

I just want to share my session that I was so blessed to receive. This session has opened up my eyes on many things.

First, I have realized how big of a skeptic I was, and I guess it would be difficult for me to be any difference from the information that came out in this session because of my upbringing, growing up in a Communist country in Russia. It has played a big role.

Second, being a bit skeptical about QHHT. This would be a good reading for someone that doubts QHHT.

I have shared this session during the second level because I still couldn't believe that all these could come out from me! I was not born last night so I knew some info. Before this session I have read Dolores books "Three Waves of Volunteers" and the "4th Convoluted Universe", but I never knew this information that came out in my personal session that the second "batch" of humans on Earth was translucent.

When I was sharing my session with Dolores because the hole prose's seemed unreal to me, the part when I was about to say that the second "batch" of humans was translucent, Dolores interrupted and said, "And the second were translucent bodies". I nearly fall off the chair. And furthermore, Dolores said, "NO! You did not make it all up. This is exactly what I wright about in my books." Now, before that time, I have only read 2 of her books, there was simply not enough time for me to read more of her books because once I knew about Dolores, I was on my way to Level 1, and this was only a few month time wise.

I have purchased more of her books during the 1st level, and what is interesting, is that when I got back home and the first book that I picked up to read was Convoluted 1. It was amazing that when I opened the book and started to read, sure enough there was Dolores writing about the human race on Earth! I couldn't believe my eyes, that, what was written in the book was almost exactly what was said during my session!!!

Well, there went out the skeptic me!! Furthermore my skepticism disappeared fast, see I have had fibroids for many years, and mine were taking out by HC during this session and I am pain free!!!

This session was also very difficult for me. But at the same time this gave me a great respect for HC! I have a son who was diagnosed with severe autism at age 1. He is 10 years old now and still non-verbal. I have always thought that I have accepted the diagnosis and was not in denial of it. Well not quite.

What I have realized from this session is that there are different denials that our minds can put us in. And I might have accepted the diagnosis of autism, but did not accept my son for who he is and that he will always have the disability. I thought if I work hard enough, doing lots of therapies he will be fine. The realization of that made me feel like I just got the diagnosis for the second time. This was so difficult for me that I can't even begin to describe it to you.

When we finished the session at 3 in the morning I couldn't sleep all night. I cried all night, I cried all morning and felt so bad for my friends to be a part of that process, but I just couldn't help it. The tears just would not stop. I couldn't get down to the seminar that morning. Every time I thought I am ok and

would walk out the door, I just burst into tears. I wanted so desperately to help my son and other children with disability. See, I really thought that through QHHT I can help my son and to take away the autism from him.

And during this session I have realized that if I was not able to help my own son, how could I do that for others!! But what I didn't realize is that, it was not me trying to help them it was them helping us!! See, most parents with autistic children want to "fix" the children and in my later regression session, I was told by HC that some of them could be helped but it all depends on that child and his/her family life lessons. However is not the case for us. My son has chosen this life in this body for his own experience but more than that to help others around him including the family members to be a better humans!!!

Boy, didn't that session put a different perspective for me on everything!!

One more thing for a skeptic out there. You tell me what mother wants her child to have the disability? And if this was coming from me, trust me there is no way I would ever tell myself, that my son will be living his life with this disability!!!!!!!!!!!! Just NO WAY!!! I WENT IN TO THIS SESSION WITH COMPLETE HOPE THAT I CAN HEAL MY SON!!!

And even though this was a very difficult session emotionally, I am so glad and so blessed that I had the opportunity to have this information. I have now a much different perspective and understanding!! I am no longer in the race for cure. I am enjoying my life and my son. Even though it is still a difficult time raising a special needs child. I consider myself blessed, because he is the one that has changed my life!!!

Love and light to all!!

Anna.



Buried Alive.

I realized that the messages conveyed could be of interest and useful to the readers. Since the story is rather long, I have broken it up into 5 parts, A1-5. Hope you will enjoy the story and thank you very much!)

Q (Chiara): And are you coming off the cloud yet?

A (Anna): Yes.

Q: Can you see your feet? What do you sense?

A: Dark.

Q: It's dark. Is there a light anywhere in the dark? What does it feel like?

A: It's dark.

Q: Can you sense if it's a time of day? If you are in a space? Can you sense anything to do with you?

A: I think I'm confined in something.

Q: Can you see your body? Can you feel your body? Is there anything that you can sense?

A: I'm not sure. I want to say I'm in a confined space, but I'm not sure.

Q: And do you have the ability to touch?

A: I'm in a coffin in a cemetery.

Q: And do you have a sense of why you are there?

A: I'm dead.

Q: Can you come outside?

A: I am outside.

Q: So you can look as an observer, right? Has it been buried yet?

A: No.

Q: Does it have a name somewhere?

A: It's an old wood and it's not a straight coffin, it's kind of like a, it's kind of wider at the top but it's narrow where the feet are.

Q: Is there a plaque? Is there like just a stone that says any numbers, any letters?

A: There's no stone, they haven't put the stone yet.

Q: Is it anywhere nearby, ready to be placed?

A: No. But there is a cross on the coffin. I'm not sure that they have stones at this time frame.

Q: Is there something else on the cross perhaps that they use, or something that's on the wood, written on the wood perhaps? Is it made of wood first of all? What is the coffin made of?

A: It's wood. It's kind of weathered out a little bit. It's old. And I get the feeling that there's this hill and there's forest in the background, like big pine trees.

Q: Is there anything else nearby that catches your eye? That you can see.

A: I'm trying to look; I don't see any other graves.

Q: What about the cross that you mentioned before? What does it have? Describe that.

A: It's straight and it's like that. (Hand motions)

Q: So like a star or half a star?

A: It's a straight vertical line and a horizontal line like the regular cross and there is a small semi curved line at the top part of the cross, like this...

Q: And it doesn't have any kind of writing on it, anything at all?

A: No.

Q: Are there any flowers around this grave area?

A: No, It's just grass.

Q: And you said that there were no other graves around?

A: I get the feeling that I was buried alive and I left the body.

Q: So can you have a sense of whether you were male or female?

A: That's what I'm trying to figure out. I can usually just feel it. I think it's a female.

Q: Do you have a sense of how long she had been in that life? What we call age in this plane.

A: I think she's older.

Q: You said she was buried alive, can you give me any feeling or sensation as to the purpose of why?

Q: What was she punished for, can you have a feeling about that?

A: I think she was a healer.

Q: What type?

A: She wasn't pretty, but she had a good heart.

Q: Do you have a sense of why she was buried alive, because she was a healer? What did she do?

A: She tried to help people.

Q: What did she try to help them with?

A: She would talk to them, it's almost like she kind of did spells, but they were healing spells. They were not dark spells.

Q: Did she help a lot of people?

A: I think, I get this sense that people liked her, but there were some who feared her.

Q: Some feared her, were these the same people?

A: They were men.

Q: Were they the ones who buried her alive?

A: They were men.

Q: What type of men were they?

A: They're older.

Q: What type of feeling did you get from them?

A: They were very angry.

Q: What are they angry about?

A: They were angry because she had a power over them because she knew things, she was able to tap into a higher consciousness, but they're afraid that she's going to do things to them, like bad things but that was not her intent, she just wanted to help.

Q: So they felt threatened by her?

A: Exactly, they feared her.

Q: Exactly, they would do things that they would normally not do, right. Out of fear, is that out of fear do you think?

A: Yes.

Q: They were afraid of her power because she was connected?

A: That's right! They buried her on a hill far away, that nobody can reach her, because you can't get there. So, it's like she's been expelled kind of just nothing. Thrown out.

Q: In that life, what did she learn?

A: She was OK with that.

Q: She was OK that this happened to her?

A: She was OK that this happened, in a way she kind of knew it was going to come. Because she knew that, she had the wisdom way beyond what the people had there. It's not like she was a healer that healed, it's like energy was coming from her.

Q: How did she use the energy?

A: Just being around her. In her energy field, people came to her, but people were afraid to come to her because they can get punished by going to see her. It's an old village.

Q: What does it look like? Describe the village.

A: Not a big village.

Q: What are the houses, if they have any dwellings, any places where they live and stay?

A: It's kind of in old times, maybe 1800's.

Q: What do the dwellings look like?

A: All I see is people walking in front of their houses, they're doing things.

Q: What are they doing?

A: Daily chores basically, chickens, cows, the well with the water, they're filling the buckets from the well with the water. It's kind of like one of those village scenes where everybody is kind of doing things. And at the same time I see that coffin on the top of the hill. It's kind of like after she was gone, people just move on with their lives and just continue to go on.

Q: So they were too scared to notice it and acknowledge it, is that what you're saying?

A: They weren't allowed to do that.

Q: Who conditioned them? Who put them in fear?

A: I get the feeling that this is the times where you were not able to speak your mind and I get that this is the times when women and children were... I don't want to say slaves but, they were empowered by men and...

Q: Does she have a place where she used to live?

A: She didn't need much, she didn't have much. I'm not sure she lived in the village. She lived kind of to the side.

Q: Why was that?

A: Because she wasn't allowed.

Q: She was shut out, is that right?

A: Yes she was, she was a loner, and she had no family.

Q: Was she allowed to have family or was this something that she would have been allowed?

A: I have a feeling that her family was killed or something happened.

Q: Was it something similar or something different that happened to her family?

A: I don't know, I'm sensing there was a tragedy, but I'm not sure if it was attached to her. There was a tragedy that moved her...

Q: From somewhere else?

A: But I'm not sure that it was her immediate family, I get the feeling that she's a loner, but yet there was something that happened that affected her and I'm not sure if they're related, I'm not sure.

Q: How did it affect her?

A: She was sad. She was greatly affected by that and that's why she reverted to... that's why... that made her to move out of the... Away.

Q: And people used to come and see her right?

A: People would come and see her when she was already out of the village. But they would come in not open, they were hiding coming to see her.

Q: And do you get a sense of the purpose of that life was? Do you get an overall sense of what that lifetime was for her?

A: She had fears of something happening, but that affected her greatly and she didn't open up, and she excluded herself.

Q: What were those fears?

A: Somebody was hurt, but I don't know who, that happened in her younger ages.

Q: Do you have a sense of what the fear was? Was it because of that tragedy, or was it something else?

A: I don't know.

Q: Is there anything else that you can notice that was important in that lifetime for that particular lady? Something for her to learn? What was she supposed to learn?

A: Overcome that fear.

Q: And how did she overcome that fear?

A: She didn't, she kept living with it.

Q: Is there anything else that is coming to you that is important about that



History Of Planet Earth

I realized that the messages conveyed could be of interest and useful to the readers. Since the story is rather long, I have broken it up into 5 parts, A1-5. Hope you will enjoy the story and thank you very much!)

Q (Chiara): Take her back in her younger ages.

A (Anna): She was at a different area. Different area that she is living now, it wasn't the same area she came from.

Q: And describe what is going on, is this an important day in that particular life? What's happening?

A: It does not make sense. I'm trying to take her back to the village, but I don't think she belongs there, it does not make sense. She's not from here. I get the sense, she's a higher being. It's like I took her back to the village, but she didn't belong there. It's taking me up, it's taking me up. I know it's a good place, but I'm trying to figure out who she is. But I don't think that the Masters can reincarnate?! It's a consul, it's a consul.

Q: Describe the consul and what it looks like, what it feels like, and the sensations that you're having.

A: She's gone up there, consul but she's a man. He was sent down there.

Q: Was it an assignment?

A: It's not our universe.

Q: So what does it feel like?

A: It's a male energy. There is a few of them. They're wise.

Q: How many? Can you tell?

A: I'd want to say 4. They're sitting around the table.

Q: What kind of table? And what's on the table?

A: It's a stone table.

Q: Is there anything on the table?

A: Books, they're all books.

Q: Can you see what's on the books?

A: They're History books.

Q: History about what?

A: The planet.

Q: Which planet?

A: Earth.

Q: So what are the books, the historical books, what are they about, a planet?

A: It's everything that's ever happened to earth.

Q: And are you allowed to open those books?

A: I can open them, I can flip the pages. But it's kind of like flipping through history.

Q: And is it in the form of images?

A: Images, it's like he's flipping through a movie.

Q: Can you describe what it looks like when you flip through those pages?

A: Well you open the book, but it's like you have the scenes from the movie in the book.

Q: Is there audio, is it like its playing a movie through the book?

A: Right, yes.

Q: So what is the purpose of that male being? Is it energy? Does he have a body?

A: He has a body.

Q: So describe it.

A: He has a body, he's old, he's mature, he's kind of manly presence, and there is a presence about him.

Q: What is he wearing? Is there any dress? Is there any kind of attire that they wear?

A: There is a long kind of white/gold attire, he's got a beard.

Q: What color is it?

A: Gray.

Q: Do they have any hair? And what's it like?

A: He has a little bit of hair.

Q: Can you see the feet?

A: Kind of sandals.

Q: What color?

A: Brown.

Q: Are you able to converse? What type of method do they use to communicate with each other?

A: Telepathically, they don't use words. I mean they can if they want to but they don't have to.

Q: What type of words would they use if they wanted to?

A: New words. They know it all. They know what happened.

Q: What happened?

A: They created earth.

Q: Why was earth created?

A: The souls needed the experience...life.

Q: And did it go according to plan?

A: No.

Q: What happened?

A: Someone got involved.

Q: And who was that person?

A: It wasn't a person, it was a race.

Q: What type of race was it?

A: They didn't have a good intention.

Q: Do they have a form that they take, this race?

A: The race wanted to dominate Earth. They wanted to use it to their advantage.

Q: Why did they want to dominate it? And for what advantage?

A: Their home was destroyed, they needed a new home. But that's just what they did, they went from place to place to place.

Q: Do you have a sense of what form they take?

A: They're shifters. They can take any form they want.

Q: So they can deceive very easily. Is that correct?

A: Yes and they plan on that, that's their weapon.

Q: What did they do to the Earth? What happened?

A: To integrate themselves in Earth.

Q: Did they mix with the earthlings? Or with the souls that were coming in, did they mix?

A: They tried for a while not to, but they had to, they eventually had to integrate in. Yes. The Earth was beautiful back then.

Q: Tell me about the Earth back then.

A: It was peace. There was no suffering. It was fresh, new. It was free. Now, they knew that this was going to happen.

Q: Who knew?

A: The council. The men, they knew that this was going to happen.

Q: And why did they let that happen?

A: It's a natural involvement of the universe. You cannot interfere with it. They don't have the right to interfere.

Q: Was there a reason for that domination?

A: That's what they do. They're less involved in their spiritual development that they have a high involvement in technology.

Q: So what happened when they came to Earth? The souls that were coming in, what form did they take?

A: They took a humanoid form.

Q: Was it the same as what you would know today, or was it a bit different?

A: You know it's the ones that you see with the long heads. Like in Egypt where they had long heads. They have the cap that they wear on top of their heads. The elongated skull.

Q: Were they more evolved than the beings?

A: People thought they were Gods, they literally thought 'Oh my God', they thought they were Gods, they fooled them. They can live and go.

Q: Between dimensions?

A: They have 40 different universes. They were very evolved. Spiritually they don't have a good heart, they don't have the good intentions in their hearts, but they have a high technology they can transfer themselves anywhere they wanted to.

Q: So when they came to the Earth, and the humanoid that was already here, how did they fool them?

A: People were different back then, they were taller.

Q: Describe.

A: Blonde hair, tall, much taller than what we are now. And there were very few people, there weren't that many people on Earth.

Q: What were they like? Were they of a big spiritual involvement? Describe what they were like and what their daily lives were.

A: They had a very high spiritual but they were primitive, they didn't have the high development as we have now.

Q: Do you mean brain, cognitively?

A: No, way of living.

Q: Did they make sure that they looked after the Earth?

A: They lived with the Earth. They lived in Harmony, they would not hurt another living being, and they all integrated together.

Q: What did their bodies need nutrient wise?

A: They didn't need much.

Q: Did they just live on the energy?

A: No, they fed their body with mainly fruits and vegetation because they wouldn't eat animals, they did not eat animals. It's interesting, the council is watching overseeing everything that is happening on Earth, when the beings came in, when the people were there and they were just very curious how it's all going to develop.

Q: Do you have access to understanding? Fast forwarding now in terms of Earth years to the time when we are now, if you can look at that through the history books, is there a future book?

A: I can see everything that happens on Earth.

Q: Can you see what happens to those beings that came and basically hijacked the Earth and the people on Earth?

A: It took years, it took a lot of years for them to integrate, gain the trust of the people. But the people were so undeveloped that they perceived them as Gods coming from a different universe, and they trusted them.

Q: What happened to the civilization and the earth that was known at that time?

A: The Atlantis happened.

Q: What happened in the Atlantis time?

A: What happened is, those beings has given the technology in trade for something.

Q: Gave who the technology?

A: The humans.

Q: In trade for?

A: I want to say life, but I don't understand how, in what aspect.

Q: Was it for the soul perhaps?

A: But the humans did not want to give it to them. I'm not quite sure what they wanted it, maybe they wanted the planet, I'm not quite sure, I felt that sense that they wanted the life but the humans basically said "No, we're not going to do that, we're not going to let that happen". And that's when they got angry.

Q: The beings that came from the other planet and dominated the earth, is it something that they want that they're lacking?

A: It started back with their elongated heads, and they were much undeveloped and then fast forward, fast forward, to Atlantis time. So all the development was happening, you fast forward to Atlantis time and humans developed far more, the humans were way developed at these times. These beings multiplied, there were a lot more of them and I feel like some of them came from their area, their universe. Their universe is dark, it's gray and cold.

Q: What happened when they got angry?

A: That's when they blew up Atlantis.

Q: And so in Atlantis, do you have sense of the crystals and how they were used?

A: Oh my gosh, is it possible that Lemuria and Atlantis that the humans were a part of one continent and they had another continent?

Q: Ask the Master.

A: Yes, they are saying that's right, but they, the beings wanted to get the Lemuria as well, they wanted to control the whole continent but, the humans said no. There was a disagreement and they were fighting and something happened, it was an accident. They didn't know that the whole thing was going to go down. They had no idea it was going to destroy everything.

Q: Do you have a sense of what they did in Lemuria? How they used crystals?

A: Lemuria was not very advanced, Atlantis was more advanced.

Q: What did they do with Crystals?

A: They had an energy field, the crystals were holding the energy field.

Q: Were they holding information?

A: I see a big crystal and a big energy field around it.

Q: What was it doing? What was the purpose?

A: They were using it for energy, to live off that energy.

Q: What did they use the energy for?

A: For everything. That energy provided life. In our days, we have electricity, that crystal was their electricity in a way. So that's what they lived off. And the crystals were the main form of energy back then, they didn't have electricity. Oh my gosh, our electricity is so primitive.

Q: It's a very primitive the society we live in.

A: Very, yes.

Q: What happened after everything went to pot?

A: That's where I am. I see it's coming down, I see it's going under water, there was a lot of fear, but the thing that is interesting, neither one of them thought that would happen.

Q: What do you mean by neither one of them?

A: That neither continent, they thought that that would happen, between the humans and the beings and the beings thought they had the control.

Q: What happened to that control?

A: They were very surprised.

Q: What happened after it sank?

A: There was nothing for a while, it was quiet, and it stayed dormant for a while.

Q: Was everything wiped out, the population, and the animals? What about the plant life?

A: There was nothing.

Q: What about the sea?

A: There was water. All the life went under water, and it took a very long time for it to develop again.

Q: How did it do that?

A: The life was sent there, I'm asking the guy, they sent life back there.

Q: In what form did they send it?

A: Humanoid form.

Q: Was it just energy or was it a physical form?

A: It's like a soul goes into the humanoid form.

Q: How does it travel?

A: The soul, the energy just gets into the body.

Q: How did they make the body, how did they get the body there on the earth as a physical thing, did they create it? Did they show you how they did that?

A: I want to say, the body was already there, but they were brought up from somewhere.

Q: Was it like storage?

A: It's like they are being grown. It's like the body is being developed, being grown. They materialize the body, and the soul comes into the body and the body becomes alive.

Q: What does it look like, is it different than it was before in terms of the form of the body?

A: Yes, well, a little bit different, the form is kind of the same, a little different; they're smaller, less developed in both ways, physically and spiritually. Am I making this up? Because I know some of it, but I can see it all in front of me.

Q: Ask that male being to give you a sign that he's giving you this information, ask him.

A: He's giving it to me!! He's telling me to "stop doubting yourself"!!

Q: So what happens, they materialize these beings?

A: They started again, they developed life again but, they did it more primitively.

Q: Do you have a sense of where on the Earth in terms of geographic it started, can you ask him?

A: I am not good a Geographic's. Somewhere central. Hold on, I want to say that we're closer to Egypt, because the maps have changed. So if you look at it now, it's not what we have now, the names are different now.

Q: Was it Mesopotamia area, the Persian area?

A: Right, like Egypt, that part. Yes they developed that land, there was nothing there, it was developed, it took centuries, and it took a long time.

Q: What about the pyramids, when were they built?

A: That's where it is. The pyramids came later. It took a lot of development. There was another being that was not humans doing the pyramids; it was not these beings doing the pyramids. It was another beings coming in.

Q: Can he give you a name, or a sense or a feeling about who they were?

A: He's telling me, but I don't recognize it.

Q: How is he telling you?

A: He's sending me messages.

Q: What does the message say?

A: It's a telepathic message, it's not words. But I'm not getting it, I'm not that evolved to get it.

Q: Can you ask him to give it to you in a form that you can receive and understand?

A: He is telling me that those came in to help. Unlike the first ones that came to empower, these came in to help and that's why they're building pyramids. The pyramids have message, the pyramids hold codes. It's not just the pyramids, there's way beyond what pyramid is. Those that came in to build the pyramids eventually that's who we are, we're humans. We evolved from them but this other race that they tried to develop didn't work.

Q: Why didn't it work?

A: It fell apart. There was something wrong with the materialization of it. And then we started to evolve from those that were building the pyramids. Does that make sense? I'm just trying to figure out if it all makes sense.

Q: Ask the Master to help you to make sense, he knows how to do that, he knows...

A: That is right that is what the Master is saying, these ones were in the beginning, but those once were primitive that the ones that they were trying to developed the body...

Q: They manifested those after the Atlantis, after the dormancy period?

A: Right, but they couldn't survive.



The Earth Experiment

I realized that the messages conveyed could be of interest and useful to the readers. Since the story is rather long, I have broken it up into 5 parts, A1-5. Hope you will enjoy the story and thank you very much!)

Q (Chiara): Is Earth an experiment?

A (Anna): The whole universe is an experiment. Different planets have different experiences that the souls go to experience. Earth is the most difficult one.

Q: Is it because of the emotions we have to manage? Why is it the most difficult one?

A: There is a lot of history, there is a lot of "started and felt". It's almost like they're trying hard to keep life on Earth but when they tried to, it's just dissipates.

Q: Do they have a sense of why that happens or are they still finding that out?

A: Earth is a very interesting planet, there are a lot of dimensions. They interact with each other but, they couldn't find balance.

Q: When they can't find balance what happens?

A: That's when the disintegration happens. It's very difficult to create balance on earth, that's what they're telling me.

Q: Can they give you any information of what's going on right now on Earth, is that appropriate?

A: They're telling me that Earth is in better state now but, planet wise it's not in good shape.

Q: What does that mean?

A: Meaning that people are better, they are trying to find a balance. That they have depleted the earth. Now it's almost like the people are realizing what needs to be done, what should be done, that the Earth is suffering.

Q: Is there anything we can do to help relieve the Earth from her suffering?

A: We should stop using the planet as it's just a piece of whatever. We're taking advantage of it.

Q: What can we do on an energetic level, is there something that we can help to balance because I understand that it is energetically how we can balance the different dimensions?

A: Everyone has to do that. Every person has to do that. There is too much separation. The people are for themselves and they don't want to grow individually, meaning they go "oh we should do this, we should do this, and we should do this" but, nobody is doing anything basically. As to their own development.

Q: So they're a reflection of what they're doing to the Earth actually? They're using and abusing things for themselves so that they can have what they need.

A: They don't realize that it's all one. That if we do bad, we're suffering from it. What I'm seeing is Earth split in half, Earth is on this side and people on this side.

Q: What does that mean?

A: It has to be integrated. I'm seeing the separation, people separate from the planet. But it has to be together but, it's very hard.

Q: Why is it hard?

A: Because people are so into their egos. They're not realizing what they are. That what we're trying to do here with QHHT is very good but we're just such a very small speck. We're on the right path, we're on a good path but, there's a lot of resistance. People are not accepting QHHT.

Q: Why is that?

A: Fear.

Q: Is fear a very big emotion on this planet?

A: Fear of unknown, they're afraid to find out what they are.

Q: What is it that, what they are?

A: They can do anything. They're being held by...

Q: What are they being held by?

A: There's a force that's controlling people.

Q: Is it mind control, what is it?

A: It's so funny, I'm seeing them like little ants, it's almost like they're brain washed. They can't think for themselves...

Q: How are they doing this?

A: It's this force.

Q: Do you know where it's coming from?

A: It's from the outside of the planet.

Q: Is it still the beings the shape shifters from before, what happened to them?

A: The shape shifters came in when Atlantis happened, that's two different things. They disappeared with Atlantis. That all went away.

Q: Where is this force coming from?

A: It comes from a different universe. They're not as powerful as they think they are, they are trying to control, but they're not going to succeed. People are going to wake up one by one but, it's going to take time and it depends on how fast people wake up. I'm sensing that it's going to be a long time. The people are not open to that, it's happening, but it's going to take a long time.

Q: Why there are earth quakes, flooding fires, what is the Earth trying to do?

A: That's simply what we're doing to the Earth, we're destroying it. That's the Earth's defense mechanism, the Earth is trying to tell us that we shouldn't be doing this. This is not the way it's meant to be, it has to be in harmony, it has to be all together.

Q: Is there certain areas where the consciousness level is lower than others, is that related to where physically these things are happening? In terms of say for example there were earthquakes in Alaska, is it because the consciousness level is much lower so it's trying to shed in the defense mechanism?

A: I don't sense that it has to do with the consciousness of the people affecting it. We're physically drilling Earth, we're breaking the core. What I'm seeing is holes in Earth, and it affects the shift, it affects how the planet is designed, so if we are making a hole over there, it will give in somewhere else.

Q: It's a compensation thing?

A: Yes, that's what I'm getting.

Q: Is this the same in the body? Is it a reflection of how things function? When something is dysfunctional in the body, something else will take over as a compensation method, is that something that is similar?

A: Human body is evolving, they have to do it very slowly, almost so that humans don't feel anything, because otherwise it would destroy the body, but they can only do it to those who are open, the changes are happening to those humans that are open not the ones that are brain washed or the ones that are being controlled. For example, if you realize your own powers, they're helping you evolve. It's done energetically. I see energy coming to the body and it's changing our DNAs.

Q: Is it changing the number of strands?

A: Yes.

Q: Is there anything that we who are receptive and open because doing this type of works we are, is there any information he can give us to help us to recognize?

A: The only way that we can help them is to clear them off what's been done, conditioning.

Q: Can we use hypnosis?

A: Yes, this is a good method, but not many people are open, they are afraid of the unknown but also afraid to find out what they can really do. It's almost like the human that is being brain washed is in an energy field cocoon that is not allowing him to break that field and become free. We are the ones that do QHHT are open, we don't have a cocoon around us, we're open, and the energy is flowing. The ones that are controlled, they're surrounded in this cocoon, energy field where it's almost like you're banging against the window but you can't get through that. I'm saying that from an energetic point of view, not from physical point of view.

Q: Is there anything we can do with what we're doing to help them to dissipate the resistance and the fear?

A: The only way that people can get to this is through meditation. This method (QHHT) helps a lot too but, it's a very difficult work because people have a lot of dense feelings, a lot of hurt, a lot of baggage (karma) and trauma and they want to be helped but they resist a little bit. If a person on a conscious level wants to set itself free, it has to meditate because that's where the energy goes, it goes through your higher (top) chakra, it goes from there, that's how you connect to the Source through that energy. In that cocoon there is no connection to the Source. What I see on the Earth, are a whole bunch of people in cocoons and there are also the free beings without the cocoons.

Q: Is there any kind of meditative practice that they suggest to us?

A: We have to stop the thoughts, it doesn't matter how you do it. You need to stop the thoughts.

Q: How?

A: Conditioning, you have to not listen to TV, not listen to radio, that's a conditioning, and you need to tap into your own powers, because when you're tapping into your own being, your own powers, you are with the Source!!!

Q: Is it acceptable for me to ask a question through you to them?

A: We can try.

Q: I would like to know, recently I've been able to try and control my body and my cells and tell them what to do and it works instantaneously.

A: You're tapped into the Source.

A: And you are as well. (There is another person in the room) But you're afraid, don't be. She's a sweet soul, but she's afraid.

Q: What is she afraid of?

A: To open up. The power is the wrong word, it's more of energy, it's not the power, and power is the wrong label, it's energy.

Q: The unfolding of her energy?

A: Yes. Open up.

A: She's been saying she has these powers, but in a way she's looking at these powers in a negative way, that is not a negative, she perceives it as a negative. She can do a lot of good and help, she can heal people, she can open, she has a way with people, she can get to people, but she's closed herself. She has such a great energy!

Q: I'd like to ask now if the Master being, male energy can he give you a message, what message does he have for you?

A: I have a lot of fears too, that's what's holding me back. I need to open up, but I'm locked in, I'm trying, I'm getting there, but it's hard for me. But that's my lesson.

Q: Why did he show himself at this time, why did he allow you to tap into him right now at this time in this session?

A: I am a higher evolved being.

Q: Can he give you a suggestion of what you can do to move forward?

A: Let go.

Q: What's the best way for you to let go?

A: I tend to shut myself off.

Q: Are there reasons for that?

A: That's one of the things that I came here to experience, I need to learn how to open up, and it's hard for me to do that.

Q: Is he able to give you any suggestions how to progress in the very gentle way, at your pace?

A: When you're coming in as a human, when you're born in a human body, it's not my fault what it is, the circumstances that you go in to when you're born, you set yourself in those circumstances to experience that, but it's very difficult to breakthrough those circumstances. I'm very impatient soul, I needed to learn patience in one of the beings, and I choose this lifetime. I had to come here to learn patience because I cannot evolve higher as I want to until I learn patience. That's why I grab everything, more and more, this and this... and it's hard.

Q: How does he suggest that you can allow patience to come into your life more so that you can evolve?

A: I need to slow down. There's too much on my plate, there's too much in my life but, I chose that, I put myself into that circumstances thinking that I'll get through that, I'm strong, that I can handle it, but I didn't realize how hard it would be when I get here.

Q: Is he suggesting that if you exercise more patience that it would be less taxing on you?

A: I'm getting hot.

Q: Does he have any message for you because I am going to ask of the Subconscious mind to come in very soon, does he have any lasting messages for you and any other purpose that he came through for you today?

A: The reason he showed me that coffin in the beginning is because that's the fears I have, but he also needed to tell me that I am a higher evolved being, that there is a lot that I could do but, I can't until I pass the fears. This is very difficult for me under the circumstances and everything that I have chosen to go through. It's almost like a double Whammy. It is not an easy life that I chose to go through because of my impatience.

Q: If you exercise a bit more patience, would that help with the situation you have set up?

A: Yes, but it's very difficult for me to exercise patience. I want everything at once, and I need to learn how not to have everything at once. It will be hard. But that's what I chose.

Q: Is it appropriate now to leave that being now where he is and to move forward and ask to speak to your Higher-Self?

A: He says yes.

Q: Do you want to thank him for the wonderful information that he has given to you today and ask him to send you a special message just for you that you won't share with me, unless you want to share it for the recording, that's your choice.

A: He's always with us. They see everything, they know everything.



Special Needs Children

Q (Chiara): Can I speak to Anna's Higher-Self, please? So do I have permission to speak to the Higher-Self?

A (Anna): Yes.

Q: Do I have permission to ask questions of the Higher-Self today?

A: You do.

Q: Is it appropriate to ask the questions Anna has at this time, or is there anything else that you would like to tell her in addition to the information she has received today?

A: You can ask the questions.

Q: What can we do to help her understand? Is that why the Master being came down to show her all the information, the history and showing her about the fears and the coffin, because these are the things that are actually holding her back?

A: He showed her that she's a higher evolved being but, at the same time that's why she came back, to experience the patience. And she's having a difficult time with it. She's trying to do everything for everybody. That's how she is. She feels guilty when she takes time for herself.

Q: Tell us what that guilt is from and where it comes from?

A: Childhood.

Q: About her son Seth, she has some questions about him and she says that she wants to do a body scan of Seth and to find out if he has any physical problems, could you do that for her today?

A: Yes. He's pretty healthy.

Q: Is it possible for him to receive any healing to help him with his verbalizing? Is there anything we can do to help with his behaviors today?

A: He needs to be the way he is. He came that way to experience that. This is his soul choice.

Q: Did he come to teach Anna anything?

A: He's an old soul. He's a higher being.

Q: I want to ask something about Seth, Is there any physical problem that does not allow him to speak?

A: There is.

Q: Tell her about that.

A: There is a disconnect in the brain.

Q: Where is it exactly, can you tell her?

A: The left and right don't connect.

Q: Is there something she can do to help with that?

A: He needed to be born that way.

Q: This is his journey, his experience?

A: Yes.

Q: That's what you told her before, didn't you?

A: Yes.

Q: Do you want to add anything to that?

A: He has to go through that, but she doesn't want that. She won't accept that.

Q: She wants to stop that, is it her place to do that?

A: It's a two to tango. He's teaching her.

Q: What is he teaching her?

A: How to be a child.

Q: Can she accept?

A: no, she doesn't know how to be a child.

Q: Can she accept also that Seth is the way he is because it's meant to be that way?

A: She won't accept that.

Q: Can you help her to do that?

A: I don't think so, it's hard.

Q: Can you help her to accept that her son is the way he is because it's meant to be that way?

A: She doesn't want to, she's not allowing for that to happen.

Q: And how can she do more of that?

A: She's not letting go of the whole issue, she's too perfectionist, it has to be resolved. She won't give in the possibility that he would ever be not normal. She refused that.

Q: Can you help her to slowly accept that? I know that you can help with anything.

A: Normally, typically we could. Usually we can.

Q: And why can't you now?

A: Because she's not allowing to.

A: Right. Going back to her son, he is going to be ok but not to the point that she wants him to be. She needs to let go of the expectations of what she wants him to be, she set too high the expectations that she can change him.

Q: How can she let go of those?

A: She just needs to realize that his condition not exactly reversible.

Q: Will you help her to do that?

A: In a way, she knows it, but she won't admit that. She knows that he's not going to be fully perfect child or adult, he's not going to be functioning like we are.

Q: Is there anything else you want to tell her about that?

A: The special needs children come here to help us.

Q: How do they do that?

A: We feel sorry for the child when we see him, when you feel sorry for that child, it brings compassion in your heart, and they're brave souls to reincarnate into those bodies. They know that but it's very difficult for them to be in these bodies. But they had to do that. But people feel compassionate, they raise the compassion in people when you see a child like that. But the problem is, and it is the same thing that we were showing her, the people in the cocoon, people are closed. Not many people have higher vibrations, they're not connected to their Higher-Selves. People in a 'cocoon' are not able to have a compassion for those children and that's a problem. People don't understand the children like that and they're afraid to understand them in a way because they're conditioned in a 'cocoon', they don't have the feelings, they don't have the vibrations, and they don't have the energy to feel it. That's why this children are coming. The thought was, through the compassion you can raise the vibrations in adults but, it's not working. It's not working because then they focus on themselves, their own situation.

They're trying to find someone else to fault versus looking into themselves and changing themselves. But, there is a reason why you get a child like that. He's here to help her to be a child, but she can't, because of her conditioning from her childhood but, she's trying, she's on the right path. The hypnosis will help her.

Q: It will, won't it? We can recondition her mind.

A: We will. And it (hypnosis) could also help the children, but it's difficult because they're not susceptible as much to that. She knows that it could be done in their sleep, and there is a possibility if a child is open to that. But then again, you can reduce the symptoms, but you can never change them because they came in here to change others. We're trying to change them as they're trying to change us.

Q: Can she make an audio that will help with the symptoms? Can you give her some suggestions about that?

A: She can reduce, yes. She can do the audio by suggesting reducing the behaviors but you have to be very careful how you verbalize that.

Q: Can you help her with that?

A: You have to be on his level.

Q: Give her an example if you can.

A: When he throws things in the air, that much that he throws in the back yard she did it with the strings, she conditioned him not to do the strings, she took it away and conditioned at the same time. What she did, she conditioned and then took away the instrument and it helped, but he moved on to a different object, it's like he cannot help himself not to do that. He will move from one to the other to the next. She will have to condition each behavior that will come in but, she can try to condition the behaviors that come in but it's hard, because if there is a disconnect in the brain, it's almost like you're putting a band aid and it does help to reduce the behavior, but it is still a band aid. It will reduce those but it's just kind of like band aid where the cause is not taken care of. Now there is a possibility that in the future they will be able to reduce the cause of the autism, disability in the brain.

Q: How?

A: But that's only if humans evolve. If they will learn from this children that are here to teach us.

Q: She's doing very well isn't she?

A: She's trying. It's hard for her.

Q: Is there anything else that you want to tell her in continuation of that topic?

A: Until the people have realized what they're doing, the children will be coming because they're here to teach. She wanted to know why certain families get those children and certain don't.

Q: Tell her why.

A: It's mostly karmic, those are lessons, in her case he came here to teach her how to be a child, and her soul came in to experience that, because that is how she is going to learn patience.

Q: What planet is she from?

A: She's an ET.

Q: What is the connection with the ET?

A: She wanted to know about the correlation to the previous session. She was shown that for a purpose. But they said I have to return because this is what I have chosen. So in this session I wanted to know my connection with ETs.

Q: What was that?

A: Space ship with the ETs

Q: Why was she shown that?

A: We were trying to lift up her spirit. She was doubting herself.

Q: Just like she did at the beginning of this session.

A: She always does. We just thought that it would show her who she is, it might help, and it did!

Q: Will this session help her?

A: It will in a way.

Q: Is there anything else that you would like to tell her at this time because in a few minutes I am going to bring her back into the room, anything else that's important?

A: She senses things, she has the ability to receive the messages, she wonders about that, doubts herself. She questions if it's coming from her or coming from the Higher-Self.

Q: Can you give her a message in any way, shape or form, to understand that it is you?

A: When she learns how to put herself in a trance, she will see the difference because that's one of the things that happen when you put yourself in a hypnotic trance. You open up the connection to the Higher-Self. And that's going to be a way that she will be able to tap into her Higher-Self, by knowing that it is the Higher-Self versus her stupid mind getting in the way. Well it's not that it's a stupid mind, it's just so limited to the comprehension of things. I am talking through her body, but she's also present and she's still doubting whether half of this information is coming from me.

Q: When she listens to the recording there will be no doubt in her mind.

A: It will be, trust me.

Q: But the information that she has received is beyond anything that she could ever dream of having. So is there anything else before I bring her back in the room?

A: Yes and No because most of this information she already knew. She just needed confirmation. She is in direct contact with the Souls and her Higher-Self, that's why she knows all this but she doubts herself.

Q: So, I' like to thank you very much and I'm going to bring Anna back into this room in a few moments. (This message was given to Chiara)

A: You are going to be, what you have planned for yourself, it will come true. You will go far beyond where you are right now, you have the greatest ability to reach out to people, open them up, which you did for her, and not many were able to do that. You have a very high ability to get to the core of a person problem, issues. You're very intuitive and we will help you on that path. Which you know that already, you know the higher forces. Don't beat yourself over not having a child. I know deep down you want to, but you're in a crossroad as to have it or not, you're right, there is a little girl for you, she looks just like you. She would be a mini you. She's an evolving spirit, she would have a lot to learn but she understands whatever decision you come to.

Q: Can you tell her I love her?

A: She knows that!

Q: And whatever happens I love her.

A: Energetically it's all connected. You guys are so funny, you go "Can you tell her that I love, and can you tell her this etc." They know it, you don't have to say it. Send the intent, that's all you have to do just send and intend.

Q: It's all about the intention, isn't it?

A: It is and she knows that. It's intention and in a way, that's the telepathy, one of the things Anna was wondering was how do you communicate telepathically? It's the intent that you send out to the person or the object.

Q: Without the ego?

A: You can communicate with an object as well.

Q: But without the ego right? It's from the heart.

A: You cannot communicate telepathically if you've got the ego, it's got to come from the heart, but it has to come through your mind.

Q: So that there's that connection between the heart and the mind and so this is here humanity should be going?

A: It comes through the heart and then out through the mind.

Q: That's correct, that's exactly how I see it. Thank you very much.

A: She was told that she can communicate telepathically with her son, she can connect to his third eye, he comes from the universe where he communicates telepathically but right now the problem is that he doesn't receive the messages.

Q: Is it in the wrong form?

A: It is.

Q: Tell her what form it should be in.

A: He lost the ability to receive that when he reincarnated.

Q: Will that come with time?

A: Possibly.

Q: What can she do to...

A: She can continue to send the thoughts to his eye and that might help, but it's hard because his brain is wired differently. She was right about the mirror neurons. There are neurons in the brain, they are called mirror neurons, his are basically messed up.

Q: Is there any way that we can heal that?

A: I'm trying to see if it was caused by childbirth. There was a trauma for him going through childbirth.

Q: Was it through the canal? What happened?

A: He couldn't push head for a long time. And she knows that. His head wouldn't come out. And it caused damage to his brain because of that.

Q: Is that reversible at all that particular damage?

A: It might be in the future, but humanity has not evolved with the technology yet. There is a possibility... There is a higher percentage of that happening than not happening. But I don't think it's going to happen in his lifetime.

Q: Is the vehicle OK? Is she getting tired?

A: She's good, she's got strong energy.

Q: is it appropriate to bring her back to this life and into this room?

A: We're looking into another question about the vaccinations causing...

Q: About the vaccinations?

A: I'm trying to look into that, his body, to see if there is a correlation. There is, it alters the DNA, she was right. By implanting the virus it alters the DNA but in her case, with her son, it was a trauma of the brain going through the birth. But the vaccinations didn't help either.

Q: They didn't help, did they?

A: They added. It was kind of like double whammy, but it had to happen.

Q: It was his path, right?

A: He knew he was coming in with disability. He knew.

Q: To teach her patience?

A: That's correct.

Q: Is there anything else? Is it appropriate for her to come back into the room now?

A: Yes.