

# REMEMBERING MY GALACTIC MISSION

A LIGHTWORKER'S JOURNAL

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## Acknowledgments

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I love you all so much.

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Thank you to all my readers and fellow lightworkers for participating and assisting in the ascension of Earth.

# PREFACE

*Remembering My Galactic Mission – A Lightworker’s Journal* began as my private record—a safe space to document the spiritual and extraterrestrial experiences I could not yet explain, let alone share. Over time, what started as personal reflection transformed into something far greater: a call from higher<sup>21</sup> multidimensional beings who urged me to bring their messages to humanity to help with the ascension. This book is the result of more than a decade of profound encounters and telepathic transmissions—each one peeling back another layer of the veil between the physical and the vast realms of spirit and galactic consciousness. Within these pages, I recount my interactions with benevolent extraterrestrial and multidimensional beings who have activated my light-encoded DNA and helped me awaken my dormant gifts to step fully into my galactic mission as a carrier of higher frequencies of 5D consciousness. I also recount my participation in the hybridization program and share how humanity is preparing to take its rightful place among the stars and become galactic citizens and reuniting with our cosmic brothers and sisters.

The images in the book are my own documentations and AI-assisted illustrations, created from descriptions of how these beings reveal themselves to me. They are far from perfect, but they give you an idea of how they look. It is my hope that this book will inspire others to remember who they truly are—divine sparks of the Creator on an extraordinary journey of awakening. Whether you are already walking the path of a <sup>20</sup>lightworker or are just beginning to explore the mysteries of the Universe, may these words remind you that we are never alone. Our galactic brothers and sisters are with us, guiding humanity toward unity, healing, and higher consciousness.

# INTRODUCTION

Last night, I experienced something extraordinary—an encounter that filled me with awe and gratitude. I was visited by the Blue Avians, highly evolved celestial beings from the ninth dimension. For nearly a year, I struggled to understand that the telepathic transmissions I had been receiving for years were, in fact, partly from these magnificent beings. I have since come to recognize that they are always present, gently attuned to my frequency, ready to offer support and guidance whenever I open myself to receive it. In the early stages of my spiritual journey, I was uncertain about the origin of the messages and visions that came through me. I questioned whether I was truly in communication with higher beings or if my imagination had simply become more vivid. It has taken nearly a decade of inner work and spiritual practice to arrive at a place where I can now hear, feel, sense, and even occasionally see energy and <sup>23</sup>spirit with clarity and discernment.

The Blue Avians are members of what is known as <sup>17</sup>the Galactic Federation—a collective of spiritually advanced and benevolent extraterrestrial civilizations who serve as guardians and guides for humanity. Their purpose is to assist us in our ascension process as the planet transitions from a three-dimensional level of consciousness to a higher fourth- and fifth-dimensional state of awareness. I have come to understand that I am one of many carriers and transmitters of this higher frequency—a lightworker, or what some would call a <sup>25</sup>starseed.

## Why Me? Background That Matters for the Context of This Book

This journal began as a deeply personal record of my experiences—notes written for my own remembrance and integration. However, over time, I began receiving repeated guidance from higher beings and extraterrestrial sources urging me to share my writings publicly. Their message was clear: *it is time to bring this knowledge forward to assist others in their awakening and to support the collective shift in consciousness that is now unfolding across the planet.*

### My Anunnaki Angelic Ancestry

To better understand why I developed heightened psychic and extrasensory abilities in this lifetime, I reference the book *Our Cosmic Origin* by author and spiritual researcher Ismael Perez. Through his work and the transmissions I have personally received from my <sup>24</sup>spirit guides, I came to learn that my <sup>22</sup>RH-negative bloodline traces back to the <sup>1</sup>Anunnaki Anuhasi Angelics—beings who fought on the side of light in the ancient spiritual conflict between good and evil. According to World History EDU (2022), the Anunnaki are a group of deities or extraterrestrial beings from ancient Mesopotamian mythology, primarily associated with the Sumerians, Akkadians, Babylonians, and Assyrians. The Sumerian gods Enki and Enlil, brothers and leaders of the Anunnaki, are often depicted as powerful beings involved in both the creation and governance of humanity. The Anunnaki eventually divided into two factions: the negative Anunnaki, who sought to enslave humanity for their own purposes, and the angelic Anunnaki, who worked toward humanity's liberation and ascension. It is said that the lineage of Jesus—known in higher realms as Yeshua—descends from these angelic Anunnaki.

My connection to this lineage has become an integral part of my mission in this lifetime: to serve as a conduit for fifth-dimensional consciousness, to help humanity awaken to its divine nature, and to encourage a shift from “self-service” toward “service to others.” Through this collective transformation, we may one day join the greater galactic community as conscious, harmonious citizens of the cosmos.

## The RH-Negative Blood Group and Its Characteristics

Only an estimated 13 to 15 percent of the world's population possesses the negative rhesus factor rather than the positive one. Those with RH-negative blood often display unique physical and energetic traits, which may include:

- <sup>13</sup>Extrasensory perception (ESP)
- Higher sensitivity to certain environmental factors
- Striking blue, green, or hazel eyes
- Eyes that may change color
- Blond or reddish-tinted hair
- An extra rib or vertebra
- Above-average smell, vision, and hearing
- Higher than average IQ
- Lower body temperature

Modern science has yet to determine the origin of the RH-negative blood group, and it remains a genetic mystery. Interestingly, when an RH-negative woman conceives a child with an RH-positive man, medical intervention is often required to prevent her body from rejecting the fetus—an immune reaction described by the Cleveland Clinic as Rh incompatibility. This enigmatic biological trait, coupled with my spiritual experiences, provides a context for understanding my psychic sensitivity and ability to perceive energy and consciousness beyond the physical realm. Nevertheless, I firmly believe that these abilities are not exclusive to a select few. They are part of our natural, divine blueprint as spiritual beings. With practice, dedication, and openness, anyone can learn to awaken their own intuitive gifts and remember their true multidimensional nature.

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# Chapter 1:

## The Blue Avians —

## My Celestial Teachers

Let me return to my interactions with the Blue Avians. In the spirit of transparency, I must clarify that the knowledge I have received from them comes through telepathic transmissions. While I do my



best to interpret their messages with discernment and purity of intent, it is possible that human perception—colored by the mind and the ego—may occasionally distort the accuracy of the information. Nevertheless, what follows will offer you an insight into who these remarkable beings are. Those who have encountered the Blue Avians often describe them as tall, bird-like humanoid beings covered in radiant shades of blue and indigo feathers. They have also been perceived as blue light orbs by prominent lightworkers like Corey Goode. Although I have never met them in physical form, I have seen them clearly through my inner vision—the <sup>29</sup>third eye. In my

visions, they stand approximately eight feet tall, with slender yet graceful physiques, elongated limbs, and faces marked by a distinctive, luminous beak. Their torsos are human-like, and their presence emanates both majesty and serenity. You might recognize their likeness from ancient Egyptian carvings and depictions found within the pyramids. There is a reason those images exist. These beings are not mythological; they are real and have guided humanity's spiritual evolution across many civilizations. Their influence can be traced through the ages, hidden in symbolism and sacred texts, waiting for the right moment in human history to be remembered once again. The Blue Avians radiate unconditional love and infinite wisdom. When they first communicated with me, they explained that they exist as ninth-dimensional beings. Their essence is crystalline and light-based rather than physical. They can, however, choose to manifest into material form if their mission requires it. They operate from a place of divine, unconditional love, which is their essence. Even when they appear to me as pure energy or consciousness, I can unmistakably feel their high <sup>30</sup>frequency of unconditional love. Their energy fills my surroundings with an indescribable sense of peace and bliss. Visually, their energetic presence resembles the static pattern of an old television screen—those flickering black-and-white particles that appear when no signal is detected. This is how my human eyes perceive the frequency of their light.

The blissful state that accompanies their presence is beyond anything I have ever experienced. It is as though my entire being vibrates in harmony with a higher frequency of love and serenity. I feel euphoric and high, completely at peace with myself and my surroundings. It is a state of consciousness so elevated that even the morphine administered to me during my appendicitis and knee surgeries cannot even compare to this natural high. Through my ongoing connection with the Blue Avians, I have learned that in order for communication to occur, they must raise my energetic frequency to meet theirs. This vibrational alignment allows me to receive their transmissions clearly, but it also creates the profound sense of being high and blissful when they visit.

# The Blue Avians Are High-Density, Enlightened Beings — Our Guardians

The Blue Avians are what we might call high-density, enlightened beings who exist on a far higher frequency than life on Earth. Our planet, <sup>14</sup>Gaia, currently vibrates at a third-<sup>10</sup>density frequency—the densest form of physical reality within this universe. However, she is now evolving toward a fourth- and fifth-density expression. The Avians, by contrast, exist within the ninth dimension, so consider the vast gap in density and spiritual evolution that comes with existing in a high-frequency reality. Their interactions with humanity are similar in nature to those of <sup>18</sup>guardian angels or <sup>2</sup>ascended masters. In truth, the Avians may be considered part of the broader angelic collective. They act as protectors, ensuring that humanity does not destroy itself or the planet that sustains us. When the nuclear bomb was first developed, the Galactic Federation—an alliance of advanced civilizations including the Blue Avians—intervened several times to prevent catastrophic outcomes. They continue to safeguard Earth, ensuring that nuclear warfare will not continue to harm the planetary grid or send destructive ripples through the wider universe, which would affect their own star systems as well. For more than seven years, I have been in frequent contact with the Blue Avians, as well as other beings of interdimensional and extraterrestrial origin. These encounters have served to upgrade my light-encoded DNA and prepare me for my mission—to transmit their messages and assist humanity in embodying fifth-dimensional consciousness.

Each time they visit, my psychic and intuitive abilities expand. My <sup>26</sup>telepathic communication, or <sup>8</sup>clairaudience, has become increasingly refined, allowing me to receive and interpret non-verbal messages from spiritually evolved beings, already using these abilities. I now channel guidance daily from spirit guides, angels, extraterrestrials, and souls in the spirit world. One of my purposes in writing this book is to document their teachings and to share an important revelation regarding a significant event that is destined to unfold by the end of this year. I will reveal more about this later in these pages. The Blue Avians' message to humanity is clear:

*“We need to become more loving toward one another, our animals, and our planet, and learn to coexist. To increase our frequency, it is recommended to use practices, such as meditation and daily expressions of gratitude. If we act from a place of less “service to ourselves” and more of “service to others,”*

*we will help humanity and the planet evolve to a higher consciousness and a more harmonious existence,”* (channeled message by the author.)

## How It All Began

With this brief introduction of my celestial teachers, let us start from the beginning and how my interactions with spirits, extraterrestrials, and multidimensional beings began. I was not the kind of child who saw spirits everywhere or spoke to invisible friends on a daily basis. However, I did have a profound encounter with a spirit when I was five years old—an experience that left an imprint on my soul and marked the beginning of a lifelong connection with the spirit world and other multidimensional beings. My childhood bedroom was located on the second floor of our family home. I remember many nights when I would quietly slip out of bed and tiptoe downstairs to my parents’ room. It became a nightly ritual whenever I could not fall asleep—which, truthfully, was quite often. My poor parents probably had very few undisturbed nights during those years. As a child, I was utterly terrified of the dark. I was convinced that monsters lurked beneath my bed, waiting to grab me the moment a foot or even a single toe slipped out from under the covers. The fear felt very real, and the shadows in the room seemed alive.

One night, as usual, I crept into my parents’ bed and nestled myself safely between them. It was in that moment that something strange happened. I opened my eyes and saw my mother standing at the foot of the bed. She looked exactly like herself, only slightly transparent, glowing faintly in the dim light. Confused, I turned my head to the right—where my mother was supposed to be—and there she was, sound asleep beside me, her soft breathing calm and steady. Yet somehow, another version of her was standing just a few feet away, watching over me with the same loving presence I always felt from her. To my surprise, I did not feel afraid. Instead, I was enveloped in a sense of peace and warmth. The sight was strange, yes, but not frightening. I remember simply wondering how my mother could be in two places at once—sleeping beside me and standing at the foot of the bed at the same time. After several moments, the standing version of my mother slowly faded away. The room returned to stillness, and I drifted back to sleep, feeling safe and deeply loved. I can still recall that moment as vividly as if it happened yesterday. Looking back now, with the awareness I have gained through years of spiritual experience, I understand that what I saw was not my mother’s spirit, but rather one of my guardian angels taking her familiar form to comfort me. That angel’s purpose was simply to watch over me

and to prepare me for what was to come—and, as it turned out, much was awaiting me on my spiritual path.

## The Spirit World Loves to Play Around With Us

During my teenage years, I began noticing other phenomena more frequently—shapes moving in the corners of rooms, soft shadows, flickers of light, and tiny orbs that shimmered like stars in the dark. Common literature might call these manifestations “ghosts,” but I have never resonated with that term. To me, these presences are far more than that. They are souls or spirits—some human, some of higher origin—existing beyond physical form, yet vibrantly alive. Spirits, in my experience, have a curious way of interacting with those of us still living in physical form. They seem to possess both a sense of humor and a gentle desire to remind us of their presence. I recall one of my earliest encounters vividly—a moment when I felt the distinct sensation of being tickled on my leg by a spirit. At the time, I brushed it off as imagination, unaware that this would later become an ordinary occurrence in my life, part of an ongoing dialogue with the unseen.

Everything intensified after I moved into my apartment in Stockholm, Sweden, in January 2006. What began as subtle, almost playful incidents soon escalated into experiences that challenged my perception of reality. There were moments when I truly wondered if I was losing my mind. I



would place my house key on the dresser, only to find it later tucked beneath a decorative item, as if hidden deliberately. I even photographed one instance where the key had been neatly placed under a small dog-shaped plate resting on the dresser. It was as if an invisible hand had intentionally arranged it there—both to make its presence known and to test my reaction. Then there were the candles on my windowsill. I always

positioned them carefully in the left corner, yet somehow they would move each time I left the room. I would return them to their proper place, only to find them separated again later. The pattern was unmistakable. Whoever, or

whatever, was moving them seemed to understand my slight tendency toward perfectionism—my desire to keep every object precisely where it belonged. The spirits knew that I would notice, and they played on that awareness with subtle amusement. The mischief did not end there. One afternoon, I returned home to find something particularly peculiar in my bathroom. Someone—or something—had arranged long strips of toilet paper in the shape of a cross, carefully laid across my basket of hair accessories on the floor. At the time, I was living alone with my beloved Rottweiler, Diva. She was an intelligent and affectionate companion, but even her talents did not extend to creating symbolic shapes out of toilet paper. No one else had access to my apartment. There was no rational explanation. A few days later, an even stranger event occurred. I had taken Diva for her regular swimming session at an arthritis rehabilitation center and returned home to find three small piles of fine sand on my kitchen floor. Each pile was perfectly formed, evenly spaced, and delicately arranged—as if poured with intention. I had vacuumed and wiped every inch of the apartment before leaving, so the presence of sand, especially in the kitchen, made no sense whatsoever. The sand itself was exceptionally fine, like that found in an hourglass. I examined the floor carefully for footprints or any sign of disturbance, but there was nothing—no dirt, no residue, no trace of entry. To reach the kitchen, one must walk through the hallway and turn right from the living room. Yet there was no indication that anyone, physical or otherwise, had passed through. The only evidence of activity was those three immaculate piles of sand.

Even now, years later, I cannot fully comprehend how the spirit responsible for these playful gestures managed to acquire sand—or why it chose to place it so precisely on my kitchen floor. But one thing became certain after those experiences: the veil between worlds was far thinner than I had ever imagined, and I had somehow become a participant in an ongoing conversation with the unseen.

## My Deceased Friend Was One of the Tricksters

There were times when I would sit quietly on my sofa and suddenly notice an unfamiliar, overpowering scent drifting through the room. It was thick, warm, and oddly sticky in quality—unlike anything I had ever encountered. At first, I assumed it must have been my dog, Diva, who had perhaps rolled herself in something unpleasant outside, leaving the odor on the rug. I

washed the rug thoroughly, but the smell continued to return at unpredictable intervals, lingering in the air as if carried by an unseen presence. After weeks of puzzlement, I decided to consult a psychic medium. What she revealed startled me. She explained that the smell was the lingering energy of a spirit who had once been a marijuana smoker before his passing. Until that moment, I had never recognized the scent of marijuana. In Sweden, where I lived at the time, the substance was rare and hidden due to the country's strict zero-tolerance laws. It was not until years later, after moving to Miami, Florida, in 2013, that I would come to recognize it instantly—the same sweet, musky scent that had filled my living room all those years earlier.

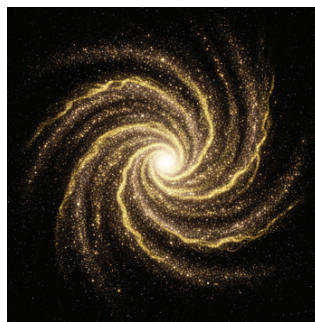
The decision to invite a psychic medium into my home did not come lightly. At that point in my life, I was still in denial about my own psychic abilities. I often referred to it as having “the lid on.” Yet, the disturbances in my apartment had grown impossible to ignore. I would wake suddenly in the middle of the night to the sound of a woman screaming, or to an alarm blaring that was not mine. These strange events occurred far too often to be dismissed as coincidence or imagination. Deep down, I sensed that someone from the other side was trying to reach me. During my session with the medium, several spirits came forward with messages. My grandparents were among them, reassuring me that they were watching over me. Their presence filled the room with warmth and familiarity. They even managed to express their disapproval of my tattoos—a detail that left me smiling through tears, as it confirmed beyond doubt that the medium was indeed communicating with them. Then came another spirit, one whose name I had not spoken aloud in years. My friend and former classmate, whom I will call Carl, took his own life when we were both fifteen years old. His death shocked everyone who knew him. Carl was handsome, well-liked, and seemingly full of life, yet beneath his charm and laughter, he had been carrying a burden none of us recognized. His passing left a void that many of us struggled to understand. Through the medium, Carl revealed that he was the one responsible for the small pranks and disturbances that had been occurring in my apartment. He admitted, with a hint of playful pride, that he had been moving my belongings and making his presence known because he was happy that I still thought of him.

The medium explained that he enjoyed teasing me because he knew I could sense him, even if I had not yet accepted that ability within myself. She went on to explain that spirits are naturally drawn to those who are sensitive to

energy. “Why,” she said, “would a spirit try to communicate with someone who cannot hear or feel them? They seek out those who are open, those who listen—even if they are not yet aware of it.” Her words resonated deeply. Carl, it turned out, was also the source of the mysterious smell of marijuana. He had been under the influence when he ended his life, and that scent became his energetic signature—a trace of his final moments that lingered long after his passing. I think of Carl often, almost every day. Over time, I have learned to communicate with him directly, and our exchanges have become a source of comfort rather than confusion. Looking back, I realize how patient he must have been—waiting for me to open up to telepathic communication, to trust what I was feeling rather than dismissing it. Carl remains a part of my life even now. His presence is lighter, calmer, and more peaceful than it once was. Every so often, he still finds ways to make me smile—a flicker of light, a gentle nudge, or the faint echo of that musky scent reminding me that friendship, like spirit, never truly dies.

## A Message From the Spirit World: Stop Grieving Deceased Loved Ones

Carl is happy again—radiantly, peacefully happy—in a place that lies beyond the reach of earthly words. It is a realm filled with light, love, and profound understanding. On the other side, there is no judgment for those who choose to end their own lives. Yet Carl explained to me that, because he had not completed his mission on Earth, he would have to return and live another life to fulfill what he left unfinished.



The last time I heard from him was on February 5, 2016. His voice, warm and teasing as always, carried a familiar sense of humor. He joked about not “checking out too early” this time and promised that in his next incarnation, he would do a better job staying longer and completing the lessons he had set out to learn. His light-heartedness, even in spirit, was a reflection of his enduring essence—playful, kind, and wise beyond his years. One thing that all souls who have left their physical existence have told me is that their greatest sorrow lies in watching the grief of those they left behind. From their vantage point in the higher realms, they are immersed in a boundless ocean of love, unity, and divine peace. They

are reunited with the Creator, Source, or God—whatever name you choose to give that infinite intelligence—and with the members of their soul group, those eternal companions who walk beside them through countless lifetimes. In that sacred space, they no longer concern themselves with earthly matters. They know that love endures, that they can visit us in spirit form whenever they wish, and that separation is only an illusion of the physical world. Yet when those of us left behind grieve too deeply or cling too tightly to their memory, it can hold them close to the Earthly plane, preventing them from fully returning home. In such cases, a soul may linger in the <sup>4</sup>astral plane—the dimension between the physical world and the higher realms of light. The astral plane is not a place of torment, but it can be heavy, dim, and unsettling for spirits who are ready to move on. They often remain there in an effort to comfort their loved ones, to make their presence known, and to reassure them that they are still very much alive in another form. However, if the living continue to grieve excessively, the soul can become trapped in that liminal space, unable to proceed to its next stage of evolution or prepare for reincarnation.

Before we are born, each of us creates a life contract on the other side. Together with our spirit guides and soul group, we design the key experiences that will shape our growth—the lessons we wish to learn, the people we will meet, and the challenges we will face. In this way, much of our fate is predetermined, yet free will allows us to deviate from the path if we choose. When we stray too far, our spirit guides gently nudge us back toward alignment, helping us remember the purpose we once set for ourselves. When our mission in a given lifetime is complete, we return home—back to that luminous realm of love and unity—to reunite with those we have loved across time and space. Some souls and spiritual teachers even describe life as a game, a grand design in which we play different roles and characters in each incarnation. Through every experience, joyful or painful, we evolve a little more, growing closer to the divine truth of who we “truly are” until we are ready to ascend to the next level of existence.

## The Spirit World Kept Knocking

The spirit world never truly stops calling once it knows you can hear it. By September 25, 2016, the knocking on my door had grown louder—sometimes quite literally. I had just gone through a divorce and moved into a beautiful lake house in Pembroke Pines, Florida. The property was serene,

surrounded by palms that whispered in the wind and the soft ripples of the lake just beyond my backyard. It was a place meant for peace, healing, and new beginnings. But almost as soon as I unpacked my boxes, the familiar signs began. Objects would move on their own, sometimes shifting places. At that point, I knew exactly who it was—Carl. His energy was unmistakable, playful yet comforting, as though he was dropping in simply to say hello and remind me that I was never alone. However, I also sensed new presences in the house, unfamiliar spirits whose energy felt different from Carl's. My body has always been a finely tuned instrument for perceiving such things. When spirits are near, I often experience physical sensations—headaches, tingling, sudden changes in body temperature, waves of nausea, or even a rising sense of anxiety—each corresponding to the spirit's frequency or emotional state. Sometimes, I can smell them; at other times, I hear them speaking telepathically, their voices soft or strong depending on their personality, but unmistakably clear within my mind. If I try to ignore them, they tend to find creative ways to capture my attention. On more than one occasion, a spirit has pinched my toe or arm—just enough to make me look up and acknowledge their presence. When I once asked how they were able to do this, considering they are pure energy or consciousness, they explained that they can manipulate the human nervous system to create sensations such as touch, pinching, or pressure.



## The House Spirit Tried to Make Us Leave

Ordinarily, I do not feel fear around spirits. Most of them are simply curious, playful, or seeking acknowledgment. But after moving into the lake house, I encountered one who carried a very different vibration—and his intentions, at least initially, felt unsettling. Soon after moving in, I became aware of a tall, slender man, perhaps in his late fifties, with a neatly kept mustache. His presence lingered in the corners of rooms, especially

the bathroom. I intuitively sensed that he had lived—and died—in the house, and that he was far from pleased about having new tenants. It seemed he was determined to make that clear. One afternoon, while I was working on my laptop in the kitchen, I felt a sudden surge of electricity around my forehead. The sensation was sharp and painful, like an invisible current pressing against my temples. Before I could even process what was happening, a loud crash startled me. My glass vase, which had been sitting safely on the decorative staircase shelf, was suddenly flung to the floor, shattering into countless pieces. That moment genuinely frightened me. It was the first time I had felt a spirit act with such physical force. Standing there amidst the shards of glass, I took a deep breath and spoke firmly into the empty air, “That is enough. You are welcome to be here and to speak with me if you wish, but do not destroy my belongings.” My voice trembled slightly, but I meant every word. Later that evening, I photographed the remains of the shattered vase—a small act of documentation that helped me process what had happened. Not long after, another vase, one that rested on the edge of the bathtub, was also pushed down and broken. It was clear that this spirit wanted to be noticed.



Once I had regained my composure, I decided to reach out in a gentler way. I wrote a simple note and placed it where the first vase had stood. It read: *Do you need help? I want to help you.* Nothing happened immediately, but I sensed that my gesture had been received. A few days later, while sitting outside in the backyard during meditation, I felt the man’s energy again. The lake shimmered under the morning sun, and the stillness around me made it easier to connect. I spoke to him quietly in my mind, telling him that I understood he had once lived there and might still feel attached to the house.

I acknowledged his presence but explained that I was now paying the rent, and we would have to learn to coexist peacefully. He did not respond with words, but I felt a palpable shift in the atmosphere—his energy softened, the air lightened, and the tension that had filled the house slowly dissipated. From that day forward, the disturbances became fewer, almost as though an unspoken truce had been reached between us.

## Carl Was Visiting My New Home

Thankfully, not all encounters with the spirit world are heavy or unsettling. Some are infused with humor and playfulness—reminders that those who have crossed over still carry their personalities and quirks. One of the most amusing chapters in my journey with the spirit realm began shortly after I moved into my new home in Pembroke Pines. Almost every morning, I would find one of my makeup items tossed into the trash bin. It became a strange, almost daily ritual. If it was not my mascara, it was my concealer or eye shadow resting neatly in the wastebasket as though someone had carefully placed it there. At first, I thought perhaps I was becoming forgetful or clumsy, but the pattern soon became undeniable. Deep down, I knew exactly who was behind it—Carl. He had followed me to my new home and, true to his mischievous nature, decided to announce his presence in a way that was impossible to ignore. I began documenting these incidents, editing out most of the unflattering details of what else was in the trash. In one photograph, my mascara sits in the wastebasket; in another, my concealer takes its place. Each day brought a new “surprise,” and although it was perplexing, I could not help but smile at his persistence.



## Carl Was Showing Off

A few days later, while sitting comfortably on my bed watching a movie on Netflix, I heard a sudden, loud popping sound—like something hard striking the side of an empty plastic bucket. I froze for a moment, listening carefully, then laughed to myself and thought, Did Carl just throw my mascara in the trash again? The bathroom, located inside my master bedroom, always had its door open, so every small sound carried clearly into the room. When I rushed in to check, there it was—my mascara, resting in the wastebasket once more. I could not help but burst into laughter. “Carl,” I said out loud, still smiling, “you certainly got my attention this time.”

Of course, my logical mind immediately tried to rationalize the situation. Perhaps, I thought, the items had simply fallen in on their own—maybe the counter was tilted or the air conditioning draft had nudged them off the edge. But just as that thought crossed my mind, Carl decided to make his point unmistakably clear. The very next day, I found my eyeshadow in the trash, and this time, Carl had carefully placed my empty energy drink can on top of it. I stood there, shaking my head and laughing, saying to myself, “All right, Carl. You win. That definitely did not happen by accident.”



To us, these occurrences seem otherworldly—objects moving on their own, invisible hands rearranging our space—but in the realm of spirit, it is simply a matter of energy. They understand how to manipulate energy fields effortlessly. Even some humans, through focused practice, learn to move objects using only their minds, a skill known as telekinesis. The principle is the same: the mastery of energy. These moments with Carl reminded me that the bond between the living and the departed is not broken by death; it merely shifts into a different form of communication. His humor, his timing, and his persistence were all still there—proof that love and connection transcend dimensions.

## Chapter 2:

# Light DNA Upgrades Initiated by the Pleiadians and Urmah Feline Beings

When I look back, December 2, 2017, stands out as the night everything changed. That was when the Pleiadians first began visiting me. I was lying in bed, simply relaxing, when a name suddenly appeared in my mind—Travis. It was so clear and distinct that I sat there, puzzled. “Who is Travis?” I wondered. “Do I even know anyone with that name, and where could that have come from?” After mulling it over for a few minutes, I returned to my nightly routine of solving Swedish crosswords. It was something I had loved doing before sleep, a habit that both exercised my mind and gently lulled me into rest. Soon, I forgot all about the name and focused on the puzzle until my eyelids began to grow heavy. I turned off the light, ready to drift off into dreamland—but sleep never came. Instead, a subtle tingling sensation began to spread across my entire body, from the top of my head down to my toes. At first, it was pleasant and soothing, but it soon intensified into what felt like an electrical current coursing through me. It nipped and pinched in specific spots, leaving me startled. Then came a sudden wave of heat, like a flame burning beneath my arm—so vivid that I instinctively shook it off, convinced something tangible was there burning me. That sensation was strangely familiar. I had

felt the same heat once before, when the psychic medium in Sweden helped me remove a spirit attachment from my aura. As she guided the spirit toward the light, my body reacted with alternating bursts of heat and cold. At one point, it even felt as though my right side was encased in ice blocks. It was such an otherworldly experience that I had never truly forgotten it. The medium explained that the girl attached to my energy field had died suddenly in a motorcycle accident. Seeking comfort, she had found refuge within my energy. According to the medium, the presence of spirits can sometimes manifest as extreme temperature shifts. Perhaps you, too, have felt a sudden chill or warmth around you—one that you may have brushed off as air conditioning or a passing draft—when it might actually have been a gentle visitation.

Returning to that night in December, my bed sheets suddenly pressed downward, as if someone had sat down beside me. I froze. In the next second, I felt hands—soft but distinct—touching my feet and slowly moving up my legs, their weight pressing lightly against the blanket. My heart pounded furiously. I was terrified. I bolted upright, scanning the darkened room, but there was no one there. Yet I could still feel the mattress dip under invisible weight. Just as abruptly, a wave of tranquility and being high on some kind of magic drug enveloped me, spreading upward from my feet. The sensation was pure and loving, dissolving my fear in an instant. It felt euphoric—like being bathed in the purest light. The closest comparison I could find was the morphine I had been given during past surgeries, but this was infinitely more blissful. My body felt weightless, my legs warm and floating. The room seemed to rotate slowly, not in a dizzying way, but soothingly, almost rhythmically. When I closed my eyes, I saw vibrant hues of pink and violet, forming mesmerizing geometric patterns reminiscent of the kaleidoscope toy I had adored as a child. When I opened my eyes again, the air shimmered with tiny specks of glittering light. The beauty of it moved me deeply. The feeling of love swelled until tears rolled down my cheeks. I found myself silently sending love back to whoever—or whatever—was making me feel so cherished. I could not explain it, but I knew, with absolute certainty, that I loved this being. Just as I began to relax into the experience, the sensations suddenly intensified. The euphoric calm gave way to an overwhelming surge, as though my body were being pulled by immense G-forces. It was like being strapped into a roller coaster, my body simultaneously pressed down and lifted upward. Fear surged within me, but before I could fully process what was happening, a blue light

appeared behind my closed eyelids. It grew brighter, then faded, leaving behind stillness and silence. All sensations vanished. I was utterly drained, trembling, and nauseous. I stumbled to the kitchen for a glass of water, my legs unsteady, my thoughts racing. “What on Earth just happened?” I wondered. Sleep was impossible. My mind replayed every second of the experience, desperate for logic where there was none. By morning, a heavy emptiness settled over me. It felt as if my very life force had been drained. The hopelessness was unfamiliar and unnerving. For hours, I felt hollow—until, gradually, my energy began to return, and by noon, I felt more like myself again.

## Light DNA Activation From Two Pleiadian Beings



About a week later, it happened again. The sensations, the presence, the unmistakable energy—but this time, I received two names: James and Emily. I had no idea then that these two beings would become recurring presences in my life. James and Emily were Pleiadians from the ninth dimension, and they, along with other benevolent extraterrestrial beings such as the Urmah Felines, had begun working with me to activate my light-encoded DNA. With the assistance of artificial intelligence, I have sought to portray their extraordinary power and striking beauty as they appear to me in physical form through my third

eye, even though they typically do not need a physical body in that high-dimensional plane of existence. They possess an otherworldly perfection—tall and athletic, with chiseled features, radiant blond hair, and piercing blue eyes that seem to look straight into your soul.

This second encounter was far more intense. The G-forces were so strong that I genuinely feared my heart was going to burst from my chest. It pounded with such force that I thought I might have a heart attack. At the same time, my head felt as though it was being compressed downward, as if my entire body were collapsing in on itself. Then, without warning, it all stopped. Silence. Stillness. And once again, I was left exhausted and disoriented. I rushed to the bathroom, sipped water from the tap, and stared at my reflection in disbelief. “What is happening to me?” I thought. If not for the indescribable feeling of love and serenity that always preceded these encounters, I would have been consumed by fear. Yet, even in their intensity, these experiences carried a sense of divine benevolence—an unmistakable knowing that something sacred and transformative was unfolding within me.

## More Light Activation From the Urmah Felines



Four months after my initial experiences, on April 7, 2018, my galactic friends, who I now understand are my family or members of my galactic lineage, returned to continue their work on me. It was around two o'clock in the morning, shortly after my first trip to the restroom. This time, the visitors were the Urmah Feline beings, whom I will describe in greater detail in Chapter 7. Almost instantly, I was enveloped in that beautiful, buzzy sensation of euphoria and love. It felt as though every cell in my body was humming with gentle energy. A deep calm settled over me, washing away all worry and concern. The peace was so

profound that it almost felt otherworldly. I thanked them telepathically and sent my love in return. To my delight, I heard their warm, playful response: “We love you too, kiddo.” They have always called me kiddo—and to this

day, they still do. The Urmah Felines are among our galactic guardians, beings who helped seed humanity alongside the Anunnaki and Centaurians long ago. In many ways, we are their children, and they are lovingly watching their creation evolve—making mistakes, learning, growing, and reaching for higher states of consciousness.

The high feeling and serenity they induced soon lulled me back into sleep. But a couple of hours later, around four o'clock in the morning, I awoke again for another trip to the restroom (a small bladder has its way of keeping you humble.) When I returned to bed, the energy was still present—as though they had never left—and their work resumed immediately. The feeling of being high intensified until I felt like I was floating among clouds. Then, without warning, a sharp sensation pricked my right cheek like a needle went into my skin—followed by another in my leg. I flinched. “Ouch,” I thought, “that actually hurts.” A wave of itching followed in both places, forcing me to resist the urge to scratch, though I eventually gave in to do so. Telepathically, they explained that they were upgrading my light DNA to enhance my psychic abilities. “You are the carrier of 4D and 5D consciousness,” they told me. At the time, I did not understand what that meant. Today, I believe I do, and I recognize that I have stepped into my mission as a lightworker. Publishing this book is one of the first steps along that path—something every being I have been in contact with has encouraged me to do. I am doing it for them and for humanity, even though I am fully aware of the skepticism and ridicule that might follow.

## The Meaning of 4D and 5D Consciousness

When these beings refer to 4D and 5D consciousness, they are describing levels of spiritual awareness beyond the dense, material focus of the third dimension, where humanity has existed until recently. To break it down, fourth-dimensional (4D) consciousness represents the awakening stage—when individuals begin to question reality, recognize the interconnectedness of all life, and release outdated belief systems. Fifth-dimensional (5D) consciousness, on the other hand, is the embodiment of unconditional love, unity, and intuition. It is a state of being that transcends fear, ego, and separation. This transition is occurring because our planet itself is evolving and its frequency is rising to match the incoming energies of the cosmos. As the Earth ascends, we too must increase our vibration. This collective shift

represents humanity's movement toward a higher timeline, one characterized by expanded awareness and divine harmony. However, some forces resist this evolution. This group, often referred to as the Cabal, represent a negatively oriented Draco Reptilian consciousness that has influenced and controlled the planet for eons. I will explain their interference in greater detail later in the book, including the many ways they have attempted to hinder my writing process. They do not wish for this knowledge to reach the public since they cannot survive on a frequency of love and unity. Of course, I recognize that there may be many more layers to this evolution than my human mind can currently perceive or articulate. Therefore, I ask you not to take this information too literally, but to feel whether it is resonating with you or not. I urge you to listen within. This information has come through my own direct experiences and interactions with the Blue Avians, Urmah Felines, Pleiadians, Andromedans, and benevolent Reptilians and Greys, as well as through the teachings of other channelers. My hope is that this information will inspire you to explore further.

## Knowledge Is Power

In the beginning, these light-encoded DNA activations were very frightening. The surges of energy and the sensations of powerful G-forces moving through my body were unlike anything I had ever known. Thankfully, the Pleiadians and Urmah Felines—who were performing the upgrades at different times—always ensured that when fear began to rise, they would amplify the euphoric, blissful feeling to calm me. It worked every time. In those moments, I felt utterly carefree, enveloped in an ecstatic state of pure joy. Yet, if you can imagine being touched, poked, and prodded by unseen beings—whose presence you could only sense through touch, sound, and scent—it was, understandably, also terrifying. Over time, I learned that understanding dissolves fear. As Bashar, a highly evolved extraterrestrial being channeled by Darryl Anka, once said:

FEAR = False Evidence Appearing Real

Bashar teaches that fear arises when we run our energy through beliefs that are out of alignment with our true selves. By shifting those beliefs, we can transform fear into excitement—the energy of creation itself. Eventually, I discovered that what I had interpreted as needles piercing my skin were actually streams of high-frequency light entering my energy field and physical

vessel. Additionally, the reason I could only hear, sense, and smell the beings visiting me, but not physically see them in my room, was that they were on a much higher frequency than I, making them invisible to my naked eye. Once I understood that truth, my fear melted away. I came to welcome these experiences as sacred blessings—moments of divine recalibration. What once terrified me had become something I now looked forward to. And with each activation, I felt myself drawing closer to who I truly am.

# Chapter 3:

## Getting to Know My Spirit Guides and My Angel Mother

**O**n April 14, 2018, I began a new chapter in my spiritual journey—one that introduced me to my spirit guides. Throughout that night and into the early morning hours, I was visited by a group of unfamiliar beings. Their arrival was often heralded by a distinct crackling or popping sound within the walls of my bedroom. The noises were sometimes so loud that they woke me from my sleep. To my surprise and amusement, I later discovered a remarkably similar description of these beings in *Confessions of an Intergalactic Anthropologist* by Marcia Schafer. Many of her encounters mirrored my own experiences almost exactly. In one of her chapters, Schafer described a particular life form this way: “There are also beings that make clicking, popping sounds that resemble a settling house cracking. Listen closely, and there is a distinct difference in the sound. Houses do not click.” I could immediately relate to her words. I, too, had questioned those popping and clicking sounds, silently wondering: “How do you do that?” In response, I received a telepathic transmission explaining that they compress and release air to produce that sound. I remember thinking, “Hmm, but why?” While I was reading about Schafer’s experiences with this

same life form, the familiar popping sound suddenly echoed from the corner of my bedroom, right beside my bed. My hair stood on end, and I could not help but laugh softly. I said, “Hi, I hear you.” For a time, these beings visited frequently. I soon grew accustomed to their noises and never felt afraid of their presence. It was clear to me that they meant no harm. If their intentions had been negative, I would have known by then. Instead, I sensed that they were studying me—helping me expand my awareness of other life forms and dimensions, which they later confirmed. When they appeared again, I asked if I could see them. What they showed me was extraordinary: a field of pure energy hovering above me, right over my face. When I looked directly at it, I saw tiny flecks of golden light swirling gently in the air. Yet when I shifted my focus to my peripheral vision, the energy appeared grey and black—similar to how the Blue Avians' energy looked.

Interestingly, Marcia Schafer described an almost identical vision in her book. She explained her encounters with these multidimensional beings as: “A wave pattern of energy that comes into her sphere that is then decrypted by her consciousness.” Just like me, she received information and communication through these waves of energy. When these beings were near, I always felt an overwhelming sense of love—similar to what I experienced with the Pleiadians and the Urmah Feline beings. On several occasions, they spoke to me with great tenderness: “You are never alone. We will always love you. We are here for you.” The love and reassurance in those words were profound. What an incredible support system we truly have in this vast Universe. In her book, Schafer referred to these entities as Ascended Masters—a title that matched what they told me about themselves. When I asked who I was speaking with, they replied, “We are your masters.” Personally, I perceive them more as spirit guides. I have met a few Ascended Masters as well, and I will share those experiences later. To make communication easier and more familiar, they often used human names. At that time, my spirit guides identified themselves as Thomas and Eric. Today, I work with different guides, but Thomas and Eric still reach out occasionally to check in. They have explained that our spirit guides change throughout our lives, depending on what we are going through. There is always a guide—or master—assigned to us who best fits our needs at that moment. The transmissions I received from these highly evolved beings were always infused with unconditional love. They shared wisdom on how to help humanity progress and realize its full potential—myself included. They also had a wonderful sense of humor and often made me laugh with their playful remarks. Before departing one

evening, they showed me a striking vision of myself—my face, close up, with eyes that were crystal clear and slightly larger than normal, the pupils very small. My eyes were a luminous shade of light blue, like the clearest ocean. I remember thinking, "Wow, I look good!" The next morning, as I opened YouTube intending to watch something lighthearted, the first video that appeared was titled *Star Children Amongst Us*. Its thumbnail showed a young boy with large, bright blue eyes and tiny pupils—exactly like the eyes in my vision. The video discussed star children or starseeds—souls from other dimensions and planets who incarnate on Earth to help awaken humanity and spread the frequency of love. I knew immediately that this was another message from my spirit guides—a clue to help me understand my mission and purpose in this lifetime.

## Remembering My Angel Mother, Alma

On April 1, 2018, I received a vision of one of my past lives—one that revealed a deep connection with my angel mother, Alma. Sharing this part of my journal is not easy, as I wish to make it clear that I do not consider myself more special, gifted, or important than anyone else. I simply happen to be sensitive to higher realms, an ability that stems from my galactic lineage. During this experience, I received transmissions from the angelic realm, revealing that I had once been an angel who chose to incarnate on Earth in human form to experience physical existence. I came here as what many call an <sup>12</sup>earth angel, lightworker, or starseed—souls who anchor fifth-dimensional consciousness on Earth to guide healing and spiritual awakening. I also came to care for and protect animals, who have always held the greatest space in my heart. I have never felt a desire to have children of my own, but my pets have always been my family. Some may find it odd or even take offense when I say that I love my pets as if they were my children (I apologize in advance). Still, those who know me would agree that this is true. I devote myself completely to them—perhaps spoiling them far too much—but they deserve to live joyful, comfortable lives. I believe that dogs, and many other beloved animals, are divine messengers—our angels in physical form. Even the word “dog,” when read backward, becomes “god.” I truly believe dogs are gifts from God, sent to offer us love, healing, and companionship when we need it most. Their loyalty and unconditional love are unlike anything one can receive from another human being. They are true teachers on how to love.



Returning to my past life vision, I saw myself standing in what looked like a doorway, surrounded by infinite darkness, yet radiating light from my entire being. Below me was a vast crowd of people, and I watched over them with immense love and compassion. I appeared similar to how I look today, but a more perfected version. My hair was much longer, thicker, and beautifully wavy—how I wish I still had that hair now instead of my fine Scandinavian strands. I wore a simple white tunic and was barefoot. Some days later,

the vision continued. This time, I saw my angel mother, Alma (her name was telepathically communicated to me), sitting beside me, caressing my face as I lay resting. Her hands brushed softly over my cheeks, forehead, and hair, and I felt the purest love imaginable—love beyond words. I loved her deeply, and a wave of longing overtook me as I realized how much I missed her, even though I had not remembered her until that moment. I cried openly, overwhelmed by the intensity and beauty of the experience. In the present day, my angel mother continues to visit me in her energetic form. When she is near, I feel gentle tingling sensations—usually on my right side or at the top of my head. Her presence is so divine, so radiant, that tears often fill my eyes as my heart swells with emotion.

The third time she visited, I asked if I could see her in her materialized form. She replied that I would see her “real self” in the future. I could not help but feel a bit disappointed by that answer. When I pleaded to see her so that I could embrace her, she explained that it was not possible for her to lower her vibration enough to manifest physically on Earth. She told me, however, that she was hugging me in that very moment. Though I could not feel her physical arms, I sensed feather-light touches on my arms and cheeks—soft, delicate, and filled with divine bliss. The energy rushed through me, leaving me in complete awe of the experience.

## Asking for More Angel Touches

One evening, when my angel mother Alma came to visit again, I asked her to touch my hand as confirmation of her presence. In my mind, I repeated three times: *Please touch my hand. Please touch my hand. Please touch my hand.* Moments later, I felt a cool, gentle breeze in the center of my palm, followed by a surge of energy traveling up my entire arm. An euphoric sensation enveloped me—the same beautiful energy I always feel when divine beings are near. The experience lasted several minutes, and I thanked her repeatedly for the gift of her touch. I often wish I could live in that feeling of pure, unconditional love and bliss all the time, but for that, I will have to cross over to the other side and return home again. That high frequency is almost impossible to maintain in this dense reality. When I experience this profound love, I feel compelled to express it—to declare how much I love the being who brings it forth. It reminds me of accounts from people who have had near-death experiences. Many describe the overwhelming sense of peace and ecstasy they feel as they cross over into the light—an experience of unconditional love so powerful that it transforms their entire perspective on life. Once they are sent back, they feel a profound love for all people. If humanity could sustain this divine vibration constantly, there would be no wars, no hatred, and no division. We would live in unity, peace, and harmony. I am hopeful that as we shift into higher consciousness, this reality will become possible. I feel deeply grateful that I can perceive and receive transmissions from spirits, angels, and galactic beings. These encounters have expanded my awareness and reshaped my understanding of life. There is far more to existence than what our eyes can see. When science turns its attention toward consciousness and the unseen, humanity will take extraordinary leaps forward.

## My Original Birth Planet — Ana eXon

I have always carried a subtle feeling of not quite belonging on Earth. One day, during meditation, I decided to ask where I truly came from. As I entered a calm, focused state, I asked which star system or planet was my origin. The answer came clearly: “Ana eXon.” I questioned whether my mind had fabricated the name or if it could be real. Out of curiosity, I searched online—and to my astonishment, I discovered references to a planet called Ana eXon, located within the Hevron star system. I was amazed. Although the source appeared to be a fictional website, I could not ignore

the synchronicity. After all, many science fiction films and stories contain fragments of truth. They serve as gentle introductions—soft disclosures—to help humanity prepare for greater revelations about our place in the Universe. One image of *Ana eXon* captivated me: a landscape awash in pink and purple hues, the same colors I often see in my mind’s eye during meditation and higher-realm visitations. They also happen to be two of my favorite colors.



My other favorite color—one I must connect with daily—is green. It is one of the reasons I moved to Florida; I love being surrounded by lush, evergreen nature. In Sweden, I always felt melancholy when the trees turned bare in autumn and winter. The world felt lifeless, as though nature itself were fading away. The color green makes everything appear vibrant and full of life. It fills me with peace and vitality. I now understand why I am drawn to it—it is the color of the heart chakra. I am a heart-centered person, guided by emotion more than logic, and I find great joy in uplifting others. When I offer energy healing to people or animals, I often see and send the green light of love—the frequency of the heart.

## Chapter 4:

# Visitation From the Grey Aliens and Daily Interactions With Spirits

The next evening, I experienced a visitation from the Greys, also referred to as Grey aliens. I was working late on my laptop in bed when I began to feel the sensation of needles piercing my skin again. I immediately understood that another round of light DNA upgrades was taking place. The sensation began in my right foot, and this time it was quite painful, lasting longer than usual. "Ouch, that hurts," I thought, hoping that my reaction would make them stop beaming me with light. But no—the feeling of being poked and pinched continued, moving across different parts of my body: my left arm, my right thumb, my right thigh, and my forehead. Fear began to rise as the pain persisted, so I asked telepathically: "Why does it hurt so much this time?" They responded that they were recharging my body with high-frequency light and that I should not worry. Fortunately, the incredible, high, and blissful feeling followed, balancing the discomfort with pleasure. As I reflected on the experience, I noticed more unusual phenomena than usual flying around my room that night. Typically, I see shade-like figures, silver or gold glitter, or dark grey dots swishing by in my

peripheral vision. That evening, however, I also witnessed flashes of light appearing throughout the room. Some even moved in front of my computer screen. "Wow! What is going on today?" I thought, putting the laptop away and deciding to go to sleep, despite the extra activity. It was late and I needed to be up early for work the next day. Early the next morning, I awoke sensing a presence in the room. I felt a weight at the bottom end of the bed, near my feet, heavy enough to compress the mattress. Soon after, I felt hands pressing down on the cover over my feet, moving slowly up my calves. I tensed, fear rising. I told myself: "Do not be afraid; they do not want you any harm. Oh gosh, at least, I hope so!" To calm me, the being sent the familiar high, soothing sensation through my body. I thanked them, feeling the fear subside.

Suddenly, a vision appeared: a hand stretching the fabric of the cover. The hand was light grey, almost transparent, with only three or four fingers. It was hard to see exactly, but it was definitely not human. "Oh my God! What is happening?" I thought. They then showed me an image of Jesus or Yeshua, but I knew it was not really Him. The image appeared in waves, as if floating in water. I questioned whether this was their way of making me feel

unalarmed (a bit manipulative to use the calming image of Jesus if you ask me), but I never received a reply. Instead, a cold breeze rose from my feet to my face. I opened my eyes, seeing no one in the room. Closing them again, I was comforted by the pink patterns emerging behind my eyelids—a color I associate with my masters and guides. Through this pink light, I saw two large, almond-shaped black eyes and a face resembling the extraterrestrial beings commonly known as the Greys. The vision startled me, and just as it appeared, my alarm clock went off, interrupting the experience. "That must have been a Grey alien," I thought.



The Greys are often described as biological robots rather than fully sentient beings, typically sent to conduct scouting or testing missions for their handlers aboard spaceships. I could not help but wonder whether the image of Jesus had been programmed to make me feel safer, knowing humans often respond positively to religious archetypes.

## Why Me? Why Did I Receive All This Attention From Galactics Beings?

Some days later, on April 22, 2018, my galactic family returned to work on me again. I awoke several times throughout the night, and each time they were present. I felt high and groggy, as always, an amazing sensation. I noticed my American bulldog, Abigail, who was spooning me in bed, also seemed groggy. She made noises reminiscent of the time I had to use a sedating medication to calm her on New Year's Eve because of her fear of fireworks. I worried that the energy might overwhelm her. Thankfully, they sensed my concern and moderated the intensity for her. I asked: "Why do I get all this attention from you?" Once again, they explained that they were preparing my body for the fourth- and fifth-dimensional levels of consciousness and existence. Curious about my purpose, I asked: "What is my mission? What do you want me to do?" The reply came: "By having you experience the fourth and fifth dimensions of reality like this, and the healing powers you will bring back with you, you will help other people awaken." Hmm... interesting, I thought to myself. I felt both overwhelmed and excited. I have always had a deep desire to understand the unknown, which aligns with my life path number of seven—a spiritual number associated with intuition and receiving information from higher consciousness through dreams and other channels. Being a Scorpio, born on the seventh of November, further emphasizes my connection to mysticism and life beyond death. Even though this seems coincidental, I am sure I chose my birth month and life path number before incarnating in this life to be able to have these experiences.

## A Helpful Warning

That same night, my galactic family sent a vision of a large water bottle marked with red crosses, signaling that it was unsafe to drink. I did not think much of it until the following day, when I visited a friend to teach a

computer class. In her kitchen, I reached for a glass of water. When I asked if she wanted some, she exclaimed: “Nooo, do not drink that! We just received a warning that the water is contaminated here in Aventura.” I immediately recalled the vision from the previous night and thought: “Thank you for the warning!” It is incredible how much guidance you can receive when tuning into angels and spirit guides in the unseen world.

## Starting to Receive Daily Transmissions From Spirits

About a week later, my life took an even more fascinating turn. During an evening walk with my two dogs, I encountered an energy field that sent chills racing all over my body—the kind that tickles and makes your hair stand on end. The sensation lasted for about a minute. I thought: “What was that?” Almost instantly, an answer appeared in my mind. I heard: “Hi Stina, I am Albin.”

Me: “Hi Albin, how are you?”

Albin: “I am good, good, all is fine, thanks.”

Me: “Cool, what are you doing here?”

Albin: “I used to live here. In the grayish house over there.” He was referring to a house across the street from mine. I cannot describe how, but I sensed exactly which house he meant.

Me: “Are you here visiting?”

Albin: “Yup, just here checking in on my family.”

Me: “It was very nice to meet you, Albin.”

Albin: “You as well, Stina. Take care now.”

Me: “By the way...how do you know my name?”

Albin: “We learn a lot up here.” *Giggles.*

Me: "It sure seems like it." I thought to myself: "I am going crazy! I hear voices in my head! I am talking to myself! SCAAARY!"

One of my spirit guides tuned in and interrupted my thoughts. He said, "No, you are not crazy. This is indeed real."

Me: "Oh my, so who am I speaking with now?" (I was not sure whether it was Albin who was still communicating with me or someone else.) I received the reply: "We go by many names. You can call us Thomas, Eric, or Alma. Whatever you prefer. We are all one, you know."

These were the names of my spirit guides (so far) and my angel mother. Me: "That is the part I have not quite figured out yet."

My spirit guide: "You will, do not worry. You have made huge progress lately, Stina. You will soon get it."

Me: "Thank you so much! I am so grateful for you being with me, guiding me."

My spirit guide: "We all love you so much, Stina. Now, if you ever feel alone, you can always talk to us." *Giggles.*

Me: *Laughing.* "Well, that is fantastic!"

My spirit guide: "There is so much more for you to discover, you will see!"

Me: "I am excited." My spirit guide: "We bet you are." *Laughing.*

These conversations completely blew my mind. The clarity and ease with which I could hear Albin and my spirit guides was astonishing. It was as if I were sitting face-to-face with someone, having a conversation over a cup of coffee. The only difference was that everything happened inside my head; no words were spoken aloud. I have since learned that telepathic communication is the norm in the spirit realm and higher dimensions. The extraterrestrial beings I have received transmissions from also communicate this way, as they exist at higher frequencies and are more spiritually evolved than we humans. At least, most of them are—some species are still less developed than we are. Even after the conversation, I questioned whether I had imagined the entire

experience due to a vivid imagination. What convinced me otherwise was the lightning-fast responses I received—answers appeared before I could even finish forming the questions in my mind. My brain simply could not process information that quickly. I am not a genius, but I am not incapable either.

## I Needed More Proof

I felt the need to verify that these transmissions were genuine. On May 6, 2018, I asked my galactic family to provide proof that I was not imagining everything. I requested that they tell me something I could never think of on my own. Two seconds later, I received: *“The Turkish minister and people are fleeing Syria.”* I asked whether this information was accurate, and I received a clear “Yes” in reply. As you can imagine, this is not something I would normally consider. I had not watched the news in a long time. Its constant fear-mongering from largely corrupt media outlets, had become overwhelming. The news promotes narratives that rulers want the public to believe to keep them trapped in fear—a clever strategy, since fear is the lowest vibration there is. When I used Google to check the information, it was nearly correct. At that time, people were indeed fleeing Syria to find shelter from Turkish authorities. This validation made me feel relieved; I was not losing my mind.



## Seeing Johnny — The House Spirit

I encountered our house spirit, Johnny, in physical form on one occasion, or at least his shoes. It was May 13, 2018, and I was home alone. My roommate was out for dinner with friends. I had closed my room door to avoid being disturbed, leaving only a two-centimeter gap at the bottom to see if anyone walked past. Suddenly, I saw large, black leather shoes with laces pass under the door, walking toward the AC unit outside my room. Both my dogs, Max and Abigail, jumped off the bed,

barking, growling, and raising their fur, looking at the door. I assumed my roommate had returned early. I opened the door, and my dogs rushed out, scanning the whole house. I called my roommate's name, but received no reply. When I checked his room, no one was there. My dogs, who normally recognize my roommate by scent and sound, confirmed that this was not him. A creepy feeling settled over me. The shoes I had seen were large and unmistakably men's shoes. I searched the house thoroughly, but no one was present. Max, ever territorial, remained alert for hours, growling and staring down the hallway. Eventually, my roommate returned, and I felt safer. Johnny never showed himself again. I could, however, smell him when he was near; his scent was a combination of sweat and oil, suggesting he may have been a mechanic. He always knocked on the shower glass door when I entered the restroom, which became extremely annoying. After months of this, I asked why he persisted. He explained that my restroom used to be his kitchen when he was alive. He could not accept that his physical body was gone and still wanted to remain in what had been his space. A neighbor later informed me that the house had burned down about ten years prior and required full restoration. She did not know whether anyone had perished in the fire, but Johnny most likely did, which explains his unwillingness to move on from the house.

## There Are Not Only Good Beings Out There

Unfortunately, there are not only benevolent beings "out there." I want to share a painful experience I had with a negatively oriented entity. Around nine o'clock at night, I was sitting in bed, working late on my laptop. Suddenly, "something or someone" pinched my left big toe with such intensity that I flew up in bed, screaming aloud: "Ouch, do not do that! That hurts!" The pain stopped briefly, but then another sharp pinch followed. It felt as though someone had driven a big needle deep into my toe. This did not feel like high-frequency light this time. I shouted: "Seriously, stop it! You are hurting me." Fear and anxiety crept in because I knew my galactic family would never behave so violently. Even though light upgrades could occasionally cause discomfort, they always apologized if the sensation became too intense. This time, however, I could sense no apology. In the next moment, I saw something dark pass my face. I could only perceive a shadow moving quickly, accompanied by a lingering cold breeze. My dog, Max, also noticed it and turned his head in the direction it had moved. A

third pinch in the same toe made me both fearful and angry. I kicked my leg in an attempt to shake off the pain and the presence (like that was going to help...). I said firmly: "That is enough! Leave me alone!" Fortunately, the being vanished after that, but the experience left me puzzled. Why did it want to harm me? I still do not know the answer. Similar incidents occurred after this, and I suspect it was an Archon interfering with me. I will explain more about who they are later. Nevertheless, lightworkers, mediums, psychics, and alike must protect their aura or energy field to avoid uncomfortable interactions with low-vibrational entities. I meditate daily to realign my chakras and surround my body with a divine light shield for protection. Know that any protection you visualize or pray about will work if you genuinely believe in it. Everything is energy—we are pure consciousness, and our thoughts and emotions shape our reality, especially when it comes to our energy body.

## Assisting Spirits Back Home

I would like to share one of my first experiences assisting a spirit "back home," or to the light as many mediums and psychics describe it. I had been meditating for about fifteen minutes when I sensed a spirit nearby. A sudden ice-cold breeze and energy surge moved through my body. After about a minute, I heard: "Hi Stina."

I answered: "Hi, who is this?"

I received the reply: "I am Dan."

Me: "Hi Dan, how are you?"

Dan: "I am okay, but I need your help."

Me: "What can I do for you, Dan?"

Dan: "I think I am stuck. I am in some space of 'nowhere.' It is so lonely here." I was immediately shown a vision of a dark space, like an endless underground tunnel. In that instant, I instinctively knew what to do. I began to envision a bright light at the end of the dark tunnel.

Me: "Dan, do you see the light I am creating for you?"

Dan: “Yes, I do see light now.”

Me: “Walk towards it! The light is safety; it is your way home. Everyone will be waiting for you.” I do not know how I knew these things, but I spoke with confidence.

Dan: “Stina, I am there now—it feels so good.” As Dan moved toward the light, I felt G-forces rush through my body. Just as I had experienced many times before, the high-frequency energy pressed me downward and upward simultaneously. My body trembled, and I felt euphoric.

I heard Dan say: “Thank you, Stina! I will be forever grateful to you. I will never forget about you.” Tears streamed down my cheeks as I felt an overwhelming sense of love.

I replied: “Be well, Dan. I love you.” I saw him wave goodbye before disappearing into the light. Fascinatingly, he became younger as he waved. He had first appeared as a man in his mid-forties but transformed into a fifteen-year-old boy before vanishing. He was slender, with brown hair reaching down to his earlobes.

When Dan disappeared, all sensations ceased, and the quiet was profound. My cheeks were still wet with tears as I reflected: “Wow, I really helped Dan back to the light. How did I know to imagine the light for him? How did I instinctively know what to do?” My mind was spinning with questions, but above all, I was grateful to have assisted him. After a few minutes, my spirit guide said, “You did very well, Stina. You helped Dan find his way back home.” I thanked him and expressed my amazement at the experience. I asked how I had instinctively known what to do. My guide explained that I had tapped into dormant memories from having performed this work in past lives and on the “other side.” He continued: “This is just the beginning. Wait, and you will see, dear star child,” *laughing softly*. I replied: “I am excited, and I want to learn everything there is to know.”

Seven years later, I have assisted countless lost and confused souls back to the light. Before the transmission ended, I asked my spirit guide if I could see them in physical form someday (as I always persist in doing). They told me that I had met them many times before, though I have forgotten these encounters in this lifetime. They confirmed that I will see them again and that they will reveal themselves to me. I feel ready for that moment and eagerly await it.

# Chapter 5:

## Learning About My Connection to the Pleiadians and Centaurians

I would like to share some additional insights about the RH-negative bloodline and its connection to the Pleiadians and Centaurians. On May 18, 2018, my dear friend Veronica, who also has RH-negative blood

like me and is a true lightworker, asked whether I thought my spirit guides would tell me about the origins of our blood type if I inquired. Modern science remains uncertain about the origins of this blood type, and it is also impossible to clone RH-negative blood. For this reason, it is often referred to as “alien blood.” As mentioned earlier, only about thirteen to fifteen percent of the world’s population has RH-negative blood, while the remaining population is naturally RH-positive. Additionally, individuals with O-negative blood are universal donors. They can give blood to anyone, but people with RH-negative blood can only accept blood from other negative



donors, or they risk severe consequences, including death. There is clearly a mystery surrounding this blood type.

Later that day, during meditation, I asked my spirit guides about this topic. Erik, the Blue Avian being I introduced you to earlier, came through to speak with me. Whenever I ask questions that are scientific in nature, Erik comes to educate me. Through the transmission, I learned that RH-negative blood originates from a combination of several extraterrestrial species, with the Pleiadians being the dominant contributors. The Pleiadians are a highly evolved humanoid species existing in the fifth to ninth dimensions. They originate from the Anunnaki, which later developed into the Pleiadian race. Interestingly, people who have encountered them often describe them as blond and Nordic or Scandinavian-looking in appearance—attributes that match my own tall, blond, blue, and green-eyed Swedish features. According to Erik, on their homeworld, the Pleiadians have no wars, murders, or greed. They are deeply concerned about humanity's self-destructive tendencies and occasionally intervene to prevent catastrophic outcomes for the planet and its inhabitants. Their mission is to educate and guide humanity toward higher consciousness and self-improvement. Erik also explained that some Pleiadians once resided on the planet Ana eXon (my origin in a past lifetime), before later migrating to the Sirian star system. This is why some refer to them as Pleiadian-Sirian hybrids. He told me that individuals with RH-negative blood are naturally more spiritually evolved than those with RH-positive blood. They frequently possess heightened sensitivity to higher life forms, energy, and telepathic communication. Their bodies are lighter and more crystalline, whereas RH-positive bodies



are denser and carbon-based. Erik also reminded me of my past life as an Anunnaki angelic being, which is connected to the Pleiadians and the RH-negative bloodline and contributes to subtle differences in my DNA. Erik mentioned that I once possessed twelve strands of light DNA instead of humanity's current two strands, which were being reactivated during nightly visits. While I do not fully understand this, I suspect it is related to extrasensory perception abilities. I have no scientific research to substantiate this information, so you must decide whether to accept it. I understand if it sounds unbelievable as even my logical mind questions it.

One indication of my slight difference in body composition is my heightened sensitivity to environmental stimuli and substances. For example, I lift weights almost every day, yet I cannot take supplements without adverse effects. Creatine monohydrate, iron, zinc, collagen, and even peptide injections intended to reduce inflammation or boost immunity have all caused me illness, weakness, and dizziness. My body simply does not respond like most people's. Additionally, at twenty-six years old, I nearly died from a burst appendix, which filled my stomach and intestines with pus and nearly caused sepsis. The attending doctor did not recognize the emergency because my body temperature did not indicate a typical high fever. RH-negative individuals often have lower baseline temperatures, so my fever was relatively high by my standards, yet it did not alarm the doctor. After surgery, he admitted that he almost lost me on the operating table.

## The Native American, Cherokee Connection

Erik also revealed that certain Native American populations are of Pleiadian descent, particularly members of a Cherokee tribe. This revelation aligned with a vision I had months earlier, in which I saw myself as a Native American medicine woman. I was inside a teepee, preparing a herbal mixture. My appearance was different from my current life—I had black hair and was likely in my late forties. In the vision, I observed a man on horseback carrying a baby, while I held another child in my arms. We were galloping quickly, seemingly fleeing conflict. I received a download of information indicating that we were escaping war. A week later, I was shown the totem pole where I had been buried. I did not receive further details about the fate of my family after my passing. Most Native Americans, like the global population, are RH-positive. However, a few members of the Cherokee Wolf Tribe (Aniwaya) are RH-negative, making my past-life vision as a Native American woman coherent

with the bloodline's origins and Pleiadian connection.

## Extraterrestrials Study Our Behavior

It was June 8, 2018, when another strange event took place. I remember sitting on the edge of my bed; the clock showed approximately 11:30 pm. A familiar yet powerful sensation washed over me—the distinct awareness of a presence nearby. Almost instantly, a strong current of energy surged through my entire body. I began to feel groggy, not in a euphoric or high way, but as if I were being pulled into a vacuum. It was a profoundly strange experience. Then, without warning, I received a telepathic transmission. The voice said, “We are a race from outer space.” I was startled. Until that moment, these beings had never spoken to me directly, even though I suspected they had visited me for quite some time. I responded in my mind, “Why are you here?” The being answered, “We are studying your behavior.” “Why?” I asked. They replied, “Mostly from curiosity. We are curious about humans. Also, for our survival.” After that final statement, everything went blank. I remembered nothing more from the encounter. They must have rendered me unconscious somehow. I knew something unusual had occurred because I had so many more questions I wanted to ask, yet I had inexplicably fallen asleep. When I woke up again, my thoughts were entirely elsewhere, as though my mind had been redirected. It was disorienting—after such a profound exchange, how could I suddenly be thinking about something mundane? I realized the beings had already departed; the room was silent, and the physical sensations had completely vanished. Perhaps I had asked something they did not wish to answer, or maybe they replied but did not allow me to remember the transmission.

The next morning, I felt detached and out of sync with my surroundings. When I stepped outside, I noticed my car was parked on the opposite side of the driveway from where I usually parked it. The realization made me uneasy. I could not recall moving it, nor could I account for the time that had passed. I felt disoriented, as though pieces of the night were missing from my memory. Had I been somewhere else—somewhere I could not remember? That uncertainty lingered within me, and to this day, I have never received a clear explanation—I just have strange markings on my arm and a ripped tank top to give me a clue what could have happened, which I will reveal in Chapter 12.

## Receiving More Information About My Galactic Heritage

Two days later, I woke up with excruciating neck pain and a splitting headache from having slept in the wrong position on my pillow. I have an old whiplash injury from a car accident and three herniated discs in my neck and another three in my back, which makes me extremely sensitive to how I position my head and what pillows I use. That morning, the pain was unbearable. Neither pain-relieving creams nor painkillers brought any relief. In desperation, I prayed to the angels for healing and said, “If you have time, I am in need of some healing. I love you either way.”

Later that afternoon, while resting in bed, I felt a distinct presence moving up and down my body. The sensation was cold, as though a stream of air conditioning was flowing from my feet to my head. Gentle touches followed, accompanied by the familiar surge of pure, loving energy that I have come to recognize—and, admittedly, grown somewhat addicted to. Curious, I asked who was visiting me. Instantly, I received a telepathic transmission: “Hi Stina, I am Rose. I am one of your guardians. Someone told me you needed healing.” I was amazed. They had heard me—and responded. “They actually listened?” I thought. “Wow!” I thanked Rose for coming and expressed how deeply grateful I was. She teased me, saying, “You say thank you a lot.” I laughed softly and nodded because she was right. I do say thank you often, not out of habit, but out of genuine gratitude. I was raised to appreciate every act of kindness and never take it for granted. Receiving such profound healing was, to me, an extraordinary gift. Rose told me to relax while she worked on me, so I did. I could feel her gentle touches on my feet, arms, forehead, and cheeks. With each touch, the feeling of unconditional love and bliss, and being naturally high intensified. My body grew lighter, my thoughts faded, and I felt enveloped in perfect peace. It was the most wonderful state to be in—one I wish could last forever. Unfortunately, because of the low vibration and density of our current physical reality, these elevated sensations are difficult to hold onto for long. Yet with the ongoing planetary awakening and humanity’s gradual shift into a 4D and eventually 5D state of awareness, I genuinely believe that a time will come when we can sustain that feeling of unconditional love and pure bliss as our natural state of being.

## Receiving Validation on the Centaurians' Existence



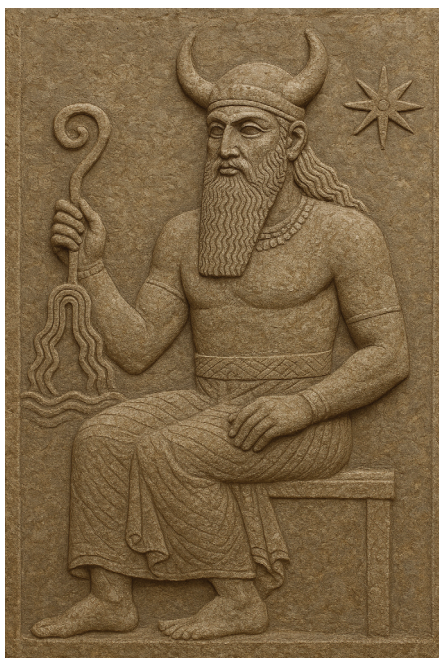
While basking in the afterglow of Rose's healing energy, I realized I should take the opportunity to ask her some questions. Although I had already spoken to my spirit guides about these topics before, I wanted to receive further validation. I asked Rose where I originally came from. She told me that I am a hybrid of several extraterrestrial races, primarily Pleiadian and Alpha Centaurian. Hearing this felt both familiar and affirming. I thanked her for the confirmation and stored the information away in my mind, not realizing how quickly I would receive further validation. Two days later, I experienced a remarkable

synchronicity. While getting ready in the morning, I opened YouTube on my cellphone, as I usually do, to listen to something while applying my makeup. The first video that appeared was titled "*I Was An Alien Abductee – What I Have To Say Will Shock You*," posted by UFOmania – The truth is out there. Something told me to watch it, so I did.

The content did not shock me, but the similarities were astonishing. The man in the video claimed to have been abducted by extraterrestrials for seventeen years. What truly caught my attention was when he mentioned a race called the Centaurians—the same race Rose had identified as part of my galactic heritage. I could hardly believe the timing. According to him, the Centaurians were a scientific species who genetically engineered humankind on a planet called Eden. He also described the "crystal children," a new generation created after the Anunnaki god, Enki, had modified the original human design. These crystal children, he explained, were sent to Earth to help humanity remember its divine origins, to protect Mother Earth, and to teach peace and unity. He added that the crystal children retained their connection

to their souls on Eden, allowing them to receive direct guidance from higher realms—an ability that Enki allegedly suppressed to prevent humans from becoming too powerful. Although fascinating, I was not entirely convinced.

A few years later, on July 1, 2025, while watching one of spiritual teacher and author, Ismael Perez's YouTube videos, I had another surreal experience. Perez was discussing how Enki had manipulated humankind into a negative <sup>27</sup>timeline when, suddenly, Enki himself tuned in telepathically and said he wanted me to correct the recording. I know how unbelievable that sounds—but it happened. I doubted it at first, so I asked Enki to tell me something verifiable. He instructed me to look up "*the battle of Babylon.*" When I did, I found that Enki was indeed a central figure in that mythological conflict. According to World Book, Enki played a key role in the events leading up to the battle that resulted in the creation of Babylon. The "battle of Babylon" refers to a cosmic war between the older and younger generations of gods—a central theme in ancient Mesopotamian mythology. The accuracy of that connection left me stunned. Enki then explained: "He (referring to Ismael) is portraying me as a manipulative bastard, which I am not. He is right about the fact that I and my team of scientists created humans, but from a natural standpoint. We wanted to see how humans would evolve on their own, but you (humankind) started following leaders with bad intentions, and that is why the negative timeline was created." I cannot say with certainty what the truth is, as I have never studied our cosmic history in depth. However, when I asked my spirit guides whether Enki had, in fact, manipulated humanity, they clarified that he did alter the human DNA slightly—but for survival purposes, not control. I later received another transmission on the topic, saying that, "What would be evolution if you already had and knew everything?" For those unfamiliar with these ancient stories, Enki and his brother Enlil were two of the most prominent deities



among the Anunnaki in Mesopotamian mythology. Enlil, the god of air and authority, embodied leadership and order, while Enki, the god of wisdom, magic, and freshwater, represented creativity and intelligence. Many ancient myths depict their contrasting natures—Enlil’s commanding energy and Enki’s inventive curiosity—as forces that together shaped the destiny of humankind.

# Chapter 6:

## Important Transmissions From the Pleiadians and the Andromedans

**F**ast forward to the present year—September 19, 2025—when I received an important message. On that day, I was visited by James, my Pleiadian spirit guide. Although he did not appear in person, he connected with me telepathically to communicate something of great significance. He explained that they plan to begin appearing in our skies around the world as early as November of this year, provided the collective energy remains stable—over fifty percent of the population must have had their spiritual awakening for open contact to happen. According to James, they can read our frequency, and humanity now seems ready to meet its galactic brothers and sisters. We will also witness spacecrafts belonging to benevolent Reptilian, Arcturian, Andromedan, and Umrah Feline beings, among others (I will share more about this later in the book.) Until recently their crafts have been cloaked from human perception, visible only to those who resonate at a frequency close to theirs. However, they will soon reveal themselves to everyone, accelerating the collective awakening and the process of disclosure. Humanity stands at the threshold of creating a better, more harmonious existence—one that honors both our planet and each other. Our extraterrestrial visitors bring not only advanced technology but also profound



spiritual knowledge that can guide us in achieving this transformation. Hopefully, they will feel safe enough to eventually land their crafts and greet us in person. I am truly thrilled at the prospect of meeting them. James told me that they want me to publish my book before their arrival. "Gosh, I have to hurry," I thought. It was on the brink of time that I managed to publish my book.

## Encouragement From an Andromedan



On June 26, 2018, I received a telepathic transmission from the Andromedans—a humanoid extraterrestrial race from the Andromeda constellation. At the time, I was writing an article about humanity’s responsibility toward the planet and the importance of UFO disclosure, now more commonly referred to as UAP or IAP disclosure, since these encounters are no longer “unidentified” but described as “identified aerial phenomena.” To provide some context, my article focused on the hidden agreements made by a secret global government,

operated by the elite, often referred to as the one percent of the wealthiest people in the world or the Cabal. For decades, this shadow organization has allegedly traded human DNA for advanced technology with several extraterrestrial species, keeping such exchanges concealed from the public. As surreal as this may sound, they have permitted abductions to take place so that certain species could further develop their genetic evolution. In return, these officials have received access to advanced technologies—such as Medbeds capable of curing all diseases, and free energy systems that could power the entire planet and provide sustainable solutions for developing nations. Through the use of our tax dollars, they have also reverse-engineered spacecrafts and learned about zero-gravity technology, interstellar travel, teleportation, time manipulation, and other capabilities that remain hidden from the general population. If released, zero-gravity technology alone could eliminate the need for fossil fuels, oil, and gas—effectively ending pollution. Additionally, I have also received information from my spirit guides that we will soon move over to hydrogen-driven cars instead of gasoline-driven and electric cars. Humanity could finally restore balance to Mother Earth and allow both her and all her inhabitants to thrive.

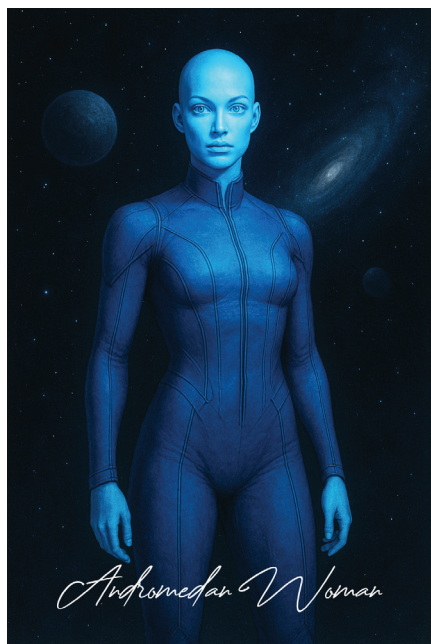
The same secret government is also believed to have developed the HAARP program—the High Frequency Active Auroral Research Program—which can be used to manipulate weather patterns and even create earthquakes or hurricanes for purposes of population control, similar to what many (including me) believe was attempted through the pandemic and the Covid-19 vaccines. The central message of my article was simple: *humanity must demand disclosure*. We deserve to know the truth so that we can protect both our species and our planet. One of the most courageous and consistent voices advocating for disclosure is Dr. Steven Greer. His work has awakened millions to the reality of hidden technologies and extraterrestrial contact long concealed by the world's elite. I deeply admire his contributions and recommend his documentaries:

- Unacknowledged (2017)
- Close Encounters of the Fifth Kind (2020)
- The Lost Century (2023)
- Battle for Disclosure (2024)

I believe most of these are available to stream on Amazon Prime.

Back to my interaction with the Andromedan being. That evening, after completing my article, I sat with lingering hesitation about whether I should publish it on one of my websites. I knew the potential risks—websites can be flagged or even shut down for sharing controversial information. I was lost in thought when something amazing happened. As I was about to drift off to sleep, I heard a clear female voice in my mind say, “Stina, you have to publish your article! It is important information and people need to know.” Surprised but calm, I asked who I was speaking with. Immediately, I received a response: “We are the Andromedans. We have spoken with you before. We are working with people on Earth—people like yourself—to awaken and help save the planet.” I expressed my gratitude for their encouragement and asked whether I, or my blog, might be at risk for sharing this information publicly. The voice reassured me that I would be protected and that the forces were with me. I told her that I trusted her guidance and promised to publish the article. Out of curiosity, I asked whether I would ever be able to meet her kind in person. The voice responded gently, “You have met us many times before; you have just forgotten about it.” I said that I no longer

wanted to forget our encounters. The Andromedan replied, “We will make sure you remember the next time.” Before the transmission ended, she said, “Farewell for now, Stina.”



Immediately after the connection faded, I saw a vision of a woman with light blue skin and no hair. Her features were delicate, almost ethereal, and she radiated an energy of wisdom and grace. Though she appeared human in form, I sensed that she was not. It felt as though her body was entirely free of hair—a characteristic of her kind. She was stunningly beautiful. I sat in awe, filled with wonder and renewed determination to share my message with the world.

## My First Experience With Sleep Paralysis

The beings from “outer space” who had previously studied my behavior returned for another visit on June 15, 2018. I sensed that they wanted to observe and understand more about human emotions and behavior. Throughout the day, I noticed the familiar popping and crackling sounds that had become their signature sign of presence, following me wherever I went. Later that evening, while watching Netflix in bed, I began to feel waves of cool energy surrounding me. My body felt electrically charged, accompanied by sharp tingling sensations across my skin. Soon, I felt as though I was high again. Even now, I am uncertain whether they used some form of medical sedation or whether this was simply a byproduct of my frequency and vibration being elevated. At that time, it was difficult to identify which type of being was visiting me unless they chose to reveal themselves. Over the years, however, I have learned to distinguish their presence by the subtle differences in frequency, the way my body reacts physically and emotionally, and even by scent. My spirit guides and angelic visitors were easier to recognize. They often appeared as flashes of purple, pink, yellow, or golden light beside my face—light I could see even with my eyes closed. Their energy was gentle, nurturing, and filled me with an overwhelming sense of love. Those encounters often moved me to tears. The beings from outer space, on the other hand, were marked by the distinct popping and crackling sounds that always accompanied them. Sometimes, I could even see black shapes darting through the air in my room. It frightened me occasionally, but I reminded myself that they had never caused harm. Society has conditioned us to fear anything that appears dark or unfamiliar, labeling it as evil—but I knew better than to let fear define the experience.

In the early hours of the morning, I awoke to the sensation of cold energy hovering just above my face. The high, disoriented feeling returned so strongly that it jolted me awake. When I opened my eyes, I realized with terror that I was blind. Everything was pitch black. I could see nothing at all. Panic set in, but after some seconds (that felt like forever), the sensation vanished, and my vision returned to normal. I was left bewildered, unsure of what had just happened. Months later, I experienced something similar. I awoke in the middle of the night, intending to go to the restroom, but I found myself completely unable to move. My body was paralyzed. The seconds dragged on endlessly as I struggled to regain control. It felt as if an invisible force was pressing my face down into the pillow. Terror surged

through me. After the sensation finally stopped and I could move again, I remember thinking, "What the heck was that?"

I did some research on the Internet the following day and found information from people who had similar experiences. They explained it like this: *"We all have an energy body and a physical body. The energy body always leaves our bodies and travels to the astral plane when we sleep. It can also travel back home and gather information so that we can complete our mission in this life. When you wake up too fast, the connection is not fully back yet, or the energy body has not fully entered the physical body, and we feel paralyzed."*

I believe this is what I experienced. However, I have also come to understand that this phenomenon can occur during abductions or when people are taken aboard a spacecraft. Although I have no conscious memory of such an event, these advanced beings can wipe any memories of these events or replace them with screen memories.

## The Strongest Light DNA Activation So Far

On August 2, 2018, during a meditation session, I prayed for a stronger connection to the Creator or God. I asked for divine guidance and support in navigating my purpose. Nothing unusual happened during the meditation itself, but two days later, as I was preparing to fall asleep, I sensed a familiar presence beside me. As before, a soft, cool breeze surrounded my body, filling me with waves of peace and comfort. Soon after, the energy intensified and made me feel high and blissful. It surged through every cell of my being, more powerfully than ever before. From behind my closed eyes, a face appeared—radiant, serene, and almost porcelain white. The sight was so breathtaking that I said aloud, "OMG, you are beautiful!" The being smiled softly. When I asked who she was, she introduced herself: her name was Djing Djing—at least that was how it sounded. Pronouncing the names of celestial beings and extraterrestrials is often difficult, as their languages do not translate perfectly into human speech. That is why many of our visitors use regular American names. She told me she was from my home planet, Ana eXon, and had come because she had heard my prayers. She explained that I was ready for another upgrade—an activation that would enhance my psychic abilities and strengthen my capacity to perceive future events. I thanked her deeply, overwhelmed with gratitude that my request for connection had been answered. I thought the encounter was over, but moments later, her face appeared again. Suddenly, my bed jolted as though something had pushed

against it. Startled, I sat up, expecting to see my American bulldog, Abigail, climbing into bed—but she was still fast asleep in her own bed. I asked aloud what had just happened, and Djing Djing’s calm voice echoed in my mind: “I just wanted to let you know I am here now.” “Where? I cannot see you,” I said. She explained that she was vibrating on a higher frequency, making her invisible to my eyes. It reminded me of an experiment I once saw on television, where sand on a vibrating plate became invisible when it reached a certain frequency. Djing Djing existed in that same way—right beside me, yet unseen.

She asked me to relax so she could perform more energy work. At first, it felt extraordinary—the familiar euphoric high washed over me, and I was enveloped in deep love and tranquility. But within minutes, the energy intensified to an almost unbearable level. My heart pounded as though it might burst, and I felt G-forces pressing against my body, pulling me in different directions simultaneously. It was the most powerful experience I had encountered so far. Though I sensed she meant no harm, fear began to rise in me. It is nearly impossible to describe what these moments feel like, but the best comparison is as though your physical body is expanding into pure light energy—transforming from matter into vibration. If any readers have experienced similar sensations, I would love to hear from you. Sharing these stories might help us better understand the transformations occurring during such light activations. Thankfully, my galactic family always stop when they sense my fear, and Djing Djing did the same. I remain profoundly grateful for their sensitivity and care, as it can be terrifying not to understand what is happening to your body. My best guess is that the G-forces occur when my frequency rises, and my energy body is about to leave my physical body because of the frequency upgrade.

When I awoke the following morning, I felt exhausted and had developed a small blister inside my mouth. Yet, the chronic back pain I had been suffering from for weeks was noticeably improved. Since that night, I have also become increasingly aware of spiritual presences and energy fields around me, and telepathic communication has grown easier and more natural than ever before.

## The Backside of Telepathic Communication

Over time, I found myself reflecting on how natural it had become to communicate with my galactic family and the spirit realm. To this day, it feels as effortless as having a conversation with a dear friend over dinner—except that the entire dialogue takes place within my mind. In the beginning, I genuinely believed I might be losing my sanity. Hearing voices in your head is, after all, not something most people would describe as ordinary (at least, not yet). Still, the responses to my questions would arrive in my mind before I had even finished formulating the thoughts. It felt spontaneous and immediate, as though the conversation flowed both ways without delay. I also began to notice distinctions in tone, vocabulary, and personality, depending on who I was speaking with. For example, I would never naturally use the word “farewell” when saying goodbye to someone, but that is precisely the word the Andromedan woman used when we parted. Each being carries a unique frequency and style of expression, which makes these encounters both fascinating and deeply personal.

However, there is a challenging aspect to telepathic communication—one that is not often spoken about. The mind must be disciplined and carefully managed, because the receiver can hear everything you think. This is easier said than done. I still struggle to maintain complete control, and from time to time, a stray or unkind thought will slip through. My Reptilian friend, Andrew (you will learn more about him later), for instance, has a scent that is quite unpleasant to human senses—a mix of rotten fish and metallic chemicals. I cannot help but think how bad he smells, and of course, he hears that immediately. Thankfully, he never takes offense. Instead, he responds playfully, reminding me that they do not particularly enjoy the way humans smell either. *Laughing.*

## Why Some Souls Get Stuck and Cannot Return Home

A few days later, I found myself pondering the concept of lost souls—those who seem unable to cross over after death. I asked my spirit guides where these souls go and why they are considered “lost.” In my experience, when I have helped spirits find their way back home, they often describe being trapped in a place of “nowhere” or “nothingness”—a dark, empty space that feels isolating and devoid of light. It does not sound like a pleasant place at all. My guides explained that the situation is more complex than

it appears. These souls are not lost in the traditional sense; rather, they are caught in a state of limbo. Many of them, I was told, had ended their own lives or their lives had abruptly ended through an accident or murder. Although they will not remain in limbo forever, they might be confused over what happened and do not realize they are "dead." Given that, they may have chosen not to leave when their spirit guides or members of their soul group came to escort them back home. Some feel that their mission on Earth remains unfinished, while others are unable to let go because their loved ones are grieving too deeply. When the time comes and they feel ready to move on from the astral plane, they must reach out and ask for assistance to return home to the light. By taking their own lives, they also alter the spiritual plan and contract they created with God and their soul group before incarnating into a physical body. This interruption in their life path can cause them to become stuck temporarily. It is important to understand, however, that they are not punished or judged when they finally return home. Rather, they are met with compassion and understanding. They simply were not meant to take what appears to be the "easy" way out. Before each incarnation, souls agree upon their life circumstances, as these experiences set the stage for the lessons and growth they came to achieve. Yet, once embodied on Earth, it is easy to forget who we truly are. The separation from God, combined with life's many challenges, can make it difficult to stay aligned with our higher purpose.



Through these reflections, I have come to realize that life in spirit is as much about personal evolution as life here on Earth. When we transition from our physical form, we undergo a review of our most recent lifetime—seeing both what we did well and what could have been improved. In a transmission from my dear friend Carl, who now resides in the afterlife, he explained that souls continue to grow and learn even beyond the veil. “We still go to school here,” he said, describing a process of preparation for the next incarnation—

whether that be on Earth or another planet of choice. Souls also rest and recover for as long as they need before embarking on a new adventure. It is a comforting thought, and endlessly fascinating.

# Chapter 7:

## Mindblowing Galactic Encounters

**A**nother amazing and deeply moving event occurred on August 9, 2018, when I first heard from my Urmah Feline spirit guide, Tiger. I was lying in bed, on the verge of sleep, when a familiar face emerged from the darkness behind my closed eyes. I had seen this magnificent being many times over the past six months, yet we had never spoken. He is a feline being—part human, part tiger or lion—and belongs to a species known as the Urmah Felines from the Lyra constellation. I have been told that many humans also trace their origins back to Lyra and Atlantis, and that these beings helped seed humans and have served as our protectors and guardians since the beginning of time. The sight of Tiger is breathtaking. Standing about twelve feet tall, with a powerful and muscular build, he has piercing fire-yellow eyes that radiate both strength and wisdom. His body is humanoid, but his face carries the distinct features of a tiger and lion combined. He walks upright, as humans do, and exudes an aura of nobility and calm authority. This time, his image appeared far more vivid and remained longer than before. I asked, “What is your name?” He smiled, his expression softening, and with a hint of humor replied, “You can call me Tiger.”

I laughed and said, “Well, that is a well-suited name for you.” He giggled at



my comment and then told me that he and others of his kind had been with me for a long time, quietly observing my awakening process. Tiger said, “You are making great progress, my dear child.”

After that, everything went blank. I have no recollection of the rest of our conversation. It felt as though he had deliberately wiped part of my memory. Perhaps the information he shared was not meant for me to remember at this stage of my journey—possibly because it could interfere with my life path or mission. Still, I hoped I would hear from Tiger again soon.

## Hearing From Another Urmah Feline Being

Over time, I have been blessed with the presence of several Urmah Feline beings from Lyra. Their energy is majestic—both powerful and loving—and their beauty defies earthly description. On April 14, 2023, a striking being named Lucas made contact. I caught only a brief vision of his face through my third eye, but it was unforgettable. He appeared leonine, with large, golden-yellow eyes, just like Tiger, and a mane of brown hair. His skin seemed almost human, perhaps covered by such fine fur that it appeared smooth. As I mentioned earlier, I have learned that these beings often use ordinary human names because we would struggle to pronounce their true ones. In higher dimensions, many of them do not even have names. They recognize one another through energetic signatures rather than language, so they do not need any names. Lucas asked me to begin practicing <sup>7</sup>channeling so that I could receive and share their messages with the world. I remember thinking how much responsibility that would be. Before I could ask more, he disappeared, leaving me with no further explanation. Almost a year later, on January 30, 2024, I was visited by another exquisite Urmah Feline being, who introduced herself as Sara. She had a feminine grace about her and



appeared smaller than Lucas and Tiger. Her eyes were a radiant shade of lavender, and even her skin seemed to carry a subtle violet hue. Sara told me that I was learning about healing the body and that I would soon be speaking publicly about this topic. Before I could ask any follow-up questions, the transmission abruptly ended. I have a feeling that many extraterrestrials use some form of advanced technology to communicate with me, as their connections tend to end very abruptly. Occasionally, the experience can even be physically uncomfortable, though never with the Urmah beings. I have been told that some species use etheric

implants to facilitate communication or to study human thoughts and emotions. I am aware that I have a few of these implants because, at times, I feel sharp pains in certain areas—such as my cheek, nostril, or side of the stomach—whenever a transmission comes through. When I mention the pain, they often apologize and say they must adjust the frequency. While I appreciate their acknowledgment, I admit that it can frustrate me. I did not knowingly sign up for pain—at least, not that I can remember.

## Joseph From Alpha Centauri Said Hello

I cherish the moments when I can verify the information I receive. It brings immense comfort and reassurance to know that these encounters are not simply products of imagination. In those early years, I often doubted myself. One particular experience on August 23, 2018, provided much-needed confirmation that what I was experiencing was indeed real. That evening, I was lying in bed reading when I suddenly felt the familiar cool breeze rise from my feet to my face. Even though my legs were tucked beneath the blanket, the sensation was unmistakable. I also noticed the blanket lift slightly, which startled me. Moments later, I felt a soft, powdery touch on the

palm of my right hand, followed by a wave of love and peace that enveloped my entire being. It is impossible to describe how profoundly beautiful that sensation was. I asked, Who was with me?, and instantly received the name “Joseph.”

Me: “Hi Joseph, I am glad you are here visiting me. How are you?”



Joseph: “I am doing more than fine.”

Me: “Where are you from?”

Joseph: “I am from eons and eons away, from a place called Asperanda.”

As often happens, I must have been put to sleep right after that, because I woke the next morning with no memory of what came next. Still unsure, I decided to look up the word “Asperanda” online. To my astonishment, I discovered a galaxy named Asperanda Centauri—catalog number 401 NGC 3742. Even more incredible, Alpha Centauri is the closest star

system to our sun. That realization sent chills down my spine. I felt immense gratitude for this confirmation. Every experience strengthens my belief that communication across dimensions is possible for anyone willing to open themselves to it.

The messages I receive most often from higher beings (when I am not knocked out)—and that I believe are essential for humanity’s evolution into a higher state of consciousness—are as follows:

- Try to raise your consciousness and awareness
- Meditate and quiet your mind daily
- Listen inwards to find the answers you are seeking

- Serve other people, especially yourself (we cannot serve others if we do not feel well within)
- Spread and share love
- Try to remove unnecessary distractions
- Consume fewer chemicals (for example, they have told me to stop drinking energy drinks with artificial sweeteners for a long time now - an addiction I have a very hard time quitting, but it is time!)

As we integrate these teachings into our daily lives, we align more deeply with our higher selves and contribute to humanity's collective evolution toward fourth- and fifth-dimensional awareness.

## The Law of One Teachings — A Crucial Step in Becoming Galactic Citizens

On the night of August 25, 2018, I experienced another profound visitation from my Blue Avian spirit guide, Erik. To refresh your memory, the Blue Avians are the highly evolved human-bird-like beings of the ninth dimension, known as our guardians. One of their missions is to protect humanity from powerful cosmic energy waves entering our solar system. These waves, if unfiltered, could overwhelm our energy fields and cause emotional or physical imbalance. The Avians, through their vast sphere ships, act as buffers, ensuring that these frequencies reach us in a way we can handle. During this particular encounter, I sensed the familiar, gentle breeze sweeping up my arm and across my face—a sensation of the purest, freshest air imaginable. Soon, I felt light touches along my skin, followed by a calm and loving presence. I asked who was with me, and the reply came: “We are all one and the same.” Without thinking, I asked, “Like in The Law of One?,” which I had heard briefly about in a YouTube video. My Avian guide, Erik, confirmed this connection and then explained that they represent the “collective consciousness.” He told me that the deeper meaning of this truth would reveal itself to me over time, once I was ready to understand it fully. Intrigued, I researched <sup>5</sup>The Law of One and discovered that it is a body of spiritual teachings channeled from a <sup>9</sup>collective consciousness called Ra. It teaches that all of creation is an expression of one infinite Creator and that our purpose is to evolve spiritually by recognizing and embodying this unity. These teachings speak of ascension through densities, the freedom of choice between service to self or service to others, and the vital role of free will in

spiritual growth. This philosophy perfectly echoed the messages my galactic family had been sharing with me all along. To become true galactic citizens, we must live The Law of One teachings—practicing unity, compassion, and service in all aspects of life. Before departing, Erik encouraged me to stay on my path and continue sharing these experiences with others. Beyond writing this book, I find great joy in speaking about these encounters whenever possible. The beings I interact with want humanity to know that they are here—offering guidance, love, and support during our collective awakening. I have promised them to do my part in spreading their messages. That promise is what led me to finally publish my journal—so that others, too, may remember who they are and rediscover the infinite love that connects us all.

## Encouragement From God, the Holy Father

It is difficult to find words that fully capture what happened on October 10, 2018—a night that changed everything. I thought I knew about faith, divinity, and my own spiritual path. On that evening, I experienced what I can only describe as a direct encounter with God, the Holy Father himself. It remains the most extraordinary and humbling experience of my life. It began unexpectedly. I found myself repeating a phrase in my mind over and over again: *I am a multidimensional being, I am a multidimensional being, I am a multidimensional being.* I do not know why I felt compelled to do this or where the words originated. It was as if something beyond me had placed them there, urging me to remember a truth that my conscious mind had long forgotten. Before long, I began to feel slightly groggy. My inner vision was filled with intricate square and star-shaped patterns. Then, in the center of my third eye, the face of a man slowly took form. He was strikingly handsome, with long, wavy hair, a beard, and kind, intelligent eyes. His features were strong yet gentle, and though I could not discern his skin tone—everything appeared bathed in a soft pink and purple light—he radiated pure love and serenity. Then he spoke to me and said, “You have come to realize something profound. I am proud of you.”



Filled with awe, I thanked him and asked who I had the honor of speaking with.

He replied simply, “I am your Father.”

I could not believe my stupidity, but I replied, “I already have a father.”

God immediately answered, “Yes, but I am your Holy Father.” In that instant, my heart stopped. I was utterly stunned. The realization hit me all at once—I was speaking with God.

“Are you God?” I asked in disbelief. “How come you honor me with your visit? I cannot believe it is really You, The Holy Father?!”

To give you some context, I have never belonged to any organized religion. I was raised in an atheist household and, for most of my life, did not consider myself a believer. I had never read the Bible, nor had I attended church, except for the occasional school event as a child. Praying was not part of my routine then as it is now. I believed in a higher power, yes—but I had never been certain that this universal energy was what others called God. My initial reaction was one of embarrassment. How could I have forgotten about God? I felt ashamed, as though I had neglected someone who had been watching over me all along. Looking back, I now understand that this forgetting was part of my journey—part of my soul’s plan to rediscover Him, to remember who I truly am: one of His children, here on Earth to learn, grow, and serve. In that moment, I felt an overwhelming sense of gratitude. I could not believe that He had taken the time to speak with me. I felt so blessed, so humbled, and I knew without a doubt that He was real. I no longer needed proof. I knew that God is always present, watching over us as we move through the trials and triumphs of our human experience. All we ever need to do is ask for His help—and reach out with an open heart—and He will respond. I have also come to understand that God does not interfere with our chosen paths. We come to Earth to experience, to learn, and to evolve. Even when life feels painful or unfair, there are lessons written into our souls’ contract that we must fulfill. When people lose a loved one and cry out, “Where was God then?,” I now believe that those moments are not acts of abandonment but parts of a greater design—lessons in love, grief, and strength that we chose before entering this life. Before the transmission ended, God said to me, “Seek, and you will find the answer. You are on the right path, child.”

I have pondered those words countless times since. To me, they mean that we are meant to keep searching for truth—for the divine spark within ourselves and the deeper purpose behind our existence. In doing so, we draw closer to Him, remembering that we are not separate beings but fragments of His infinit light. A piece of God lives within each of us, waiting to be awakened. If we maintain that connection—through faith, stillness, and trust—all we must do is ask, and the answers will be revealed within. I promised God that night that I would continue walking this path with devotion and share my experiences in the service of His will. I thanked Him for the honor of His presence. He replied that He is always watching over me—and over all of us—and that He would visit me again. I did not sleep a single minute that night. I was in awe, my heart overflowing with reverence and wonder. I must add that I believe God is not confined to a single form. God is an energy, a force that transcends gender and appearance. He—or perhaps It—can take any shape that best suits the person He is communicating with. For me, He appeared as a loving and protective father figure, because that is how I needed to see Him in that moment. It was the most sacred experience of my life—a reminder that no matter how far we drift, God is never gone. He waits patiently for us to remember.

## An Unpleasant Visitation From the Ebens From Zeta Reticuli, Also Referred to as Grey Aliens

Only two days after my awe-inspiring encounter with God, I experienced something entirely different—an unsettling visit that left me both shaken and deeply curious. On this particular night, I was visited by the Ebens from Zeta Reticuli, a race commonly described as Grey aliens. The experience was as real as it was disturbing. It began innocently enough. I was watching a movie on Netflix when a sudden wave of nausea and anxiety washed over me. The feeling was familiar. I experience similar sensations when “lost” or “stuck” spirits enter my energy field. Their low vibration often triggers physical discomfort, so my first thought was that I was sensing a disoriented spirit nearby. I am still uncertain whether such low vibrations arise because these entities are confused and lost, or if it is simply the frequency of the astral plane where they reside. Regardless, what happened next quickly made it clear that this was no ordinary spirit encounter. In the next second, I saw a being standing before me—one that looked exactly like the Grey aliens often depicted in films: a short, slender figure with a large head, small mouth,



and enormous, almond-shaped dark eyes. The sight lasted only a second before the being disappeared. My heart raced.

"Oh my..." I thought, trying to make sense of what I had just seen. I asked aloud, "Who are you?"

The being replied telepathically, "We are the Ebens from Zeta Reticuli." At the time, I had no idea what that meant. It was not until the following day that I researched the name and discovered the connection to the Zeta Reticuli star system often mentioned in UFO literature. Still reeling from shock, I managed to ask, "What

do you want?" My tone was curt, partly from fear but mostly because their presence made me feel physically ill. The nausea intensified until I thought I might actually vomit. I am still unsure whether these beings appear physically in the room or if they project themselves holographically. Either way, their frequency is dense and heavy—deeply unpleasant to my energy field. The beings' scent was pungent and distinct, which only amplified my nausea.

The Eben asked, "We are wondering if you could share our message with the world?" The overwhelming sickness I felt in their presence made me distrustful of their intentions. My intuition told me their message was not meant for the highest good of humanity. I replied that I was not ready to go public with such information, nor did I wish to be perceived as delusional. I told the being that he had to leave because I was feeling unwell. He apologized, explaining that my body was not yet accustomed to their frequency. He asked if he might return at a later time, and I told him he could, but only if his purpose was benevolent.

A few minutes after the encounter ended, my spirit guides reached out to me telepathically. Their message was clear: *Be cautious. Do not engage with these beings. They do not have your and humanity's best interests at heart.* The warning carried such weight and urgency that I immediately decided to keep my distance from the Ebens should they attempt to contact me again. Given this warning, I decided to do some research about the Ebens the next day. To my surprise, I found numerous accounts linking the Ebens to secret government collaborations dating back to the 1960s. Allegedly, through a classified initiative known as the Majestic 12 project, the Ebens had entered an exchange program with Earth's military-industrial complex. In exchange for advanced technology, humans were reportedly traded to assist the Ebens in their genetic experiments and to further their species. Some sources suggest that the Greys are actually evolved humans from the distant future—beings who advanced their species to the point of emotional detachment, becoming robotic and expressionless. According to this theory, they are now traveling back through time in an attempt to reverse what went wrong. That explanation, however, does not resonate with me. My own intuition tells me that the Greys—or Ebens—are biological robots designed by another, more advanced species. Their emotionless behavior and mechanical precision seem to confirm this. Those who have shared abduction accounts often describe how the Greys ignored their terror and pain, continuing their examinations without empathy or concern. Whatever their true nature may be, I believe time—perhaps the near future—will reveal it. Until then, I remain cautious yet open-minded, knowing that the Universe is vast and that not all encounters are meant to comfort us. Some come to challenge our understanding of what it means to exist.

# Chapter 8:

## Being a Part of the Hybridization Program

**I**t is difficult for me to even begin writing this chapter. Just thinking about sharing this makes my stomach tighten. What I am about to describe is something I once refused to believe myself, something I could not even admit to my own heart for a long time. Yet on October 11, 2018, I received a confirmation that would change how I viewed my life, my body, and my role in something far beyond human comprehension. This revelation concerned my participation in what I later came to understand as the hybridization program. I had kept this secret buried for years, speaking of it only to a few close friends whom I knew would never judge me, no matter how strange or unexplainable it might sound. But now, it is time to share what happened.

### The Night of the Visit

It was late, around two in the morning. I had been struggling to fall asleep, restlessly shifting under the covers, when the familiar cold energy filled the room. It was the unmistakable sensation that always accompanied the presence of my galactic family. This time, however, it felt stronger—like an icy blanket had been gently draped over my entire body. Suddenly, a sharp pain shot through my right leg, making me flinch and cry out, “Ouch, that hurt!” Almost immediately, I felt another painful prick, and within seconds, the discomfort was replaced by a wave of warmth and serenity—a high,

calming sensation that soothed both my body and mind. Thankfully, the pain was gone as quickly as it had come. Still, I was puzzled. I asked what their purpose was this time. My galactic family responded, “We are here to take a sample. But do not worry... it is only an energy sample, not a flesh sample.” The words unsettled me. My rational mind could hardly process what was happening. I tried to steady my breathing and think clearly. They sensed my hesitation and continued reassuringly: “Please, do not worry. We would never hurt you.” Trying to make sense of the experience, I asked, “How is it possible that I can feel you and hear you, but not see you?” Their answer was calm and almost scientific: “The law of physics. All matter has different frequencies and vibrates at different speeds. We are here, but you cannot see us because we vibrate faster than you. We are also in a different timeline.” The explanation left me speechless. My mind was reeling, yet something deep within me recognized the truth in their words.

## The Question I Could No Longer Avoid

Before continuing, I must warn you, dear reader: from this point forward, the story takes a turn that even I would have doubted had it come from someone else. You do not have to believe what I am about to share, but I hope it awakens something within you or maybe help another experiencer make sense of what might have happened to them. Gathering my courage, I asked the question that had haunted me for months: “The energy sample you are taking... does it have anything to do with the fact that I was pregnant six months ago without having been intimate with a man?”

## The Background Leading Up to My Unexplainable and Surreal Pregnancy

This strange chapter began in late April 2018, when I suddenly started feeling pregnant. My body was changing—I was nauseous in the mornings, craving citrus and pickles (I had never liked pickles before), and gaining weight even though my diet and workout routine remained the same. This would have been normal IF I had been in a relationship and been intimate with a man. However, I had been single for two years after my divorce and had not dated anybody. I was still healing from a bad marriage, filled with jealousy and possessiveness. By mid-June, I stepped on the scale and was shocked to see that I had gained four pounds. For someone whose weight rarely

fluctuated, this was highly unusual. Even more curious, the visitations from my galactic friends had become increasingly frequent during this period. At times, I felt bodily sensations that were deeply unsettling. For example, it was as if someone—or something—was manipulating my urinary tract. At times, there was a sharp, stinging feeling, and though I could not see anyone, I instinctively covered myself in defense. I told myself it was nerve pain, anything other than what my intuition whispered it might be. Completely certain that I had not conceived conventionally, I decided it must be a thyroid issue or a metabolism imbalance and began counting my calories more carefully. But as any woman knows, there is a deep, intuitive sense that tells you when something within you is growing. I knew that feeling all too well. A few weeks later, just as suddenly as it began, the symptoms disappeared. Overnight, I returned not only to my normal weight but actually dropped a few pounds below it. That defied logic. I had not miscarried—I knew what that felt and looked like, having gone through it before. And yet, it was as if the pregnancy had simply... vanished. In hindsight, I believe my memory of that night was deliberately erased. I now know that extraterrestrial beings can wipe memories to prevent recall of certain experiences, especially those involving procedures or contact they do not wish us to remember.

## The Truth Revealed

Now that you understand the background, I can continue with what unfolded that night in October. When I asked my galactic family whether my previous pregnancy had been connected to them, I received a clear, immediate response: “YES.” My heart raced. “Oh my God, I was really pregnant!” All kinds of thoughts flooded my mind, and before I could even form another question, they answered telepathically: “We are raising your child now. Do not worry. She is healthy and is growing up fast where we are.”

“She?” I asked in disbelief. “A girl? What is her name?”

They replied, “Her Earth name would be pronounced Zondra.” The name stunned me. The night before, the word “Zondra” had appeared in my mind out of nowhere, but I had dismissed it, not understanding its significance. Now, everything made sense. After the communication ended, I sat in silence, overwhelmed. I realized they had been preparing me, dropping clues before revealing the truth. The revelation that I had a child somewhere in the cosmos—a child I had never carried to term nor held in my arms—was

almost too much to grasp. Perhaps this was why I had never felt drawn to motherhood in this lifetime. Somewhere deep within me, I knew I already was a mother. “I want to meet her! Can I?” I asked, my voice trembling. They assured me that I would meet her in the near future. Then they faded from my awareness, leaving me in awe and confusion, with more questions than answers.

## I Have Seven Hybrid Children

Since that night, I have heard from Zondra a few times through telepathic contact. However, I have not been permitted to consciously remember meeting her in person. My galactic family explained that I have seven hybrid children aboard their mothership. They told me I have visited them many times to nurture and care for them, but that my memories of these visits were intentionally blocked so that I could continue functioning in my human life. I understand now why that is necessary. Whenever I feel Zondra’s energy, I am flooded with such profound maternal love that I can hardly bear it. Remembering all of them might make it impossible for me to stay grounded here on Earth and keep away from them. From what I have been told, the hybridization program involves inseminating women with extraterrestrial genetic material (or sperm). The human mother carries the fetus for two to three months, after which it is extracted and grown to full term in stasis pods aboard their crafts. This is not something one casually mentions over coffee, as you can imagine. Sometimes, even I struggle to believe that it has truly happened to me. Yet the memories, sensations, and communications have been too vivid, too consistent to dismiss as imagination.



Thankfully, I am not alone. Several courageous women have come forward in documentaries such as *Extraordinary: The Seeding*, sharing strikingly similar experiences. Some even recall being brought aboard ships to meet and care for their hybrid children. I have also learned that those who participate in

the hybridization program—both men and women—agreed to this before incarnating into their present lives. It is not a violation of free will, though it may feel that way because we have forgotten our pre-birth agreements. Perhaps that is the deeper truth behind it all: *we forget who we are, only to remember again when the time is right.*

## Chapter 9:

# Preparations for the New Earth and Timeline

By December 2018, I had relocated to Austin, Texas. I felt called to embrace a change of scenery and experience more of America's diverse cultures. Leaving behind our beautiful home—and its house spirit, Johnny—was bittersweet, but I knew it was time for a new chapter. It took some time to settle into my new life in Cedar Park, a suburb of Austin, but I thankfully found comfort in a modern, elegant apartment complex. The large pool, firepits, and inviting outdoor spaces made it easy to meet new people. Before long, I had become part of a lively community—ten to twenty-five neighbors who would gather on weekends for pool volleyball games and barbecues. Those moments of laughter and connection remain some of my fondest memories. After the move, my body began to ache. Weeks of painting, cleaning, and heavy lifting had left me with joint pain and stiffness that felt unusually intense. My body simply hurt everywhere. That night, as I lay in bed feeling drained and uncomfortable, my galactic family responded to my unspoken plea for healing. Their timing, as always, was impeccable. They explained that they had come to fine-tune my physical vessel in preparation for <sup>28</sup>the New Earth and the upcoming 4D/5D <sup>26</sup>timeline shift. According to them, Earth was entering a phase of higher vibration, and those aligned with the energies of unconditional love and service to others, instead of self, would soon feel the effects of this great transition.

## What Is the New Earth?

My galactic family describes the New Earth as a higher-dimensional version of our current reality—one vibrating at frequencies of love, harmony, and unity. Those who have awakened spiritually and live with compassion, self-awareness, and service to others would naturally align with this new timeline. Spiritual teachers such as Dolores Cannon have long spoken about this transformation, referring to it as the “New Earth,” while Eckhart Tolle describes it as: *“the transcendence of ego-based consciousness as a path to personal happiness and global harmony.”*



This collective elevation in consciousness, they said, is essential for humanity’s survival and the healing of our planet. In this new reality, greed, control, and violence will no longer find fertile ground. These low frequencies are too dense to exist within a higher frequency field. Those who continue to operate from fear, power, and ego will remain within the old Earth’s vibration—unaware that a split has even occurred. Meanwhile, those embodying love and light will experience a more peaceful, radiant existence. This transition, they clarified, is not a physical move to another

planet. Rather, it is a shift in consciousness—an internal transformation that will eventually manifest as a more harmonious world in fifth-dimensional reality. We will ascend with our physical bodies, but in time, we will no longer require this dense, earthly “meatsuit.” Our form will gradually evolve into a body of pure light. This transformation also means that physical nourishment will no longer be necessary. The transition, however, will be gentle and progressive—first shifting from solid foods to liquids, and eventually to a state where even water is no longer required. We will then take our place as galactic citizens, free to journey anywhere we desire throughout the vast expanse of the Universe. The most beautiful part of this transition is the joyful reunion that awaits us—we will once again embrace our departed family, friends, and beloved pets who have already arrived and are patiently waiting for us on the New Earth.

## Painful Adjustments in Preparation for Higher Five-Dimensional Frequencies

While the explanation filled me with hope, the physical adjustments were far from comfortable. My hip pain intensified threefold, and piercing headaches came and went in waves. At one point, my uterus cramped so intensely that I could hardly move. When I asked why the “healing” felt so painful, they reassured me gently: “My body was simply being recalibrated to handle higher vibrational frequencies.” They explained that the process was uncomfortable, yes, but not harmful. After what felt like hours, they finally gave me that familiar, blissful high sensation, and I drifted into a deep, healing sleep. When I woke up, they were still present, their energy lingering until the early morning light. By sunrise, I felt incredible—light, clear, and revitalized. I remember jumping out of bed, smiling, and thinking, Gosh, I love you all so much. It was as though every cell in my body had been renewed.

## A Dark Encounter — Attacked by Archons

Of course, life has its contrasts. Just two days later, on December 7, 2018, I had an unsettling experience that tested everything I had learned about spiritual protection. I was relaxing in bed doing a crossword puzzle when I suddenly felt the familiar presence of unseen energies in the room. Through my peripheral vision, I saw dark, shadowy forms darting across the space—

swift and silent. By then, I was used to seeing flashes of light or shimmering shapes, so I did not panic. Instead, I turned off the lights and decided to rest. But as I began to drift off, I felt something hovering directly above my face. It was unnerving—these entities always seemed to invade personal space. Then, a harsh thought suddenly echoed in my mind: "You are an idiot!" The words startled me. I knew immediately they were not mine. My intuition told me I was being targeted by Archons—malevolent, parasitic beings described in Gnostic texts as controllers of Earth and manipulators of human thought. They feed on emotional suffering—fear, guilt, anger, jealousy, despair—what some people call loosh energy. This was not my first encounter. Months earlier, I had heard a disembodied voice whisper in my left ear, "You are useless!" The familiarity of the attack only strengthened my resolve. Archons, I have learned, attempt to lower our frequency by planting seeds of self-doubt and fear. Just like the Draco Reptilians, they cannot survive in the vibration of love. They feed off of despair. Excuse my language, but I told the entity in my room to stop feeding me this crap and take a hike. I then started praying and said, "Only beings of divine light and love are allowed in this space. Low vibrational energies have to leave." I asked God for a protective light shield to keep me protected during the rest of the night. Asking God or Jesus for help is always the best protection against these entities, since they cannot stand the energy of Christ. Almost immediately, the atmosphere shifted. The oppressive heaviness lifted, and the entities began to withdraw. Just before leaving, one of them emitted a high-pitched, mechanical squeal—three times in a row. That sound convinced me these beings might not be entirely organic. They could be part biological, part technological. Some believe that artificial intelligence—what some call the AI god—has already gained influence over parts of humanity. If that is true, it would make sense that these Archonic entities might be extensions of that same controlling force, designed to keep human consciousness subdued and disconnected from its divine potential.

## Energy Weapons Are Real

The other day, on November 1, 2025, my awakened friend from the gym sent me an interesting video—an interview with a whistleblower who claimed to have worked on a government project stationed on the South Pole involving a telescope, which cannot only be used to communicate instantaneously across the Universe with our space fleet, but also as an energy weapon to

manipulate the weather and people's state of mind. He revealed that they also possess technology capable of replicating a person's voice and transmitting thoughts directly into their mind—commanding them to perform certain actions or planting self-destructive ideas in their own voice, similar to the Archon entities. Listening to this sent chills down my spine. It made me realize how tangible and far-reaching this spiritual war between the forces of light and darkness has truly become. Whether or not these theories are true, one thing is certain: we are being watched, influenced, and tested by forces—both benevolent and malevolent—that shape our evolution. But the more we strengthen our connection to God, the less power they have over us. Because love, in the end, is the highest frequency—and the ultimate protection.

## Chapter 10: Hearing From the Angelic Realm

**T**wo years had passed since my time in Austin, and life had once again brought me full circle—back home to Sweden. I had grown tired of the Texas heat, the endless dryness, and how nature there seemed to wither and fade for most of the year. I am a person who needs lush greenery and vibrant landscapes to feel alive, and Swedish summers, with their deep forests and wildflowers, offer just that. After seven years away, I had also started to miss my family and childhood friends more deeply than ever before. I debated whether to embark on one more adventure—perhaps to California—or to return home. In the end, my heart decided it was time to go home. Moving back to Sweden turned out to be a blessing in disguise, as it happened right before the pandemic began. I was home with my loved ones during one of the most uncertain and frightening times in modern history. During those chaotic months, I stopped writing in my journal altogether. My focus was on survival, adaptation, and caring for those around me. Nearly two years passed before something remarkable happened—an encounter so powerful that I immediately returned to my journal to record it. It was November 9, 2020, the day I met my new spirit guide from the angelic realm, Salvador. As I was passing the doorway to my room, a sudden and piercing pain struck the left side of my head. The headache was so intense that for a

moment, I thought I was having a stroke. I bent forward, clutching my head, and moaned, “Omg, that hurts!” What was that? I was thinking. Then, out of nowhere, I heard a calm voice say, “It is just me.”

Me: “Who? Who are you?”

My spirit guide: “I am a friend.” I gathered myself enough to ask for a name, as I rarely receive one before asking who is with me.

My spirit guide: “My name is Salvador.”

Me: “Hi Salvador, your energy really hurts me.”

Salvador: “Yes, I know. I am sorry about that. My frequency is very strong.”

Me: “It is okay. How can I help you?”

Salvador: “I am here to help turn your life around. I know you have been going through some difficult times lately, and I am here to send positive energy your way. I am going to turn the wind in your favor.” When he mentioned “difficult times,” I knew exactly what he meant. I had just lost my beloved bulldog, Abigail, and one of my dearest friends in Miami, Jim. Both had crossed over in October 2020, leaving my heart heavy with grief. To make matters worse, my mother had been diagnosed with another tumor, this time in her liver. She had already battled colon cancer for two years, and hearing that it had spread shook us all. The pandemic had also taken its toll—jobs were scarce, the gyms were closed, and life itself seemed suspended in uncertainty.

Returning to my conversation with Salvador, I said, “Thank you so much. That is very kind of you and also very needed.”

Salvador responded, “Anytime, my child. Just have a bit more patience and do not get discouraged. You have so many wonderful things to look forward to. Just wait and see.”

Me: “I will try to be patient, I promise.”

Salvador: “Good, my child. Stay on your path.”

Me: “I will try not to disappoint you.”

Salvador: “You can never make me disappointed. You are doing wonderfully well, and we are so proud of you.” As his words filled the room, a wave of peace and joy washed over me. I could not help but smile—an unrestrained, genuine smile that felt as if it had been waiting to surface for months. For the first time in a long while, I felt certain that everything was going to be all right. After our transmission ended, curiosity led me to search for the meaning of the name “Salvador.” His energy had been so powerful that I was sure he must be an evolved celestial being of great light. When I looked it up, I was covered in goosebumps. The translation read: Salvador means “*The Savior or The Messiah or Christ*” in Catalan, Galician, Spanish, and Portuguese.” My heart raced. I knew it! I thought. The realization left me breathless. Once again, my mind was blown away by the magnitude of what I had experienced. I felt deeply blessed to have been visited by such a benevolent and radiant presence.

## You Are Never Alone!

Dear reader, what I want to tell you deeply from my heart is this: “*Please have faith and trust that you are never alone.*” There are countless unseen beings who watch over us with unconditional love and compassion. When you are going through hardship, they are right beside you, offering comfort. When you are celebrating joy, they are there too, rejoicing in your happiness. And often, without your awareness, they are gently guiding events in your life toward your highest good. If you wish to feel their presence more clearly, you can simply invite them in. Remember, we all have free will, so our spirit guides will not appear uninvited. I made the conscious choice to ask for their guidance nine years ago, and they certainly responded. Once you open that door, they will show up. You will hear from them. I promise.

All people have spirit guides and guardian angels assigned to them. Their purpose is to help us stay aligned with our soul’s plan and ensure that we experience what we came here to learn. Their communication is telepathic, which often leads people to believe the guidance they receive is just their own inner voice. Through meditation, we can learn to quiet the constant chatter of the mind and distinguish our thoughts from divine guidance. In my experience, the messages from angels and guides come much faster and feel more intelligent than our own reasoning. As I mentioned before, the answers

often arrive before I have even finished forming the question in my mind. Something that may bring comfort to know is that we have also chosen our exit points before incarnating. If our life mission is not yet complete by the time the first exit point arrives, our guardian angels will step in to ensure our survival, allowing us to continue fulfilling our purpose. It is only once we have completed what we came here to experience and accomplish that we will depart this physical form and return home—free once more as pure consciousness or energy.

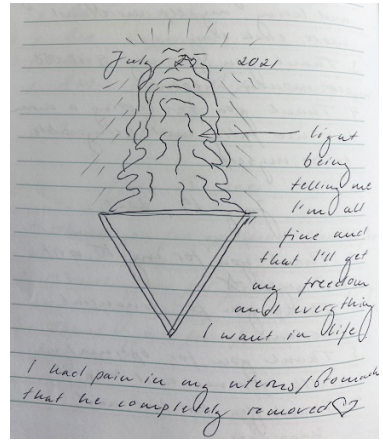
## What Happened After Salvador's Hopeful Transmission?

You may wonder what happened after Salvador told me he was going to “blow the wind in my favor.” The answer came swiftly. After about one and a half years back home in Sweden, I had been yearning to return to Florida's warmth again and leave the Swedish cold and dark winter behind once and for all. I had applied for a position as a WordPress Content Creator at a global company headquartered in West Palm Beach. Just two days after Salvador's transmission, I received a message from the company's Content Manager. We arranged an interview via Skype, and I was offered the position almost immediately, even though I was still in Sweden. It felt effortless, as though invisible hands had arranged it all.

That opportunity allowed me to return to Florida after the pandemic subsided, and I have never looked back. Though I miss my family deeply, I feel more alive in the sunshine and palm-fringed beauty of this place. The warm, friendly nature of Floridians also suits me well. Swedish people, on the other hand, tend to be reserved until you get to know them. You cannot simply walk up to a stranger and say “hi” the way you can here—they would likely think you were out of your mind, *laughing*. But once a Swede lets you into their circle, you gain a trusted and devoted friend for life. Something that I admire about my fellow Swedes. Florida has become that balance for me—a place where the light within and around me continues to grow, guided, I believe, by Salvador and the loving forces that have always been by my side.

## Receiving Healing From a Light Being

Eight months later, on July 25, 2021, I was fortunate to receive healing from a light being. I was experiencing intense pain in my uterus and stomach, so severe that I had to lie down in the middle of the day to rest. The source of this pain was unclear to me, and I felt both anxious and bewildered. Soon, I was visited by a light being who looked much like my rough drawing on the next page (I apologize for the lack of artistic skill, but my drawing gives you an idea of what the being looked like).



The presence radiated a profound sense of warmth and reassurance, and it was immediately clear to me that this being had come with the intention to help. The light being communicated: “You are going to be all fine and will get what you want in life.” Over time, I have come to understand that they often affirm the very things I have been focusing on at the time, serving as confirmation that they can indeed hear all our thoughts. In this particular instance, I had been practicing The Law of Attraction with great dedication for almost a year, expressing gratitude each day for everything I wished to receive and experience in life as though it had already manifested. This being had unmistakably heard my intentions and appeared to offer encouragement and reassurance that my efforts were not in vain. Once the being departed, the intense pain I had felt in my uterus and stomach vanished completely. I was left amazed, marveling at the healing energy I had just experienced.

## The Law of Attraction Really Works

With some hesitation, I will share my experience and the results of The Law of Attraction in action. Please do not take my results as bragging, but as encouragement that you can manifest anything you want in life. Skeptics often dismiss this practice as “New Age nonsense,” yet I regard it as a powerful spiritual technology. The Law of Attraction, popularized by Esther Hicks, who channels the Abraham collective—a group consciousness from the non-physical dimension—teaches that our thoughts actively shape our reality. According to Wikipedia, the Law of Attraction is a philosophy rooted

in the New Thought belief that positive thoughts attract positive experiences, while negative thoughts attract negative ones. In essence, like energy attracts like energy, and focusing on positive outcomes can improve health, wealth, and relationships through practices such as visualization and affirmations. In practical terms, we continuously manifest our reality based on our thoughts and emotions. By consciously directing our minds toward positive thoughts and intentions, we can accelerate the manifestation process significantly. Unfortunately, our minds are naturally prone to negative thought patterns, which create energetic blocks and slow our manifestations. In fact, the National Science Foundation (NSF) reports that 80 percent of our daily thoughts are negative and 95 percent are repetitive, keeping our minds in loops of limiting beliefs. Through meditation and journaling, however, we can quiet these patterns, reprogram our thoughts toward positivity, and align ourselves with the outcomes we desire. Again, I share my results not as boasting, but as encouragement—proof that with effort, intention, and action, The Law of Attraction can be harnessed effectively.

In early 2021, I launched my own business as an affiliate marketer, promoting gold IRA and crypto IRA investments. A gold IRA is a self-directed individual retirement account that allows investors to hold physical gold, silver, and other precious metals in an IRA, while a crypto IRA functions similarly but allows for cryptocurrency investments. I created a website (I now have several sites) where I published detailed company reviews and educational content. I partnered with several gold IRA and crypto IRA companies, earning a commission whenever a lead generated from my website resulted in a sale. Alongside this practical action, I applied The Law of Attraction. Daily, I wrote in my journal: *Thank you for my \$10,000 in gold commission*. During meditation, I visualized making a sale and tried to feel the sense of accomplishment and financial success as if it had already occurred. On August 19, 2021, I received the first indication that my manifestation was taking shape. My new spirit guide, Salvador, tuned in telepathically and reassured me that I would make my first significant gold commission in the coming days. Once again, he said he was “blowing the wind in my favor,” emphasizing that my success was the result of my efforts combined with unwavering faith. He encouraged me to continue on my path. It is important to note that those on the other side cannot always predict the exact timing of events. Energies fluctuate daily, and our free will can alter outcomes at the last moment. About a month later, on September

25, 2021, I closed my first gold IRA sale, earning nearly double the amount I had consciously intended to manifest. By that time, I had been expressing gratitude daily for my \$10,000 commission for almost eight months. The confirmation was exhilarating and profoundly validating: The Law of Attraction truly works.

Before I launched my business, my parents had expressed concern over the competitive market. They were right—there are countless gold IRA companies and affiliates on the market—but my conviction never wavered. My consistent positive mindset, visualizations, and practical action had paved the way for success. I had been an active participant in creating my reality. As human beings navigating this physical reality, we often become tangled in the question of “*how*.” We try to control every step, every detail, believing that the path to our manifestation must be something we figure out with our logical mind. But the truth is that the “*how*” is never our responsibility. That part belongs entirely to God, to the Universe, to the higher intelligence that sees far beyond what our human perspective can grasp. Our minds were not designed to understand the mechanics of energy, so our task is much simpler: focus on what we want to create, feel the emotion of already having it, express gratitude as though it has already arrived, and then release it. When we do that, the Universe guides us through intuitive nudges, small synchronicities, and unmistakable signs that show us exactly which steps to take. Another insight I recently learned—something many successful and wealthy individuals quietly practice—is the power of giving. Donating a portion of your wealth to help others creates a flow of positive Karma. In this life, it is very easy to accumulate negative Karma without realizing it, simply through thoughts, emotions, and everyday interactions. By intentionally generating positive Karma, you create a positive energetic buffer that supports and accelerates your manifestations. It is a beautiful reminder that generosity does more than uplift others—it also opens the pathways for our own blessings to arrive more quickly and with greater ease.

## Closed Sale

Hi Stina,

GREAT NEWS - you have a closed sale!

**Lead Name:** [REDACTED]

**Sub ID Data:** [REDACTED]

**Sale Amount:** \$300,000.00

**Commission:** \$18,000.00

Nice work!! 😊

Regards,

Senior Affiliate Manager

 **GOLDCO**

# Chapter 11:

## Meeting Archangel St. Michael and the Ascended Masters

What an extraordinary experience I had on the night of August 11, 2022. I awoke to an intense, radiant golden light—a flash of pure gold that appeared on the right side of my face. The brilliance was so powerful that it startled me awake. I remember thinking: What was that? Immediately, I received a telepathic transmission saying: “It was Michael.” “St. Michael the Archangel, you mean?” I asked silently. There was no reply, but I was in captivity by what had just occurred. The following day, I felt compelled to learn more about Archangel St. Michael. Having grown up in an atheist family, I was never particularly drawn to religion, so my knowledge of Archangels was limited. I had heard of St. Michael, but never studied him in depth. Interestingly, my dear friend Veronica had once given me a postcard with an image of St. Michael for protection, as I had been experiencing significant spiritual activity in my home. I kept the card on my nightstand and often kissed it goodnight before going to bed. During my research, I discovered that when St. Michael appears to people in energetic form, they often report seeing golden light or flashes above their right shoulder—precisely what I

had witnessed. The article also noted that angels present themselves in a way that feels comforting to us, so as not to cause fear. After all, it would be quite unsettling to wake up in the middle of the night to find a towering being standing beside your bed. Those who have seen angels in physical form often describe them as enormous, radiant presences. In contrast, they have also manifested as regular humans in some cases.

## Visitations From the Ascended Masters

I had no prior understanding of the Ascended Masters either, but I have since learned about them through direct visitations. According to *The Ascended Masters Encyclopedia*, they are a collective of spiritually evolved beings who were once human and have transcended the limitations of the physical plane through enlightenment. Having mastered the lessons of Earth, they now serve humanity, assisting in its<sup>3</sup> ascension and helping elevate collective consciousness to a higher frequency of love and light.

### Jeremiah – Yellow Light

The first Ascended Master I encountered was Jeremiah. This experience took place on October 25, 2022, early in the morning. I had just woken up and was lying in bed, still drowsy and in that in-between state of consciousness. Higher beings tend to reach out when we are relaxed, such as when we are about to fall asleep or just waking up. During these moments, our minds are quiet, and distractions—such as phones, television, or other people—are minimal. This stillness makes it easier to receive telepathic communication, which they understand and take advantage of. Without warning, my entire body began to vibrate, and I saw a brilliant yellow glow before my closed eyes. When I opened them, a soft yellow aura lingered in the room. I asked who was present, and instantly, I received the reply: “I am Jeremiah.”

I greeted him warmly and asked how I could be of service. He responded, “I am here for you.”

I immediately thought of an episode from *Grey’s Anatomy* in which Izzie Stevens, played by Katherine Heigl, is visited by her deceased boyfriend, who keeps saying, “I am here for you,” trying to let her know she has a brain tumour. At that moment, I wondered if Jeremiah was here to tell me I was

dying and that he had come to help me cross over. Of course, I forgot that they can hear all our thoughts. Jeremiah laughed gently and said, “No, you are not going to die, my child. You have a lot more to do here. I am just here to give you some guidance.”

I chuckled, realizing how absurd my initial thought had been, and told him I appreciated his reassurance. What he shared next was deeply personal, but centered on patience and trust, something I have struggled with in my life. I often want things to happen yesterday, instead of patiently waiting. He explained that everything unfolds in divine timing and that Earth is a school where we come to learn, grow, and evolve. Later that day, I decided to use the Google giant to look up “Jeremiah and yellow light” and was astonished to find the following description in Ascension with the Ascended Masters: *“Jeremiah is a Hebrew name meaning ‘appointed by God.’ Jeremiah is a Second Ray Master of Wisdom, Joy, and Lightness of Being. He can alternate between playful and light-hearted, and then sometimes he is more serious, though always gentle. The Ascended Master he is most similar to is Kuthumi. **His aura is an orange-yellow (mango colour) in the centre with a thin band of bright pink at the edge, signifying that his sub-ray is the Third Ray of Unconditional Love. He can appear with blonde hair and a goatee and is about average height. He works to bring more Light to the world and to help uplift humanity.**”*

## St. Germain – Purple Light

Roughly two and a half months later, on January 12, 2023, I encountered another remarkable being—St. Germain. I had woken in the middle of the night to use the restroom, and when I returned to bed, a warm and loving presence filled the room. Behind my eyelids, everything shifted from black to violet, and I heard a voice say, “Hi, Stina.”

I asked who was there, and the reply came clearly: “I am St. Germain.”

Me: “Nice to meet you, St. Germain. How can I help you?”

St. Germain: “I do not need your help. I am doing just fine.” *Giggles.* “I am here for you.” His words mirrored those of Jeremiah, which intrigued me.

Me: “How come you are here for me?”

St. Germain: “I just want to give you some encouragement to keep up the good work with your spiritual advancements. Stay on your path, kiddo. You are doing very well.” These affirmations always caught me off guard. I could not help but wonder what exactly I was doing well. Sensing my thoughts, St. Germain replied, “You are a carrier of fifth-dimensional consciousness, and you are transmitting the frequency of love and light to people. Keep being you, keep shining your light, kiddo!” At that time, I did not fully understand what he meant, but later it became clear that he was referring to the New Earth—the 4D/5D timeline, I mentioned earlier. Humanity and our planet are in the process of ascending to a higher vibration, one rooted in unity, compassion, and harmony. By sharing my spiritual experiences, I hope to help others awaken and remember their own divine nature and dormant spiritual gifts. When we raise our frequency, we begin to recall who we truly are—immortal beings of light and pure consciousness. This process may also awaken gifts such as telepathy, astral travel, and other higher-dimensional abilities. Curious as always, I researched St. Germain’s connection to the purple/lavender light and found this description on the Sage Goddess website:

*“Saint Germain is an Ascended Master known as the ‘**Master of the Violet Flame**,’ a spiritual tool for changing negative energy into positive energy. It is a divine fire believed to transmute negative energy, thoughts, and karma into positive ones, aiding in purification, healing, and spiritual transformation.”*

## Jesus or Yeshua

Six months later, on July 12, 2023, I had my first mindblowing encounter with Jesus or Yeshua. This occurred during a particularly challenging night when I was attacked by a dark, malevolent entity. As a lightworker and someone highly sensitive to energy, I have occasionally encountered low-vibrational beings. As mentioned before, psychically gifted individuals need to protect their energy daily, yet I sometimes forget, and unpleasant entities can appear. That night, the being would not leave and inflicted what felt like electrical shocks across different parts of my body. A heavy wave of anxiety and nausea filled me as the energy grew more oppressive. In my panic, when my usual clearing practices failed, I instinctively cried out, “Jesus, help me!” Within a minute, the entire atmosphere changed. The darkness lifted,

replaced by warmth, peace, and an overwhelming sense of unconditional love. I felt a powerful, buzzing energy of divine comfort, and then I heard: “I am here for you, my child.” I was astonished. Could it truly be *The Jesus*? Since I had never prayed to him before, the idea seemed almost unbelievable.

I asked, “Jesus, is that really you?”

Jesus: “Yes, my child. You can call me Jesus or Yeshua or whatever you would like.” *Laughing.*

Me: “Wow! I cannot believe it is you!”

Jesus: “I am always here for you, child. You can call on me whenever you need my help.” Tears streamed down my face as I thanked him and confessed that I was sorry for not realizing he was real. Jesus told me that I had simply forgotten him in this lifetime, but assured me that he was indeed real. He laughed softly at my astonishment and told me I was now safe. Needless to say, the dark entity never returned. I am constantly amazed by how loving and personable both God and Jesus are—and their humor never fails to warm my heart. For example, on October 20, 2023, I woke to Jesus visiting again, this time singing joyfully: “Oh happy day..., oooh happy day.... When Jesus calls..., when Jeeesus calls...” Can you hear the song? It was the gospel song: Oh Happy Day by *The Edwin Hawkins Singers*.

Me: “What?” *Laughing.* “Jesus, is that you??”

Jesus: “Yes, indeed, Stina. I just wanted to tell you it is going to be a great day, a happy day!” Moments like these remind me how profoundly blessed I am—we all are. The fact that Jesus, God, and the angels take time to offer encouragement, especially when you feel disheartened, is deeply moving. I truly believe they reach out to everyone, but most people dismiss it, assuming it is only their own thoughts.

# Chapter 12:

## Visitation From a Benevolent Reptilian Being

**L**et us move on to my first encounter with a benevolent Reptilian extraterrestrial being, who is now a good friend. On July 22, 2023, I woke up in the middle of the night to an overpowering odor filling the room. It smelled like a mixture of rotten fish and something metallic, almost chemical—like steel or iron combined with dead fish. I could not tell whether the smell itself made me nauseous or if it was the actual frequency of the being that affected me. I asked, “Who is here?” The being responded, “Hi, I am Andrew.”

Me: “Nice to meet you, Andrew.  
Where are you from?”

Andrew: “I am a Reptilian species  
from dimensions away.”

He must have sensed my apprehension when he revealed that he was a Reptilian because he immediately reassured me that he was one of the



benevolent ones. I had heard many unsettling accounts of this species. Some people claim that our world is secretly governed by Reptilians—also called Draco Reptilians—who, like the Archons, feed off loosh energy, the energy we emit when we are afraid or in despair. These beings, according to such accounts, manipulate world leaders and public figures to maintain humanity in a low vibration of fear and suffering. Some of these world leaders and prominent figures are also said to be Draco Reptilians, disguised as humans. Andrew explained that there are both good and bad Reptilians, just as there are good and bad humans. His calm, grounded energy helped ease my discomfort, and I even found myself joking inwardly that if he had been one of the malevolent ones, he would have eaten me already. I asked whether he was physically present in the room, as the scent was unmistakable. He confirmed that he was, but said that he had cloaked himself so that I could not see him because his humanoid reptilian appearance might frighten me. He was right—it certainly would have, considering my lifelong fear of snakes and large reptiles.

Me: “How did you travel here, Andrew?”

Andrew: “I can teleport back and forth to you and my home planet.” I was astonished. Whoa, that is incredible, I thought to myself, forgetting for a moment that he could hear my thoughts. Andrew chuckled softly and remarked, “Indeed.” He explained that he was here to perform some tests on me. However, when I asked what kind of tests, he vanished before answering. He left me puzzled. Did he stop time to perform the tests, or what happened?? I did not feel anything. I could not help but find his avoidance of answers slightly evasive. Knowing about my past involvement in the hybridization program, I could not help but wonder if his visit had anything to do with the fact that I was ovulating at the time.

## Please Help Spread the Word About Us

Andrew returned early in the morning on August 11, 2023. Once again, I awoke to that distinct rotten, metallic smell that instantly made me nauseous. Thinking he owed me for vanishing without a word last time, I asked him if he could help me heal a persistent urinary tract infection that had been troubling me for two weeks. He assured me that he would do his best. Remarkably, I felt much better the next day. Whatever he did seemed to work. He asked me to help spread the word about his kind. He wanted

people to know that many benevolent and compassionate Reptilians exist, and he did not want humanity to fear them once full disclosure occurs. Andrew encouraged me to choose a reliable media channel to share this information, and I hope that this book will serve as a good starting point. I still struggle with the idea of public speaking, and I feel a great deal of resistance to starting a YouTube channel about this topic, though I know it would be one of the most effective ways to reach people. When I asked Andrew why he had chosen me to share his message, he explained that we share the same galactic lineage.

## Negative Forces Are Working Against the Collective Spiritual Awakening

According to Andrew, there is a spiritual war taking place—a battle between light and darkness. The negative forces are actively working against humanity's spiritual awakening and evolution, unwilling to relinquish their control and their ability to exist here on Earth. As mentioned earlier, just as there are good and bad humans, there are benevolent and malevolent Reptilians. The darker factions, such as the Draco Reptilians from the Alpha Draconis star system, feed on our fear and despair. These low-frequency energies sustain them, as they cannot exist within the higher vibrations of love and light. Beings of that nature would not be able to remain on Earth once humanity collectively raises its frequency. I am one of millions of lightworkers and starseeds incarnated at this time to help transmit fifth-dimensional frequencies of unconditional love and unity, assisting others to evolve and counteract the dark agenda. Now, this may sound as though I have always lived in perfect alignment, but that is far from the truth. I am, after all, a human being who has made her share of mistakes while growing, learning, and maturing into the person I am today—I just carry the light-encoded DNA of fifth-dimensional consciousness—not saying that I am perfect in any way. For years, I dismissed this idea as a conspiracy theory, until I experienced direct attacks from these energies myself. Writing this book has not been easy. There were times when I felt weak and faint, dizzy, nauseous, and shaky, as though my energy was being interfered with. I also experienced heart palpitations, feelings of anxiety, sadness, and chestpain. I did not recognize my body at times. At one point, it even felt as if a stream of electricity was beamed from my laptop onto my right breast. This sensation was very painful. At first, I assumed I was ill or perhaps

dehydrated. But when I noticed that these sensations only occurred inside my home and specifically when I was writing, I began to suspect a deeper cause. I remembered hearing other spiritual teachers, like the impressive author and lightworker David Wilcock, describe similar experiences, though at the time I had doubted their claims. When I asked my galactic family how these negative forces were affecting me, I received this message word-for-word: *"Energy weapons leave energy signatures in the house, interfering with the body. It is advanced technology by the Dracos. They send out signals through technological devices."* That revelation both startled and motivated me. Instead of succumbing to fear, I became more determined than ever to finish this book. If these entities feel so threatened by my message that they attempt to interfere with my energy and health, then the information I am sharing must carry real significance.

To you, dear reader—and likely fellow lightworker, since you have been drawn to this material—if you ever experience something similar, I urge you to call upon God, Jesus, or the angels to clear the interfering energy or frequency interference for you. You will feel relief within minutes, just as I did, and it will help you stay strong in your divine mission. Fortunately, we are not alone in this. The Galactic Federation continues to assist humanity, working alongside lightworkers and certain government alliances to ensure that the reptilian consciousness does not take control of our planet. Together, we are part of a greater effort to restore light, balance, and truth to Earth and create a new, improved version of our dear planet.

## Missing Time While Driving

I feel compelled to share an experience that may connect to many of my other encounters with extraterrestrial beings. On August 21, 2023, I experienced what is often referred to as “missing time” while driving. That evening, I had been on a date in North Miami, Florida, and was on my way back home to Broward. The drive usually takes about twenty-five minutes, provided there is not much traffic, and it is a route I have taken countless times before. I entered the Turnpike from North Miami toward Fort Lauderdale, approaching exit 53, where I normally turn off. However, just as I was preparing to exit, I realized I was suddenly near exit 62—almost twenty minutes farther north. I had no recollection of how I had gotten there. Perplexed, I turned around and drove the additional twenty minutes back home, trying to make sense of what had occurred. I distinctly

remembered noticing that I was nearing my exit, so if I had somehow missed it, I would have simply taken the next one right after—not driven nearly ten miles beyond it. None of it made any logical sense. I am not claiming that this is what happened, but I have heard stories of people being abducted by extraterrestrials while driving, only to be returned to a completely different location. What also puzzled me was that despite traveling much farther, the trip only took about five minutes longer than usual when it should have taken at least twenty extra minutes. The road was nearly empty that night, adding yet another layer of mystery to the event. I still do not know what truly happened that evening. However, about three weeks later, I received a sign that seemed to confirm my suspicions.

## Strange Markings on My Arm

One morning, I woke up feeling unusually exhausted, as if I had not slept at all. When I went to the restroom, I noticed strange markings on my left underarm. My initial thought was that perhaps my dog, Max, had left paw marks on my arm, but his paws are much smaller, and these marks were far too precisely shaped. Below is the image I took that morning. In the original and enhanced versions, the markings appear as a large triangle pointing downward, with four smaller triangles beneath it, facing upward.



I believe the beings who possibly took me that time intentionally left the mark as a clue—something that would prompt me to question what had occurred. The strangest part is that I have not yet been able to determine who they were or why they chose to abduct me, only that it indeed happened. According to my galactic family, I have been taken aboard many different crafts to meet a variety of species, including my star family at Ana eXon, as well as others they have chosen not to reveal to me yet. I have also met my hybrid children, who live aboard a large mothership in space. Each time, my memory of the experience is erased so that it does not interfere with my life on Earth. “It would be too difficult to function and live a regular life here if you remembered,” they explained—and I believe they are right.

Because of my intuitive abilities, I can communicate with my spirit guides and galactic family when strange things happen, and they usually help me understand. However, when I asked them about the reason behind the markings on my arm, they refused to answer. As I considered undergoing regression hypnosis to uncover what had happened, my guides intervened and told me, “You might not want to remember what happened. It will not serve your highest good in this life.” Although it was difficult to accept, I trust that they have my best interest at heart. Interestingly, one year earlier—on March 24, 2022—I woke up with a mark resembling a burn on my arm. I do not smoke and was sleeping alone that night. The mark was not particularly large or dramatic, but it startled me nonetheless, as I had no explanation for how it appeared.



My tank top also had a tear in it, which added to the confusion and feeling of having been somewhere that night that I could not recall. These experiences remain some of the most mysterious and thought-provoking moments of my life, leaving me with more questions than answers—but also with a deeper awareness that our world is far more complex and interconnected than we may realize.

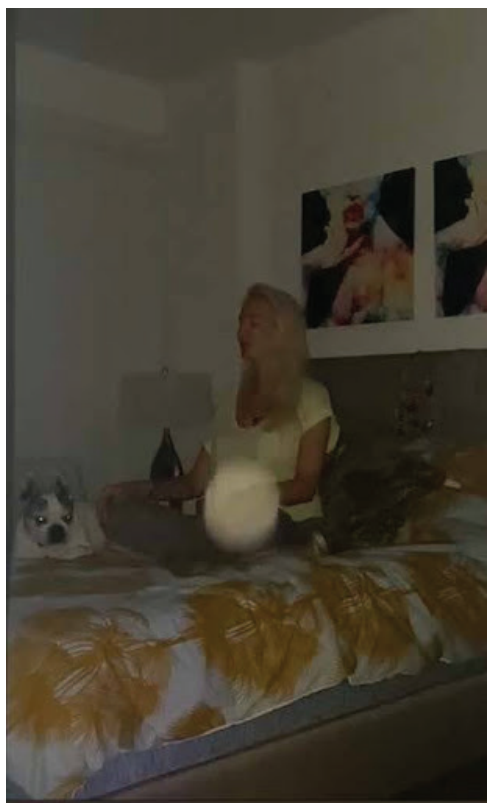


# Chapter 13:

## Capturing an Angel on Camera

This is one of my favorite chapters to share because it captures a deeply meaningful experience—one that offered me tangible confirmation of the angelic presence I am blessed with when performing distance energy healing. At times, I assist people in person or from afar by helping them release energy blockages and restore balance in their bodies, whether the issue is physical, emotional, or spiritual. Our human form is made up of seven major energy centers, or chakras, each influencing specific aspects of our well-being. When one or several of these energy centers become blocked, it disrupts the natural energy flow, creating disharmony that can manifest in numerous ways. A blockage in the root chakra, for instance, might lead to feelings of insecurity or physical pain in the lower back and legs, whereas an obstruction in the heart chakra can cause emotional struggles such as jealousy, resentment, or fear of rejection. These imbalances, when left unaddressed, can ripple through every layer of a person's life. When I conduct energy healing, I work with an angelic team connected to my spirit guide, Salvador, who operates from the “other side.” I am not the one doing the actual healing—I merely serve as a conduit, an antenna that directs divine energy toward the individual in need. The angels themselves perform the true work of restoration. Skepticism about energy healing is common, often because it cannot be observed like a physical surgery or procedure. Yet the body, given the right energetic conditions, knows how to heal itself. The work I do simply helps to re-establish that

natural balance. I admit, I once had my own doubts about this practice until I experienced its power personally. I had been suffering from severe back pain for several weeks, and chiropractic treatments only seemed to make the pain worse. At that time, my roommate introduced me to a Shaman who specialized in removing entity attachments and clearing blocked energy. After only two sessions, I was completely free from pain. Many people carry entity attachments without realizing it. These entities—often Archons or lingering spirits that refuse to leave the Earth plane—feed on negative emotions and can influence harmful thoughts or behaviors. People who struggle with addiction, for example, are particularly vulnerable to attachment, as substances like alcohol and drugs lower their energetic frequency and weaken their auric field. But you can also get these entity attachments when feeling sad, fearful, depressed, or anxious, since you are in a low vibrational state. In such a state, it is easy for unwanted energies to latch on. After my own healing experiences, I wanted to offer proof of the angelic presence I had been working with. I asked my celestial team whether they would appear if I recorded a session on camera. They confirmed that they would.



On April 15, 2023, I set up my camera on the oven in my former apartment and pointed it toward the bedroom, where I sat cross-legged on the bed, performing a healing session for one of my childhood friends, Marie, who lives in Sweden. She had been suffering from chronic neck and back pain, and I hoped that clearing her energy field would bring her relief. Distance is no barrier in energy healing—energy travels instantly across space—so it did not matter that I was in Florida while she was halfway across the world. To my astonishment, a large golden-yellow light orb appeared in front of the camera. It silently moved past the screen to give me confirmation that they had heard

my wish. When I examined the video closely, I could also see smaller, multi-colored orbs gently drifting around me. You can watch the video following this link (<https://thefutureisyourcreation.com/angelic-energy-healing/>).

If you ever feel drawn to experience an energy healing from my angelic team, you are welcome to reach out to me. My contact details are listed in the author bio. Remember, you can also call upon your own guardian angels for healing. They are always present, standing beside you, waiting for your invitation to assist. Because of the Universal law of free will, they cannot intervene unless you ask them to. Before incarnating on Earth, each of us agreed to temporarily forget our divine origins so that we could fully experience duality and separation in this human form. The ultimate purpose of this journey is to remember who we "truly are," where we came from, and to create heaven on Earth through that remembrance. According to the angels, we are eternal beings of light—pure energy consciousness capable of taking on any form once we return to our energetic state.

## Jenna — an Extraterrestrial From Andromeda — Andromeda Luci Fern

From the higher realms of angelic light, my experiences have also led me into encounters with beings of lower density—one of which may have been a Sasquatch. It was April 23, 2024, just before five o'clock in the morning, when I experienced another visitation. I awoke to my precious dog, Max, kicking me with his small, warm paws on my left side. He sleeps beside me every night, snoring with the intensity of a tiny lumberjack. Moments later, I felt the mattress dip on my right side, as if someone had sat down next to me. I asked, "Who was there?" A calm female voice replied, "I am Jenna." She continued, "I have been having many different incarnations with you. We know each other very well, but you cannot remember that right now, where you are." I felt a pang of regret for not remembering our past connection. Jenna laughed softly, reassuring me that my forgetfulness was by design. Most souls are not permitted to remember their past lives while incarnated in this three-dimensional plane, as doing so would interfere with the experience of separation we came here to have. Even with her gentle tone, I could not help but feel uneasy knowing a presence was in my room. Each time fear crept in, Jenna immediately shifted my energy, filling me with a deep, euphoric calm that I wished I could feel forever. When I asked if she could show herself,

she explained that she was using a less dense version of her body, one that was invisible to the human eye. She told me to quiet my mind and that she would send me an image of her appearance. As I relaxed and opened my awareness, a vision of a devil's tail flashed before me. My heart began to race. Though I do not believe in the concept of a devil as traditionally depicted, the image startled me. Jenna laughed and said, "I am just messing with you." Then, she sent another image—this time of the Star Wars character Chewbacca, covered in thick, brown fur. It made me smile and eased my nerves, though I sensed she was still withholding her true form. Perhaps she really was a Bigfoot or Sasquatch-type being. They are said to resemble Chewbacca, and perhaps she knew that revealing her actual appearance might frighten me.

Curious about where Jenna originated from, I asked her directly. She replied that she was what we would refer to as an extraterrestrial being from Andromeda—"Andromeda Luci Fern," or something close to that pronunciation. It is difficult to know the exact spelling of words that are transmitted telepathically, especially when heard only as energetic impressions within the mind. Jenna went on to explain that she exists simultaneously across the second, third, and fourth dimensions. I was surprised by this revelation, particularly when she mentioned traveling to densities even lower than our own. Her statement made me uneasy for a moment, and I wondered whether her intentions were truly benevolent, which was ignorance on my part. Sensing my apprehension, she immediately reassured me not to worry. She explained that less-developed versions of beings still live within the second dimension, and that her mission involves traveling between realms to help raise their consciousness. Her energy softened as she spoke, and I felt a familiar wave of calm wash over me.

But just as I had calmed down, and without warning, I began to feel an intense pain radiating through my arm. I asked what she was doing, and Jenna apologized, explaining that she was taking a DNA sample—an energetic form of DNA sample, as she described it. Although I felt the physical sensation of discomfort, there were no visible marks left on my skin. The entire encounter left me both fascinated and perplexed. Before I could ask any further questions about why she needed the sample, my awareness suddenly faded. I lost consciousness

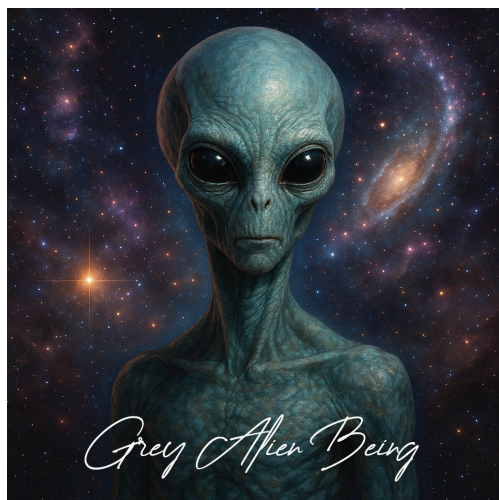
and later awoke at precisely 6:46 am., feeling as if time had slipped away. Although I wanted to believe that Jenna came from divine light and love, part of me still questioned her motives. Perhaps my unease came from the physical pain I experienced, or perhaps from the unsettling sense of being examined. My intuition suggested that the DNA collection might have been part of an extraterrestrial research effort—possibly tied to the hybridization program once again. Still, I could not help but hope that her intentions were rooted in helping humanity evolve rather than exploiting it.

## Energetic Implants

Through many of my encounters, I have noticed a clear distinction between how different beings communicate with me.

Extraterrestrials seem to use technology and energetic implants to facilitate communication, while angels and spirit guides simply connect through vibrational resonance. During transmissions with incarnated beings, I often experience sharp, localized pain in various parts of my body. When the discomfort becomes intense,

I have shouted at them to stop, and they typically respond that they need to adjust the implant's frequency to better align with mine. The sensations can occur in diverse places—inside one nostril, along the stomach, the urethra, or even my cheek. It is quite peculiar, yet perhaps not entirely unexpected. When you consider how human researchers tag and monitor wild animals to study their movements and behavioral patterns, it seems plausible that various extraterrestrial beings might do something similar with us—observing our actions, tracking our development, and studying the evolution of human consciousness. Another recurring pattern involves sudden, concentrated headaches that arise just before communication begins. I have come to recognize this as my body's way of sensing an incoming frequency shift. Over time, I have observed that when the contact is extraterrestrial in nature, the headache manifests on the right side of my head. In contrast,



communication from angels or higher-dimensional beings tends to trigger pressure or pain on the left side. The angelic frequency, being much higher in vibration, often produces a more intense physical reaction. Though these experiences can be uncomfortable, I have learned to view them as part of my soul's agreement to act as an intermediary between realms—bridging human consciousness with higher dimensions. Each contact, whether with benevolent angelic entities or curious extraterrestrial visitors, seems to carry a deeper message about the nature of energy, evolution, and our collective awakening. These encounters remind me that reality extends far beyond the physical, and that every vibration, every sensation, every presence we feel carries meaning, guiding us toward a greater understanding of who we truly are as multidimensional beings.

# Chapter 14:

## Galactic Federations and Councils

Over time, I have come to understand that there are numerous councils and federations throughout the Universe on other planets and within distant star systems. I believe that one day, Earth will follow a similar model of governance. Instead of being led by elected presidents or political parties, each with their own agendas, humanity will be guided by councils of wise and spiritually awakened individuals. These councils will work alongside us to create harmonious societies based on unity and collective well-being. Perhaps we will even see the formation of a one-world government guided by a Universal council. It is important to note that this would not resemble the controlling system often described in “one-world order” conspiracy theories. Rather, it would be founded on a benevolent intention to dissolve borders, foster unity among all people, and introduce a Universal currency that symbolizes equality and shared purpose. This council would not be made up of power-hungry or self-serving individuals seeking wealth or influence. Instead, it would consist of enlightened beings—spiritually conscious leaders devoted to creating a world that serves the highest good of everyone. With this vision in mind, let me share some of the councils I have personally heard from.

## The Council of Light

My first interaction with <sup>15</sup>the Council of Light was through a being named Micaila. She explained that the Council of Light is a group of multi-dimensional beings dedicated to helping humanity align with its higher purpose and the greater universal plan. According to Micaila, most members of this council come from Venus and other advanced star systems. Micaila asked me if I could serve as a messenger for their collective, channeling their teachings to help humanity evolve spiritually. This transmission happened on November 18, 2022, but at that time, I did not feel ready for such a profound responsibility and felt uncertain about how the information would be perceived. She assured me that she understood and would return when the time was right. Even now, I am unsure what this role will look like in practice, but I can sense that it is an essential part of my mission—to share messages from higher-dimensional beings with the world.

About a month later, I was visited by another being from the twelfth dimension who introduced himself as Hercules. He told me that I would one day become a public speaker and talk about the betterment of humanity, a vision that still feels far beyond my current reality. Hercules explained that my years as a professional dancer—twenty-two years performing in large arenas before thousands of people—had prepared me for this purpose. While dancing on stage has always felt natural to me, the idea of speaking publicly evokes an entirely different kind of vulnerability. There are fears I know I must overcome before I can fulfill that part of my mission. Still, life has a way of surprising us. I never imagined that I would write a book, much less one sharing my “strange” spiritual encounters. Perhaps becoming a public speaker is not so impossible after all. “Maybe I will become the next Bashar,” I joked to myself, *laughing*. For those unfamiliar with Bashar, he is a multi-dimensional extraterrestrial being channeled through Darryl Anka. Through trance-channeling, Bashar shares teachings on metaphysics, consciousness, and human evolution, said to come from a future parallel reality. His insights have been truly transformative for me, offering a deeper understanding of existence and the creative power of our thoughts. I highly recommend listening to his channeling sessions. Much like the teachings of The Law of Attraction, Bashar emphasizes that our beliefs shape our reality. He often refers to “permission slips”—tools or rituals humans create to give themselves access to higher states of consciousness. For example, someone might use crystals for protection or to raise their vibration. Bashar explains

that such tools are not inherently necessary, but become effective because we believe in them. Ultimately, what we believe becomes our truth.

## The Council of Elders

Not long after my encounter with the Council of Light, I received a message from <sup>16</sup>the Council of Elders on January 12, 2023. They introduced themselves as a collective of twenty light beings from the fifth dimension whose purpose is to elevate the consciousness of humanity. The Council of Elders described themselves as an assembly of ancient, wise beings who have transcended the limitations of the physical, third-dimensional realm. Their mission centers on guiding both individuals and the planet toward spiritual awakening and collective evolution. Like the Council of Light, they also asked whether I would channel their messages and share their teachings with the world. I hope to be able to fulfill their wish in the near future. I know that one of my greatest challenges is learning to overcome the fear of ridicule that may come with being open about my role as a channeler of higher consciousness. Yet, I also feel deep within that humanity is evolving, and more people are beginning to accept this sacred form of communication—this exchange of wisdom from higher realms and more evolved beings. As collective awareness continues to rise, I believe that one day soon, extraterrestrials will no longer need to transmit their teachings through channelers like me. Instead, they will meet us face-to-face and share their knowledge directly, guiding us in person toward a more enlightened way of being.

## The Galactic Federation

Throughout this book, I have mentioned the Galactic Federation in connection with the Blue Avians, the Urmah Feline Beings, the Pleiadians, and the Andromedans. The Galactic Federation is an interstellar alliance that unites countless civilizations across the cosmos. Acting as a higher governing body, it supports planetary systems in maintaining peace, upholding Universal laws, and fostering spiritual advancement. This Federation is composed of many enlightened extraterrestrial species who work together to promote balance and assist humanity in its ascension process.

Although I have not received a direct message from the Federation itself, I have communicated with several of its members, including:

- Urmah Feline Beings
- Pleiadians
- Andromedans
- Benevolent Reptilians

I have also been told that the Federation includes many other benevolent races, such as:

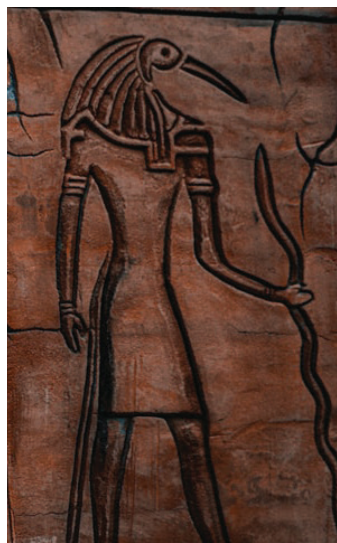
- Nordics
- Tall Whites
- Arcturians
- Insectoids
- Benevolent Greys
- Mantis Beings
- And many more.

This information, I believe, is important for humanity to be aware of, as their presence and eventual visitation are imminent—perhaps as soon as November this year. Understanding that these beings are our allies and guardians is crucial, particularly if certain forces on Earth attempt to stage a false extraterrestrial invasion, a deception often referred to as Project Blue Beam, as a last effort to control humanity by fear. The arrival of the Galactic Federation, when it happens, will not be an act of domination but one of assistance and awakening—a moment in history that could finally bridge the divide between humanity and the greater cosmic family we have long forgotten we belong to.

# Chapter 15:

## Our Galactic Brothers and Sisters Are Coming

**T**his chapter may very well be the most exhilarating part of my story—the moment humanity steps into its rightful place among the stars. I have come to believe that we Earthlings are soon going to become galactic citizens once again, reconnecting with our brothers and sisters from other planets and star systems. I say again because I feel certain that earlier civilizations on Earth were already in contact with various extraterrestrial beings who assisted them in building their societies and developing advanced technologies. For example, the hieroglyphic inscriptions found within the Egyptian pyramids depict beings that closely resemble those I have described throughout this book. One particular carving appears to portray a Blue Avian. To this day, no one truly understands how the pyramids were built. According to *History.com*, the first pyramids emerged around 2630 B.C., a period when humans supposedly lacked the technology required to transport and assemble such immense stone blocks. Perhaps that ancient



civilization was far more advanced than we can imagine. Some even believe that humanity's regression began after the Anunnaki leader, Enki, interfered with our DNA. I have personally received transmissions from the Pleiadians and benevolent Reptilian beings who revealed that they—and many other benevolent extraterrestrial species—will begin to appear more frequently in our skies in November. Some may even land to make open contact with humanity, potentially between 2026-2027. The thought of that fills me with excitement beyond words.

## The New Jersey Drone Event

Before I discuss the upcoming visitation in greater detail, I would like to share an earlier experience that serves as both validation and foreshadowing of what is to come. On December 3, 2024, I was relaxing at home, watching a program on Amazon Prime, when my television screen suddenly went black. No matter what I did, it refused to turn back on. I remember thinking how strange it was when a sudden wave of nausea came over me, followed by a familiar, unpleasant scent. I immediately recognized that it was my Reptilian friend, Andrew, who was present. Andrew told me that he had blacked out the television because he needed my undivided attention. He explained that their crafts would be visible in the sky that very day. “Do not be afraid,” he said, “and tell your friends not to be fearful either. We mean no harm. We are here to accelerate the awakening by showing ourselves more and more.” He shared that many humans still do not believe in life beyond Earth and that this disbelief is slowing down our collective awakening. Andrew revealed that they will eventually appear to us face-to-face, but since their physical form may be frightening—standing twelve to fourteen feet tall, with reptilian features—they will begin by showing their spacecrafts first. He told me to watch the sky around 5:00 pm.

Although I did not see any crafts that evening, the following day's news confirmed something amazing. Reports surfaced about mysterious, large drones appearing across several towns in New Jersey. As summarized by NBC News:

*“On December 3, 2024, there were confirmed sightings of unidentified, large drones over various locations in New Jersey, including Flanders and Bedminster, prompting an investigation by local law enforcement and the*

*FBI due to residents' reports and concerns about potential threats and flight disruptions. The origin and purpose of the drones remained unknown at the time."* That report aligned perfectly with Andrew's message, serving as powerful validation that his transmissions were genuine.

## Extraterrestrial Visitors Are Coming in November 2025 and Beyond

The predicted arrival of our galactic brothers and sister deserves a deeper explanation. On May 2, 2025, Andrew returned with another message, telling me that they plan to reveal themselves to humanity around November this year. He said it will take place in a location where a large number of people can witness the event, leaving no room for denial or AI-manipulation. Later, on September 19, 2025, I received further confirmation from James, my Pleiadian spirit guide. James explained that the Pleiadians, along with other advanced extraterrestrial intelligences, intend to make contact in November—if humanity's collective energy indicates readiness. He explained that at least fifty percent of Earth's population must be spiritually awakened before this can occur. Otherwise, the sudden realization that we are not alone could overwhelm the human nervous system. Many would struggle to comprehend seeing extraterrestrial beings standing before them, especially after learning that certain secret factions of the government have



allegedly exchanged humans for advanced technology with non-federation extraterrestrials. The visiting beings also wish to avoid violence, as humanity's fear could provoke hostile reactions. When I asked what they would look like, James told me that we would first meet the visitors who appear very similar to us to avoid shocking the nervous system completely.

## 3I ATLAS — A Cosmic Library and Frequency Amplifier Operated by Our Guardians

In relation to this upcoming event, I must also mention 3I ATLAS, which has been featured all over the media. NASA publicly claims that it is a comet, but according to the information I have received and also gotten confirmation on from reputable spiritual sources, 3I ATLAS is in fact a vast cosmic library—a massive mothership operated by members of the Galactic Federation. Its mission is to oversee humanity's evolution and ensure that Earth's frequency remains aligned with universal progression. The ship functions as a frequency amplifier, monitoring Earth's energetic field and accelerating our collective awakening. Members of the Galactic Federation have always served as guardians of humanity, involved in our seeding and development since the dawn of civilization. Onboard their ships, they preserve the DNA of every species across the universe to ensure that evolution unfolds in harmony. As Earth's vibration continues to rise, humanity must elevate as well. This natural process triggers an expansion in consciousness and a shift into what many refer to as the *New Earth* or the *Golden Age*. This mothership shows up every time a transition to a Golden Age happens, which is said to have happened six times already.

According to author and lightworker Ismael Perez, this transition is also connected to the efforts of President Donald Trump, who, he claims, is working with the Galactic Federation to dismantle the ruling elite—the one percent who govern through fear and control, often referred to as the Cabal. Perez suggests that Trump's role is to help guide humanity into a new timeline, leading us into the Golden Age. However, Perez also states that there are two versions of Trump, existing across parallel timelines. One is a benevolent version working toward humanity's liberation, and the other remains power-driven and self-serving, and is a cloned Cabal version of Trump. I found this theory difficult to believe at first, but on September 30, 2025, a light being confirmed that this information is indeed accurate. When

I expressed doubt, given Trump's reputation as a "service to self" individual, the being told me that the positive version of Trump had changed with age and felt compelled to atone for his past actions. For transparency, I must admit that I am still uncertain whether this information is entirely true. I have learned that deceptive entities can sometimes interfere telepathically if your energy field is not fully protected. I cannot fully recall whether I had performed my shielding and energy-clearing routine that day. Regardless, time will reveal the truth. What is certain is that we are living in extraordinary times.

## The Quantum Financial System — NESARA GESARA

Another revelation connected to this shift is the emergence of a new financial system called NESARA GESARA. Reportedly developed with assistance from the Galactic Federation, it is known as the Quantum Financial System (QFS)—an advanced, AI-powered network built upon blockchain technology and backed by tangible assets such as gold and silver, real estate, and other commodities. This system operates independently of central banks, ensuring transparency, accountability, and the end of large-scale financial corruption. Once implemented, it will mark a complete global reset aligned with GESARA principles, preventing the elite from exploiting public funds for personal gain.

## Medbeds Based on Extraterrestrial Technology Will Be Rolled Out Soon

One of the most extraordinary technologies soon to be revealed (hopefully, already in 2026) is that of Medbeds, advanced healing devices based on extraterrestrial science. While the exact mechanics remain a mystery to me, I have been told that these devices use frequency-based healing to rejuvenate cells and promote complete regeneration. They are said to cure all diseases and some Medbeds can even reverse the aging process. Given that, we will be able to live healthier lives and live longer. Although skeptics and the ruling forces dismiss this as a conspiracy theory, as they often do when sensitive truths are suppressed, I have personal confirmation of their reality. A close friend's mother has been working with Medbeds for some time and has verified their existence and effectiveness. Once these technologies become public, they will revolutionize human health and render much of today's

medical industry obsolete. This will inevitably devastate the Cabal, which profits from illness through the control of Big Pharma, healthcare, and the food industry—spreading toxins, GMOs, pesticides, and unnecessary pharmaceuticals. Humanity will finally reclaim its vitality, and the age of suffering will come to an end. I, for one, can hardly wait for that day.

## Hydrogen-Fueled Cars

Another remarkable development on the horizon is the arrival of hydrogen-powered vehicles. To help heal our planet and reduce pollution, hydrogen-driven cars will ultimately replace both electric and gasoline vehicles. My spirit guides first shared this with me about two years ago, during a period when I was reflecting on which stocks might be worth investing in. They explained that hydrogen would become the primary fuel source within about a decade, and that electric cars were merely a transitional step, as their batteries—and the disposal of those batteries—are far from environmentally friendly. They suggested that companies focused on hydrogen fuel might be worth exploring (this is not financial advice, of course, and I would never recommend anyone to act on such information without consulting a qualified financial advisor). What astonished me later was finding confirmation through Project Aurora, which revealed plans to phase out fossil fuels and transition into a future powered by hydrogen energy and zero-point technology. It was yet another moment where guidance from the higher realms aligned perfectly with emerging breakthroughs here on Earth.

# Chapter 16:

## Some Good Tips From Higher Realms

As this book nears its conclusion, I wish to share a few pieces of guidance I have received from the higher realms. These are from messages that have surfaced repeatedly and have proven immensely valuable to me. Perhaps they will offer you the same sense of clarity and encouragement they have brought to my own life.

### Live a Little and Have More Fun

One of the most consistent messages I receive from beings of higher consciousness is simple yet profound: “Live a little, be more spontaneous, and have more fun.” They assured me that by doing so, countless doors will open. In truth, this advice has been a challenge for me to follow. Between working full-time, managing my own finance business, taking Max to the park daily, and maintaining a five-days-per-week workout routine, there is little time left for “fun.” I believe this is something many adults can relate to—juggling endless responsibilities until life becomes more about maintenance than joy. Their intention behind this message is clear: *“By allowing ourselves to experience joy with the same carefree spirit we had as children, we align more easily with the flow of creation. When we raise our vibration through laughter, play, and spontaneity, we naturally attract more positive experiences.”* As I have mentioned many times throughout the book, our thoughts and emotions shape our reality—I firmly believe that. When

we have more fun, we increase our frequency and generate more uplifting thoughts, which in turn help us manifest our desires more effortlessly. This is, in essence, The Law of Attraction at work. By prioritizing joy, we raise our frequency, which leads to a more harmonious state of being—one that accelerates manifestation and invites more abundance into our lives.

## Bless Your Food Before Eating or Drinking

If you suffer from gastritis, IBS, or other digestive issues as I once did, I encourage you to bless your food before eating it. The same goes for water and any other beverages. My spirit guides introduced me to this practice on October 19, 2022, during a severe gastritis flare-up that had persisted for months. At first, the concept felt foreign to me; I had never prayed before meals as many spiritual and religious individuals do. Yet, I decided to try. “What do I have to lose?” I thought.

From that day forward, I began blessing every meal and drink, expressing love and gratitude for the nourishment they provided to my body and spirit. Within just three days, I began to feel improvement, and within two weeks, my stomach was completely healed. Today, I rarely experience any stomach discomfort, unless I have overindulged or ignored my body’s signals. When I asked my guides how this worked, they explained that blessing food elevates its vibrational frequency, making it gentler on the body. In a world where our food and drinks are often saturated with chemicals and preservatives, this simple practice can truly transform our relationship with nourishment and our bodies. Whether you face digestive issues or not, blessing your food can help prevent future health challenges. In my experience, it truly works like magic.

## Command Your Body to Heal

Another profound teaching from my spirit guides is that every cell within our body possesses consciousness. This means we can communicate with our cells, directing them with love and gratitude to heal or perform specific tasks. You can, for instance, command your body to heal an ailment, grow your hair, release excess weight, or even rejuvenate itself to look and feel younger. The key is to do so from a space of unconditional love and appreciation. Our cells constantly listen to our thoughts. When we dwell in negativity

or self-criticism, our cells may respond defensively, releasing chemicals such as histamine, cytokines, and proteases—triggers of inflammation and imbalance. Chronic inflammation is known to contribute to numerous diseases, including cancer. By contrast, when we send thoughts of love and gratitude to our bodies, we create the ultimate conditions for healing. Just as our thoughts can make us sick, they can also make us well. Begin by appreciating what your body does for you every single day, allowing you to move, to breathe, to experience life's simple pleasures. Learn to love the physical vessel that carries your spirit through this human journey. Gratitude and respect for your body can open the door to profound healing.

## Self-Love Is Difficult to Learn

Loving and appreciating myself has been one of the most challenging lessons of my life. Since my early teens, I have struggled with Body Dysmorphic Disorder (BDD)—a condition that led me to think constant, self-destructive thoughts about my appearance, fueling anxiety and, at times, depression. For those unfamiliar with this disorder, Mayo Clinic describes it as follows: *“Body dysmorphic disorder is a mental health condition in which you can't stop thinking about one or more perceived defects or flaws in your appearance — a flaw that appears minor or can't be seen by others.”* BDD is a form of Obsessive-Compulsive Disorder that can arise from genetics, trauma, environmental factors, serotonin imbalance, or abnormal brain chemistry. For many years, I lived trapped in a cycle of obsessive self-criticism. It took a looong time—and much inner work—for me to find healing. Over the years, through therapy, self-reflection, and spiritual guidance, I gradually began to release the harsh narratives I held about myself. It was a painful process, one that affected many relationships, as I struggled to accept love from others while I rejected myself. I created a lonely world for myself.

But today, I can happily say that I love and appreciate myself. My disorder has nearly disappeared, resurfacing only during times of stress, illness, or lack of sleep. It feels like I have stepped out of a self-imposed prison and learned to see myself—and the world—with new, compassionate eyes. My heart goes out to anyone suffering from this “hellish” disorder. While I do not believe in hell as a literal place (as you now know), the metaphor fits. BDD can make you perceive distortions that others do not see, isolating you from the world and making you fear being judged. What helped me most was learning to command my body to heal and expressing gratitude for it daily. I now truly

cherish my body for keeping me strong, allowing me to enjoy peaceful walks in nature with Max and sweaty workout sessions at the gym, as well as share meals with loved ones, and feel connected to life again. Through this practice, I have even managed to heal my Hashimoto's diagnosis (an autoimmune thyroid disease) and regrow my hair after a hormonal imbalance—simply by speaking to my body with love and directing it to heal.

## Excellent Resources to Explore

If this information has sparked your curiosity, I encourage you to explore the following resources. They have offered me profound insights and validation through the shared experiences of others who have encountered similar phenomena:

- JeffMara Podcast - A gateway to the spiritual, supernatural, and unexplained (YouTube)
- Ismael Perez, Our Cosmic Origin - Reveals the true history of earth as it connects to the suppressed history of our galaxy (Book available on Amazon. Ismael also has a Podcast on YouTube)
- Dr. Steven Greer - Disclosure of classified UFO and extraterrestrial information (YouTube and several documentaries available on Amazon)
- Bashar Channeled by Darryl Anka - "Messenger of Good News" (YouTube)
- Abraham-Hicks Publications - The Law of Attraction Teachings (YouTube)

And that brings this book to a close. I want to thank you for reading my story. My hope is that it has awakened something within you—a remembrance that your supernatural experiences are not mere imagination, but part of a vast, interconnected Universe (maybe even Universes) filled with benevolent multidimensional beings who are here to guide and support us in our awakening and evolution. So, step into your lightworking powers and spread the love frequency with others. Let us create a better world, starting today!

With love,



Stina Pettersson

## Appendix: Key Terms and Concepts

This appendix provides brief explanations of spiritual, metaphysical, and multidimensional terms used throughout the book. It is intended to support readers in understanding the concepts referenced in my experiences and transmissions.

### **1. Anunnaki**

A group of deities from ancient Mesopotamian mythology, often referenced in modern UFO and extraterrestrial theories, as the original seeders of humans.

### **2. Ascended Masters**

Highly evolved spiritual beings who once lived human lives and attained mastery over the physical realm. They now guide humanity from higher dimensions in service to divine will.

### **3. Ascension**

A process of spiritual evolution or awakening, involving a shift to a higher level of consciousness.

### **4. Astral Plane**

A non-physical plane of existence associated with dreams, out-of-body experiences, or spiritual travel.

### **5. The Law of One**

The Law of One is a spiritual philosophy teaching that everything in the universe is interconnected, emerging from a single divine source often referred to as the “Infinite Creator.”

### **6. Chakra**

Energy centers in the body, according to Eastern spiritual traditions, associated with physical and spiritual health. These chakras are considered to be spinning vortexes of energy that correspond to major organs and different aspects of your physical, emotional, and spiritual well-being.

### **7. Channeling**

The act of receiving and transmitting messages from spiritual beings, higher selves, or extraterrestrials.

### **8. Clairaudience**

A form of extrasensory perception (ESP) meaning “clear hearing.” It is the psychic ability to hear messages or communications from non-physical beings, spirit guides, or the higher self.

### **9. Collective Consciousness**

The shared awareness or knowledge of a group or species—commonly used to refer to the overall consciousness level of humanity.

## **10. Density (3D, 4D, 5D, etc.)**

In this context, "density" refers to levels of consciousness or frequency. Earth has been a third-density (3D) planet, characterized by duality and physicality. The shift to fourth (4D) and fifth-density (5D) represents an evolution in collective consciousness toward unity, love, and higher awareness.

## **11. Dimensional vs. Density Terminology**

While often used interchangeably in spiritual literature, "dimension" generally refers to spatial or vibrational realms, while "density" refers to consciousness levels. This book uses both terms contextually, depending on the source of information (e.g., ninth-dimension vs. ninth-density).

## **12. Earth Angel**

Earth angels are believed to be higher-dimensional beings who incarnate on Earth to guide and uplift humanity. Originating from angelic or cosmic realms, these enlightened souls choose human form to share healing, wisdom, and light during key moments in our spiritual evolution.

## **13. Extrasensory Perception (ESP)**

Perception that goes beyond the five physical senses. It includes clairvoyance, clairaudience, clairsentience (clear feeling), and other intuitive abilities.

## **14. Gaia**

Another name for Earth, often used in spiritual or metaphysical contexts to refer to the planet as a sentient being.

## **15. The Council of Light**

A collective of advanced spiritual or extraterrestrial beings who oversee planetary and cosmic matters. Often portrayed as guiding humanity or starseeds in alignment with divine order.

## **16. The Council of Elders**

In a spiritual context, the term often refers to a group of powerful and ancient beings who provide wisdom, guidance, or governance over humanity and Mother Earth.

## **17. The Galactic Federation**

A coalition of advanced extraterrestrial civilizations committed to protecting and supporting evolving planetary systems. Often referenced as intervening to prevent large-scale harm, such as nuclear catastrophe, and promoting spiritual awakening on Earth.

## **18. Guardian Angels**

Non-physical, benevolent beings assigned to support, protect, and guide individuals throughout their lifetimes. They often serve as intermediaries between the spirit world and physical reality.

## **19. Light DNA Upgrade / Light Body Activation**

A metaphysical concept referring to the energetic evolution of the human being. Light DNA represents dormant spiritual codes that, once activated, expand awareness and enable telepathic communication with higher realms. The light body is a subtle energy body aligned with divine consciousness.

## **20. Lightworker**

A person who feels called to help others heal, awaken, or spiritually evolve.

## **21. Multidimensional Being**

A being that exists in multiple planes of consciousness or dimensions simultaneously.

## **22. RH-Negative Blood Type**

A rare blood type believed by some spiritual traditions to have extraterrestrial or ancient cosmic origins. Often associated with heightened sensitivity, psychic abilities, and other unique traits. Scientifically, RH-negative refers to the absence of the Rhesus factor in the blood.

## **23. Soul / Spirit**

The term soul or spirit refers to the non-physical essence of a person, including their mind, character, and feelings, often considered to exist as pure energy consciousness separately from the body.

## **24. Spirit Guides**

Highly evolved beings who typically have had physical incarnations before or might be incarnated on higher-density planets. They are assigned to help individuals navigate life lessons, spiritual growth, and soul missions. They can be ancestors, ascended masters, or beings from other realms.

## **25. Starseed**

A soul that originates from other planets, galaxies, or dimensions, incarnated on Earth to assist in the planet's ascension and to serve humanity's awakening. Often characterized by a sense of not belonging, deep empathy, and strong intuitive or psychic abilities.

## **26. Telepathic Communication / Transmission**

The ability to communicate mentally without spoken language. In this book, telepathic transmissions refer to information received from non-physical beings, higher-dimensional sources, or extraterrestrials directly mind-to-mind.

## **27. Timeline Shift (Collective)**

A metaphysical concept referring to a profound, shared change in human consciousness that redirects society's overall direction and evolution from one potential reality to another.

## **28. The New Earth**

The New Earth refers to a parallel, higher-vibrational dimension of Earth that is gradually becoming accessible as a growing number of humans awaken to a higher state of consciousness.

## **29. Third Eye**

A metaphysical concept referring to the sixth chakra (ajna), located between the eyebrows, associated with intuition, vision, and inner knowing.

## **30. Vibrational Frequency**

The energetic state of a being or object, often associated with levels of consciousness or emotional state.

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# About the Author

Stina Pettersson is the author of *Remembering My Galactic Mission - A Lightworker's Journal* and a passionate advocate for spiritual awakening, personal growth, and conscious living. Originally from Sweden, she has lived in the United States for over a decade, drawn to the sun, palm trees, and tropical climate.



Growing up in the countryside near Linköping, Stina developed a deep love for animals and fitness. As a former professional dancer, she performed for twenty-two years in arenas across Sweden and Miami, Florida, before retiring due to injuries. She remains active through gym workouts and daily nature walks with her precious dog, Max.

Stina holds a Bachelor's degree in Sociology and currently works as a Digital Marketing Manager while also running her own finance business. Content creation has been central to her life for almost two decades, allowing her to blend creativity, professional expertise, and spiritual insight to guide others on their awakening journey.

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