source love energy. My wife Gilly is very good at dealing with these entities. Last year while she was in a dream state of outer body state if you prefer, she encountered a demon who was trying to get to her and use her energy. What she told me at this point made me laugh because she just talked to it like a teacher to a naughty child. She then sent it love and took it by the hand and guided it back to the source. It was at this point the demonic entity realized why he was attacking her because his soul's essence wanted to stop playing the game and return to the connection with the loving source of energy.

Even my mother-in-law Ina has started to see ghosts during her last stay in the hospital, she has asked me why I think this is starting to happen to her. I told her it is because of all the loving energy she gives off and the fact these lost souls are attracted to it. I have told her to help them find their way back to their loved ones and I think the next time she experiences it she is going to give it a go. It is a very rewarding experience when you do this, and I would recommend if you were starting to experience something similar just put some protection around yourself and ground to mother earth. Also, ask a source to help you until you get the hang of it yourself. The more you practice the easier it will get. Good luck x.

## Chapter 23 Emotional Meeting with My Guides

This is an experience I have just had today while meditating again. I will start at the beginning and tell you what happened from there. I was in my bathroom when I heard my dog Prince running around off

the sofa and onto the bed and back again. I came out of the bathroom to see him on the sofa, and he was scared with his normally waggy tail firmly between his legs. I immediately cuddled him and knew some sort of spirit was around because he always behaves like this except for one time. On that occasion, it was negative energy that he picked up and his inner wolf came out and viciously barked and growled at it. Anyway, this time though it was just some spirit, so I took him into my bedroom and lay on the bed to settle him.

It was at this point I decided to do my meditation for the day, however after trying to get myself in the mood and comfortable I just lay there for a while. After a break, I tried again, and I asked only for help from any guides or angels who only had my best interests at heart to come through in my meditation. I instantly got a message to do this meditation under my pyramid today because it was very important. I was also told to put my crystal pyramid on the apex of my pyramid where I have made a small shelf. So, I decided to do this and after a while, I got up and got my crystal pyramid and went under my homemade pyramid and put some meditation music on.

I started by grounding to Mother Earth as usual and straight away I got good visuals in my mind's eye. This happens for me while I am under my pyramid when I am going to get some good information and a good experience. I grounded to the tree roots around my house as well to give me a good grounding to this 3D earth and higher dimensional Earth via Mother Earth connection. It was at this point that my Grandad just stepped forward and became visible to my mind's eye. I gasped in the air as the love from him burst into my heart area. I could see him so clearly and his hair was so bright and very silver looking, just like I remembered him from my childhood. My Grandad died when I was around 12 years old, but I remember his hands very much, they were big hands with a deformed nail on his hand from an accident he had when he was a young man.

I then told him I loved him, and it was at this point my mum and dad came forward and I could see them so clearly. Both my mum and dad looked so healthy and glowing with loving energy just like my

Grandad. I was told by my grandad that they were my immediate team of guides and protectors. At this point, I had tears of joy running down my face and I could just feel the love they all had for me, it was so beautiful words fail me to describe it. It was at this point my dad who died in 2012 told me he decided to leave my life at that point because he had to be on the other side of life to help me when I needed him most.

It was at this point he took me back to a memory of a car accident I nearly had a few years ago. At the time I was a salesman who was traveling all over the country and doing around a thousand miles a week in travel and working long hours. The accident nearly happened on my way home on a Thursday, I was tired while I was driving and I must have fallen asleep for a second, it was at this point my dad appeared to me in front of the steering wheel. This woke me up and I managed to miss a potentially fatal crash on the motorway. This was one of the times my dad was referring to when he said he had to pass over so he could look after me. Wow, amazing I told him, and he just smiled very broadly at me.

I asked my mother a question but before I could say it all she answered me and said yes. What I was asking her was, was it her that appeared as Red Admiral when I visited my father-in-law at the same home while my mum was in when she was alive? She showed me the scene again and when I saw it from another perspective, I could see her behind me stroking my hair like she did when I was a child. It was beautiful seeing her glowing face and the love she had for me and still does. I am crying again as I write this because the experience was so powerful. However, this is not the reason they wanted to appear to me. What my grandad said at this point was I needed to stop worrying about money because money will not be needed like it is today soon on Earth.

What he showed me where all the free energy devices that will be allowed to be used once the elites are no longer in charge. It is the fact that we must pay for energy is the reason it is so expensive just to afford to eat and keep warm on Earth. So, once we generate free

energy, we will not have any electric or gas bills. Also, transport will not cost anything apart from the wear and tear of the vehicle. So, food prices will dramatically drop because of this. Just think about it, a farmer will not need to fuel his tractors and harvesters and the trucks which transport these foods to the supermarkets will have no fuel bills as well. Also, we are all going to relearn skills like growing our food and being more self-reliant like we used to be.

It was at this point my grandad said that writing this book was very important and it is what I must concentrate on. Therefore, other avenues of income have dried up because I need to concentrate on getting this book out. He then told me I must get this book out as an eBook and charge a very small amount or maybe even make it free, however at the present when someone gives something away for free some people don't hold any value to it because of that fact, this may have the effect that it will not get read as much as it could. My grandad said that this book in a hardback version would generate me an income until an income is not needed in this world. This was one of the biggest reasons they came through to me today. I do have hang-ups about not pulling my weight financially with my wife. She is great about it, but I know she worries too and I pick up on this because we are so close as a couple and psychically.

So, from now on, I am not going to worry about money in the short term and trust in what my grandad had told me. It was at this point I hugged my mum and dad again and with tears down my cheeks told them how much I loved them and how much I appreciated all that they had sacrificed for me. After all, if it was not for their love and stable upbringing, I would not be the person I am now writing this book. This is when both told me that I was a gift which they were so lucky to look after, this had me in tears again lol. They said that the biggest purpose they came to earth was to give me this stable start and to help me achieve what I am about to do. Writing this book is just the start they told me, I will make a difference for the good as things progress on this earth. I feel in my heart that I am going to help a lot of people with this book because I want everyone to know they are all part of the source of energy and are all so powerful and important. I

want everyone who reads this to see the Earth experience from a bigger perspective. Also including this chapter is important because it lets you know that loved ones that have passed are still around taking care of us.

It was at this point my mother made me laugh, she told me that she is to become a trainee angel and her journey was just beginning. This made me laugh because my mum was always a straight-talking Yorkshire woman who never minced her words, she was also a very good shot with a wet dishcloth as me and my mates can attest to when we were younger. So, the thought of my mum being an angel made me laugh, but to be honest I can't think of a better angel to be keeping an eye on me, bless her soul. It was at this point my mum told me to tell my mother-in-law, Ina, that the next time she appears as a Red Admiral butterfly she will be in a pair of them. So as soon as my incredible reunion with my family had finished, I rang Ina and told her what happened today and let her know what my mum had said. Ina said at this point she had never seen two Red Admiral butterflies at the same time. So, when mum appears next time, we will know it's her. Don't let me down mum lol.

So, I think the upshot of this incredible experience is to let you all know if you don't already that this Earth is going to be a paradise place again and it will not take too long to get there. Also, we all have guides who are looking after us and we need to connect with them when the time is right. I am sure they will let you know when this time is, while I remember when you connect with guides or your higher self here is something I have started to practice after a chat with a very experienced psychic healer. To make sure you only connect with channel entities who only have your best interests at heart you must state this verbally or in your heart. Say something along the lines of "I only give permission and consent to being who truly have my best intentions at heart". I also visualize a pure white pyramid that is all around me, sending the intention out there that this pyramid of white light cannot be penetrated by anything unless they are beings with only your best interests at heart. Try this and make it your protection before you meditate or do hypnosis work, it is also a

good practice to do this when you are out in the world to keep any negativity away.

I hope this chapter has uplifted you as it did me when I experienced it, and don't forget everything is going to work out for the best and if you need help just put that intention out there and the help will come when it's needed.

## Chapter 24 Experiencing different states of consciousness

This chapter is about my experience of being at different levels of consciousness which I experienced today while meditating under my pyramid. I started my meditation in the usual way which I described many times already. After this, I began to see myself from a higher perspective, I was floating down a river and the sky was so blue and beautiful, I was on a raft made from bamboo. I was seated on a bamboo chair on this raft, and I was just experiencing the tranquillity of the situation. At this point, the bamboo chair disappeared, and I was just laying down on the bamboo raft looking up at the beautiful sky. I was connecting to nature at this point when suddenly, the bamboo raft had disappeared altogether.

I was just experiencing the river and feeling the water when I realized I was no longer in a body at all. I had become the water and I could feel the speed of myself from all parts of the river at the same time. Somehow, I had become the consciousness of the water and was part of nature. I could feel consciousness myself rushing over the rocks in the river and the pure excitement of being free and wild but calm at the same time. I felt myself experience the bubbles of air in the water I had captured while swirling over the rapids, and we were all joined together as one consciousness. At this point in my experience under the pyramid, I said to myself I want to go deeper into this.



I immediately began to feel myself go from the water to the smooth rocks on the bottom of the river which I had been smoothing for thousands of years when I was water. This feeling of being the consciousness of the rocks was truly astounding. I felt like I was the wisest of all the different realms of consciousness which exist in this realm. I had total knowledge and memories about this realm and all the different events which have happened here. I felt so strong and steadfast in this knowledge and knew the Earth realm was experiencing a rapid change in frequency. I knew that this change was unstoppable and part of the realm's journey and all the consciousnesses in this realm. I could also access the consciousness of the water and the air at the same time as my own.

I then began to shift my focus from the rocks to the actual sand the rocks were resting on, wow this experience was a wild ride indeed. As the sand in this river, I became a mixture of water and rock at the same time which seem to take me to a higher state of awareness. Oh boy, I thought the awareness of the rock was immense but this consciousness as the sand was beyond that. I felt so connected to nature at this point and the peacefulness was incredible. Just try to imagine not one worry in the world. A way of being at the ebb and flow of the water and the fact you are created as a fractal of the rocks. Time did not seem to exist while I was in this state, all I felt was joy and contentedness.

It was at this point my higher self-intervened and brought me back to my human-only experience awareness and I said I want to experience more states of consciousness. I was then taken through the sky and the clouds and then to a position above this realm altogether. At this point, I became aware of me being on some sort of ship with other beings. One of these beings had told me that this place is beyond the realm of Earth. When I ask where we were I was told in the outer realms. I then become aware that this ship was a ball of energy that was part of their consciousness I then realized where I was because I have experienced something very similar to this when I was hypnotized and went to another existence of mine. I was told that I exist in this state at the same time as I am down on Earth in this 3D

body. I was told that this is me in a future existence from the point of view of my 3D body.

However, since time does not exist outside of the earth realm we appear to exist at the time from my point of view. I know this is confusing but please stay with me lol. I then looked out of this sphere lightship and saw this realm from a different perspective. I was allowed to view it as my future self would see it. It blows my mind when I saw the vastness of our realm. What I saw from this high perspective was a vast never-ending flat plain of existence that had so many different realms like the one we experience on Earth. The difference is though that other civilizations did not have the containment shield we had on ours. So, when people talk of the earth having a dome on it, this is what it is. It's like a barrier we cannot pass by in our physical bodies. It's like a quarantine that has been placed on us because of the evilness of the entities which rule our world.

I was told that this barrier would be dissolved once we have changed the way we are, in other words, this vast awakening that is happening on Earth will be the force that dissolves this barrier. So, when people talk about ascending to a different dimension, this is what is going to happen. The ascension, which some spiritual people talk of will be the ability to go to different realms in this never end flat realm. When I say flat realm, I am saying that from the perspective of a very high-dimensional being like I am experiencing while I am on this ship. From the perspective of the people on Earth, it may not seem to be flat like it does from a higher realm. A bit like a 2D consciousness would not be able to comprehend what it must be like to have a 3D existence. I hope I am making sense here trying to describe what I experienced. So, earlier in this book, I described how this higher dimensional Earth already existed it just we must get there. Well, maybe this is what I meant, we need to keep raising our vibrational frequency until the barrier is gone. Then we can get access to this higher lush version of Earth.

I am just trying here to put the experiences together to try and take a bigger picture of the different realms we exist in. I suppose one day

when we are all on the other side of this dimensional quarantine it will all make perfect sense, and we will just laugh at our stupidity as we are now lol. I do feel though very strongly that it is so important after all for everyone to meditate and start to practice connecting to these other realms. We can all do it so easily if we just take the time each day to meditate for just 20 minutes. If everyone did this all the time, we would reach the higher realms so much quicker and easier. Especially connecting to your higher selves is so important. After all, they know everything about you and every dimensional version of you as well.

From your higher self's perspective, it must be so simple what we need to do but at the same time experience all of this so we can grow spiritually. After all, it would be pointless buying a game for your console and then having every level made so easy you finish the entire game in a few hours. Would hardly be worth playing the game in the first place, would it?

## Chapter 25 The Folly of Concentrating on The Negative

If you are reading this book and you are quite new to this sort of information. For instance, maybe it was the fact you saw through the lies of the last 2 years with this pandemic BS that has awakened you to all the other hidden knowledge about this realm we live in. If you fall into this category this chapter is for you. What you may be finding out for the first time could be all the sex trafficking that occurs here. Maybe the fact the moon landing was fake may be new knowledge to you. If it is I want to give you some advice, I became aware of all the rabbit holes you can go down many years ago and went through the phase you are in now. The difference was though when I was waking up and all the other humans were fast asleep.

Also, the vibration of this realm was a lot denser than it is now and this made it harder to manifest things in your life. On the other hand, it had the effect of not mattering how much attention I gave to these subjects I did not seem to manifest them into my reality thankfully. However, if we fast forward from then to now this realm is so different on an energetic level. This means humankind has greater manifestation powers than back then when I was discovering all the truths of this realm. So, this means all you guys who are reading this are all concentrating on all these horrors, such as sex trafficking. You are surrounding yourself with all this negative power.

This in turn will not help you in your journey of true awakening and connection back to the source. Also, all these negative subjects can depress you and this leads to negative entities feeding off you and making you sadder and more depressed. It is a downward spiral that can be so hard to get out of. Having said that, it is important to find out the true nature of the deception we have all been under but, you must not dwell on this information. Especially if you are an empath because this will affect you a lot worse than nonempathic people. So, it is very important to wake up to this knowledge and move on, also don't be constantly posting all this knowledge all the time because this has the same effects. What you need to do is concentrate on "Yourself" and go within and work on your connection back to the source. This will in turn help you to grow spiritually and help you get past all this negativity.

Go out into nature and meditate under a tree and connect to mother earth and walk around in your bare feet and ground yourself to mother earth more often. When you start to do these practices, you will find your connection to your higher self will improve as well. Also, your ability to see the truth will increase and see lies instantly. I have gotten to the point quite recently where I can hear my "higher self" talk to me even when I am not meditating. In days gone by I would have probably been locked up in a nuthouse by now lol thankfully I am not. On a serious note, the more you connect to your higher self and mother earth, the more this ability to hear your higher self will improve.

My “higher self” told me in a QHHT session with Debbi Anderson the other day that a new being has been created and this being will be a combination of physical being but with ultimate knowledge and a fractal of our higher selves permanently with us and in clear communication. I have talked about this in detail in one of the previous chapters, however, when you go into one of the sessions you seem to connect more powerfully with your higher self. So, when I was told this information it defiantly backed up my experience while I was meditating under my pyramid. When you have a QHHT session it lasts for around 3 hours, and you go deep into a hypnotic state.

When you start talking as your higher self you are fully aware of the words coming out of your mouth and you know it is you who is talking. However, you feel like you are to one side of your body ever so slightly. After the session Debbi told me my voice changed and the way I spoke changed as well. From my perspective though it seemed to be normal. This was until she sent me the recording of this session and you can see the difference. At one point my eyes opened slightly, and you could see my eyes had rolled backward. So clearly, I was in a different state of consciousness.

Once you get this connection to your higher self you need to be aware that you are growing in your spiritual power and manifesting power as well. So, you need to manifest the world you want to live in and not dwell on the negativity in this world. The more people who concentrate on the world we want to live in the quicker we will get to that destination. Don't forget we entered this game of our own free will and the purpose of it is to connect back to source energy while you are here. You need to meditate as much as you can and surround yourself with whatever makes you happy. Connect back with nature and connect to a tree and re-establish all the connections we used to have so long ago. The more everyone does this the faster all the other people will wake up. This will transform this reality into a paradise realm.

This new realm we are creating will be this earth, but it will be free of all negativities. I was shown in this QHHT session how I still have an entity attachment and this entity is playing a role in the bigger picture and is giving me the experience of this attachment. I was also told I don't have to worry about this attachment because as we all start to vibrate faster and faster these attachments will be shaken free. These lower frequencies will not be able to penetrate your auric field anymore, and we will be free of them for good. From now on if you are reading this book and you are concentrating on one of these many rabbit holes and you are constantly putting your attention there, all you are doing is feeding these entities. So, it is time to put these parasites on a permanent "fast" and starve them. It is okay to know knowledge about these matters, but once you are aware of them move on and don't get obsessed with them.

I still must do this myself all the time, at the time of writing this book the Ukraine war is going on and the western media is obsessed with putting their narrative across. They want you to believe all these lies about the war and constantly blast it out on the news. 99% of it if not 100% is complete lies as usual. I know this because I have done a deep dive into this subject and have been told the truth by my higher self. However, I found myself getting obsessed with knowing every detail as and when it happened. I had to give myself a good talking to and am now drawn away from this information. I am still aware of what's going on, but I am not concentrating on it. The main reason for this is that I don't want to help create a reality that the elites want us to manifest.

I know the more awake and spiritually aware you are the greater your manifestation powers are. So, by concentrating and being obsessive about the situation I am unwittingly helping to create this reality. So instead, I have been meditating and creating and manifesting the reality I want. It is so important that everyone knows we have this power, the elites know we have this power. Therefore, they spend so much time and energy lying to us on mass using the mainstream media. If you can imagine the most asleep people in this world do not have a massive manifestation power. However, if you multiply this

power by a billion people believing the lies this will help them manifest the results the elites want. When a few hundred fully aware people purposefully manifest a beautiful world with no war in Ukraine you will see the true power of manifestation.

These elite know this, and therefore they had bio labs in the Ukraine where they were creating deadly pathogens to release on the world to wipe us out because they know they will lose otherwise. However, this is not the destination for mankind, and therefore Putin invaded to destroy these labs and stop this outcome. Of course, the mainstream paints him as the devil on earth but he is not. So just before I close this chapter just remember if you are reading this book and it is resonating with you, then you have a huge manifesting ability so put it to good use and don't concentrate on the negative, instead meditate and connect to the source and mother earth and your higher self and create the beautiful realm which this earth will become very soon.

## Chapter 26 Otherworldly influence In Our Reality

This chapter is going to cover some of the information regarding extra-terrestrial life in its true form and not the version the movies will have you believe. All these movies portray them mainly as invaders who want to take over the earth. However, this is not to say that there haven't been alien races who have been interfering with us and stopping us from progressing spiritually and technologically as well. For me, my journey with the possibility of alien races began as a very young child. I always believed we were not alone in this universe. After all, what would be the point of creating all this universe if it was just to accommodate just one race? My family never really understood my view on this as a child and I would be ignored and laughed at.

So, as a child, I started getting magazines and going to the library to get as much information as I could on the subject. This went on for

years and years, looking back at this from my perspective now, I can see I knew this knowledge because I allowed myself to have this knowledge when I incarnated here. We decide before we incarnate if we should come here with certain knowledge to help us achieve our goals here. The reason I did this was to get used to people ridiculing you for what you know to be the truth. It certainly helped me to grow a thick skin to this disapproval and it helped me to grow spiritually.

I never really felt like I was from another planet as a lot of lightworkers do, I was just fascinated by it all. It wasn't till I was around 14 years old that I started to read books on people getting abducted by aliens. I must admit these books used to leave me scared because it was the thought that I could be fast asleep and then suddenly, I would be taken away and experimented on. I look back now and think these books became popular by the design of the negative entities in this realm. It was a good way for them to install fear into minds like myself to stop us, like-minded people, from discovering the true nature of the alien question.

It was at this point I discovered books about alien bases in America which were shared with aliens to share their technology. However, they shared this technology at a price, that price being allowing the aliens to abduct American people and experiment on them for whatever reason they had. Once again, these books became very popular and sold millions. Looking back again though this served the purpose of just confirming the fact that nobody was safe from these abductions. On the other hand, it also helped me to realize that I was right all along those aliens are real and we are not alone in this universe. However, the problem with this version of aliens is portraying all aliens as bad races just after their interests.

This could be further from the truth for the vast percentage of aliens out there. Most aliens out there have total compassion for humanity and only have our best interests at heart. This however did not become apparent to me until later in life, but I was still fascinated by it all and the fact the governments were in partnerships with these negative extra-terrestrials. So, this fact for me instilled the knowledge



that our governments do not tell us the truth and politicians lie. Oh boy, I did not know then how much these governments lie and cheat to get what they want for their masters. At this point in my life, I went through being a teenager and only caring about girls and it was not until I was around 25 years old that my interest in aliens and the whole subject of the supernatural took off.

What I noticed in myself was the realization that most aliens had our best interests at heart, and I was coming across more and more information that verified this. As I grow spiritually, I began to see this existence differently. What I mean by this is the fact we all exist in this realm to experience every aspect of existence as I have discussed before in this book. I started to see the bigger picture of why these alien abductions were happening, these ETs who were doing the abductions were victims themselves. What I mean by this is these aliens who were going against universal law and interfering against our will were victims of their invasion and taken over by a negative force just like the negative force which is trying to do the same here.

What we are all experiencing on earth has been experienced many times on other planets. The difference being these races succumb to this takeover and carried on advancing technologically but their connection to the source began to weaken the more they did the overlord's instructions. You may be asking who these overlords are, well in my humble opinion and through inner knowledge, I think the scenario is something along these lines. When we all decided as an inter-galactic soul family that we wanted to experience a whole new way of existing. We decided that we were going to experience good and evil in a physical setting and with this in mind we had to play different roles to achieve this, like I have said before this existence is all one big game of many games in the multiverse, so it does not matter from this point of view which side you play "good or bad" it's just required so all participants get the desired experience they agreed to.

So, the "overlords" are the alien races who started as the bad actors in this cosmic game. For us to experience what we desire it was decided

a lot of the negative races would be reptilian in nature as well as many others. But, for our part of the galaxy, it was going to be these races that would nearly cut their connection to the source to allow them to become so selfish and evil (not all reptilians are evil by the way) As time went by these races developed incredible technology and became eviler and eviler in their ways. I believe they also invented A.I. Technology that would help them greatly in their quest for dominance over other races. They also mastered the art of genetic manipulation and began to create subraces as they do it to help them further. I believe the grey alien race is what these ancient reptilians created to do their many works in this invasion of other species.

When people were getting abducted on earth, I believe it was these greys that the reptilians had created were the beings who were doing most of the work. Overall, these negative races have been very successful in their conquests of different worlds with the help of this negative A.I. They were created also. I can see now how this addition to this cosmic game, is a great way for different spiritual beings to experience all these different perspectives as good and bad beings. I do still say though that when you play the negative beings you are also been very brave because you know you will have to nearly cut the connection to the source, and this must be so hard to do. As I am writing this, I know I have been these negative beings as well and I just can't imagine me voluntarily wanting to cut this connection to the source, but I know I must have at some point.

Maybe we must enter this cosmic game of life as a negative race to experience that first and gradually after each incarnation realize this is not the right way to be and maybe this growth is needed before we can experience this connection to the source again and incarnate as a more enlightened being. These concepts may be new to you, and they may not resonate just now, this is normal, and I have gone through many stages of dismissing information only to go back to it years later and resonate with it. Now we have covered a little on the negative races out there and here, let's concentrate on the more peaceful loving beings in this cosmic game.

These positive races are beings who have gone through this process I have outlined before but, I do firmly know that this experience on earth right now is one of the toughest routes to reach a higher dimensional perspective. Therefore, so many races have come to see this transformation that is happening on earth right now (2022) These races are routing for us, and they are helping to a certain degree. They cannot interfere with this progress unless the negative beings try to go too far from their contracts which they agreed to before they started this cosmic game. By this I mean in their desperation to survive and stay in control they may want to wipe out mother earth and humans completely, however, this will never be allowed to happen. Many people in this realm also get spiritual help as well as many channel messages from positive beings. This battle on earth has been going on for such a long time and these positive E.T.'s have left many objects around the planet to help us once we rid this world of these negative forces.

Some of these devices are truly incredible and will catapult us to a point where we can travel anywhere in the universe and heal ourselves and live for as long as we desire to. Also, we will have access to free energy forever and create food instantly which is perfectly in line with what each body needs. Now of writing this book, I have been reliably told that the physical presence of the reptilians and other races has been exited from this planet and we are just left with the human versions of these reptilian influences. Also, they have left programming in certain individuals' minds to react a certain way. It is their way of leaving one last "Fuck You" so to speak. You can see this with lots of people who are around us now. However, it is of no concern because we are going to be victorious in the very challenging cosmic game we are in on earth.

All we need to do is keep spreading the positivity and the knowledge we all have inside, the people who are incarnated here who are destined to do the physical removal of these evil humans will play their part like Mr. Putin. Once all these evil humans have departed and by this, I mean I have been told by many sources that these evil humans will be taken to a portal in Antarctica and will be transported

to a planet which will not let them escape and they will live out their lives just surviving like most of humanity has had to in the past few hundred years. Once all these evil humans have gone these devices will automatically be activated and we will be able to join our spiritual brothers and sisters and carry on in this cosmic game and continue to grow and experience incredible lives.

## Chapter 27 Healing Mother Earth (Gaia)

In this chapter I will be describing an experience I had while meditating, I was guided to do this meditation by my higher self after listening to a channel on YouTube. If you don't know what one of these channels is, I will explain. I get messages from my higher self while meditating. However, when people do this type of communication method, they are in contact with a whole host of entities from the universe. With this type of work comes the problem of communicating with an entity that may not be what they claim to be. You need to use your instinct when listening to these messages because with practice you can certainly work out which messages are real. So, this message I was listening to was+ a message to all of us who have come here to help Mother Earth Gaia to cleanse herself of all the harm mankind has done to her. Plus, all the harm the elites have done with all the satanic rituals on the lay lines of Earth.

It resonated with me straight away and I knew I was one of the many people on Mother Earth who needed to do this. If you are reading this book and we are still on a negative timeline, please do your best to help as well. I will explain exactly what I did to achieve this. The message went on to say that some of us who have incarnated that here now are not for the ascension process because we have gone through this process on other worlds. Our role here now is to help Gaia cleanse herself and help her higher her vibration so we can all enjoy a beautiful clean paradise which not infested with these elites.

The message also said that Gaia is very special, and most planets would have died by now, but Gaia is a tough cookie who incarnated here as Gaia to help with this whole process of reaching a higher frequency again and giving us a different experience. After hearing this message, I just knew it was what I was meant to do all the hairs on my neck and arms stood on end, when this happens, I know it's a sign from my higher self that this message is true, and you need to act on it today and many times after that. After realizing the truth of this message, I went to my pyramid straight away and set the intention for all my guides and helpers to come through and help me with this healing of Mother Earth. I started my meditation by doing my usual deep breathing and connecting to Gaia and my higher self. I am also connected to the source of everything and connected to the infinite love energy of the source.

I started to bring source energy down through my head and into my heart center and down my base chakra and into Mother Earth. I then breathed in deeply and visualized pure love source energy coming into me and building up and then on the exhale part I visualized this source of energy circularly going from me. It looked a bit like an explosion of love energy radiating out from me and to the surrounding area. I then visualized myself detoxing the oceans of all the plastics and all the chemicals and then on the next exhale I was flying through animals the air detoxing the chemtrails and then on the next exhale I entered the Earth to detox the soil and all the damage from fracking and deep mining activities.

I also visualized detoxing all the insects and bees and the animals and all the trees. It was such an amazing experience and the love I connected to was immense I had tears running down my face because of this intense loving energy from the source. It was at this point I was above the UK where I am now, and I was breathing in so deeply and exhaling with such force to detox the entire country of all the physical and spiritual impurities. I then went to a much higher perspective and started doing this detoxing in a country-by-country manner. You may be reading this, and you may think I am delusional but, I can assure you the connection I felt was literally out of this world. I felt so

powerful, and it felt so good to be helping our Mother Earth. So, if this resonates with you, please do your part if it still needs to be done. I am writing this on the 25th of March 2022, so hopefully, delusional you may be reading this, and the world has been transformed, if not yet please do your part.

If you aren't aware the actual Alien aspect of this elite force that has been with us for so long is no longer in this realm. They have been banished from doing any more harm, therefore the elites of the Earth have had to speed their plans so much to try and beat the awakening. However, they are losing, and they know it and they are desperate to try and do anything to shut us down. So, it is even more important that we do this detoxing of Mother Earth. The rest of this chapter is about another similar affecting but even more incredible experience I had the following day while meditating on my bed. So, I started like yesterday with deep breathing and connecting to Mother Earth as well as my team of guides. However, this time my Grandad stepped forward and he became in focus like never before. He was at least 7 feet tall, and he has bright white hair and such a beautiful smile that radiated love so much it made me cry with joy.

Looking back at this part of the meditation I began to realize that my Grandad was showing himself as his higher self. I will never forget the brilliance of the love which radiated from his smile and the golden energy which surrounded him. By his side were my mum and dad who seem to be junior guides compared to my Grandad. I also have other entities in my team but, now I cannot say who is what they are. I was told by my higher self that this information will be revealed to me when the time is right. So, I told them what I wanted to do, this being to detox the Earth even more than yesterday. It was at this point they gathered around me in a circle and started to become white energy whizzing around me. I was a combination of all their love which seem to infuse me with more power to do this detoxing of Gaia. At this point I did what I'd done the day before, breathing in source energy and blasting out on my exhale, and detoxing all the air of the chemtrails. I also went through the ocean again and detoxed them. This time though it felt even more powerful than the night before.

At this point, I detoxed on a country level again and then on a planetary level. This went on for around 10 minutes and it felt so amazing and powerful. It was at this point my higher “self” told me that I needed to suck in all the toxins from Gaia as I took in a deep breath. So, I was sucking in source energy as well as the toxins at the same time and I was sending the toxins back to our creator with my exhale of breath. After I had done this part of the detoxing, I was told by either my higher self or source that I can heal the people who want to be healed of all the toxins they may have put in their bodies. However, I was told this detoxing would only happen to the ones which need it because some people have chosen the path of dying from these toxins as part of their journey in this realm.

So, I started in inhale all the pollutants out of people’s bodies and exhaling and slowly detoxing mankind of all these toxins. I know at this point you may think I am nuts, but I can assure you it was so real, and it feels so right. It is an ongoing practice that we all need to start doing. We as creator beings are very powerful and we can manifest anything we want, people just the elites for hundreds of years have been slowly dumbing us down and lowering our frequencies, so we lose these powers. What I mean by that is the manifesting powers have always been with us it's just we have forgotten them. The elites want us to think that we are just small pathetic humans with no powers at all. However, this could not be further from the truth.

Back to my meditation, at this point, my Grandad told me I need some healing as well and I should lay down (in my mind’s eye). They then started to Wizz around me but instead of sending that healing to Gaia, it was directed to me. I started floating in my mind's eye and I could feel the intense love and healing from them. After this, I asked my Grandad if I could heal my dog by doing the same process, and he said, of course, you can. I was then told to put my left hand on my dog Prince and put my right hand on my heart. I started inhaling this loving healing energy and it was passing through my heart center into my left arm and hand and Prince. I could feel my right hand getting hot every time I breathed in this loving healing energy. My dog by the

way was snoring his head off at this point and oblivious to the healing which was taking place.

After I completed this healing, I was told by the collective guides that I need to see my higher self. So, I was instantly taken to my higher self. I have experienced this meeting of my “higher self” many times through my self-hypnosis and my meditations. This time though the experience went to a whole new level. I passed through the dimensions and became aware of my higher self in front of me. However, this time he looked in focus and more detailed than ever before. In self-hypnosis, in early meetings my higher self would appear more like blue energy than this energy in later meetings would be in the shape of a humanoid. This time though I was not expecting his appearance, he looked at least 7 to 8 feet tall and was very muscular with striking features and blue eyes which were pricing and blonde hair. I was just in awe of what I was seeing. It was at this point he said "I look like you wanted to look" I then told him what he meant. When I was growing up, I was always the short one in school, and I use to daydream of being this huge, beautiful man.

My higher self at this point just burst out laughing because he knew I had realized why he was appearing as this huge muscular handsome man. I laughed at this point and said if you have the same sense of humor as me, you are probably a short fat bald guy just like me lol. We both laughed at this point. It was at this point my “higher self” showed me what the Earth was going to look like because of the healing we are doing together with Mother Earth. It was at this point I was taken to my new home, when I got there, I realized it was the place I had been manifesting in my meditations. It was a beautiful log cabin set in the most beautiful setting of nature. It had a stream at the bottom of the garden and palm trees as well as other trees which you would find all over the Earth. When I entered the log cabin, I became aware that the logs which made the cabin were not deadwood, it was a living wooden cabin with its consciousness. Wow, how amazing it is going to be on this new Earth, I then walked back outside, and I could feel the consciousness of the grass and the trees and the water and even the air. It was all connected and we had access to it all and could



communicate with everything. Also, we don't need to consume food there, we just live off the sunshine's energy and all the animals live in harmony with each other.

I then saw my wife and she looked like I have never seen her before, and she was beaming with love, and she had very long black hair and was stunning. At this point, I looked at myself and I too was transformed into a full-grown slim tall muscular version of me. Believe me, this Earth is like nothing you have experienced anywhere. If this doesn't spur you on to help heal Mother Earth nothing will. At this point in my experience, I was sitting on the porch of this living log cabin and a full-grown grizzly bear came up to me. Just like I have been manifesting in my meditations, he approached me and to my shock spoke to me in a voice me and my wife used when her stuffed bear talked at home. Don't laugh because I bet, we aren't the only ones who do something similar. It's a little joke between man and wife and amuses us no end. My bear friend said that we had created his consciousness together on Earth and we have the power to create life. So, my bear in old reality Earth is a stuffed bear. But, in the new reality is a 9 feet grizzly bear lol.

This was the end of my experience in this realm for now and I would just like to finish this chapter by saying if you don't think I am mad and delusional please do these meditations and connect with a source of energy and detox this Earth of all the pollutants and spiritual toxins as well. We can achieve this together and believe me this Earth we are all co-creating is so beautiful it cannot be put into words; it must be experienced to get what I have been trying to describe here.

Chapter 28 Concentrate on the positive & create the reality we desire.

A few months have passed since I finished chapter 27. This is mainly caused by an impromptu move of a house which wasn't our idea, but the landlord of our old property decided they wanted to move back in.

It came as a bit of a shock but as always like I have said in this book, “everything happens for a reason” This impromptu move was a classic example of this. I will talk about this in a later chapter.

In this section of this book, I want to readdress the incredible power of manifestation we all have and how this power has been suppressed by the elites. They are fully aware of our power, and they use our ignorance against us. In these times of great change on Mother Earth, it is vital that more and more people need to be aware of this. Every day humanity is bombarded with fear propaganda constantly and this is helping the elites by getting us to unwittingly create the reality they want. For instance, they know that humanity is going through a huge awakening, and they are so scared because they know their power only lasts when humans don't know the truth about who we are and who and what the elites have done. So, they create fake pandemics and bogus wars in Ukraine to take our minds away from who and what we are. However, this is backfiring on the elites because more and more people are seeing through the lies, they present. This is because of the rising frequency of Mother Earth. This raising of the frequency helps even more people wake up, so the elites must ramp up their agenda quicker and quicker which in turn has the opposite effects and wakes even more people up.

They know they have lost this battle and the only way they think they can win is to get the awakened of us to create the reality which the masses used to do. What I mean by this is the asleep masses in their billions would watch the TV and believe all the lies that the elites wanted them to believe. However, the sleeper's creative power is only small because of their low vibration. But when billions think the same thing, this creative power adds up and the elites have created the realities they have wanted for thousands of years. Now the asleep are starting to wake up they are losing this power of mass creativity from the masses. Because of this, they have started their alternative plan, this secondary plan involves trying to get the awake people to create the reality they want instead of the billions of asleep people.

The first part of this plan is to divide the awakened as much as possible with divisive subjects. This has been going on for years with subjects like “Flat Earth” (My own opinion on this subject is still not clear) They used this subject so well because the globe model has been entrenched in our minds for hundreds of years and from the moment, we step into our first classroom as a child. So, they knew this subject would divide a great many awake people. This plan worked wonderfully for the elites and still is now if you let it. Before this “Flat Earth” theory came on the scene the awake people were gathering momentum and this scared the elites, and therefore this plan was put into place. There are so many other divisive subjects the elites have put into the truth moment to try and stop the momentum. However, this is now starting not to work because the vibration of the earth is rising so much, and we are all helping with this. This in turn is helping these divided parties to see the bigger picture finally. I think this “pandemic” has had a lot to do with this. I mean when the government is trying to poison you with a death jab or suffocate you under a mask, it didn’t matter if you believed the Earth was flat or round did it? At this point, the elites are so desperate and are going to try anything to stop this awakening. I believe they wanted a nuclear conflict with Russia just to wipe out as many humans as possible, but this will never happen because Mother Earth and us will not allow it to happen in our reality.

This brings me to the main point of this chapter, and this is we need to be incredibly mindful of the things we read and watch and talk and think about. This is because people like you and me who know about the subjects in this book are very powerful creator beings and we must be so careful. I recently deleted a lot of truth channels on Telegram and YouTube. I was still trying to keep ahead of the latest intel and know all the moves of the elite. It wasn’t till a deep meditation I had with my higher self that I realized I was doing exactly what I was telling others not to do. I was giving my thoughts to these subjects and in turn, this was giving my high energies to these subjects. This will then turn into creative realities about these dark subjects. You see these elites are very intelligent when it comes to

creating the realities they want. They must be because they are vibrating at such a low level that their creative powers are very small indeed. They need us to do these creative processes for them.

At this point I made a very powerful decision, I decided to concentrate on the good things in life and meditate on these subjects and embrace Mother Nature as much as possible. I go into my new garden every day and go under my pyramid and connect with nature. I make sure I go bare feet as well and ground myself directly with the grass. This helps with reaching a deep meditative state and a deep self-hypnotic state as well. Once I reach these states, I concentrate on the beauty of Mother Earth and the sounds of the birds around me. This helps me reach a level where my creator-being powers are high. I know when I get to this state of creativeness, I am more powerful than hundreds of thousands of the asleep put together. The elites know this, and therefore we are bombarded with all the latest intel from all these so-called truthers online. I think a big proportion of the truther moment is run by individuals who are mind-controlled by the elites.

Anyone reading this book needs to remember this and put into practice what I am doing. If we all this, we would create a paradise instantly on this Earth. As it is it will happen, and it is something the elites cannot stop. They can try and slow it down, but it will not be stopped. From a personal point of view since I have started practicing this and stopped looking at negative subjects my peace of mind has increased massively. I sleep so soundly and feel at such peace with myself and the world. When I connect with Mother Earth more and more it gets easier to create the reality, we deserve to be living in.

## Chapter 29 Clearing Entities from Myself Part 2

In previous chapters, I have talked about experiences I have had when clearing attachments from me using self-hypnosis/meditation. At the

time of these clearings of these entities I thought they had been removed for good. Little did I know this was just temporary. I was using my instincts when doing these removals on myself and winging it if you know what I mean. One habit I have, or should I say had was drinking alcohol, I have been drinking alcohol since my teenage years and often drank too much. Throughout my life, I started to realize it was this habit that was holding me back from reaching my potential in the 3D world. For instance, when it came to making money, I feel my drinking got in the way of my being more financially successful. However, I have come to realize this was for a reason and the path of riches and wealth was not the destination I needed to arrive at. No matter how much I tried in life I just could never get things to work I was programmed to do by society.

This used to frustrate me so much that I gave up in the end after many decades of trying all different businesses. In hindsight now I can see that going down this path of wealth would have taken me to places where I didn't and shouldn't go. I would have been mixing with low-level masons and who knows else. So, I have realized this was not my journey in this life. I needed to be financially normal to concentrate on the things in life that matter. I am telling you all this because it will make sense at the end of this chapter why I am. Recently though after realizing my alcohol consumption was affecting my further progress spiritually, I decided to do something about it. I knew from my meditations that an entity was mostly responsible for my drinking, and I knew I had to get rid of it. As I said before I tried to do this myself and thought I was successful. However, I resumed my drinking shortly after. So, I knew I needed some help with this because I could feel inwardly that my frequency had to rise a lot more before my spiritual growth could continue.

It was at this point that I realized one of my new friends online had just completed her QHHT training and she had also qualified to practice Soul Centred Hypnosis Healing. This modality deals with entity removal, and I knew this is what I needed, my higher self in a meditation informed me that this friend was the one who could do it. Her name is Debbi Anderson, and you can reach her at

[www.debbianderson.com](http://www.debbianderson.com), she is such a beautiful soul and has amazing ability and patience. So, I contacted her, and we started chatting and she instinctively knew I needed some entity removals. For anyone who is reading this and is not sure what this healing is I suggest you go to her website, and it has all the information you need. But briefly, it involves Debbi hypnotizing you and putting you in a very relaxed state just like I practice in my past life regressions. In the Theta wave state, your subconscious can connect to other realities which are all around us all the time it's just that we can't see them normally.

Once Debbi gets you into the right hypnotic state, she will ask you to scan your body using your third eye vision or your imagination if you prefer. Then she will ask you if you are aware of any energy or pain in any parts of your body. These pains and niggles are often entities that have attached to you in traumatic events in your life such as hospital visits or other traumas. When she performed this healing with me, I scanned my body and the first thing I came across was something attached to my pineal gland, and it looked like a huge diamond grasping at my third eye (pineal gland). At this point, Debbi spoke to this entity and asked it to use my voice to tell me why it was there. At first, the entity did not want to speak and kept hiding. However, Debbi asks Archangel Michael to put a net of light around the entity so it cannot escape. Finally, the entity spoke to us and said it had been with me since birth and had attached to me as agreed when I was first born in the hospital.

I was amazed at this and in my hypnotized state soon realized I had given this entity my permission to attach to me before I was born. The reason I agreed to have this entity attach to me was to stop me from achieving my 3D financial goals which in turn would have stopped me or at least slowed my progress down dramatically on a spiritual level. However, this entity was not aware of this and just thought it was a worthless slave to its dark masters whoever they were. It was at this point I felt a lot of love and empathy for this being that had attached to me and caused me to drink all my life. After all, from its point of view, it had no choice but and just did what it was told and

was scared to say no. At this point, Debbi and the archangels came in and helped the entity to reconnect to the light of source which is in all of us. The poor entity finally started to realize that it was not a worthless slave doing the bidding of others but was a being of source love as well. At this point, I cannot explain the amount of joy this entity felt it overwhelmed me and we connected. The entity was in tears and kept saying it was sorry for what it had done but it didn't know another way of being existed. I felt all these emotions and told it to go on its way and I forgive you. After all, I had agreed to this entity being on me before I was born, Now don't get me wrong I am not saying everyone's entities are there because they agreed. All I know is this entity was and it went back to the source and forgotten realities and was joyous, bless that little guy.

Once this entity was removed, I carried on scanning my body and soon became aware of some entity in my groin area, this was the entity I had got off me before myself. However, I was not aware of using the help of archangel Michael to take these entities back to the source to they can recover, and they will also not come back. This entity was very chatty and said its name was "Trickster" and that he had attached to me as I thought when I had that traumatic event as a child when the old man scared me when I was taking a pee. This trickster went on to tell me with great delight how he caused me embarrassment every time I went to pee in a public toilet. It caused me not to be able to urinate and would leave me standing there busting to go but not able to until I got the toilet to myself or in a cubicle. This problem I had was with me since I was a small boy, and my friends would tease me about it all the time when I was in the toilets. This trickster knew about being part of the source but after its deeds, it thought it did not deserve to go back there. However, after the archangel, Michael put the net of source light around him and started to magnify the source connection in this entity's body it liked the feeling again and remembered where it originally came from. At this point, we said our goodbyes and I held no grudges and forgave the little rascal, and he went on his way back to the source,

At this point in Debbi's healing session, I carried on scanning my body and it appeared at that present time the entities had gone. So, as you can see the big difference between what I did to get rid of that trickster entity and what Debbi's work did is her team of archangels escorted the entity back to the source and back to a freer existence. Whereas all I did was temporarily get rid of it and it came back. I reckon my mistake is being repeated all over the place as people start to realize who they are and the power we all have. I recommend having one of these soul-center healing sessions done for everyone because I reckon, we all have these entities in one form or another. As with the first entity which was on my third eye it was there for a greater purpose, unlike the trickster who just wanted to cause pain and embarrassment.

Well, it's been 6 weeks at the time of these words since Debbi ([debbianderson.com](http://debbianderson.com)) did that session on me and I can say 100% I no longer have any need or want for a drink of alcohol. Don't get me wrong I wasn't an out-of-control alcoholic, but I was drinking too much which was interrupting my spiritual growth. In the next chapter I will tell you how much my spiritual growth has got and the amazing revelations I have found out about myself and where and what I came from before incarnating her. I was knocked for 6 when I found out and it took a few days to get my head around it.

## Chapter 30 My Self-Hypnosis Journey June 2022

I am going to document a self-hypnosis session I had this morning in this chapter, I feel it needs to be shared because of some of the information revealed to me about the grey alien agenda in the past. Today is the 26th of June 2022 and I am writing this after a self-hypnosis session I instinctively started today after asking for guidance and help in finishing this book and matters of a financial nature. If you are not aware of the ability of anyone to be able to self-hypnotize



themselves, please read on and I will take you through a quick guide on what I do. I have spoken of this method before in this book, but it is worth going over again as it can have incredible effects when the time is right like it was for me today. Recently I have been meditating in the back garden under some bushes and trees in my pyramid. However, in the past few weeks, it has become more difficult to reach a deep state of meditation/hypnosis like I used to. I did not worry about this because I know worrying about anything just creates more situations to worry about since this is what you are putting out to the universe.

This morning was a little different from normal, I woke up and knew I had to do something important for my journey on this planet but did not know exactly what this was supposed to be. After chilling for a while downstairs, I got the instinctive feeling that I needed to meditate or so I thought. The universe in its amazing capacity to show you the way had let me listen to some random lady on YouTube who was struggling with her meditations and was guided to seek a dark peaceful quiet place. This had been the opposite to where I had been meditation recently, this is because like I said I have been meditating outdoors with all the beautiful sounds of nature around me and all the wonderful insects landing on my bald head lol. With this message from the lady, I decided to try my daily meditation in the living room for a change with the curtains closed. I do use meditation music though in my sessions if it is of the right HZ frequency, I find this helps me to connect and get a better visual effect of my journeys.

So, I got myself comfortable and as soon as I started to take some deep breaths, I found myself instinctively doing a self-hypnosis instead of a standard meditation. I went with the flow and performed the same self-hypnosis on myself that I use on my clients. This practice is not easy for a novice to hypnosis and the only reason why is you need to know all the right techniques and words I use as a matter of course in my hypnosis work. But to keep it simple all I do is talk to people or myself in this case with a deep calm voice when performing on yourself though I use my inner voice as speaking out loud just puts me off and keeps me in the 3D realm too much. So, I

told myself I was going deep into a trance, and it was a natural healing state we go into naturally all the time. I then repeat this a few times with the odd saying "you are going deeper and deeper into a beautiful hypnotic trance" After a while, I then guide myself to a park bench where I just listen to my voice while seeing people walk by from left to right. I then tell myself that these people represent my thoughts coming into my head from the left and right. I also say at this point that these thoughts just pass through without you taking any notice of them, just listening to my voice instead. This technique will allow you to turn off that inner voice and let you go deep into a hypnotic trance.

I would stress at this point that anyone new to the hypnosis of self-hypnosis in this case this morning, you are in control all the time, and if an emergency would arise in your house or whatever, you would react and wouldn't just be there in this hypnotic state. The closest I can describe it for people who have not experienced it before, it is like you are in a deep daydream like you did as a child and then you hear your mother shouting suddenly and you come back to the real world. So now you know it is perfectly safe to perform self-hypnosis on yourself I shall continue. At this point of the self-hypnosis, I want to take myself deeper so I have a better chance of reaching levels where I can access past lives and my higher self hopefully because that's where the real fun starts.

To achieve this deeper hypnotic state, I tell myself to imagine a flight of stairs going downwards with 10 steps on it, with each of these steps I will do deeper and deeper into a hypnotic state. What you are achieving here is getting your brain to enter a deep theta wave state where the real magic happens (dream state) I tell myself to count from 1 to 10 and every step is taking me deeper and deeper. Until I reach 10 and at this stage, you tell yourself you are completely in a deep hypnotic state. At this point you want to reach a past life of your higher self, so what I use is a beach. I tell myself to imagine the most beautiful beach I have ever seen. I also tell myself to start walking on that beach and try and imagine the soft sand between my toes as I walk on this beach. I also tell myself to feel the cool breeze on my

skin and the sun on my face. I keep repeating this as I take steps forward. I tell myself at this point that this beach is a beach of time where magical things can happen. I also say that with every step you are going towards another time, another place, and another body. I continue this for a few minutes until I tell myself to look at the horizon and see a door on it. I ask myself to describe this door and I tell myself that behind this door is another time, another place, and another body. I then open this door, but I tell myself not to step in yet just look.

Then I instruct myself to walk through the door and shut it behind me for now. At this point, you will probably see nothing at all, but this is fine just taking your time and just letting yourself feel. I ask if you can see your hands because you can learn a lot from someone's hands. For example, how old they are or what sex they are. I also tell myself to look at my feet for the same reason and try and see what type of clothes I am wearing. At this point in this chapter, I will now tell the story of my self-hypnosis this morning and what I saw, and what my "higher self" had to tell me.

I saw my hands and they looked about 40 years old, and they were skinny with long fingers, I was male, and I felt tall and slender, my feet had no shoes on them, and I was on a beach of some sort. It was a beach on Earth, and it felt like a summer's day but not a tropical summer more like a northern summer. I looked around and saw the shore and it looked like a Cornwall beach in the UK. I also notice that I was approaching some pots on the beach which seem to have small crabs in them. I opened the crabbing pot and saw these crabs inside. At this point my I asked if I had any wife or children and I felt I had neither, but I did have a family of siblings and a grandmother for definite. At this point of self-hypnosis, it is good to take yourself to the most important day of that life and describe what you see. What I could see was a very old lady who was getting ready to pass on. She was my grandmother, and I was given her age as at least 180 years old. At this point, I was quite shocked because I thought this was just a normal life at some point in the near past, but not if she was this old

before she did, and I got the impression this was not an old age at all in this period to die.

I got this knowledge at this point that this important part of my life was not the fact that my grandmother was dying but it was something else about that day. It was at this point I saw this parchment or document she was holding and telling us all about. A long time ago she signed this which would give all her land to these people (or so I thought were thought) who would own all her land after her death. I got the definite feeling these people conned my grandmother by causing some sort of potential catastrophe for us all, but somehow signing this paperwork spared us this event in the exchange for her land. It was at this point I saw who these so-called people were, they were shapeshifting grey aliens who were on a mission to acquire land for the elites before their time had started on Earth. This led me to believe this lifetime was a very long time ago, my poor Grandma had been conned out of all the land which had been in her family for generations. Also, all the family would now be a penny less and homeless because of this. In the life I was experiencing at the time I felt betrayed by my grandmother because I could not see the deception at the time. I also realized that this deception had spoilt my view of her for the rest of my life. This experience in a roundabout way correlates to my life in this world regarding my Grandad being conned by his brother out of a fruit and veg shopping chain they owned. My mum and dad always struggle financially through life, and this always played on my mind how we had been conned out of what should have been ours. I did not let this stop me in this life, but it seems amazing how this distant life of mine shows a real connection to this one.

I do feel I was taken to this life for this reason and was shown this not for me to heal as I am now but to send healing to that past me and let him know what happened. Since time doesn't exist at all apart from this 3D reality, this healing can go back in time from our perspective to the other version of me and close a world so to speak. This is one of the main reasons why we go to these lives to experience healing for either our present selves or past selves. Anyway, back to my past life

experience, at this point, my inner voice said to count to 3 and when we reached 3, I would be now just before I transitioned from this life. I asked to describe what I saw, and I was very surprised at the results. What I saw was me fighting off this creature which I can only describe as a centipede with giant claws trying to cut my neck, I was near the ocean and doing my fishing for the family and this creature came out of the sea and attacked me. I get the feeling these creatures were normal in those days, but they certainly looked out of this world from my 3D now perspective.

This creature managed to kill me, and I bled to death there and then. I was seeing this from a third people point of view and felt no horror it was quite common for people who worked in or near the sea to come across these creatures who are just trying to survive like we are. The only difference we are lower down the food chain from this creature compared to the thousands of crabs I had killed and eaten in my life back then. At this point in the regression, I was performing on myself I felt the pull from my higher self to go and visit him as I have done many times before. I got the feeling this was an important meeting because I have struggled recently connecting as I talked about earlier in this chapter.

At this point in the self-hypnosis to reach your higher self I use this technique, so once you have finished with the past life experience and sent love and healing back to that part of you in that life you will be instructed by your inner voice to leave that room again via the door you came in and go back to the beach of time. At this point, you tell yourself to look to your left and you will see a crystal elevator with crystal doors and crystal walls. Pressed the button and walk through the crystal doors. Once inside look for the big shiny button that says "Higher self" press this button and then look through the crystal walls as the dimensions zoom by as you go higher and higher towards your highest possible self. Ask yourself to see all the beautiful colors and lights as the zoom by as you go higher and higher towards your higher self. Tell yourself that your higher self only has your best interests at heart and may decline from speaking to you if the reason for your visit is not in your best interests at this present time.

As the elevator gets to the very highest dimension the doors will open and you will meet and embrace your higher self. At this point, I tell my client to take a few minutes and just be in the presence of their higher self and just share that glorious love your high self has for you. With my self-hypnosis today I hugged my higher self you always look taller than me and are a blue being that glows with love and compassion. I have a feeling my “higher self” had a message for me more than me having a question for him. I was told that finishing this book was very important for me on my journey while on Earth. I was told to stop worrying about how I would get this book out to people who would benefit from it. I was told to just set goals every week on the progress of the book and just go with the flow as far as the content was. It feels strange talking to you the reader about the creation of the book you are reading now and the fact it is my higher self that is instructing me to get it finished. I was also told that once I had finished it that was my main goal because other forces would open the right doors and avenues to get it to the people who need it at this time on Earth.

I felt very relieved at this point because I was getting concerned about the progress of this book and I have been told numerous times that it is very important that I get it out there. It seemed at this point that this was the main message for me. However, if you are reading this and you want answers when you reach your higher self through self-hypnosis, I would have some questions already memorized so you can get answers to the things that matter in your life. Just remember your higher self is an expert on you so try and keep the questions related to you somehow. Anyway, at this point in my self-hypnosis, I had finished my conversation with my higher self. All you need to do at this point is go back to the elevator and press the button for the beach and zoom back through the dimensions till you get back there. Just wait for the doors to open and walk on the beach again back to the staircase you walked down. At this point just start walking up the staircase counting from 10 to 1, when you reach 1 you will be totally awake and back in the room feeling amazing.

This is all you need to do yourself if you want to give it a try, I hope my brief explanation has worked for you. If you would however like to book a session for me to regress you instead, just visit my website [www.alanshealing.com](http://www.alanshealing.com) and book a session there with me. All my sessions are via a zoom call, so this means if you can speak English, I can perform a regression with you anywhere in the world.

## Chapter 31 Activating Your Full DNA

In this chapter I am going to talk about activating your full DNA potential, to achieve dramatic changes to your life here and on a spiritual nature. Recently I have strongly felt the urge to activate more of my DNA and reach a fuller potential while I am in this 3D body and perhaps help myself and others and even Mother Earth raise the vibrational frequency and help everyone else in the process. To help me achieve this I decided to meditate and see what happened basically, to help me with the meditation I used some for the 1st time some headphones to cut out outside noise as well as hear my meditation music in more detail and quality. I have to say it worked a treat. I decided to do this meditation in the house in my reclining chair instead of outside under my pyramid. The reason for this I described in the previous chapter.

I started my meditation with the usual deep breathing and connected to Mother Earth, I created a white pyramid of protection around myself before I started the main meditation. I have noticed recently that if I don't do this, I get interference from all sorts of energies. These energies are always of a negative type which is trying to put me off from doing this important work. I strongly recommend you all do this before meditation or hypnosis. I also do this before I go to sleep for the same reasons. This is very important at night times especially when you start to enter deep sleep and your brain gets into a theta wave state. I noticed a few weeks ago after a restless sleep with

dreams which made no sense that I had forgotten my energy protection routine before going to sleep and this restless sleep was the result. So, from this moment I have never had a restless sleep since then.

Anyway, back to my meditation, I just let myself drift with the intent of activating more of my DNA and after a few minutes, I got the message from my higher self that I should concentrate for now on increasing my healing abilities. I must admit this superpower so to speak has always resonated with me so strongly. I have daydreamed of being able to heal people at will since I was a child. and always thought how good it would feel to be able to heal people of anything. So, with this message from my higher self, I concentrated on getting activating light from the creator's source and passing it down through my head into my body. I could visualize this energy activating my DNA and making it glow on my double helix DNA strand. It was at this point my higher self, asked who I would like to heal first and practice my first potential healing on. I instinctively thought of my Mother-in-law Ina Long who suffers terribly from arthritis and stomach and bowel problems. Now, when I sent her healing, I used a blue ball of energy but this time I was shown a different way. WOW and was this a different way to heal?

I do not know where to begin with this healing experience, all I can say is I was transformed from this version of me as Alan Stockdale to a being of around 10 feet tall at least and I was very muscular with high muscle definition and my skin was blue, and I had long hair. I sort of transformed from the version of me here into this tall blue version, but I could still see this version inside the tall blue version. I was given the knowledge from my higher self that this is the true representation of me in my higher dimensional self which co-exist with me in this 3D version. This version was me with all my DNA activated. I felt so powerful and knowledgeable as this tall version. I also had such a calm loving feeling as well as being powerful at the same time. Maybe this is a representation of a lot of us in these higher realms of existence. At this point, I could see this blue version of me sitting reclined in the same chair I was in while I was meditating. I



was just overflowing everywhere with large legs and arms which made my large recliner chair look like a child's chair with my large blue body sitting on it lol.

At this point in my meditation while co-existing as 3D me and the tall blue version I was shown how I can use the power of source energy and myself to heal anyone or anything. I saw at this point my Mother In-law Ina sat in her chair, I was guided by my higher self that I must always get permission from the subject's higher self if this healing is what is needed at this time. I know that we do make soul contracts to exit at certain points in our lives and these illnesses can be a way to exit, or it could be the person needs to find a way to heal themselves as part of their journey through this life. However, I was told by my higher self via Ina's higher self that it was indeed time for her to experience some healing through this process. It was also made known to me that this healing was important from my point of view as well. I got the strong feeling that this was a practice run for me and this was needed in my journey in this realm.

I began my meditation healing by visualizing source energy coming down through my head and into Ina and at this point I became this light from source energy, and I could see myself going through Ina's body. I was like I was part of a source of energy which I know we all are so this made perfect sense to me. I seemed to go through her head like I was a camera inside her body. I could see her spine and all the blockages from arthritis, I saw the light of the source from the inside, and it was the most incredible experience. I saw her spine being cleaned and polished and I could see all the debris cleared away, it is all this debris that caused all the inflammation and pain. I then went from her spine to her belly where she has been having several operations on. I could see the source of energy healing this as well all from the inside of the body like I was one of those cameras they use when going inside people's bodies.

I then left the stomach and went into her bowels and could see the problems there which were causing her issues for so long. Finally, I went to her legs where she has red skin and a lot of pain from an

injury she suffered while being in hospital a couple of years earlier. After this healing had been completed, I was told she will start to see improvements straight away, however, she won't be healed 100% in this lifetime, but her quality of life will improve a lot. So, time will tell how effective this has been but my gut instinct which is code for my higher self that her conditions will see a marked improvement for definite. I also saw at this point quite a few attachments that were feeding off these ailments and indeed could be causing them. I was told if she increases her vibration more, she will start to lose these attachments as they cannot survive on a higher vibrational being. I did use source energy to help shake some of these attachments off, but I know Ina must do the real work to make it more permanent.

I felt at this stage of her healing this was all I was meant to do, so I decided to send some healing to my beloved dog Prince who sat on the sofa opposite me while I was doing this meditation. I did the same thing with Prince as I did with Ina, I sent source energy into his head, and I then became this light from source energy and went through his body and went straight to his legs to help with his arthritis. I also went to his brain and help him clear some foginess which I was not aware of before I did this practice healing. Incidentally, after I came out of this meditation, I found Prince sat up staring at the wall and he was frozen to the spot and did not move until I took my headphones off and was completely back in the room so to speak. I have noticed before but never really mentioned that when I meditate deeply, or I am either self-hypnotized or done by someone else he settles down and either goes to sleep deeply or just sits very relaxed. When I come out of these states he seems to come back into this reality as well. It is probably because we are so close and have a wonderful connection as most dog owners will tell you.

After I had sent healing to my dog, I then was instructed by my higher self to send this loving energy out into the surrounding area to all the animals which live near me like the horses and sheep and dogs, and to all the farmers who I don't know as well as all the people just driving through in their cars. I was shown how this loving healing energy goes out in a domed fashion and spreads out and connects with other

people doing similar practices. I was shown how these domes connect and form a grid of healing and a wave of awakening. I could see more and more people seeing through the lies of the main street media news outlets. I could see us all adding our loving healing energy to the collective on Earth. This was shown to me as a wave and the more people reach this level of awareness of the lies on the Earth the more the Earth's and people's vibration will rise. I was also shown through the sleepers who no matter how high the Earth's vibration will get will never see the truth. This is okay because this is the path they have chosen before they came to Earth. Maybe they are newer souls who have only recently fractured away from source energy. Or maybe they are very advanced souls who have experienced the highest vibration and achieved God-like awareness, maybe they never went down the negative route which this holographic universe offers us as an experience to take back to the source energy when their journey is complete. Whichever it does not matter, it just means it's okay not to wake everyone up it's their journey. I stopped trying to wake anyone up around 18 months ago. I came to this conclusion then that everyone has their path and will wake up when the time is right or not if they want to experience a negative reality on this earth. After all this entire universe is just one big playground for our souls to experience a solid reality away from the pure existence of spirit.

I seemed to have gone off on a tangent from the main subject of this chapter of activating our DNA, I certainly feel my healing DNA has started to activate and today's meditation was the first step on this journey. I do feel the more people start this journey the easier it will be for others who start after this. We as a species are on an upward trajectory and there is no stopping us now. The darkness has had its time on Earth and we have experienced all we need to of this type of reality, it is now time for a more enlightened golden age of free energy and no need to work to earn a living (just writing this makes me laugh) we've been duped into thinking we need to pay to live on this beautiful plant, well not for much longer I can guarantee you that.

## Chapter 32 Why Are We Here?

This is a question humankind has asked since the dawn of time. My view on our reality has changed over the last 20 years, and since my spiritual journey began it has evolved dramatically. This is mainly due to the fact of my meditations and self-hypnosis work I do. I have also noticed since I help other people regress to past lives as well as talk to their higher selves, I have evolved myself in the understanding of this ultimate question "why am I here" The answer to this has many parts and I am in no doubt I will discover many parts as my inner standing of this question progresses.

To try and understand this reality we exist in and why we are here depends on your perspective. For example, if you are from various religious backgrounds, you will have your own beliefs on this subject. I do not believe in religion at all because it just seems to have been made by the elites to control us. However, if this is your perspective, coming from a bible point of view or other various religious books, maybe this information is not for you right now. Now don't get me wrong I am not saying my thoughts and inner standing are the only true version of why we are here. However, it is one I am leaning towards at this point in my life.

With that said I would like to say I feel 100% right now that my inner knowledge and information received from the source creator and my higher self is correct otherwise, I would not put this into my book and my website. So, where to begin, "Creator Source Energy" is the beginning of everything and is in everything every created from the most beautiful to the foulest creation, from bad to good, from day and night. To try and understand what I mean by this you must take yourself out of the human 3D mindset and see your existence from the highest possible position. We experience good and evil on this planet for a reason and that reason is experience and soul growth. We are not these human bodies; we are the bright light that is our

consciousness and our soul. Each one of us has this bright light and this soul consciousness is part of the creator source.

Creator source wanted to expand on its knowledge and experience and experience physicality in all the forms it created. We are those fractals of source energy in these bodies, we have been given our consciousness which is also separate from the source at the same time as being a part of the whole. Our human lives are just fleeting glimmers in the sea of eternity but each life we experience brings more soul growth for us in our journey as a fractal of source as well as bringing all this experience to the consciousness of the source. We agree to have these experiences on Earth before we come here, for instance, we pick the parents we want. For example, if you wanted to experience a hard life with unloving parents and go through life as a criminal let's say, having bad parents would help to put you on that path. Also, if your parents were in the higher realms before coming to Earth as your parents may have wanted to experience life as an awful mum and dad and maybe experience regret for the way they treated you. This all may sound very harsh to you right now if your parent was the same. However, if you look at it from a soul progression point of view it makes perfect sense.

We all have a huge soul family in the realms outside this body, this soul family comes together because they enjoy working together and having these experiences. So, when you decide to play the abusive parents to a soul you love entirely this is done through pure love for them if you get what I mean. It's like we are all playing different roles in a movie, one playing the bad guy and one playing the good guy. But after the movie is finished you are all the best of friends; this is the closest analogy I can think of to explain the roles and parts we play in these human lives.

Now if you can expand your perspective about the Earth realm and think of other planets and other dimensions where the laws of physics may be different. Just think of all the incredible adventures you could be having there as your soul evolves and progresses. Now let's come back to Earth and I will try and explain why we are going through

such an evil time in general on this planet. I am talking about of course all the elites and all the satanic stuff they have been getting up to for such a long time. As far as a soul's progression and experiences go, this realm is by far the toughest of the tough to experience. Everyone one of you reading these words is a tough cookie who has gone through so many other lives and existences before you came here. I have been told that there is a huge number of souls who wanted to incarnate on this planet at this time because they knew what a ride it was going to be. Races from all over the universe are parked right over our heads right now and most of us cannot see them. But they are here all watching the outcome of this incredible battle between good and bad on this Earth.

This amount of suppression has never been played out before in this universe because of universal law but it has been allowed by us all to progress to this level so we can become a, even more, advanced evolved soul which will flourish in life a caterpillar changing into the most beautiful butterfly. Once we have come through this process, we will be joining other inhabitants of this realm outside of what most of us know about at this time. Now if this information has blown your mind, get ready to be blown away completely when I tell you what our destination is in this entire game we are playing when we became fractals of source energy.

As soul consciousness, we have the same abilities as the source because we are part of the one creator source. What I mean by this is this universe we experience is just one of the infinite universes all with their creator god which created the planets and the forms of life on them. You see there is an overriding creator source which everything comes from. However, there are lots of other sources (creators) in other universes which create the Gods for that universe and the angelic beings as well as every other life form imaginable. Therefore, we as a soul fragment of the overriding source creator crave experiences in every form because it is our goal to progress to the level of a source creator with our universe and creator gods we create and all other life forms. Once at this level of existence we are complete apart from one last stage if we decide to take it. We can

choose to go back and be part of the overriding source of all creations and take all our knowledge and experiences with us and add it to the overriding creator source.

Mind-blowing or what, all this inner standing has come directly from the overriding source creator, and my higher self. I know that we all can reach the source level of consciousness if we choose to, after all like I have said before eternity is a long time lol so why not do it all again? I have been told by a friend of mine who is very advanced on this journey that I have achieved this level of being my “own” source creator and I have chosen to fractal myself into other beings like Alan Stockdale who is writing this and carrying on experiencing more and more from the infinite possibilities of life. I have pondered this thought and meditated on it, and I do believe this to be true. It would certainly explain why I have had these bigger-picture thoughts of reality before anyone else told me about them. But ultimately who knows? Anyway, I hope this has opened your mind to the answers to "Why We Are Here"

### Chapter 33 What Is Your Soul's Ultimate Goal?

This is a question I have always pondered on since I was a little boy. It's a question you hear all the time from all sorts of people, especially when they are going through tough times in this realm, we call Earth. I wondered why we were born in the first place and who created us as a spirit. I used to drive my mum mad with all my questions, but she did not have a clue what the answers could be, bless her. I used to wonder about ghosts as well and used to think they were people who had got lost somehow. Little did I know then what I know now and the fact that I and my wife have helped many ghosts who are just souls who are lost. I pondered what would happen if I died in my sleep and I did not know I'd died, would I wander the house looking for my parents and not be able to communicate with them? As I got a little older and started to get indoctrinated with religious beliefs from

my friend's parents and school, I started to get terrified of death. The reason for this was what if I did not meet up to God's standards and ended up in Hell for all eternity? Wow looking back, I feared this just like the program of religion is supposed to affect you.

I can even remember my best friend deciding we were going to be monks and dedicate our lives to the church just so we did not go to hell. Our reasoning behind this was, well it may be boring being a monk for 50 years, but it beat roasting in Hell for all eternity if we got life wrong lol. It's amazing to think millions of people in this realm still believe this mind control. I am so glad I managed to escape this control and start to realize what our soul's purpose is and why we are here on Earth. As I grew up and continued to react to the programming from society, I decided to be a multi-millionaire was the best way to enjoy life and this started my quest for this goal. I think this thought process came about when I started to see the futility of living in this rat race and working your butt off just to make the owner even richer than when you started.

However, at this point in my life, I did not know it was not in my soul contract to reach this goal at this stage in my life because I would not have learned the lessons I did through my struggles. By the way, in case you don't know about soul contracts, these contracts are made between you and all the members of your soul family before you incarnate into this realm. These contracts are not to be confused with the false light reincarnation trap contract which humankind has been stuck with for such a long time. I have talked about this false light matrix before, I will just recap in case you have forgotten. Well, there are two types of experiences after death on this Earth (your average soul). The false experience can involve loved ones coming for you much as they do with the organic natural experience after death. The difference with the false light version is it will be entities that control this false light reality. All these entities want is your energy to survive. A lot of people call these entities the archons, other people have different names.

So, when these archons masquerading as loved ones or Jesus or whatever program you were indoctrinated into when you were on



Earth will tell you that you had a life that could have been better. Sometimes they will blatantly lie to you and use the fogginess of just dying to confuse you. Sometimes they may tell you that you had very negative effects on people in your life. This will then lead to them telling you that you need to make amends for these sins and go back to Earth to pay these debts. These debts could be paid in their warped reality by let's say coming back to earth severely disabled and having terrible parents. This will guarantee these archons lots of the energy they like, the negative.

These entities will persuade you to come back to Earth with no memory of these afterlife events or previous life events. You will be born into a world as a disabled person, and they will feed off your misery. Once you die in this life as a disabled man, they will do it all over again. Don't get me wrong they will give you some rest between lives and may even let you experience what you may call heaven but make no mistake the day will come when they tell you to go back to Earth. Now on the positive side this reincarnation false light matrix has been destroyed by the good guys or angels or whatever other name you want to use. I think the source creator decided that this had gone on long enough. So, when you die now you will be going back to the original organic afterlife if this is where you choose to go. You see we have the choice of what we decide to do with our soul journey, once we see the truth and realize our true abilities.

Anyway, after that recap, I know now that I had agreed not to be a millionaire at this point in my life. However, Alan Stockdale in his 3D reality just struggled and struggled even though I was paying karma from another life. I must have subconsciously remembered being in the false light reincarnation trap. It was at this point that my time had come on a soul level to start to wake up and I started meditating and reading spiritual books I became like a sponge soaking up all the knowledge I could. But I have to say it was the meditating that kick-started my true awakening to the reality we experience as a soul in this universe.

It was through these experiences that I started to communicate with my higher self and with the source creator. It was through these

communications and through verification from a whole host of friends and people online around the world that I have come to the following conclusions. The intentions of our souls as a light of consciousness of the creator source is to evolve through all the realities available to us in this universe from the smallest microbe to the status of being a creator God of your “own” universe and beyond that to evolve into a creator source of other universes. I have been told there is an overriding source creator of everything but in this, overriding source's infinite wisdom it decided we should all reach a level to which we came from. Amazing stuff I reckon, so if you are reading this and you are struggling in this life on Earth just remember the much bigger picture and enjoy the experiences. I know this is easier said than done when we are here but give it a try. Meditate like I did and get back in nature and connect to mother Earth and the creator source of energy. Ground yourself as often as you can as well. All these practices will help you to communicate with your higher self and source and Mother Earth. Hope this advice helps the ones who need it. Much love Alan Stockdale xx

## Chapter 34 How to create a sphere of protection for meditations

This chapter is about a meditation experience I had in which the source showed me a method on how to protect yourself while meditating by creating a sphere of protection around myself. Also, how this sphere can be used to get you to your destination or intent of meditation quicker. This information came to me while I was doing one of my meditations with no intent, just a nice relaxing sort of journey and just see if anything important came through. I would say the only slight intention would have been to get some more inspiration for this book I am writing, and at the same time get information in this book that can help us all.

So, depending on the amount of experience you have had meditating will determine if this technique is right for you. I say this because it speeds up the meditation process and gets you in touch with your

higher self or whoever or whatever you intend to connect with. If you are new to meditation like I was not that long ago, maybe a more prolonged method is the best approach like I used to do. I have several guided meditations on my website where I use this exact technique. It is like a cross between self-hypnosis and meditation. This works well because these theta states we get into in hypnosis and meditation are very similar.

If you are new to this whole meditation process, I suggest going to the section on my website where you can find guided meditations. However, if you are ready for the speedier version read on and I will tell you how to protect yourself while meditating. Another very important part of using this technique is the fact it will protect you and make sure you are only in touch with beings who only have your best interests at heart. What we all need to remember is when we meditate, we are entering possible realms where other entities exist and have their agenda. These entities can see you coming a mile away because of the bright light which shines within all of us, soul-connected humans.

These entities like I have talked about before can use our light and energy to feed off and help them achieve their own goals. While at the same time appearing to be on our side or even coming across as a loved one who has passed over. I am not trying to scare you off meditating, far from it because it will help you to find inner peace and serenity a lot of people never experienced while being in these human meat suits on Earth. You just need to know how to be protected when entering these realms. With all that said this technique is so easy and simple to do. I have noticed more and more through these experiences that the best methods in these spiritual matters always seem to be the simplest.

So, before you start meditating just after may be doing some deep breathing (this is my preferred method) Just tell the universe that you only want to communicate with entities through a source-connected method. Once you have said this you need to use your third eye and visualize "the source" energy coming through your head chakra and down into your heart center. Once this light hits your heart center, set

the intention to create a sphere of protection around yourself. Tell the universe that this sphere of source energy protection will only let things communicate with you which have your highest intentions at heart. Also, set the intention in yourself that this sphere will instantly take you to the destination you are wanting.

I have been using this technique recently once I was given the information and I have to say my meditations are more instantaneous than before. I do feel I was ready for this extra information about this protection because of the rising of the collective consciousness in this realm. As we all vibrate at a higher level and become more and more aware of the wonderful reality, we are part of. We will get more and more downloads like this one I experienced. I was certainly told by my higher self that I should write about it and create a video on “how to protect yourself while meditating” as well as put it on my website. The more people that use this type of protection while meditating will start to have an awesome effect. I think this effect will be greatest when all the information coming from prominent "truthers" is all from the source with no interference.

Now I have written down how to do this method I wanted to tell you about the experience I had the other day while using it. It started as stated above, with deep breathing and setting the intention to use this sphere of protection. I said to the universe I wanted to be in contact with my higher self. Within seconds I was there in front of him, this meeting was different from other meetings with my higher self. It was like I had graduated to a higher level of communication and understanding with my higher self. I felt more like he was my brother and not just my teacher. I know in the bigger picture we are both the same being just having different expressions of reality. However, we felt more like equals in some sort of way. My higher self was intrigued by my sphere of protection and speed. I asked him if he wanted to join me in here and go for a ride (LOL) to my surprise he seemed excited at the prospect. Maybe to him, it was like his brother putting together his first car and asking him if he wanted a ride.

So, he appeared next to me in this sphere, and I said where we shall go, instantly I got the picture of other higher selves from my soul

family. It was clear he wanted me to meet them in my new sphere of protection (LOL). So, we instantly arrived at this white room with all these intense loving beings there. I felt like I was home in some respects, it must be my inner knowledge of this realm before I came to Earth in this body. I instantly got the feeling they wanted to join us. So, I invited them into my new sphere of protection and off we went instantly. I know when we are our higher selves, we do not need any devices or spheres to get where we want. However, I do feel they appreciated the fact that I had gotten to a level where I could create my own.

So, you may be wondering which dynamic out-of-this-world destination this collection of higher selves took me. Well, it was my front living room! I was amazed and somewhat disappointed. It turned out though that these higher beings needed a connection to me to help them feel what it is like to be human. You see what we forget sometimes, we are the bravest of the brave when we come into these restricted human suits and to this thick restricted realm. These beings had not gone through this experience yet apart from my own higher self of course. They told me that this connection using this sphere of protection I had created gave them an experience they have never felt before. At this point, I asked them if they would like to use this sphere without me and stay around and observe this realm even if it is limited to where I am. They said they would love to do that and accepted my offer.

Since I have come back from this experience, I cannot say I feel them around taking a sneak peek at this reality we have all chosen to experience. However, I suspect they will be keeping an eye on our situation as we progress into this new golden age on this planet. I hope you enjoyed this part with my higher self and the others. It did make me chuckle and thought you may appreciate a laugh too. Seriously though I would recommend using this method on how to protect yourself while meditating. Especially as more and more people are meditating, and our inner light starts to shine brighter.

## Chapter 35 Update on My Mother-in-law (Ina's) Healing

A few chapters ago I talked about the healing I did on my Mother-in-law Ina and the technique which was given to me by another being. It seems this healing is starting to take effect in a way I never thought it would. You see Ina has suffered for years from Diabetes and we all assumed this would be for life. Ina is a victim of the evil pharmaceutical industry and the salesmen masquerading as doctors. Like my own mum and dad when they were alive also suffered from the same programming and poisons and potions of "Big Pharma"

These drugs which my Mum, dad, and Ina have taken have devastated their health, my dad would have lived to a ripe old age if he hadn't fallen for all the lies, they fed him. It was only in the last few weeks of his life that he realized I had been right all along. Little consolation at that stage, bless him. He finally succumbed to his cancer and died at home thankfully surrounded by his loved ones. Since this happened, I have tried my best to tell people about the whole pharmaceutical con we have been programmed into.

I always dreamed of being a healer where people could come and get healed miraculously. I have come to realize though that we are all healers, and we all have the power to heal ourselves and anyone else we choose (if they agree). When we all start to realize that we live in a fluid reality that is created by our thoughts, actions, and intentions. We start to believe we can do anything, when this starts to happen, we really can become healers and creators of what we want. This is how the creator created this reality for us to experience matter and being in a body.

When we know we create our reality with all our thoughts, actions, and intentions we are truly free to experience whichever reality we want. The reason I am going off on this tangent is that healing Ina is possible because of this reason. But before I go any further though I need to say again that any healing you perform on anyone must either

get the permission of the person in the 3D body or the person's higher self. The reason for asking the higher self is the illness someone may be suffering from, could be an illness they agreed to suffer from before they incarnated onto Earth.

The illness they are suffering from could also be an exit point for the soul of that person on their journey on Earth. With Ina though her “higher self” agreed to me helping her and I know Ina herself in her 3D body would love to be mobile and pain-free again like she was a long time ago. So, let's get back up to date, and let me tell you what happened. Over the past couple of weeks, Ina has been having trouble with her blood sugar level and her insulin intake. She has had some terrible experiences with the local doctor's surgery and the incompetents are off the scale. All by design in my opinion but that's my conspiracy head come back on (LOL).

Her blood sugar levels have been getting dangerously low and she has nearly gone into a diabetic coma more than once. The doctors had then decided to reduce the amount of insulin she needed. The problem, however, has persisted, it then dawned on me what the so-called problem could be, was it the fact her body had spontaneously healed from diabetes which she has suffered from for decades? Could it be possible that my remote healing session had worked? Not only worked but it had worked on the part of her health I had assumed was not possible to heal from. Why I assumed this I don't know, but it certainly seems at this point to be the case.

At the time of writing this part of my book, I have not told Ina about this special healing I have been doing on her. I wanted to see if it worked without any interference from her believing it and creating this reality. I decided after this first astounding potential healing to do another session in my meditations this morning. What follows is a description of what I did, I am going over this again so anyone reading this can do the same if they believe in it. After all, like I have said so many times we create our reality and by believing it you will make it happen.

My meditation started with my deep breathing and by creating the sphere of protection that I described in the last chapter. I then met my higher self and told him my intention; he reminded me to make sure I ask Ina's higher self if this is okay to try and heal her more. I communicated with her higher self, and she said it would be a great idea to try and heal her. After all, she had suffered enough already, and healing would not interfere with her journey from now on.

The last time I did this healing I seemed to need the help of this tall being, but this time I was told by my higher self that I knew what to do and you know it works so just get on with it. So, I did, I instantly appeared in Ina's room where she spends most of her daytime. I concentrated and brought down "source" energy into the room and directed it to her head and into her body. At this point, I became part of this light and went into Ina's body as I had done before.

I started by going through her brain and sending this loving healing energy into her head to try and clear any blockages. I proceeded to go down into her lungs and then her stomach. She had had several procedures done on her stomach, so I spent a while sending healing to this part of her. Once this was done, I went into her bowels and sent them this healing light. After this, I entered her legs and sent healing to the skin on then where she suffers a lot after another hospital blunder.

I then swirled around her spine very fast and sent this healing energy there to try and alleviate arthritis and the pain it causes. Finally, my "higher self" told me to enter her blood and be part of it as it circulated her body. For a brief few seconds, I seem to be experiencing what it must be like to circulate a body. At this point my awareness came out of her body and entered the room, I then sent her "source" energy from my heart and hands into her body as a whole. I knew I had done enough for the day and retreated into my sphere of protection. At this point, I came out of my meditation and knew this healing was going to have further good results.

As you can see this is not a complicated procedure there isn't a wrong way to do it. You just need to go with your instincts and take



guidance from your higher self if needed. Just imagine the effects this will have on the world once people know about it and experience it. All the people who receive the healing will start telling others and the collective consciousness of humanity will shift higher and higher. The more this upward shift happens, the more people will start to do these healings spontaneously.

I am already looking forward to updating you on this healing and telling you about the results. In the next chapter, I am going to be discussing the possibility of humans never needing food again once our vibration reaches a higher level. I have been fasting for longer periods recently and my body and mood and productivity have never been better. Anyway, enough of this now until I write the next chapter. Good luck with your healing journeys, much love Alan Stockdale xx

## Chapter 36 - Will Food Be Needed at All Soon?

In this chapter, I want to talk about my journey with fasting and how I have received information from my higher self that we will not need food at all in the future Earth. So, before I get into that message, I want to cover the subject of fasting more. I know I wrote about this already in this book. However, since then I have fasted a lot more and I have come to realize how important it is for us all to become more and more connected to source. Don't miss quote me here, I am not saying eating food all the time will stop your spiritual development. I am just telling you about my experience and how it has altered my perceptions.

If you ever met anyone who knew me, they will tell you "I LOVE FOOD". I have always been a big eater in my life and got great pleasure from food. However, as time has gone on and my knowledge increased over the years. I discovered how food has been weaponized against us. All the great tasting food seems to be the food which is worse for you. Even trying to eat organic food is nearly pointless

because of the constant spraying in the skies. All these chemtrails get into the soil and our food in every way.

So, it seems nearly impossible to eat truly healthy food, so I thought the best alternative would be to detox regularly from these toxins if possible. I started researching detoxing and found a million and one examples to do this. None of these methods stood out to me until I came across information about the benefits of fasting (not eating food at all). At first, this seemed very drastic because of the programming we are subjected to daily. For example, the media back in my youth would be full of commercials for breakfast.

My mother would constantly tell me to eat breakfast and never skip a meal. Looking back now I can see the lies and propaganda on TV. It is so obvious once your eyes are open, so these memories and the knowledge of the lies of the media spurred me on. I started researching "fasting" more and soon concluded the benefits from it. Once I realized our bodies are designed to eat like this it became obvious. What I mean by this is the fact back in the days of old, before we had shops and supermarkets and food readily available. If we go back to when mankind was a wandering tribe and lived on the land and what was available, we had to fast regularly because we had no choice in the matter.

Think about how our bodies adapted to this wandering lifestyle. Let me give you an example, mainstream media has programmed us to think if we don't get 3 meals a day at least we will run out of energy and strength. We are told we need a certain amount of carbs and protein to function properly in the gym or at work to think straight. However, if you go back in time to the hunter-gather era you will find if this was true, we would have died out a long time ago.

Just put the programming to one side and just think logically about this scenario I am going to describe. So, let's assume you live in a cave for example, and you have a partner and 3 children to provide for. Let's imagine you have just eaten the last of the meat you caught a week previously. You know without food in the long term your family will die. The problem is it maybe another week or two before

you hunt and kill your next animal. Now for argument's sake with vegetarians and vegans in these times in winter where plants would be very sparse, they would have died without meat.

So, the scene is set the people's bodies would now be looking at two weeks before they feasted again. Now according to mainstream doctrine, we would be getting weaker and weaker as the days went on and our cognitive abilities would be dropping and dropping to where we cannot think. But the truth of the matter is if this was the case the man would not have had the strength to hunt or the cognitive ability to outwit his prey as well. So, mankind would not be here now, would he? People thrived in these environments because our bodies perform much better when they have not eaten for a day or so. Studies have been done and tests performed on people when they fast that their abilities increase.

For example, your body will switch from carbs as a source of energy to burning your fat and using ketosis to power your brain. Ketones are far superior to carbs at powering the brain, this is designed to be this way so you can think better when hunting and gathering. In the next stage in these fast times, the body will start recycling old components and breaking down misfolded proteins. these misfolded proteins have been linked to Alzheimer's as well. This process is called "Autophagy" The stage after this around the 45-hour mark your body will start producing five times as much growth hormone. This is very important for humans to keep as many muscles as possible it may be possible to increase muscle mass slightly at this stage.

At around the 60-hour mark, our bodies start to do something truly remarkable which it doesn't do any other time. It starts recycling old immune cells and replacing them with brand new healthy ones. The reason for this is obvious when you use logic. The body at this stage when hunting for their next animal could be getting cut and bruised by the hunt. This increased immunity would help greatly at these times. Also, the general health of the family would be greatly helped because of this regular fasting. So, as we can see fasting does the opposite of what the mainstream would have you believe.

All these benefits would have helped mankind live longer and be more successful hunter-gatherers. Another part of this cycle is the feasting part when the hunter came back with the meat. These are the times the body would store extra fat for the whole process to start again. As well as this the taste buds are designed to give you pleasure so you eat more than you need. Back in these times this increased appetite and enjoyment of food was crucial. However, in these modern times, this function is working against us, we are programmed to constantly get this gratification from the tastes of our food, especially processed foods. Now I could go on about how the elites have designed the food this way, but I am sure you know all about this already if you are reading this book.

Another benefit of fasting I have not touched upon yet is the amount of energy the body uses when digesting food. It has been shown that digesting your food will take up more energy than using it during exercise. You may be thinking that eating loads should therefore make you slimmer, however, the body will store all the excess calories as fat after it has worked hard to digest them. So, you just get fat as we all know. Now I have explained how the body benefits from these fasting periods I want to explain to you what has happened to me while I am fasting (I normally fast for around 110 hours at a time).

I feel a very positive deeper connection to "Source" and an ability to communicate with my higher self a lot quicker. Since fasting regularly when my mental state has improved so much as well, I am generally happier all the time. My spiritual growth even while writing this book has gone up in leaps and bounds. I know this is partly because of the fasting as well as other factors such as the vibration getting higher and higher on Earth. The information and guidance I have received on the healing methods to use on my mother-in-law as well as showing how to heal on a bigger scale (next chapter)

I find my creative powers are so much better while fasting because of the mental clarity, also the good 3D effect it has as well as not having to buy as much food, cook the food, wash up after cooking the food, and generally having more time to create and be more productive. I

have created a new website from start to finish in just over 2 days  
<https://www.creatorsourceenergy.com>

I would also recommend fasting to heal from diseases you may be suffering from, a lot of today's ailments and diseases are caused by the food we eat and the toxins we ingest without us even knowing about it. A guy I listened to online recently said this line and it stuck in my head. He said "to heal your body from anything, all you have to do is get out of the way of it" what he means by this is your body is a healing machine and will do it all automatically if you don't interfere with drugs and negative thoughts.

Now I want to talk about the meditation experience I had last week while fasting and the reason for this chapter in the first place. In this experience, I was in a future Earth reality after we had gotten rid of the infection of the elites. This time is not far away in my opinion of writing this book on the 9th of August 2022. In this reality, the earth was not a place of consumption. What I mean by that is the Earth we are on now everything consumes something to transform that creature, plant, insect, or anything else into energy.

In this new paradigm, we all don't need anything to power our lighter bodies. Every animal and insect and bird and anything in the oceans is powered by the light from the sun. This energy is only needed in small amounts as well, I was shown how the animals and humans and all creatures lived in perfect harmony. All the creatures could communicate with each other and with humans as well. All the trees and grass and all plants communicated as well; it was a blissful paradise. I was told by my higher self that we could eat if we so desired to, but the food would be created by us via technology or just by us creating it out of the atoms in the air.

I was also shown even on this Earth we are now it is possible to live without food, however, it is not easy and can only be done when you reach a certain spiritual development. I was shown how the person could transform the sunlight into energy or even just breathe in the air and change the molecules to protein molecules for instance. I was told I could achieve this if I wanted to, and my fasting was me getting

ready to do this if I chose to. I was shown my spiritual powers would increase exponentially if I did choose this path. Time will tell if this path is the path for me or maybe I will just wait until the next Earth so I can still enjoy a burger when I am not fasting (LOL)

My advice to anyone reading this book is to give fasting a try and see how it feels, it takes a while to adjust mentally to not eating but once you do you will see big improvements in your life, I can guarantee that. Good luck with it. Love Alan Stockdale xx

## Chapter 37 Our Cosmic Journey from a Fractal Of Source & Beyond

In this last chapter, I want to just recap the main message I wanted to get across in this book. This message is intended for all the people in this realm who are either waking up to the reality they live in. Also, for more seasoned awakened people who may just be wondering about all the big questions about this reality, we find ourselves in. The first thing I want to mention is, that everyone should relax and see their lives as the journey they wanted to experience. Even when the life we experience here on Earth is hard.

We need to just take a step back and try and see this life on Earth as a progression of our soul's journey. We after all are eternal beings of consciousness having a physical experience here on Earth. These life experiences are all planned out by us in the state in-between these incarnations on Earth. We all have a soul family with who we reincarnate regularly. The main reason for this is we just get along and love each other dearly.

At this point, I just want to point out that this in-between life state I am talking about is the organic real in-between life. Not the false light reincarnation trap I have talked about a few times throughout this book. This false reincarnation trap has been taken down a while ago, I am not sure when, but I have been assured by my inner knowing it has. Many people over the years have spoken about this trap being

taken down. I think it served its purpose in the bigger picture. What I mean by that is we needed so much adversity on this Earth to help us grow spiritually and as a soul.

Also, the sleeping masses are at this present time of writing this book, waking up because of this adversity. Many people who do not see reality from the biggest perspective as I do, and I hope you do after reading this book will not agree with me. This doesn't matter it just means they need to have more experiences in this reality to see the truth. At this present time, I know what I know now, I dare say in the future I will look back at this book and say hmmm but you did not know everything (LOL)

Now let's assume we are all on the same page and we agree we came from an organic state in between lives and the lives we are leading are our idea. We may have decided to play the bad guy in one of these lives. This bad guy role may interact with another member of our soul family who may want to experience pain and sorrow. Maybe another member of our soul family agreed to come here just to die young to provide "the victim" in this scenario. So, let's set the picture, one soul member needs to experience sorrow and pain. Maybe they only had physical experiences in worlds where everyone gets along, and evil isn't there.

This soul wants to experience sorrow and grief after seeing the growth of other soul family members in the in-between lives who have experienced these emotions. The soul who wants to play the bad guy may want to experience regret and horror at the crimes he will commit. Maybe this soul wants to experience the oppression of being in prison or on death row. The third soul in this experience may just agree to play the victim out of love for his other two soul members. What I mean by this is, that this soul knows that by playing the victim he can help his other soul family members experience the emotions they need to grow as a soul.

Let's fast forward now to the lives on Earth of these three souls playing their parts. Let's assume the bad one (1st soul) is a guy and he meets a lady (the second soul). They fall in love and get married; however, this man has a bad temper, and he beats his wife regularly.

Fast forward a year and she fell pregnant with him; however, he doesn't believe the child is his. So, he beats her so badly that the child dies when she is 8 months pregnant. This event sets the scene for the souls to experience what they wanted.

The man is convicted and sent to prison for 10 years and he experiences such remorse for the act of killing his child. The lady experiences the great sadness and sorrow of losing her child. Also, the emotions of thinking it are her fault for marrying him in the first place. The child which dies just plays the part and never incarnates truly into the baby's body because they knew what was going to happen. After all the participants of this scenario all meet up again in the in-between world, they rejoice at the lessons they have learned and thank each other for taking part.

Anyone reading this who has experienced anything similar may react to this information with an adverse emotional reaction. If this is you, it is just normal to feel this way and just proves you are immersed in the experience as required. Looking at life's experiences in this bigger picture is not easy when we are here. I am just trying to help you to see this reality is all one big game we play as souls.

Now let's take this game to a much bigger perspective than just souls experiencing Earth. Let us look at what we are at the beginning of our consciousness when we separated from "the source" We are all part of the creator of everything which has ever existed. We have a spark in us which is connected to this "creator source energy" In essence, we are "Source" experiencing all realities possible in this universe and all the others which are infinite. In my communications with my higher self and source, I am as convinced as I possibly can be that what I have written out here is true.

Our journey from source as a spark of consciousness starts with us being at a very high connected level to "the source". In our 3D Earth bodies, we seem to assume that when we are just born from source so to speak. We would be like babies like here on Earth. I have been shown in meditations that this is not the case. When we first come away from the creator we stay extremely connected and experience a reality of being a spirit of sorts with no physicality. I was shown balls



of light whizzing around and these balls of consciousness light seemed to be laughing and giggling a lot. I got a sense of such happiness and awe at being a separate consciousness from “source” but still extremely connected and knowing all.

This was shown to me as the first stage in the development of a separate consciousness from “the source”. After this stage, we seem to start to evolve to a level that is equivalent to an angel of sorts. I am struggling to find the right term to use for this stage. It is like we are so close to “source” but we have gotten used to the separation as well, so we are not constantly whizzing around giggling. This is a pity from my point of view now, sounds like great fun knowing everything that "the source creator" does and enjoying the freedom as well.

At this angel type of stage, we are aware of everything, and we have powers of creation and can create whole universes if we want. We can also create beings of vast knowledge in these universes to play the Gods in those realms if required. Don't forget though that every creature which is made has this spark of "creator source energy" in it. This is down to the smallest of the small to the biggest suns or planets. At this stage of being an angel-type being who can create at will, I am told we decided to gradually descend so to speak.

This descension into thicker more physical realities also brought with it the possibility for the "source" to experience a whole host of things that had never occurred before. I was shown how these wonderful planets with all this diverse life experience a physical body while still very much connected to the "source creator". At this point of creation, it was decided that to experience more and more "evil" needed to exist to counterbalance all the positives in these realities. This "evil" was not for everywhere but it was for the places where the souls had decided it was needed. The reason it was needed was for souls to have adversity and something to fight against. You see, this type of reality had never existed before.

It was a new concept for the universe, and it was decided at the highest levels of consciousness to create these being who would play these parts. At this point in my meditation journey, I was not shown a representation of this evil. Just the knowledge that it was created by

“source” to help us all in these lower densities to experience what we needed to experience to grow. Some will call it Satan or the Devil some will say "The Archons" others will use other names. The fact is the name doesn't matter only the fact it was created by our "creator" to give these experiences.

Let's not forget all these experiences we have all fed back to the "creator source energy" via our spark of the source in us. Let's not forget even these evil beings have been created by a “source” so they have this connection. At this point in the history of our universe, we were creating denser and denser realities until we reach the 3D level. At this level, we are experiencing the densest levels which exist. The realm we are in now is the toughest of the tough when it comes to these dense places. All you souls who are reading this are real tough badass souls who are hardcore in your quest for soul expansion and experience.

Up to now, I have discussed reality in this descension fashion from the start of existence up to where we are now. However, this is not all there is to this journey of us when we separated from the “source” eons ago. What I am about to describe now is a journey I am told I have completed as a soul. Before we start let's remember that infinity is never ending, and every possibility is going to happen at one point because of this. With that in mind, let's examine the possibility of all of us becoming our own "source" and overseeing our “own” universe at some point in our growth.

I have been told I have completed this journey and have agreed to come back here to impart this knowledge to other younger souls in their development. I would like to just make something clear here the "creator source energy" I have been talking about in this book so far is the original overriding source of creation. When I talk about myself as a "source" I am talking about me having my “own” universe where there are creator gods created by me as this source. In this universe soul's fractal off the "overriding source" and enter my universe to grow.

I am one of the infinite amounts of these "sources" which exist to further the experiences of every possibility and send back these

experiences to “the overriding source”. Anyone reading this book could be the same and never know if you decided never to have that knowledge while being here. What I am trying to describe now is the journey of everyone who has descended over the eons from this whizzing around super happy consciousness to the person you are now. This waking up on this planet and the lifting of this energetic veil. Also, stopping the evil which has existed here is going to help everyone grow.

What I am trying to put into words is the journey back to source after this descent we have on purpose experienced as a soul. We will now appear like a butterfly fresh from our chrysalis and start our ascension journey back to these higher realms we have come from. As we progress through these universes gathering more and more experiences. Just imagine the experience you would have as let’s say a planet like Earth. All the lives which have lived on you and all the experiences of them, all the hardships you would have gone through as a planet. Being a conscious planet giving yourself so others can experience a physical body made from the atoms of yourself must be a truly amazing experience to have.

How many lifetimes you will need to have in all manner of beings to get to the level when you have enough knowledge to be a planet? Let's take it further, how many eons of time would have to pass and how many incarnations as a planet would it take until you are ready for the next step? This step to becoming a conscious solar system and then how many times would you have to incarnate as a solar system to evolve to the stage of a galaxy?

We are talking about billions of our Earth years each time you are a new planet or solar system. It is a good job we have forever to play these games of progression as a soul. The next step in your progression as a soul would be to become your “own” universe, a conscious living universe. These thoughts are mind-blowing from our 3D Earth brains but if you can expand your way of looking at things, it’s not that hard. Makes our trials and tribulations on Earth seem nothing in comparison. This would be wrong to say this though

because without each experience we would not grow to the size of a universe.

Now we have expanded our view to this universal level, let's take it further. Once at a universe level of consciousness we now have the knowledge and experience to become our "own" creator God type of being for the want of a better word. You will be ready to create your own universe with all the planets and beings on them. If you think back to what I was talking about earlier in this chapter, I was saying how when we first came from "the source" we started as the beings who were connected to "the source" and could create universes.

We at this stage of our development are these same souls who have descended and now have risen back to creator God's status. The difference is this time though we did it as a being with a connection to the source but not with all the knowledge like we were back then. When we are at the level second time round as a creator, we are so powerful and knowledgeable. When we get to this stage of our evolution as a soul the next step is being our own "source creator" This level can only be achieved after all other experiences are complete.

At a "source" level we can create universes and creator Gods to run them as well as anything we decide to create. Like I said earlier I have been told I have reached this stage as a "source" already in earlier episodes of this "Cosmic Journey" we are on. I am here to help others by creating this book and letting this knowledge be known. I am in no way trying to say I am this all-knowing person with "source" capabilities or God-like powers. No, I am the same as everyone else on this journey. It was only around six weeks ago I found out the truth of my soul journey.

It seems as we reach these "source" types of levels we can also fractal parts of us to experience and carry on the whole expansion of knowledge. Let's not forget though as a "source" we are still connected directly with the "overriding source" and all our experiences go back there. So, this has brought me to the end of my book, I would like to thank anyone who has taken the time to read my thoughts and the journey which I have experienced. I hope you at

least found it entertaining if nothing else. Much love and appreciation  
Alan Stockdale xx signing off to experience more "Cosmic Journeys"









