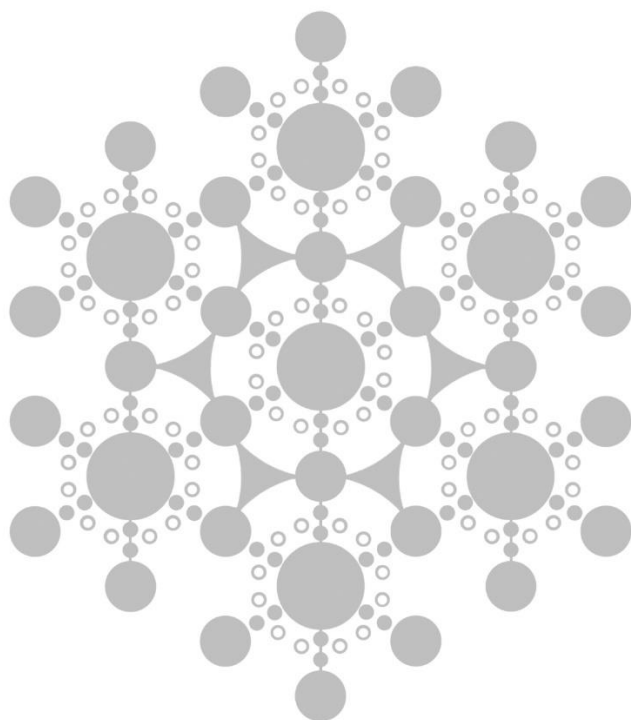


HEALERS OF THE SPIRIT

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Arcturian information
about health and consciousness



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The author of the book does not offer medical advice or recommend the use of any technique to treat physical or medical problems. It is only intended to provide information of a general nature to assist in the pursuit of holistic wellness. In the event that readers use any information from this book, since they have every right to do so, the author is not responsible for the actions of said people.

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*To my arcturian family.
We will always be united
from the heart.*

Index

Introduction.....	11
1. Connection with divinity	15
2. Creators of our reality	19
3. It is always a self-healing of everyone	23
4. The healing.....	25
5. We are all free.....	27
6. The time to heal	31
7. Unique patients, unique treatments.....	33
8. Context of the disease.....	37
9. Freedom to be.....	39
10. As an equal.....	41
11. There is no healer without health.....	45
12. Contribute from uniqueness.....	47
13. In constant evolution	51
14. Always be a healer.....	55
15. Fear of disease.....	57
16. There is only eternal life.....	59
17. Never impose, never insist.....	63
18. Procedures in children.....	65
19. Medicinal plants	69
20. Healing with energy.....	73
21. A good energy channel.....	75
22. How to dance with energy	77
23. The minerals.....	81
24. Beginning and end of a healing session	83

25. Ether information.....	85
26. Manifest miracles.....	87
27. Group healings	89
28. Distance healing	91
29. Healers of the spirit	93
30. Frequency interference.....	97
31. Personal frequency.....	99
32. Factors that delay healing.....	101
33. Organ transplantation and rejection.....	105
34. Gaia's health	107
35. The viruses	109
36. The emotions.....	113
37. Diseases and lifestyle.....	115
38. The cause.....	119
39. Trauma.....	121
40. Chronic pain.....	127
41. Genetic diseases.....	129
42. Healthy lifestyle.....	131
43. Meditation.....	133
44. Allow your growth.....	137
45. Self-healing	141
46. The enthusiasm	147
47. The arcturian healing technique.....	149
48. Permanent and non-permanent damage.....	151
49. The technology.....	155
50. Heal society.....	157
51. Change for the world.....	159
52. Helping others.....	161
53. From the heart.....	163
54. Inner guide	167
Final message.....	171

Introduction

I came with the mission to bring healing to Earth. Like all of us born on this planet, I lost my memories, so my life journey was quite varied until I aligned myself with who I am in my essence and with what I came to do.

My contact with the Arcturians corresponds to a soul contract that I made before incarnating, because all of us organize some synchronizations in order to better align ourselves and achieve our goals. But it also corresponds to an agreement that I made being with them in a past life. I was an arcturian healer and I was very happy. I made bonds from the heart with people similar to me, friends that I made as a child in the *arcturian healing school*. They are my contacts today, my best friends, along with other friends and great teachers, who support me unconditionally and help me on my way. They are my guides, masters of the word, who perfectly answer the most difficult questions and who have allowed my growth in order to share wisdom with others.

The Arcturians are a very advanced and complete star race. They are people very different from us physically and with amazing technology. They have a very high consciousness, where they see others as equals, without separation, so there is no prejudice or violence in their societies, only understanding of the other. From childhood, they are educated with the highest values of equality, unity, respect, empathy and freedom, which you will see reflected in their words in this book. They are encouraged to create, to be who they are in their essence and to act in relation to what their hearts dictate. They like

design, visual and musical arts, being one of the star races that have made more of the crop circles. They have a very complex analytical thinking, and view each situation from several perspectives at once.

When I lived with the Arcturians, I brought with me healing knowledge from previous lives, from other star cultures, but I perfected with them the medicine of plants and they taught me one of the most important concepts: that each person, being unique, needs a unique path of healing; and that healers, to help in a better way, must adapt to each one of them. This is explained in some chapters of the book, dedicated to healers.

By healers we mean all those souls who feel the call to heal the world, whether through the word, their own projects, eastern and western medicine, holistic therapists, psychologists, nutritionists and others.

Those who gave me the information for this book, through channeling, correspond to 10 arcturian healers from the Dieslenti-plex line. The information they share with us, in their own words, is based on universal healing knowledge, which not only corresponds to their personal techniques, but to a much broader field of universal information. They have adapted it to what is best for them according to their own criteria, but it is universal, so it adapts well to any race, including the human race, where *balance is health*. This book explains in detail how diseases work and how to get back into balance, so it is also written for all those who have a physical illness that they want to heal from.

The idea of the book was born when they were reminding me of what I had learned with them in my past life, in order to help with more knowledge. I felt the call to share it with others, for the quality of the information, so we continued the sessions thinking not only of me as a healer, but also of all those who would read this book, adding topics of interest and that could be of help.

In each of the chapters you will find information that will expand your consciousnesses. It will be like walking through the stars, where in each of them you will find teachings that will enrich and heal your

lives. The Arcturians deliver the information with related metaphysical topics, elevating you and leading you to an understanding from a greater perspective. Their messages are very empowering, they incite us to create, to direct our lives, to heal and to continue despite everything that happens around us. It is by far my favorite book, and I hope you love it just as I love it.

The information is to be shared and this is our way of helping the Earth. What follows next corresponds to their information, in their own words and from their own hearts. We hope you enjoy it and help you on your journeys.

Thannefa

I sign with the name I had in a past life, being an arcturian healer.

1

Connection with divinity

We all have a *divine connection*, because we are souls of the Source. There is no person with a soul who doesn't have this connection. We are, first of all, divine consciousness, which experiences existence in a physical body, to have an experience on the material plane.

Our connection with divinity can be interfered with by situations that we experience, as well as by our ways of being, finding people who live at different levels of consciousness or closeness to the Source, our essence or who we are on a more essential plane.

When we talk about Source, we talk about the union of all the souls or consciousnesses that inhabit the universe, which is all that exists. Each and every one of us belongs to the Source, we are an integral part of it, like holographic fragments that, at their highest level, are only one.

Our current situation on the material plane will determine how close or far we are from home. This connection is indelible, it will exist as long as you are conscious of your own existence, which occurs when we focus on looking at life from an individual perspective. We all see life in different ways, it will depend on our point of attention from the Source, on what that part of the Source, our soul, wishes to experience.

If we look from one point of view, focusing on a part of reality, we can develop a perspective that will contribute to the greater understanding of the Whole. That is who we are, a point of view or focus from Source. From a particular experience, we can live specific situations that will help us on our path of growth, as well as we will be able to enjoy certain experiences focusing on that specific point of

attention. No experience is considered wrong, from the Source's point of view, since everything contributes to our growth and enriches our experience.

All of us who live in a physical body presents this connection to that elevated plane. Or, more than presenting, we are already that considered elevated, experiencing a type of mundane experience, which allows us to live the life we desire under the principles of free will that each one has.

The experiences we choose to live will be related to what we desire as souls, with our particular tastes, with our ways of being or essence, with our evolutionary level and our capacities. If we look at what we have experienced, we will see that has a tendency, and that we are unique and unrepeatable in our actions, feelings, perceives, desires. It is the variety that occurs in the universe, because we are free to decide about our lives and always will be. Being focused from a particular body helps us continue to live the unique experiences that we desire as souls.

All souls united form the Whole. And, in our essence, each one is the Whole, each one is the Source.

Within us we find the internal guide that will lead us to the places we want to get to. Your connection with divinity will allow you to hear what it has to say to you, what advice or guidance it wants to give you, where you should continue, what actions to take and how to lead your life in general. This connection, through your intuition, will indicate the way to go.

If you follow your inner guidance, you will always grow and achieve what you set out to do from higher spheres, before incarnating. That is why your connection is so important, because you will be able to go where you need to achieve your purpose; whatever its nature, because there are no small or less important purposes, all are worth a lot for a soul.

When you manifest or create your reality, you do so from that individual connection to Source, as a creative soul. The closer you are to the Source, or the greater is your connection with the divinity that

you are, the faster you can manifest situations in your reality, because you will have the tools to achieve it more quickly. If your connection with the Source is weak, you will not be able to manifest situations to your liking quickly, so your path of manifestation will be affected.

However, we all have that connection. Farther or closer, we are all gods.

Your connection will allow you to follow your intuition and know where to go. When you are connected, you will see the world around you more clearly. You will have more information or awareness about your world, which will allow you to know which paths are better, will help you make decisions regarding situations that will favor you and others. No matter what people around you think, you will have the clarity and certainty that the path you are following is the one that corresponds to you. You will not have doubts about it, you will see it clearly.

You will also be able to visualize which paths are better to take for others, so a good healer will be the one who has a high connection with divinity. This connection will allow to better guide the person who is disoriented, along a path that will visualize as the most appropriate, according to the information that has about the patient. Understanding that we are all unique, the healer will have the clarity to take the patient on the path of healing appropriate to that unique person.

We all have a particular way of being, tastes, ideas and everything that defines our personality, so all forms must be respected and should never impose a treatment suitable to the healer, but offer a type of treatment suitable to the patient. The type of treatment to be carried out will be related to the tastes and condition of each patient. Their free will must be respected in deciding whether seems appropriate or not to follow the path offered, as well as their intentions to heal or not, understanding that everyone is free to choose what to do with their lives.

2

Creators of our reality

Healing begins when the patient is willing to be treated, when his or her intention is to heal. In most cases, patients who integrate complementary therapies have the intention and the objective of healing.

Initially, it may be more confusing to try paths, see which one will work best for him or her. But as he walks, he will find one that will serve him in his particular process, as a support to complete his healing.

As long as the intention is to heal, it can be achieved by dedicating time, perseverance and focus to the healing process. Individuals who need support in this process may have it from healers, who will be willing to accompany and guide them on this path.

We all have the potential to improve a physical-emotional condition, because the key to achieving it is in each of us. We are the beings who create the healing or create the disease. We are the creators of our physical, spiritual, mundane reality, and our entire existence. If we create healing, we will create a life that will serve us better, in order to create other realities that will contribute to our paths.

We are gods who create worlds and our own world. Our reality is lived as a process in which the person is the one who attracts the events to his or her life, regardless of age. With our thoughts, emotions and feelings we are orchestrating what we will attract.

We are always free to create what we want and need in our lives. When you think of something, you will be attracting it into your reality, so controlling your thoughts will be controlling your life. Each one, as a creator god, has this power, because it corresponds to our power as a creative consciousness.

Whenever we imagine an option, we can create it, because from the imagination starts the attraction or creation of the event that will be presented in our lives. When we create being conscious of this capacity, we can manifest everything we want. Attracting what we want towards us, implies knowing how to control this creative power.

When you create your life, fear is unnecessary, because it will be you who directs your life at will. All who make this power theirs, will live in peace, because they will know that they are the ones who will manifest consciously what they need and want. When people have a victim mentality, it is because they have not yet discovered their power to create their lives to their liking and greater benefit.

We can all attract the events that will make us happier. It is deciding what you want and projecting it into your future with confidence and conviction. It is attracting what you put your attention to. You put your conscience into something and you will already be creating in your future something similar.

Everyone can regain their creative power and create their lives at their own convenience, according to their interests, tastes and what they consider will contribute more to their lives. When you are sure of your creative power, you are able to attract whatever you need.

We all have our dreams in mind. If you focus your attention on them and start walking the path, the options will open up so that you can reach them. It is keeping your focus towards what you want the most, because then they will begin to come true.

Never stop dreaming what you want, it is your dreams that will give rise to your new creation. When you feel sad because you have not been able to fulfill your dreams, always keep them in mind, because there will always be time for you to manifest them. Your soul is infinite, this means that your time is infinite too. So it is and will be, forever.

When you are dreaming, you are calling your dreams, you are manifesting them from that energetic plane into the material world. Everything is consciousness that creates the matter, without con-

consciousness there would be no matter. Your dreams are your consciousness creating what will later be manifested in your world.

Never stop dreaming or wishing, that is the key for creation. Continue your path understanding that there will always be time, and that you will always be free and able to attract your own creations. That is your power, and it will always be there, within you.

3

It is always a self-healing of everyone

We share the same home. We share an environment that allows the exchange of information. Just as cells share and affect each other, we do the same, constantly. If you are in a remote and isolated place, you may have less interference with others. However, this union will always exist, because, in essence, we are all connected, or rather, we are *all one*.

Due to the above, the limit between self-healing and healing another is not clear. When you heal another, you are healing yourself; and the person who heals himself or herself, is healing you.

We can all heal ourselves or let others heal us. There will always be many ways to reach health. But it will be *everyone's self-healing*, as we are all one.

We share the view that always occurs a self-healing of the person, regardless of the methods that healers use.

Healing yourself to heal others is used in healing groups. You can heal others by healing yourself and affecting them, due to this connection that we have between all, which occurs on an etheric level of frequencies.

We must be aware that everything we do, who we are, will contribute to the world. Everything we do for ourselves, we will be doing it for the others as well.

4

The healing

When we have a disease, we must worry about our healing first. There will always be a way to heal, even on Earth with the difficulties of the current medical system. Because the ways are at hand, so it will be up to each individual to carry out his or her healing.

As long as you have the will to heal, you may find the ways to achieve it. If you find yourself in a complicated health situation, and you don't see a possible path, look for it. Always, the one who seeks, finds.

We have in us the wisdom to heal from an illness, since they are born, mostly, from the person. Every person who is in balance manages to remain in an optimal state of physical health, because the physical body is a reflection of the interior of the self or consciousness.

We all have within us the keys to self-healing. We have everything we need to regain our health and live in harmony with our self. If we look at the times when we have become ill, it is usually due to situations such as poor diet, combined with continuous stress and bad habits, as well as manifestations of unresolved emotional processes.

When someone is asked to assist in the healing process, it is because there are those who can better guide the way forward. These health professionals or healers must assist the patients to discover together the cause of the disease.

All people who want to heal, can choose one or more of these healers, as complementary therapies to the internal process that the individual has to do to achieve self-healing. Healers will be a support

to health, but they will not be the ones who will heal the others in the first instance, because *it is the person who heals*.

In cases of serious illnesses, such as cancer, a cleansing must be done in the whole being: physical, mental and emotional. These are diseases that endanger the person's life and must be addressed comprehensively. A cancer cannot be completely healed if the person continues having the same habits that are harmful to their health, because those *feed* the disease. When a disease is viewed holistically, and treated holistically, healing is successfully accomplished.

If we see a diseased person, it is a sign that there is something to balance in his or her being. Being well in an integral way, his whole being will work in concordance and harmony. When we understand the concept of comprehensive health and see a disease from various angles, not only from the physical part, we can reach the solution and cure of the disease.

When we try to heal another, we do it because the person wants to recover his physical vehicle to continue with his current life experience. We, the healers, contribute in this way, helping the person to continue with their current physical experience, if possible. There are many cases of people who have cured of malignant tumors, when the prognosis given to them was death. It is never too late, there is always time to try something else.

However, if the person cannot recover, it is important to remember the fact that we are infinite consciousness. Our reality goes far beyond this physical body, continues beyond, transcends physicality. When we talk about death as such, we talk about a change of house, you leave your house to look for a new one. The experiences will stay with you always, they will be part of who you are.

Never forget that, dying is only one step to get somewhere else. When the concept of death is understood as a step or change, it becomes more bearable and less painful.

5

We are all free

When we start a treatment, it is done with the *intention* of helping the patient to improve the condition that is affecting him or her. This intention will energetically open the synchronizations that will lead the patient to complete the healing. The universe or Unified Consciousness listens or feels these intentions. When the intentions are in harmony, the universe responds and allows the synchronizations.

If a person has interests in not healing, because being sick brings him benefits that he doesn't want to lose, then this path will be hindered and it will become a struggle between the intentions of the healer and the real intentions of the patient.

Every patient can be taken by his family to a healing center, with the good intentions that he improves. And there are times when the person follows what his family wants, but inside he doesn't want to improve, because he doesn't want to continue on Earth and sees the disease as an escape route.

All people interested from the soul in healing, can achieve it, because they will be energetically synchronized with the universe that will lead them to heal. The intentions, although one doesn't perceive them as something material, are even more important than the disease itself, because all diseases respond to the consciousness of the individual.

It is important to understand that everyone is free to decide whether or not they will heal. A disease can fulfill a teaching purpose in the person, may have to learn or realize something important that will help him in his expansion as a soul.

Freedom of choice is always considered as the primary right of a soul. We are all unique souls who choose to walk a path that will lead us to what we want to achieve as a purpose. If you interfere with the purpose of a soul, you will be diverting it from its path, from what it wants to experience.

When we focus our attention on ourselves, we guide our own path, which is ours by right, and we freely choose what we want. The freedom of each person shouldn't be interrupted by a third party who wishes to guide their decisions at his convenience. Just as we desire freedom, so do others. We are all free.

In the case of a person with a disease, the healer will be there as a guide, offering his help with his wisdom, and it's the diseased person who decides on his life. When we start a healing session, it is key to understand this concept: one helps, but it's the person who decides to heal, not the healer who will impose the healing.

All people who wish to heal, will make an effort and look for those who can help them. Healers will be able to help them in what the patients are willing to receive. We all have that freedom, we are free, those who are very sick are free too, because they are the leaders of their lives.

A terminally ill person should also have the right to decide, as long as he or she has the conscience to do so. You shouldn't do what the family expects, but *respect the patient's will*. When someone seriously ill is admitted to a hospital, it is important to take the measures that the patient wants, no matter what they are. They are the responsible for their future, they are the ones who choose, not the family.

When a body is so damaged that it loses conscience, the best way is to let the person leave. Because when a body is kept alive by force, the consciousness remains anchored to the body and cannot be free and leave. For a soul, there will always be more possibilities to incarnate in other bodies, keeping them by force only perpetuates suffering.

A soul departs when it has decided that it's time to depart. Letting it go after an accident is letting that soul continue its journey.

We all have in us a previously planned *life map*. This map has decided some places where the person will be, some people he will meet, some actions he will take and also choices to make once incarnated. These choices to make are also related to dying, because not only you have a single departure date, you can have several exits, which will decide the person and/or the soul when is already walking the path.

Deaths caused by quick diseases are exits for the souls.

All people can choose with full freedom of action, the map is only for orientation. Because what will count at the end will be the decisions that each one makes. We like to follow our hearts during the journey of our lives, to be free and act in relation to what we think is most convenient along the way. All the decisions are made around what we *feel is best*, and those decisions determine our growth.

As creators, we are constantly creating our future with the decisions and actions we take. All of us have this power to create our lives, to desire what will come our way and continue to fulfill the goals that we desire from the heart. Because we are people who seek the expansion, not victims of an external force that drives us as they please.

We can all create, and we are free to do so at will. Feeling free, and letting the others be free, we allow a world in freedom, guided by the people from their own hearts.

6

The time to heal

There is an adequate period of time for the development of a healing session. It will not always be the same for each patient, it will depend on the needs, so you have to be open to be with them as long as they need. When a session is rushed, you will be pushing a process that needs to occur in a certain period of time.

Everything is very accelerated on Earth. People feel that they lack time. Everyone is in a hurry and healers too. The patient should be given the time he or she needs, allowing the healing process to flow. If you give space to healing, it can be carried out. Without rushing it, just flowing with the time it takes.

It doesn't matter how long it takes a person to heal. Going slower or faster will depend on the needs of each patient. What matters is that he evolves, that he progresses. *Constancy* will allow to achieve the healing.

When we talk about time, we talk about a linear process of events shared by all consciousnesses that inhabit the same place, so that the events are coordinated and people can function in harmony.

Time does not exist without a consciousness, because time is recreated by the consciousness. All consciousnesses that inhabit the universe recreate a certain linearity or progression, in order to fulfill the soul experiences that they need.

All the people who share a space and density, share a certain harmony in the time they perceive. Even so, all people will always present a different type of time, since each consciousness will perceive time in a personal way.

When two people share together, they can synchronize time if they share a similar *tune*. But if two people are in different life situations, it is likely that one perceives the speed of time in one way and, the other, in another.

In case of death, the soul doesn't perceive time as you perceive it there. And in other densities, time is perceived more freely, being the events that determine the passing of time, rather than the hour itself.

All linearity of events is perceived as such in order to build a sequence of life and development of a soul. Sometimes it will be necessary to perceive more time and, at others, it will be more imperceptible. It will always depend on the consciousness, on what it is experiencing. When we seek to perceive time, we do it to achieve the expansion or progress of a soul that goes from one point to another, going forward.

Time is perceived being incarnated. When you don't live in a physical body, and you are in a more etherical density, then the perception of time will be much less and even null. When one is the Source itself, time is not needed, therefore, it is not perceived. It has no purpose, so a consciousness will not perceive it or manifest it.

The fact that you are guided by the clock, causes the synchronization of your consciousnesses regarding the perception of time. If you did not occupy it, you would see that you would only be guided by the solar events, day and night, constellations, cosmic events and others. You would be free from the clock, which is how people live on the other planets.

7

Unique patients, unique treatments

All those who comprehend this information, from a high point of view, will understand that what interests us is to help you in the creation of a healthier society, where the person is considered a priority. It is important to accept the patient as a unique being, and to understand that he came to you because he needed direct guidance and support from a healer who can understand his imbalance in a broader way, in order to be guided on a path that will allow him to heal.

All paths will lead to healing, if the person wants to heal. Some paths will shorten the way and, others, will be longer. The important thing is that the person chooses his path. The options will be at hand and it will be the person who will finally decide which one to follow. Because it is the person who, with his free will, decides on his life.

Modern medicine provides a single path for each condition, which is determined by what is established by the system that governments dictate. It is all preset and controlled by members of the Elite, who to date run the global health system.

All the conditions that a patient may suffer will depend exclusively on his way of seeing the world, his lifestyle, his thoughts and his actions in the face of events that put his health at risk. So, each condition must be taken as a unique case to treat, seeing the patient as a unique being.

By understanding the patient, the reason for their physical, emotional and mental condition can be understood. Each patient, if given enough attention, will give clues as to why their illness was generated.

Taking into consideration his unique condition, the healer will be free to offer a path that considers appropriate for his type of disease, considering all the variants that he manages to visualize regarding his particular case. All the variants will indicate the most appropriate path to follow, and that's when the healer delivers a treatment that suits his needs.

Healers should help the patients change certain habits that may be harmful or going against their health. Guiding them about changing certain habits will help them get back into balance.

All habits are subject to and influenced by the environment and culture in which the person lives. To help a patient change a habit, you will have to give him other healthier alternatives, so that he can change his routine successfully. Changing to healthy routines will allow the person to live in a healthier environment, which will positively influence his health.

All suggested routines must be able to adapt to the person's life, because many times it can be recommended to follow a routine that cannot be integrated into his lifestyle. So, it must be adapted to the comfort of the patient, so that it can be integrated correctly and will positively affect his reality.

Likewise, every person interested in healing, will make an effort and adapt his routine to a healthier one suggested by the healer. Because he will understand that he needs to make changes in his environment that will allow him to be better.

All healers consider the environment in which a person lives, because it is the one that generates the favorable or unfavorable conditions for a disease to develop, so it is of utmost importance to pay attention to it. It will not be necessary to go into details regarding his personal life, only consider the most important points that may be affecting him, because it is also important to maintain his privacy so that he feels comfortable. If the patient is interested in sharing more, then it will be fine. If there is something he doesn't want to share, his choice must be respected.

We all have a private life that we care for, and we deserve the respect of others in what we decide in our lives. Respect for life is intrinsic to life itself, since we consider it sacred. You should not play with life or unnecessarily endanger it.

Being a healer corresponds to an elevated task, because you try to preserve the life of the other, you help a person to stay alive.

8

Context of the disease

Understanding the environment in which a patient lives will give you clues about what may be affecting him or her on a mental-emotional level, because you will understand the *context* in which the disease developed. If your eyes look deeper into the situation, you will be able to obtain more information that will allow you to provide a more appropriate guide and treatment.

Here, we include the person and their context within the equation. It is an important part to consider when it comes to understanding a disease. It will give you the clues you need. The context will give you guidance on why the disease developed in the first place, and will allow you to understand what conditions in the environment and routine are necessary to change.

A person is understood as a global being, who is affected by the environment. This is why there is so much disease on Earth, because the environment is not optimal for the body and spirit. Life becomes so difficult that it generates countless physical illnesses as a consequence.

Being on Earth, as a healer, is being where the most help is needed within the universe in which we participate. Star healers have come to Earth to assist in their healing. They are brave souls who signed up to heal consciousnesses and thus help to heal the bodies, in a mission that begins with the awakening and alignment with their soul purpose, then the study and learning, to end up helping as a healer. They must remember why they went to Earth, and then re-learn everything, despite all the difficulties they encounter along the way, difficulties that will often try to divert them from their mission.

Keeping the enthusiasm, and being aligned with what you went to do, will help you continue. It is important that you remember your purpose, why you are on Earth today.

9

Freedom to be

When we start a healing session, we must consider that there's the necessary empathy between the person and his or her treatment. All treatments must meet the requirements requested by the patient, because only then will it go into alignment and be beneficial to him.

We are all here because we want to. Each one is in the place that wants as a soul, that they chose before incarnating and has chosen in the present. Without the consent of a soul, we could not be free and achieve the expansion.

When someone oppress us from somewhere, it only contributes to break the rules of freedom. All freedom must be respected, because each soul deserves respect and to choose its own path. When you try to oppress another, it is done because the other person is going against your own existence and, as a defense mechanism, you oppress him. But it should never be done for the simple fact of wanting to go against the other.

Freedom and life must be respected whenever you live together, they are *core values of the souls*. Our life will always be sacred, because our soul is sacred. The lives of others must be respected and cared for. And we are not only talking about people, but also about plants and animals, about all life that inhabits the Earth, including the planet itself.

When you want to be free, you must respect that others want it too. You cannot force others to act in a way that will serve you. You must act in coordination with what *you decide and the other as well*. Mutual respect for life and freedom.

We all have dreams we want to achieve, and we all have an idea of how we would like the events to happen. When living in community, everyone's ways of living must be respected and everyone's tastes must be integrated. In communities, you can find different types of people with different expectations and interests, so everyone should be included, not just the majority and not just a few.

We are all energetically coexisting in the universe. Respecting others is also related to not negatively affecting them with your energy or way of being or acting. When there is a negative person, he negatively affects the others. So you must have the enough conscience so that your way of acting does not harm the others with whom you live.

You must always be conscious of the other, and you must understand that the others, in their essence, are equal to you. When you go against the other, you will be going against yourself. They are *another you*, living and growing in other directions. They expand to one side as you expand to the other, and thus the entire universe achieves the expansion.

10

As an equal

Healers have to be seen as family, as an equal, not as a god or someone who is above the patient, as seen on Earth. We are an equal and we act from the heart and not the ego.

Who heals better is not important, but the patient is the priority, he is the one who needs help and on whom the attention should be focused. In this way you allow the healing of the other, because the energies go to the other person.

The academic degrees are not important, what matters are the actions you carry out as a healer, which is what defines you as a person and what gives you real value as such. Being present with the patient and helping him or her from the heart is the most important thing.

Each one has to know how to listen to himself, to see what the real intentions of being a healer are, if it is for ego or for the genuine intention of helping the other. When your intentions are pure, you allow the healing, because you are in connection with your soul and the Source. That is the important thing, your heart. Here, the healers are pure of heart, kind, we deliver healing from the heart, united with the person, being one.

When you act from the heart, you understand the other. Not from judgment. Compassion acts from high emotions, from love. The mind will help you understand other factors, to unite loose ends, to get to the cause, to the analysis. But compassion is from the heart, you cannot do it from the mind only.

When you are with the patient, you must know his history, what it is that leads him to be there with you, you must try to deduce what

is the real problem that affects him. Many times, they will tell you something, when in reality the problem lies elsewhere. You can help the person to realize things that he doesn't see from his own perspective. Your level of consciousness and knowledge will allow you to help him in a better way.

When you visualize the problem, you have to find a way to let them know. Because many people will not understand it if you say it in your way, but they will if you say it in their way. Empathizing helps in this task, seeing the other as if you were him, and acting as if you were that person in his already healthy version. It is like coming from the person's future, already healthy, and talk to him.

He has to see you as a close person, as a friend, as if you were himself. Because when the person sees you as someone foreign and distant, he generates a barrier that will prevent him from connecting with you and with the message you want to deliver.

If you look around, you will see a huge variety of personalities, all different. By understanding the variety, you understand that each one follows his own path, with his vision of the world. Accepting this variety, valuing it and understanding it, will help you not to emit prejudices, only to accept the others.

When you understand that everyone is unique, and you accept them, you can empathize and be part of who the person is. You understand him from his point of view, you see life from his eyes, so you can know how to help him, what he needs. And it is the way in which the person will be able to understand you and heal, because you will speak to him in a familiar way, as if his very soul spoke to him.

That is the most difficult thing, *being the other* at that moment. When you understand him from the heart, not the analysis, you understand his situation and you help him from closeness, as an equal. You will achieve the connection and the understanding of what is happening in his life, and you will know how to act in his case. You will know which path will be better as therapy for that person. You

will know how to understand him first, to then understand what his therapy will be.

There are many cases in which a person is given an appropriate treatment for his situation, but it doesn't help him completely, because he did not feel comfortable with it.

When we understand the other from a universal perspective of unity, we understand how it is better to act in his particular case. You can empathize if you connect from the heart and unity, understanding that the help always occurs due to your intentions to help and not for financial interests. The economic benefits will only come as a result of helping the others with love and with the mission of contributing to the world from that area that you like.

Energetically, you don't help the other just thinking of you individually. True cooperation occurs in unity, seeing the other as an equal, from the heart. When you help in this way, it is rewarding, because your intentions will be pure and you will heal together with the person you helped, being in direct connection and unity.

Thus, the universe heals, in consonance and unity, being you part of it, your patient and all the other inhabitants, in communion and help, in cooperation and harmony. We are not so different from others, because at the end we are all the great Unified Consciousness, the great Whole.

We are all the Whole, in a dance that will never have an end and never had a beginning. We have always been siblings or roommates and, although we separate, we will always remain united and acting for everyone, on a global level, from each individuality.

We are one unit. Separation is just an illusion.

11

There is no healer without health

When you heal another being, you heal yourself, being all one. When your intentions are to heal others, you are seeking to heal yourself, as the Whole we are. If you look for ways to heal yourself, you heal the collective too, by being part of it.

The interaction with others occurs at the level of the ether or Source. We are all intimately related and interfering. When you seek to heal yourself or others, you will be contributing to the well-being of each and every one of the beings that inhabit this universe.

The qualities you have to heal yourself will have to do with your qualities as frequency, those frequency waves that define who you are. You, by managing who you are, can manage your energy frequencies towards your well-being. If you integrate your frequency of self-healing into the other, you can change the frequency of the other towards self-healing. If you radiate health and balance, you will radiate those frequencies around you, due to the energy interference that occurs. Being you in a state of health, the frequencies you will emit will positively affect others. When you manifest health, you will project health on others.

The interference occurs at the molecular energy level, it is something that is not perceived by sight. You can feel it, yes, but you cannot see it. That projection that you make as a healer will be felt by the person, providing in him or her a frequency of health that must be focused on your own health.

There is no healer without health, it does not occur because the healer interferes energetically with the patient. Therefore, it is essential that a healer maintain his health stable, worry about his well-

being, his thoughts, actions, feelings, so that he projects health. It is no use saying that you heal if you haven't healed yourself before. You must show by example.

If there are cases where the healers need to heal, they will take that time for themselves and, once they have returned to balance, they will continue their task of healing others. This will occur in all cases of physical illnesses or imbalances at the mental, emotional, spiritual level, when a healer has had an experience from which he needs to recover or in any case in which he needs to regain balance. Another healer can assist him as well, collaborating in unity always.

Unity allows support for those who need more help. Solidarity allows to focus the energy on the well-being of all. Mutual help is important when we live together, it allows us all to be well, not just some. Allows to live in peace, because it will be known that whatever happens there will be a support to count on. You will never be alone and you will never feel alone.

Cooperation is essential in societies, so that everyone is well and everyone is happy. It occurs in societies with a high level of consciousness, where others are seen as equals, and everyone lives in peace and happiness. In societies of high consciousness there is always cooperation, there is always solidarity. You don't cooperate to your detriment, but contributing to the collective with what you have to contribute.

12

Contribute from uniqueness

Being focused during the session is very important. Here, those of us who heal, are people who meditate daily and manage concentration and to be present in the session. It is also our way of living, without mental noise, in the present, as a philosophy. It is important in our lives, as well as using our minds in a complex way to analyze situations, the holographic thinking and acting from the heart.

In that way we share the healing, being us from the heart and flowing. But the mind also has to be present, a healthy mind. Analyzing, thinking in a complex way, seeing in perspective, taking the knowledge learned and choosing which ones to use, prescribing medicines well, all has to do with a good mental functioning.

On Earth, neurotoxins decrease the intellectual performance, you have to be careful with them. Here they are not allowed, people are not poisoned, they are prohibited and are not used.

Taking care of mental health also means sleeping well, getting enough rest, or else the ability to think is limited.

Each person has a different type of thinking, they activate different brain areas, they have some areas more developed than others, they make different brain connections. Everything will contribute, as long as you are the best version of yourself, the best version of you being healthy. Each one also uses the area that most interests them: some are more visual, others more musical, others integrate several. The important thing is that you be yourself, complete, in harmony with who you are. Only in this way you can contribute.

You will always be a contribution *being you*, no matter your abilities, developed gifts or interests. Each one will contribute according

to their own individuality. Here, we also do it this way, each one is a unique soul that contributes from their uniqueness.

That is the call, that the healers be themselves, that they integrate who they are in their therapies, that they be the unique healers that they are. They can learn concepts in courses, but the most important thing will always be the individual development, integrating what most catches their attention. That will be a good healer, an authentic healer.

A good healer is free. Free of rules, free of forms, free of strategies. He uses his connection with his higher self to carry out the healing *in his own way*. The perfect therapy doesn't exist, all of them will contribute. It will be perfect when you find the one that suits you best.

If you are who you are within, if you reflect outside who you are inside, being you, not being another, being true, the real person you are, you will be happy and you will contribute from your particular point to the collective, you will contribute as the singular part of the all that you are.

When you do what you like the most, and you are happy, everything flows better. When you start a session doing what you like best, you start with a high energy. You don't do it out of obligation or for money, but because it is what you like to do the most.

All of us here do what we like the most, be it teaching, healing or expanding in the area we want, traveling, meeting other people; it will depend on the interests of each one.

If you are sincere, being you, and you manage to complement your interests in the therapy, all the energies will flow in harmony. The patients will come to you effortlessly, you will know what to do, you will grow as a healer and you will continue developing in your areas of interest.

When you are in your soul path, everything flows easily. If you are who you are inside, being the unique person that you are, you will succeed in making your project bear fruit.

Thinking of doing something just for the money will not make you happy. You will not be happy as a soul, because you will not be doing what your soul desires. The money will come as a result of doing what makes you happy, the paths will open for you to do well economically. You just need to create the conditions that will allow the other energies, as patients, to flow to you.

When you reach a state where you know what makes you the happiest, you can carry out a project that will be in alignment with your interests and that will bear fruit as a result of doing what you like the most.

13

In constant evolution

Whenever you start a treatment, consider the interests of the person, if he or she really wants to carry out the treatment that you indicate. Each one is free to follow the path indicated by his soul. If your intentions are to help that person, you will understand that the way to help him will always be the one that his soul has decided, which is what it considers best for that person at that moment.

We all choose a path according to what we need to experience for our development. If healing corresponds to what his soul considers to be better, then he will recover well. We all live what is according to what we need to live. From a high level, nothing is coincidence, but everything happens for a reason, so everything we experience allows us to grow by learning new things.

When you dare to live a new experience, it will give you new knowledge and learning, because it will show you new situations that you were not used to. It will be new information for you that will contribute to your life, like new tools that your consciousness will have that will help you in your life.

When we all learn, our growth as souls becomes possible and we integrate new information into the Unified Consciousness. Being in constant development and growth is important, since it allows your soul to learn from new experiences that will contribute as information in your life. All those who are open to learning will be those who, in a period of time, will achieve greater knowledge and expertise in one area, which will make them more correct in that area.

The area of medicine is constantly evolving, changing as new results appear. Staying with the studies that were given to you at the

university to carry out your work as a doctor, is the same as cooking a dish with the same ingredients always, without opening yourself to the possibility that, by integrating new ones, the dish could improve.

Nowadays there are many ways to achieve health, and all of them are evolving. When doctors open up to research, they allow to improve the health system.

We all have a set of knowledge that we have acquired throughout our lives, through casual learning and conscious learning or that we have decided to do on certain subjects. All learning paths will lead you to increase your field of knowledge. Expanding to one side or the other will depend on your particular tastes as soul.

We understand that it is imperative to be open to change your vision when new information comes into your life, which makes more sense than the previous one. When you open to changes, you allow your evolution and development in your area of interest.

In health, as it is constantly developing, it is important to remain open to change old beliefs for new ones that are better adapted to the present.

We all have conflicts to change our minds, thinking that, if we change, it is because we were wrong. But if you focus your attention on changing to improve your field of knowledge, it will be easier for you to change, because you will understand that you do it because better information came to you.

If you look at a point in your past, you will see that, who you are today, is a person with more knowledge due to your ability to integrate new information, which has helped you as tools in your life. When you research a topic from various sources, you can complement the information you already had and you will have grown in knowledge. Learning is a capacity that we all have, if you are open to it, then your development will advance very well.

You must understand the importance of always studying, especially in the area of medicine, where people's lives are at stake. The more you study, research and learn, the better doctor you will be. All medical malpractice cases occur when the doctor that treated his

patient occupied a wrong information, and this is due to not spending enough time studying.

If your interest as a doctor is to contribute to human health and life, you should dedicate part of your time to study, only in this way will you allow to better help your patients, and only in this way will you contribute to the development of medicine.

If you have doubts about an information, investigate until you reach the solution, which will be when new information makes sense to you.

We are in constant growth and discovery. Integrate new information and be open to change the information you had before. Everything you can learn will contribute to your future. Be conscious of the importance of always moving forward, of always progressing. Studying is a way of gaining wisdom.

Looking for more is a positive thing, there will always be more to find. If you consider that you have already reached the top of your learning, consider that there is no top, everything adds and helps your soul and your healing being. Life will show you that, if you think you know everything, it is not real, there is always more. You must always be open to knowledge, it never ends, it only expands.

When you learn that being a healer is a path, a process that you are developing, you keep studying and moving forward each day. When you have that attitude of always seeking and always improving, your knowledge will increase and you will be a wiser and more experienced healer each day.

Always look at your path as a healer that way, as a process where there will not be a title at the end, because it never ends. If you understand this concept, you will be free to have to study for an end, like the title, because there will be no end of the road, you will study for your always continuous development.

Occurs frequently on Earth to think that you have finished your studies and to stay with the same information for years. You have to change and adapt, there will always be new updated information, information that you had not considered before and that is correct.

We are not talking about a process in which the person will never be ready, because they can be, but the experience and knowledge that they acquire afterwards will contribute and help their growth.

When you finish studying something, stay open to change it and perfect it, because there will always be more, more expansion, more knowledge, better methods to use and better technology too.

The exchange of information is important for everyone's growth, mutual expansion, mutual support. It is what you can do among healers. If someone else empathizes with your method, they will use it, which will result in helping more people. Sharing is one way to help. Knowledge is to be shared.

14

Always be a healer

In the case that a person is complicated, lost, doesn't know how to get out of the situation he is in, you can help him from your knowledge as a healer. If you feel that you find a way to help him, you can share it with him.

When you are a healer, you are always looking to heal, always looking for solutions to what is presented, as a way to contribute. You are in constant learning and contributing day by day with your wisdom.

When you are a healer from the soul, you will always be, at all times, not just during the healing session. It is being who you are always, it corresponds to your way of living. We are still healers after the healing sessions, it is who we are as souls.

Acting as the healer that you are, will allow you to contribute from your place always, will allow you to be a constant contribution to society regardless of the place or situation you are in.

Being the healer that you are, will allow you to contribute to the world in what is needed. You can always contribute with something that is helpful, there are no small actions, all of them contribute.

Being a healing soul, you will always help the others. When help is needed, you will know from within how to help, because you will be a healing soul.

15

Fear of disease

You have to consider the *fear* that a patient may feel about his or her illness. When a disease is diagnosed, the person is scared, seeing the disease as something foreign to him that attacks him. He feels helpless against it or as a victim of something external to him.

This fear is unfounded, since we understand that the person caused the disease in the first place. Most of the time it is manifested unconsciously, but it is still the person who originates it. When he is made to see that it was he who manifested it, the person can feel the power that, just as he generated it, he can make it disappear.

The fear of an illness and what it will cause in the future as a consequence, not only doesn't allow to activate the personal power to heal, but it also energetically affects the general health of the person in a negative way. It makes them enter into spirals of fear, as a result of the thoughts that they generate, which causes them to constantly deliver that negative energy to the body, when they should contribute with positive energy. This generates a negative field in the person that will lead him to make decisions based on fear and to generate negative situations that will harm him even more.

Fear is a very low-frequency feeling that affects the entire body, so if you want to help the person to manifest healing, you must help him to transcend the fear and generate a contrary energy field, which will be the one that will lead him to manifest health.

With contrary energy we refer to love, peace, empowerment, happiness, bliss, goodness. Those will be the feelings that a diseased person should manifest, since those are the ones that will help him to

control the fear and get rid of it, and to manifest this energy that will act throughout his body, beneficially contributing to his health.

Every patient with fear can cause his disease to develop even more, because it will contribute with the energy of fear in its development. So, it is necessary to watch the way in which a patient is diagnosed with a disease, since they are all unique and they will have a unique ending.

We agree that diseases are categorized and that there is a diagnosis according to the type of disease. However, each disease will be unique in its development for each patient, and it is something that should always be considered. Giving a life span is only giving a death sentence.

16

There is only eternal life

There is always a way to heal, no matter the economic resources or the conditions of the disease. There will always be a way. Your role as a healer is to guide the person along that path. As a light, you will indicate the way to go, and the person walking that path will reach his final destination, which is to heal.

If you keep your light on, the person will know where to go. That light is the one that you carry within you, as internal wisdom, your words and advices that will guide the person. You, as a healer, are that light, *his spiritual and scientific guide*. You will be the one who manages to guide the person along his path or treatment until completing his healing.

Being available for them, not only when their appointment comes, but at all times, being open and approachable, will give them the peace of mind they need on their way.

Many people feel anxiety about their diseases, they feel oppressed by it, as something external from which they want to free themselves. Your guide will help them to continue and not give up. It will give them the hope that there is an option available to heal and to have a better and happier life.

In this regard, we want to clarify that the type of disease doesn't matter, age doesn't matter, money doesn't matter. All of that is secondary to the power that each person has to heal, the power that will drive them to continue. Everyone has that power, because it is *you* who control your bodies, who manifest the disease and who are capable of making it disappear completely.

The healers are their guides, the light in the dark that will guide them through a proper path or treatment, until healing is complete. They are guides, they are light, they are the ones who will be there together with the patient, guiding him or her where to continue, as an assistance to his self-healing.

This occurs in cases in which the person has not yet decided to leave this physical plane. When, from the soul, they have not chosen to leave due to their illness. The loss of a loved one may occur, who wanted to heal but couldn't, and it is because the same soul, on a high level, agreed to leave at that time.

Don't worry if a patient of yours pass away, because death will always occur in alignment with the interests of the person, not because you couldn't help him.

All cases of death occur because the soul wanted to leave. The free will of each person who decides to leave, for whatever reason, must be respected. It is because better things await him on the other side, better opportunities than the ones he was having in his current life. It will always be to achieve a further expansion, not by chance or accident.

It is okay to feel pain and grief, it is natural to feel those feelings. But always keep in mind that there is a greater purpose, that if they were there and decided to leave, it is because it was the right thing to do.

In all cases of death, we thank the patient for his intentions to heal, for what he gave in his life, and we wish him the best for what he will live in his future.

Death is a step towards another life. It should not be seen as something negative. From high spheres, death is an awakening to a much larger, broader reality. It is the return to the essence, to be the Whole, the Source.

When you die, you leave your physical body, but you continue to be the consciousness that you are. Since that is what you are: consciousness that has no end.

Everything that we see manifested on the physical plane occurs because a consciousness is animating it. Without consciousness there would be no physical world and nothing would exist. Being conscious is related to knowing that you live in a reality that will have to do with your interests, and that you will create in it the events you want to experience.

Life exists beyond death, because *life is you as consciousness*. Your consciousness will never fade, so death itself doesn't really exist. It only exists as a step towards a life beyond, on another existential plane.

The universe is life, it is full of it. It is all consciousnesses that manifest the material planes. It vibrates in life; it vibrates in frequencies that participate or interact with each other in an eternal dance.

Life is the consciousness. We are consciousness and we are life. And we are free and always will be. Life never ends, it will always exist in our consciousnesses, it is linked to who we are. We are life and will continue to be so for all eternity.

Each step we take corresponds to a process of expansion and learning that we decide to take as souls. Each step takes us to a different place that will teach us different things that will contribute to our development and expansion.

We are always souls in expansion. We are always people playing a role, in a different body, taking different actions, which lead us to experience everything that goes according to our interests as souls. Free will is the action of being who we want to be, when and where we want it, always.

If you look at a point in your past, you will see that it allowed you to be in the present, which is what you live in the now. Every point of your past has allowed you to get to where you are now, because they are like steps that you are going up, one step at a time, one experience at a time, one event at a time, that allows your development as a soul and has allowed to be who you are in the now.

When we see a point in the past as a negative event, we are seeing it from a reduced or isolated point of view. If we move away and

see the complete frame, we will see that, the point you call negative, allowed you to take a path that was positive in the long run.

There is no point in repenting and wanting to go back to change a situation. Repentance generates guilt and feelings that go against the development of your soul, and take you down a path of unhappiness. If you see that event as a product of the circumstances of what you lived in your life, and you focus on continuing where you want to go, you will see that, the point that was negative in the beginning, was positive in the end. And contributed by directing you towards who you are now, which, at the same time, will help you to reach the next place. And thus, always expanding.

Always keep going. There will always be better moments that will come to knock on your door.

17

Never impose, never insist

When a patient asks your opinion about a treatment to follow, he or she does so because he trusts your criteria and experience to be able to take him on the path of healing. If there is a situation in which the patient is not convinced with the treatment that you offer him, then it is necessary to look for another ways, another treatment that adapts better to his needs.

If, on the way, it becomes necessary to change the treatment, you should talk to the patient as well. We are dynamic people, who need dynamic mechanisms that adapt to the needs at the moment.

The person's consent must always be present, due to the free choice he has over his life. This is regardless of his age or condition. As long as he is conscious, he will be free to choose what he considers to be the best for him.

It is okay to offer paths or alternatives and give your opinion as an expert. You can guide them with your knowledge, help them understand the procedures you offer them, orient them. But the final decision will be theirs.

Insisting will lead them to feel that there are interests towards you and not towards them, because you will carry the energies towards the path that *you* want to follow. When it's about them, about them as the protagonists.

Free will is transgressed when trying to convince a person to follow a treatment you want to impose. You should never impose, only offer your help and suggest what you consider best. Never insist,

insisting and convincing them may lead them on a path that, in the long run, will not be in their real benefit.

His inner wisdom will tell him whether or not to follow a procedure. The path that each soul has towards healing is something that must be respected. When you impose a treatment, you interfere with the path of evolution that that soul follows.

You must be a guide, a light. With your wisdom you indicate a path, and the person will freely choose whether to take it or not.

18

Procedures in children

Each person that comes to you will be because he or she empathizes with your way of healing. Consciously chooses the path that you offer, because it makes sense to him or is what he feels he needs at that moment. If people like the elderly or children come to you, who are taken by their family, you should tell them your methodology and ask them if they are interested.

Your therapy will not be beneficial for a person who did not choose it. Freedom of choice is important, regardless of biological age. One is always free to choose. If he says no, it is better not to do it in opposition to his soul. Everyone's free choice is respected. Imposing goes against the soul's desires and we, as healers, do not do it. Everyone should always be respected, the most vulnerable people too.

We deliver this information because we see every day how procedures are imposed on children that they have not chosen, as free people that they are. Parents make the decisions for them and, in many cases, it turns out to be to their detriment.

We don't say that in emergencies you don't have to do what it takes to save a life. But we focus on when there is the time to ask a person if he wants or not what they want to do.

Many children are afraid of procedures that they do not understand are imposed as part of the health processes that exist on Earth. The masses should not be followed when it comes to health decisions. Each one is complete, has everything he needs to stay healthy, regardless of age. When a procedure is imposed on a child, for following the annual schedule, it is to his detriment.

When you inject a child with a toxic substance, it works against his health. These were created for dark purposes that have nothing to do with health, understand that. Children need to be happy and have a balanced and healthy diet. They don't need anything external to improve the functioning of their defense system. Every happy and well-fed child will avoid any pathogenic microorganism.

There are certain procedures that are necessary to carry out in a child, but these have to do with their body cleansing, keeping the nails short, clean hair, clean teeth, and general check-ups.

All children, from a young age, develop their organism. They develop their defense system and all their organs until adulthood, where they already have their bodies complete and developed. During this period of growth, it is necessary to help them develop properly through a lifestyle that is healthy for them, where they are fed correctly, with the food they need as a species. And help them develop capacities that will allow them in their future to be independent people who perform well in the adult world.

People who develop properly, live healthy and hardly get sick, because their defense systems and other systems work properly.

The development of their systems can be impaired by situations that have harmed them, including certain toxic compounds that they receive from the outside, certain toxic substances that enter their still vulnerable organism, which doesn't allow them to finish their development properly. For these people, who lived through situations that damaged them from a young age, it is suggested to help them improve their bodies through other healthy complementary measures. Some of them are naturopathy, homeopathy, bioregulatory medicine, phytotherapy and other variants.

This solution is so they can live in a world without getting so sick. It is to help them live peacefully, without presenting frequent health problems. So that they can dedicate their lives to other activities that they like, and they do not have to worry about diseases.

This is a guide for parents to know how to take better care of their children, so that later, as healthy adults, they can develop cor-

rectly in the activities they like the most, and know how to take care of their children too.

We are giving you this information so that you understand that there are adequate ways for children's health that will really help them and will not harm them.

19

Medicinal plants

All medicinal plants have healing properties of different nature. Depending on the components that each one has, it will contribute to alleviate a particular ailment.

When we talk about medicinal plants, we are only referring to a specific group of plants, not the vast majority found in nature. Some plants are edible, others are used for infusions and others are medicinal, which have certain toxic chemical components that, in a low dose, will help the body to heal.

This is related to the toxicology of plants, so they shouldn't be used in large doses or in doses that cause a problem in the physical system. These plants are prepared for a consumption that will be according to the condition and age. They prepare to extract a compound that, when ingested in low doses, will assist in the healing.

There are medicinal plants that have compounds directed to one area, such as detoxification. Others, to another area, as anti-inflammatories. Others will help fight pathogenic organisms. Others will act on the cardiovascular system. Others will help on the respiratory system. Others will act on the skin, helping it to regenerate and so on. There are different medicinal plants for different ailments.

Sometimes you can integrate several of them. Together they can fulfill another function in healing. Therefore, you must also have the knowledge on how they work together. A low dose of one, along with a low dose of another, plus a low dose of a third one, may cause a harmful effect on the body. So, be careful with the doses, you always have to consider this point.

All medicinal plants have a *way of being*. They are living organisms that express their lives in a particular way. That way of being of each plant is what will act on the person, it will help the patient to improve in an area in which the plant can contribute, each with its specific function.

There are plants that collaborate better together, and others that do not. Groups are formed, like friendly plants that will work better together, and others that when put together will not work well. Knowing how they work will allow you to prescribe medicine well, and will help the patient in their healing process.

Medicinal plants act as a *support* in the healing, without causing damage to the functioning of the body. This is very important to clarify. It is a type of healthy medicine that doesn't attack the nervous system like some of the drugs currently used on Earth. That is why we use it in many stellar cultures, because they are real medicine and really help, as a contribution and support in healing.

We, the Arcturians, use them when we feel we need to improve some aspect on ourselves. Here, we hardly get sick, because we work on our self in a holographic way: we worry about eating well, sleeping well, maintaining mental health with meditations, maintaining a healthy body and being happy, which is our emotional part. We try to live in balance, which is synonymous with health. We only use them as a complement in our lives, or to help other species. For this reason, other star races call us "healers", because we are concerned with healing other species as well. By caring for others, we help and assist them, so they can be better too.

The healers deliver our medicines, that we have prepared with medicinal plants, to those who need them as a support for their health. Not as something that will heal them, since the healing process is a personal path that each one must carry out, when illnesses manifest due to a situation that personally affects the person.

We all have the ability to improve through different paths, and healers use the paths that we like the most to contribute. The strategies used by each healer will have to do with their personal tastes.

Because, just as each disease is unique in a person, each healer will also be unique in delivering a treatment, and, by the attraction of frequencies, both the patient and the healer will meet on the way in a nice synchronization.

If a situation arises where you offer a treatment and the patient doesn't want it, you can recommend another healer that uses another technique more to the patient's liking. And so, you, as a healer, will allow the patient to synchronize with another healer, who will finally assist him in his process.

Every coincidence will be synchronized towards the greater good of the patient. The right people will synchronize when the patient opens up to improve. Because we are all beings who attract to us the events we are open to receive.

If a patient doesn't want to heal, for whatever reasons, there will be no therapy to heal him, nor will there be a way for him. Being the person willing to receive help, will open his energy to attract the people to his life who will help him in his process. If a first aid doesn't work well, it will be a stepping stone to other options that will finally help him.

Healing with energy

The transfer of energy is a very old technique, which has always been used as a way to help heal the body. Many ancient civilizations have used it, so have we. The energy comes directly from higher spheres; it is channeled into a lower density. It is the energy of the Source, discharged and passed directly to the person you want to help.

In order to transfer the energy, you need the connection with your superior self, so that it descends through you, and comes out of your hands towards the person. You need to connect with your divine part, rise to those higher planes, connect and download.

For this the heart is used. From the heart and high emotions, you manage to elevate yourself. You must feel the love in you, feel the divinity. Reach that state of light, be light, become light, your light, the light that you are, shine to illuminate the person. We do it that way, that is the main key.

The energy interacts with the cells at the atomic level, allowing a structural change to take place in them. Energy enters and, by electrical charges at the atomic level, produces a physical change at the cellular level. It is an energetic recharge that helps cells improve their admatic functioning, which is what is projected onto the physical side. The structural change is beneficial for every cell, organ and the entire body.

It not only acts on this physical plane, but on the DNA called “junk”, activating it in its other densities as well. This allows cells to rejuvenate and create an optimal environment for a diseased organ to heal, for example. Triggers a process where the same organ or the same person begins to heal.

This means that you will take the step so that each person begins their process of cellular regeneration. This will allow the person to improve their physiological, physical, structural conditions of the body, causing a considerable improvement.

Energy is light, and as light it is also information and guidelines on how to work. A reminder to the cells of the best way to work. The cells are activated, and thanks to that there is an improvement.

21

A good energy channel

When your energy is pure, thanks to your lifestyle, food, thought management, you are a better channel. You release and transfer energy in a purer way. You must take care of yourself comprehensively: eat healthy, take care of your physical body, take care of your mind and spirit with daily meditations. You must be in optimal conditions to be a good energy channel. You must find the moments to rest, sleep well and recover.

The diet should be based on mainly raw fruits and vegetables. These will give you the most energy and will take away the least. Eating is an act that must be conscious, in connection with the food and its energy. They are alive, and that life will enter in you, that life will be part of you once you eat it. It must be a conscious act, where you put your attention in each bite, consciously.

Water is also alive, and it is essential to hydrate yourself often with the best water possible. This will help you in the process of transferring energy and will keep your cells in good condition so that they can fulfill their functions.

It is important to cleanse your body of toxins, contaminated food and everything that is not a contribution to your body. You can do cleanings through food, with a liquid diet based on fruits and vegetables. It is important to do them every so often, as they will help you get rid of the toxins you ingest.

Even what you consider clean fruits and vegetables are not. The level of contamination of Earth's food is very high and you, as a good channel, must clean yourself from them periodically. You can do this together with a mental cleansing. Taking a couple of days to rest,

while cleaning your body, will help you allow your body to focus on cleaning and not on other activities.

In addition, we can suggest a cleansing of your aura through crystals: you put them close to you and send the intention. There is a lot of energy contamination that affects you without really being yours. The exchange is quite a lot, and people are not in a good state, so cleaning your energy, also in the sun and in nature, will help you stay well. The sun helps to clean and raise your frequency. Nature does its part by regulating your energy and centering you. Spending time in nature is very beneficial.

How to dance with energy

The energy transferred through the hands, is channeled through the body. It comes out of the hands with the intention that it goes out there. The hands are vortices that we use and that facilitate the transfer of energy in a more practical way, since the movement of the hands is easy and useful to reach the places we want to reach.

The energy is absorbed or descended from the ether by our consciousness, with the intention. Our body allows us to achieve this due to our connection to the Source. We are that magical. Descending the energy allows us to transfer it to the person who is out of balance, to help him or her return to balance.

It is important not only the connection that we have with the Source, but also the connection we have with the person. Talking to him before the session, understanding him from the heart, empathizing, understanding why he is out of balance, will help us to know where to start acting or working with the energy, where is the energy interference or blockage. Instinctively, this information will also come to you, so you must flow with what you feel in the moment, you must flow with the information that comes to you from where to act and how to do it.

It is like a dance, where you flow with the energies. You decide the rhythm and the movements that are in alignment with the person. You must flow intuitively, not using the same mechanism with everyone. Each person needs a different technique, because each person is unique, each person has a different imbalance and, therefore, needs a different dance. That is why it is so important to be

well, physically, mentally, emotionally and spiritually, because that will allow you to connect better and know how to dance.

No dance you do will be harmful, but adjusting to what the patient needs will allow you to help him more completely, so you must flow and be very focused. It is not just transferring the energy while you are thinking about something else. You must let go and be fully focused and connected in the process. Everything will contribute, but it will be up to you to adjust well to the patient's needs. *As with everything, precision is needed.* It is a free dance but it requires precision too.

Being a clean channel means also flowing with the person, and doing the dance you consider most appropriate at that moment. You interact with the person in a free dance, but calculated at the same time. You dance with what the person needs, but you flow. At the same time it's free, and the steps that you consider most appropriate are decided in the moment.

When your dance is pure and you manage to connect with the patient and what he needs, you will be able to help him until the healing is complete. When your mind is pure, your heart is pure, your soul is pure, you are an optimal channel for healing.

When you begin the transfer of energy, it is the heart that gives the signal to start. It is a moment of silence, which will allow you to connect with the Source. When you reach that state of peace, your whole body should feel it, every cell in your body should feel vibrate in this new frequency, not just your hands. It comes out through your hands, but your whole body must feel this new state which is what will allow you to descend the energy to lower planes and transfer it.

When you achieve that state of concentration, activation and transfer, you manage to descend large amounts of energy. Not only will you deliver your energy, but you will deliver the energy that you discharge from the Source. You are the channel.

The transfer can be done taking a certain distance as well. There will be no problem if you move away a little to send it from outside his auric field. The energy will be distributed and will travel to where

the person needs it. As when you move water, a wave will be generated that will reach the person. Sometimes you will need to be further, and other times closer, just be aware that with distance it works as well.

When you touch a person directly with your hands, the light enters along with the heat, activating the cells and relieving discomfort faster. This is best for recent internal injuries that need rapid regeneration. You can ask permission and touch the person. Touching is received as a sign of love, and the person releases hormones that help him feel better and more loved. It also helps the area feel more loved. It can be a few minutes, you put your hands and then you change places.

With the intention you can direct the energy to concentrate it in a specific place. If you want to help heal the hips, for example, focus the energy by visualizing the hips, so it will go exactly where it needs to go. You can also put the intention to flow freely through the body, so it will act in the places it needs to act, of which you are not aware. You control the energy, it is in you to move it, you are the consciousness that manages it.

When you send the energy with an intention, *the energy arrives with that information*, activating what you put as a message. This occurs at the atomic level, of subtle energies that are on a higher plane. Energy arrives as information directed by your consciousness.

Where you put your attention, your energy goes. When you think about other things at the moment of the transfer, the energy will go towards what you are putting your attention on. Staying focused will help you move the energy towards the person and thus help the patient. You can practice concentration in meditation, so it will be easier for you later to be present with the person.

When you move your hands and play with the energy, you are mobilizing it and cleaning it, so that it can flow through the body. There are major energy channels that are very important, where there must be a continuous flow. When you activate the energy of his body, you allow the person to heal faster.

23

The minerals

We all have different ways to start a healing session, it will depend on each healer, the paths are very varied. You can start in the way that you feel will be most suitable for the patient, and also suitable for you.

When you integrate minerals such as quartz, you do it as a *complement*, because they allow you to support your treatment with their own way of being. They are beings with consciousness. They look like stones but they have a life of their own. They have a lower consciousness, but consciousness at the end.

All minerals can contribute from their unique way to the patient. This way will have to do with the frequency that each one of them emits, which will intervene with the personal frequency of the person. Because this is how they act, energetically interfering others with their own energy, from their own life.

When you choose a mineral, which you feel will be suitable for the patient at that moment, and you put it close to him or her, the mineral will be able to act and will intervene his frequency. If you move it away, the interference will be less. So, it is suggested to put them next to the patient and send the intention that they act helping him.

Once the session is over, you can take them out and clean them in the sun, in nature or whatever you have on hand. They should never be exposed to the moonlight to recharge. They don't recharge, it only affects them.

We all have mechanisms to intervene our energy in our favor. The forms are very varied and depend on each person, their tastes

and interests. If you want, you can accompany yourself with minerals that will help you in the particular process you are living. There are many varieties of minerals, so many for each ailment or process. If you want to improve a condition and be helped energetically, you can turn to these minerals that will act on you with their frequencies.

All the minerals have different colors, shapes and textures, and each one will contribute from its particular area. You can choose the one with which you feel closest, because energetically it will be suitable for your particular moment. If you choose a mineral, do it from the heart and with your intuition. From there you will hear which one corresponds to you for that moment you are living.

There are some minerals recognized by most for working well in an area, but you can always use another that you feel will be more appropriate. They work like that, the communication is from the heart. There will be an unspoken language that you will understand energetically, because that is what ultimately exists: pure energy.

When we talk about energy, we talk about love. The energy of love is what moves the universe, is what integrates everything and what manifests everything.

This energy fits into the category of free choice. Because, from love, there is respect for others and for what they choose to do. Whenever you want to be free, you want to be loved and accepted for who you are and for what you want to do with your life. And freedom of choice is what allows the development of life.

If you wish to continue on your path, you are free to do so, and the beings who love you will respect the path you choose and will be there to guide you in case you request assistance.

24

Beginning and end of a healing session

Before starting a healing session, you can put the intentions that you have with the patient. From the other spheres they listen, so you put them on his or her behalf according to the healing interests he has and what he needs. The intentions have to born from your heart, with depth and love, so that the energies align with you and achieve the connection and the attunement with the superior.

Every time you start, you are not alone. Many beings follow you, they are there helping the person. Beings of light, energies are mobilized, all of them help in the healing. It is teamwork. So, thanking them at the end of the session for their participation, is a way to release those energies that came.

Every time you thank, you generate an electromagnetic field that surrounds you. It is important that you do it consciously and from the heart. Thanking helps to generate the frequency of abundance. Living in gratitude is living in abundance. You can always use it to attract more of that you thank. Gratitude is a very important frequency for manifestation. Here we use it a lot, it is an important part of our culture, it is who we are.

When you finish the healing session, start the conversation with the patient to exchange information. By entering the meditative state, the patient can connect with his essence and may receive important messages and responses. There are always insights that are important to consider. What he felt during the session will also have a meaning. When you listen to his experience, you get more information, signs will be shown that will help you know how to continue later. Everything the patient tells you will be useful.

After the session, the person will continue in that state of peace. So you can indicate that, if he likes, he can do a meditation at home, taking advantage of that elevated state, so that he finishes solving personal issues that he has unresolved. Just because he is with you in the session, doesn't mean that the healing process ends there. It will end when the person feels completely healthy, and there may be work he must do on their own. If during the session the person cannot connect, he can do it alone later.

If there are issues to resolve, it will help to give him guidelines on how to do it, so that he can carry out his personal session. If the person is willing to heal, he will take the time to self-heal at home.

It will also help him to start meditating. Many don't do it because they don't know how to do it or because they think it will not work for them. Telling them how, will help them continue their healing process on their own.

When in session, patients indulge in your method. But being alone, they can worry. That is how you achieve the healing, together. It is not something you should do alone. The responsibility for healing belongs to both of you, it is not yours alone.

Once the session is over, we thank the patient for the trust placed in us to carry out the session. We thank his soul. They are formalities.

Ether information

When you flow, you enter a state where you connect with the Source, which is where all the information is contained. Only when you flow or surrender, you can connect with the information beyond, on higher planes. Connecting is not rational, it is surrender to receive, it is not controlled. The intention is set, you enter that state of flow and connect with the information of the ether.

When you manage to surrender, flow and connect with those higher planes, you can download all the information you want for the session, and the information you need about the patient will be delivered. It is a type of channeling. If you share what comes to you as information, you will help the person.

Each one needs a unique help. If you connect, you will get the information about what that particular person needs.

This is an important part of the session, not only the mental analysis of the symptoms. Because there will be times when the physical symptoms, or what the person tells you, will not show the cause, so you must flow to complement the information. If you follow your intuition, you will be able to extract information that will be helpful in the healing process.

Connecting with the information of the ether will come naturally with practice, and you will be an integral healer who will integrate everything you have learned. Don't worry so much about what first and what next, flow in the session according to what your intuition tells you, so that the session is done in harmony.

26

Manifest miracles

Everything is energy. Everything that exists has a particular form of energy or frequency that defines it. As everything is energy, if you manipulate the energy, you change the matter, which is the concrete or visible manifestation of energy. When we manipulate the energy, we change its information or the printed codes, which results in changing the matter. As consciousnesses are those that manifest, if your consciousness changes the energetic information, matter will change as a result.

If you want to physically help a person, you can use this method. To achieve this, you must believe, you must be connected with your creative divinity in order to create the healing. When we encourage you to do this, it is because we know it is possible, because we have seen it.

This is what you consider *miracles*. When matter changes for no apparent reason, it is because a consciousness changed the matter at its will. You feel limited there on Earth, but in reality, you are not. Each of you is a consciousness that creates, and that can manipulate the matter at convenience. When you understand this, you can change your reality at will, if you wish.

We do it here, we don't feel limited. On the contrary, we are encouraged to create.

You never manifest without energy. Energy is essential in all the processes that occur. Energy is what moves the universe, what manifests everything, from the ether or the Source. It is the primordial energy of *all that exists*, the divine energy that descends from the higher planes to manifest matter.

This energy is power, you control it with your consciousness, you manage it at will so that it does what you want. It is found in all spaces, there is no corner where this ether energy doesn't exist, it is found in all places of reality.

It is a powerful energy that has no limits of action. If you believe, you will create what you want. In this case, you can create healing, tumor reduction, recovery of the physical body etc. You can create this in people, from your consciousness with your personal power. That is why the connection you have with the Source is so important, because the closer you are to it, the faster you can create.

When you say "I can't", then you can't. But when you open yourself up to the possibility of creating whatever, unlimitedly, then you manifest it. You must remove from your thoughts "I can't" or "I'm limited", because everything is always possible, you can have whatever you want.

When you feel limitless and powerful, you are able to manipulate matter at will. Without even hesitating, you make changes that could be considered miraculous to people.

You must bring people to that state, empower them, make them feel and believe that healing is possible, inspire them. Because their "I can't" will also affect or interrupt the healing. When you inspire and encourage the patients to be the creators, you will create healing together, united, in cooperation. When you encourage yourself, and encourage the other next to you, you can manifest what you want together.

Once you achieve it, it is clear that there are no limits of action, that being limited is only a perception of that reality in which you live.

Group healings

Every action you do with your intention will affect the patient, because every intention is a form of energy that interferes in the etheric world, which is outside your field of vision. With your intention, you will move the energies. When your intentions and those of the patient are aligned, the energy of both is added, and it has more strength than the energy of each one separately, so it will help to manifest faster what you want.

Anyone who is more connected with the Source or with his divinity, will be able to contribute with a greater manifestative energy. If your intentions are pure and your frequency is high, you can help to manifest the healing, or carry out the healing process, more quickly. When your energy is low, your ability to manifest decreases.

Whenever you see instantaneous healings, it is because there was a high manifestative energy that allowed to achieve the healing. When a group is energetically aligned towards the same purpose, the energy of each one will add up.

This occurs in healing groups, both religious and non-religious, that take place in various parts of the world. A person is taken, and everyone places the intention of healing on him or her. And a process begins where everyone's energies align towards that purpose. And if the intentions are aligned and enough energy is gathered, then they manifest the person's healing.

All healing groups can manifest a healing by being connected to Source and creating it with their manifestative power. All people with soul have this power. If it is in a religious group, the credit will

be given to the creator god of their belief. If it is in a non-religious group, the credit will be given to the patient, or the healer, or both.

When a healing is manifested collectively, it is because all the energy united of all people contributed to the healing. There is no need to create healing idols.

The healers' titles will be there, but what will really validate them will be their level of consciousness that determines their level of connection to the Source. The experience in healers will allow them to understand ailments or imbalances more quickly, but it will not determine the value of a healer. There may be a child better healer than an adult with multiple titles and many years in the business. It will depend on the person.

When your intentions to be a healer are pure and you want to help others, then you will be a good healer, because you will do whatever it takes to accomplish that. We all have the ability to heal others, just as we can all heal ourselves. But a healer will be the one who, from the soul, decides to help on that path of health, and focuses his or her life on helping others in that area, so healers serve as a guide for people who need support to heal or return to balance.

Distance healing

We use distance healing in cases where the patient cannot be accessed, when physical distance turns out to be a complication when helping a person to heal.

All the techniques used for distance healing will have to do with the specific techniques used by each healer. *All are valid and all can help.* If one technique turns out to be more efficient than another, it is because the healer used his or her connection to the Source in a way that proved helpful to the patient. *More than the technique itself, it is the connection the healer has.*

All healers have this connection, because they are part of the Source. But some are the ones who will have the most direct access to it, due to their way of thinking, level of consciousness, personal vibrational frequency, the connection with their soul. All people with a high connection to Source create more quickly, because we are creators, and healing is also a type of creation over matter.

In our case, we also help others at a distance. Considering others as an integral part of the Whole, we connect with the Source, which is the Whole, and from there, being the Source itself, we send love and light to those who want to help. *For us, the intention is enough,* since the intention to help allows certain energies to be mobilized to help others. The intention is the key, since it is a type of manifestative energy that will allow to trigger and achieve a healing.

Healers of the spirit

When you help a person *from the heart*, you allow the healing. That is, when your intentions are pure and you are in connection. Healing works in all possible areas, having you and the person the same intentions. You allow the healing by integrating all the knowledge, all the teachings and all your inner wisdom. You do it from a high level, from spirituality, being the Source that you are, the divine person that you are.

Our way of healing is not only scientific, it is also spiritual. Because we are spiritual and physical beings, not just a body. The body serves only as a vehicle for the consciousness. When you integrate spirituality, healing takes place fully. It is not just the symptoms that are treated, so the person can get better.

Here, there is no separation between a physical doctor and a spiritual one, as on Earth. To help a person who had an accident and was seriously injured, we use technology. For the rest, we use this type of healing. We are healers of the spirit, which acts on the physical body as a consequence. The union you have with your spirituality will help you to be a better healer. When your development of consciousness is high, you become a better healer.

That is our philosophy, it is who we are and will be. All of us here live in harmony and under values of high consciousness. All of us here participate helping from the heart, in unity, without making separation between us, because we all have the same value and we are all one.

As healers of the spirit, we are also counselors, we focus on guiding people where to go. Your level of consciousness will help you to

be a better guide for them. Will allow them to lean on your knowledge, and to understand things that were previously outside their range of understanding.

Healing through words is very important, it is a path that is necessary because we are rational people as well, thinking beings. So, what you can provide as a spoken guidance in a session, will also be helpful for the healing. The conversation will allow the understanding at a deeper level, which will help the person to go on a better path that will allow him or her to improve his life in the areas he needs.

Healers of the spirit are people capable of giving aid to those around them from different areas. Not only healing physically, but helping to heal consciousnesses that will allow a more just and better conformed society. Healers are those who are willing to give of themselves to others, so that others are also well, as a way to help the world.

There are different categories of healers:

Physical healers, who work from different specialties. Recreational healers, who help from various areas of entertainment to make people feel better about themselves. Environmental healers, who allow nature to grow and develop in good condition. Close to this category are also those that help animals to have a better living conditions, and assist them in their feeding. Mind healers, who help through the word. Holistic healers, who integrate various types of alternative therapies. And anyone with their own project willing to help by doing their part.

All of them contribute to individual and group well-being, and all of them could be considered healers of the spirit. It doesn't matter the form, but rather the aid delivered. That is the message that we have wanted to deliver to you in this book, always follow your hearts to help, the paths are many, choose those that follow the line of your souls, connect with yourselves and seek the path that you like the most to contribute.

This project is achieved by all. It is also done comprehensive by all healers, each contributing from their place. In this way it is possible to advance, together, for the common good of humanity and of the entire universe. When working as a group, from each individuality, it is possible to act as a collective to help us all be better. The work does not correspond to a single person, it belongs to everyone. So, everyone, by doing their part or role, will allow to carry out this project of moving the Earth forward.

You are key pieces in the awakening, and key pieces when generating a change that will allow more people to start following this new, healthier and higher line. You are the creators or generators of the change, and we are confident that you will achieve a healthier new Earth in all areas. When each one of you helps, that help has an impact making a change in someone else, who in turn will manage to help change someone else. And thus, always moving forward, towards a better society that awaits you in the near future.

We are all supporting you. All of your star families appreciate and value you very much, and we are proud of the work you are doing there. We know many of you very well, even if you don't remember us. Feel free to request what you need through your thoughts and with your intention, they will be heard from the heart and answered as a manifestation in your future.

All our love for all of you, brothers, sisters and friends. We will welcome you happily in a few more years. Our sincere thanks for the work you are doing. We will continue to help you and look for new ways to help until completing this transition stage.

Frequency interference

The dominant frequency principle corresponds to the fact that a higher frequency will always have a greater effect on a lower frequency. A high frequency will affect a low frequency more, than a low one to a high one, because the high one is more powerful, it has more energy, while the low one is weaker, so it interferes less.

When you are next to someone with a lower frequency, you activate his or her own personal frequency, you speed it up, helping the person to feel better. It feels like a pleasant sensation, by the other person. If you keep your frequency high, being well, you will already be helping others with your energy. That is why self-care is also important, because you are helping not only by doing things, but being well too.

All people present an information in them, waves of frequencies that form their personal frequency. The waves of frequencies that form a person will depend on who the person is, how he lives life, his thoughts, emotions, tastes. Everything is information about him and will make him unique, having a unique frequency for each person.

Some will have higher frequencies and, others, quite low. People with high frequency are able to affect to a greater extent those with a low frequency. So a person with high frequency will be able to affect many people around him as a consequence. This allows helping those people with lower frequency to raise theirs, it helps them to be better.

As long as there are two or more people in the same space, they will affect each other. Their frequencies will affect each other. And those with a higher frequency will generate a greater impact on those

with a lower frequency. We are always interfering us; we are beings that affect others with our souls.

Everything in the universe moves by frequencies, so everything is measurable.

We have the ability to help others by affecting their frequencies, so that they can improve it towards a more harmonious and healthy state. They are helped by increasing their frequency above a certain level of well-being. Being within an adequate frequency range, people can generate harmonious energy that will allow them to be healthy and attract events equivalent to that high energy into their lives.

When we have two people, and one is affected by a lower frequency, that person can always overcome that state, through his way of being. He can always overcome a negative energy with his positive energy. It will be up to each one to keep their frequency within an appropriate range that benefit them. Because there may be a low frequency person next to you, who tries to lower yours, but will not succeed if you maintain an appropriate attitude and feelings that allow you continue well instead of being affected.

When you feel that you cannot raise your frequency to a level of well-being, you must solve those conflicts that you have that are causing your frequency to be low. And by solving the cause of your discomfort, you can reach a more adequate level of well-being.

In the universe, everything is frequencies that interfere with each other. The frequencies that each one has, will affect the other members of this universe. If you manage to keep your frequency high, you will help to universal well-being.

31

Personal frequency

All of us who want to heal must consider that there are environmental factors that affect us day by day. These environmental factors affect our minds and bodies by eliciting a response to them. The place where you live, its culture, the ways of thinking, will make you react in a certain way to your environment.

All the circumstances of life that we experience on a daily basis are affecting the way we react to them. If your environment is hostile and you react hostilely to it, you will generate a hostile field in your body. If you react to a hostile environment contrary to the hostility it gives you, then the hostile environment will not affect your being.

The attitude you have towards your environment will determine how you affect your body, negatively or positively, causing or not causing diseases. Your attitude will determine your physical health.

It is possible that two people living in the same hostile environment, one develops a disease and the other doesn't. Because the attitude that each one has towards the environment will be key when manifesting health or not. The control you have over yourself, your attitude towards life, your level of consciousness, will determine your future.

Each person is a frequency. You create your frequency according to your way of being. If you create a high vibrational frequency, you will only attract events to you equivalent to that high frequency. If you create a lower vibration frequency, you will attract to you events equivalent to that low frequency. We all attract situations in our lives according to the frequency that we are, which will be determined by our attitude and actions.

If you want to stay healthy, you must find a way to keep your energy frequency as high as possible. It is your frequency that will present positive or more negative events in front of you. It is the one that will attract to you, by universal law of attraction, the events destined to occur in your future. If you keep your attention on positive things, stay happy, live from love and compassion, cooperate with others and live from unity and not separation, you will attract situations of goodness to your future life.

We all have the ability to manage our frequency at will by being aware of what we think, where we put our attention and choosing the emotions we want to feel. If you consider that your frequency is not very high, due to situations that you have had to live through, you can try to change your attitude towards those situations, looking for the positive or beneficial side, or the experience that can give you. And so, by changing the way you see life, you will be able to change your frequency, and you will change the future to come. By consciously managing your focus towards the positive, you will be able to attract those kinds of situations into your life. You must be constant, where most of your time you are focused on what you want to achieve, so that you can attract it.

If your intention is to heal, you must do the exercise of raising your vibrational frequency against all the negative things that can happen in your environment, with determination and focus, considering it a fundamental requirement for your healing. Because a high frequency will create in you a favorable field for your cells to work in harmony, balance or health.

It is up to you to heal, because you are the creator of your life. It is you who takes the reins and the one who decides whether to continue or stop, go one way or the other, jump, run or walk. You are the guide, with your conscious consciousness.

32

Factors that delay healing

When we help a patient to heal, we find certain factors that can delay his or her healing. One of these factors is that the person goes through a stressful situation, since stress damages health. When we suffer from stress, the body stops performing its normal functions to defend itself from the outside world. Stress causes the immune system to experience a deficiency in its actions, failing to optimally combat a disease.

Another factor that delays healing is eating a diet poor in vitamins and minerals. A healthy diet is the fuel for the body to function properly, while a poor diet will create an environment conducive to the manifestation of diseases.

We are all in our rightful place by frequency. We always attract events equivalent to the frequency that we are in the moment. Our frequency can change as we change. All similar frequencies will feel attraction and unite, because this is how the universe works. If your base frequency is high, events within that high frequency range will always come to you. When you have a low base frequency, all the events that will manifest in your life will be related to that low frequency range.

Whenever you want to recover your health, you should raise your frequency towards a minimum range of well-being, because it is the one that will help you improve your physical state, by directly affecting cellular behavior.

We all vary in frequency, due to what is happening to us in our lives. However, you can manage to raise it despite the events that happen around you, because it is *you* who directs your life.

Whenever you can, attract high-frequency events to yourself that will benefit you on your journey through life. Openly manage your frequency, and keep it in a high range, is accomplished with a conscious dedication to controlling your thoughts and thus controlling fear. When you control stress and internal fear, you manage to keep your frequency out of the range where a physical illness manifests.

Fear is a low-frequency feeling that paralyzes you internally and leads you to act unconsciously, without the guidelines that your highest intuition or connection gives you. We all go through situations that can generate fear, and fear is natural as it is a protective reaction against a hostile environment. Overcoming fear corresponds to an action that is done consciously and from an elevated state of consciousness, where you decide to direct your life, it will be you who will create the events that will take place in it.

If you overcome fear, and do your actions consciously and in an elevated awareness, you will feel empowered by openly deciding on your life. You will feel the creator of it and, as a creator, you will only allow the events that you decide. If you are already sick, take the time to get out of that state of lower frequency and be encouraged to create in your life the events you want.

We all have doubts and concerns that lead us to lower our frequency. Overcoming that state corresponds to an action that you must do consciously, propose it and act, making an effort. If your life is not happy, it is in your hands to change it towards a better life, because it is you who design your life, the creator of it, who manifests the events that will be presented as opportunities.

In a healing session, you should consider the patient's state of mind. If you see that he is in a state of fear or terror, you must help him overcome that state, because this will help him to heal faster. The attitude of a patient will determine how quickly he will heal, or if he will heal. A defeatist thought helps the person to relapse further into his illness and could accelerate it. You can help him deal with the fear of his illness, empowering him and helping him understand that it is possible for him to heal.

We all have internal fears that can be overcome in sessions of meditation, where you visualize yourself facing them, overcoming them and mastering them at will. Overcoming them depends on your attitude, on your bravery. The bravest people are those who have had to go through certain situations that have made them stronger and more capable, but courage can also be developed through mental exercises. We all have the ability to learn and grow, we are not limited. The abilities we want to develop, and who we want to be at the end of the day, will depend on us.

Every conscious attitude we take will help us improve our quality of life. Directing our lives wherever we want will help us feel more confident in ourselves, and will allow us to lead a freer and happier life. Whatever path we choose, will take us through learning, and will show us life from different perspectives. Which path we decide to follow will correspond to our free will, to what we want at that time.

Our soul will guide us towards a final destination, which is its goal of incarnation, so a complement is made between what you chose from a high level of the soul, and what you discover and choose as you live your life. You are always free to decide, so it becomes feasible to follow the path you choose at the moment. You will never be a victim of fate. It will always be you who will guide your life.

Your soul will tell you, through your intuition, which path is better to follow. Your soul is elevated, and knows which path is best for you. It will direct you to reach your greatest happiness, always.

Organ transplantation and rejection

Organs present an information that comes from the consciousness. All transplanted organs possess the frequency, energy imprint or memory of a consciousness. When we have the organ of a deceased person that is transplanted into the body of another person, and there is energetic dissonance, the body will reject it, because the organ presents the energy imprint of the other person that doesn't turn out to be compatible with the new one.

We are energy. We have a frequency that, when interacting with another, attracts or rejects. The same thing happens with organs. If an organ has a frequency very different from the frequency of the person, the body will reject it. If you have a frequency similar to the frequency of the organ, it will be easier for the body to recognize it.

There are different ways to empathize with frequencies that differ from ours. Taking the time to meet someone, for example, allows us to understand why the person is like that, and we empathize. When an organ is transplanted into a body, there are recognition mechanisms that the consciousness that presents the new organ can carry out. Visualizations, transfer of energy, conversing with the organ, all that is information and, as such, will allow to have a better relationship.

We all have in us the power to recover a damaged organ. It is just that, on Earth, the ways to achieve this are not well known, so the transplant is chosen. When a transplant occurs, it is necessary that the same consciousness directs the assimilation of the organ.

The organs have their own characteristics, because certain information about the person is recorded in the DNA. Changing that

information will depend on the consciousness. So, it is important that the person is the one who performs a complete assimilation of the organ with his or her intention.

Gaia's health

Every adult person who wants to regain his or her health, whether due to autoimmune diseases or any of the self-provoked ones, must dedicate time for his self-knowledge and deal with painful issues that has from the past. Because it is these, the unsolved internal issues, that provoke a response against his own body, as a way of expressing what the person doesn't want to openly manifest.

We know that we are all free to make decisions about our own lives, but we must be responsible with what concerns us, because it is necessary to help improve health on a planetary level.

The planet Earth is a living organism, with its own consciousness, capable of transmitting information to other planets. This communication is done through frequencies that she emits, which allow Gaia to carry information about what is happening inside to other places. Everyone contributes to this information, which is like an energetic impression of Earth made by all living beings that inhabit it.

The energy you emit is affecting the other inhabitants of the Earth, it affects Gaia herself and also the other planets, due to the network of interconnection that is formed, until reaching every corner of the universe. If you contribute with positive energy, you will allow us all to be better. If you contribute with health, you will help the balance and harmony of all.

When you are aware of this, you can understand how important it is that everyone cares about their health. We all have reasons to help contribute to the greater well-being of all, because we are all members of this universe. If you are not healthy, you will affect

Gaia's health and the universal health. You don't just harm yourself, when you neglect your health. But you also harm others, by this connection that exists between everyone. When you heal, you help us all heal.

To start changing the world, you need to change *your* world first, and your inner world will be reflected in the outer world. When you are interested in your own health, it is because you have taken the responsibility of helping the others with health as well.

The viruses

Viruses are inert beings that have no life of their own. They don't correspond to single-celled organisms, such as bacteria, but rather correspond to a genetic material of a cell that, when released, carries some communication to other cells. What these cells do is release information to the outside, to communicate to other cells what they need to communicate.

Viruses have certain specific functions that, by acting with other cells, transfer the information. This mechanism is always done, and there are times when they carry more critical information, such as the cases of the viruses you know, where they can greatly affect the cellular behavior and, therefore, the general condition of the person. Those are, for example, the SARS viruses, where the person, upon receiving the information, enters that flu-like state or what you call *influenza*.

All viruses are a consequence of the cells. They are not external to the body. They are genetic material from the same cells. And it is these that will affect the other cells, if the conditions for it to happen are met. A virus will not always affect a person, it will only do so if the person in question has the characteristics to get sick. In the case of the flu, the virus can affect the person if he or she lacks essential vitamins.

Viruses correspond to the body's response to the environment. If a cell perceives danger, then it will enter a defense mode against this environment, and will alert the other cells to do the same. When we have several cells affected, it is called a *flu state*. It can happen that only a low number of cells go on alert, and in this case, it will not be

possible to produce a serious flu state in the person. Only a person with a weak immune system, or who has a poor diet, or is going through a very strong stress situation, will fall ill.

The people affected by this flu-like state, in turn, will generate more viruses, causing more people to become infected. And thus, the virus will alert other cells, making more and more people sick.

Our recommendation is the self-care of each one of you. It is *you* who must worry about maintaining an optimal health. Eating well, eating fruits and vegetables that will provide you with enough vitamins that your bodies need. Sleeping well, and resting enough so that the body recovers from the activities carried out during the day. Avoiding emotional states that can affect the functioning of the immune system. Drinking enough fluid to remove everything that the body does not serve. Taking caution of harmful habits to your health, such as smoking, and harmful eating habits like eating high sugar foods and processed foods that damage your cells. Maintaining an age-appropriate physical activity to aid circulation and other necessary functions. And being happy, maintaining the right mood that will help you not be prone to diseases. When your frequency is high, from a certain level upward, diseases cannot develop in you, because diseases correspond to lower frequency events to which you will not be equivalent.

All measures that you can take in relation to self-care and the care of your children and older adults, will allow you to have a healthy society, free of contagion from any source, whether viral or otherwise, because your bodies will be in the ideal condition to be able to defend against them. For that you have your immune system, to defend you against the microorganisms of the environment, use it in your favor.

It is in your hands to achieve this, because it will depend on the actions that each one takes in this regard. Our recommendation is that you take care of your physical vehicle so that it allows you the experience of life. If you deteriorate it, it will malfunction and you will have trouble staying alive.

The actions that each of you take separately and together, will help you move towards a harm-free society.

36

The emotions

When healing is understood from a high perspective, we look for emotional, chemical, physical and other causes, all interconnected. When we talk about our method, which is comprehensive, covering all areas, we are talking about a healing process that not only allows the person to improve a physical condition, but also to improve his or her mental and emotional condition as well.

There is no disease that manifests itself out of nowhere. Every disease that seems to manifest itself without an apparent cause, has a cause. The body chemistry works in accordance with your thoughts. Chemical compounds are released in your body depending on your mental state that make you feel an emotion, and this emotion affects your body as well. If there are very complex and harmful emotions, by dominant frequency, they will physically affect the body, triggering diseases that will be visible.

Everything has a reason. If you have a physical illness, and you remember what you experienced before, what emotion could trigger it, you will have reached the cause. Anyone who experienced a difficult situation, pain, stress, can manifest it as an illness, if that situation was not resolved at the time.

We understand that life is very difficult on Earth, that all the time you live in stress, pain, injustice, you see pain around you and a lot of fear. All people who wish to leave that state towards another more beneficial to their health, more joyous and happier, where they can enjoy the experiences, will find the path that will lead them to that destination.

We want to encourage you to continue. You can get ahead. The force is in you, within you, as a light in the dark that only you can extinguish and nobody else. That strength will help you get through the difficult situations.

You are always the leaders of your lives, don't forget that. You will always have your internal guidance to get out of a complicated situation. Adjust your senses to that inner guidance, to what corresponds to you as souls, so you can get ahead.

Emotions play an important role in your lives, without emotions we wouldn't be persons. Control your emotions by controlling your thoughts. When you live from peace, love, unity, hope, joy, compassion, understanding, sweetness, friendship, you contribute to the world by integrating that energy into society. If you live in fear and hopelessness, you will manifest more situations of fear and hopelessness in your lives.

Manifest love, it is what you need to get out of the current situation. All together we can achieve it. Because in the end we are always one, and we are never alone; we are all together in this universe.

Don't be afraid to change course. If you do it from the heart, with the best intentions, you will be able to manifest positive things around you that will contribute to you positively. All positive intention will positively affect your environment, by universal law.

Diseases and lifestyle

In a world where life is complicated, and it is difficult to recognize the truth among the lies, we all act according to what we consider best, and we strive to give something that helps others in their ways. The paths are difficult, and many times we think that we will not achieve it. But you can always achieve what you want. Considering a situation impossible is only due to the personal limitations that each one decides to believe and have.

In these times, it is imperative to listen the inner voice as a first measure, before listening the outside. Only in this way, each one will be able to go towards what decided to do in this life.

When you listen to yourself, you can feel the path that your soul has decided to take. A path of development and living wonderful moments that will allow your expansion. When you align yourself with who you are and who you came to be, the path becomes clearer, and it results better to walk it.

When you follow your path, you can find obstacles of many natures. Your resilience and drive will help you overcome them and grow, to get to a new and more advanced place along the way. You can perceive these obstacles as negative, or see the positive they will give you in the end.

One of the obstacles that you live a lot on Earth corresponds to diseases. All diseases are obstacles that can be seen as negative or as situations that will give you something positive or beneficial in your development. When you understand the reason of the disease or imbalance in your body, why did it originate, you will see that it was important to improve a part of you that was unresolved. And that, by

solving it, allowed you to be better than before. So, you can see the disease as an opportunity for improvement, growth and as a challenge or personal goal that you want to reach. Diseases are nothing more than a signal from the body that tells you that there is something to improve.

We all have within us the capacity for self-reflection, self-knowledge and self-healing. It will depend on each person, and the help received from healers, to overcome these obstacles that are the diseases. Is up to us the decision to heal. When you find the reason that caused your illness, you can face it and solve it.

To heal a disease requires solving the primordial origin that is manifesting it as a disease or illness in the physical body. Without solving the origin, a person cannot heal permanently, only partially or temporarily. When you find yourself in a life-or-death situation due to illness, it will be up to you to face it and heal yourself.

There are different types of diseases, triggered by different causes and categorized according to their nature of expression:

Autoimmune diseases are caused by a disconnection between the consciousness of the person and the consciousness of the organs, where the body itself is seen as alien or foreign. This occurs due to internal unresolved conflicts that the person has wanted to move away instead of process and overcome. The disconnection between the consciousnesses of a body leads it to act in disharmony, and generate an attack on the body itself, being seen as an external agent.

When you embrace your problems and unresolved issues that you have set aside, when you integrate them and solve them, taking responsibility for them, a harmonic frequency of integration is created throughout the body, working again in coherence and harmony. All autoimmune diseases must be solved by integrating and processing pending problems from painful moments that a person has lived, so a psychological therapy that helps to integrate and process them will help in the healing.

When we talk about mental illnesses, we are referring to the person's poor ability to adapt to the difficult lifestyle on Earth. Mental problems occur due to a maladjustment to a sick life system. They are almost non-existent outside the Earth, because we have an optimal lifestyle. We don't struggle as in the terrestrial life system, so all new information is processed in a more natural and organic way. Permanent shocking, stressful and survival realities are not normal, as it happens there.

Neurosis is extreme stress without being processed, preventing the person from adapting to his or her lifestyle.

Depressions occur due to emotional weakening, when a soul cannot lead the life it desires, fails to meet its goals and sees no real way out in the short term.

Bipolarity is an emotional imbalance, where there is a struggle between what a soul wants and what the person is experiencing, and the inability of a soul to achieve the path that will make it happy.

Insomnia is due to unresolved emotional causes. They are concerns that keep the mind active, when the person should rest.

Chronic pain diseases are due to trauma that a person has experienced in his past. It is mental pain expressing in physical pain.

When an illness occurs in an infant, it may be because it comes from past life trauma that manifests in its current life. All those who have children with chronic diseases should emotionally help them to cope better with the disease, and then support them in discovering the cause of it through different alternative therapies.

Dementia, Alzheimer's and any other diseases of impaired mental functioning can be caused by neurotoxic agents that enter the body in various ways, but also because a soul decides to pay no more attention to the physical experience that the person is having at that time. Therefore, when the signal of a soul or signal of the Source moves away, the person loses his capacity of mental coherence.

There are cases of autism caused by an overload of neurotoxic compounds such as mercury and aluminum. Other cases are caused by neurotoxic agents from the mother when she was forming it. And

others are caused by environmental contamination that overloaded the vulnerable nervous systems of children. Maintaining an environment free of toxic agents, *and not exposing them to the toxicity of procedures* or food toxicity, will help them develop a nervous system according to the human species.

Cardiovascular diseases are mainly due to leading an unhealthy lifestyle, which makes them fat and generate defenses in the body, such as cholesterol. Bad practices, like smoking, affect the cardiovascular activity as well.

Diabetes occurs due to a bad diet that a person has, which does not correspond to the human race. Switching to a plant-based diet helps reverse the disease. Diabetes in children occurs as a consequence of a bad diet from both parents at the time of fertilization and development of the fetus. In these cases, the diet must be taken care of for life.

Illnesses arise as a consequence of situations of a consciousness: emotional, mental and lifestyle. The way to solve them is not through drugs, but through the consciousness itself. The drugs only worsen the functioning of the body, and cover symptoms without achieving real healing.

The cause

When we have an illness, and find ourselves in a complicated situation, we must pay attention to *the cause*, because by healing the cause we can continue to be healthy. In the cause you will find why the disease originated in the first place. It is the one that triggers the disease and in which we must pay the attention so that the person can recover.

Without reaching the cause, we will find that the person will partially or temporarily heal, resulting in continuing with the disease for life, as a chronic disease that could even cause death, or that will heal and then relapse later. All the cases in which a person heals permanently, without relapsing and without manifesting a different imbalance, occurs because he or she treated the cause. The efforts should be focused on working the emotional and mental part, so that unresolved issues are solved.

For a disease to manifest, there must be a cause, because as a result of it the disease comes to light. Without a cause there would be no disease, because there would be nothing to cause it. So, when there is a disease, there is always a cause.

In the healing processes, certain methods are available that allow recovery. There are recreational therapies, where the person, by changing his frequency, can no longer remain with the disease. When someone heals due to a recreational therapy, it is because the person left behind the main cause of the problem by changing his state towards an optimal one. The origin is treated without necessarily knowing what it was, it is done energetically, changing the fre-

quency of the disease towards the original or ideal frequency of the person.

Other types of therapies are the holistic or alternatives, where various specialists can help the diseased person to heal through different techniques, which will be related to the preferences of each healer. The therapies with medicinal plants help the body to impulse the healing, and assist very well in the process.

When a person has a disease, it is the person who will guide his healing, according to what he deems best. Without his internal guidance in the process, it will be difficult for the person to get on a path that will contribute to his health, so it is important that he connects with himself. Doing an introspection or meditation will make him achieve a deep connection with his soul, and thus, he will begin to go where it is best for him to go.

When a person is willing to heal, he will use all the means he can to heal himself. You cannot ask for healing without being willing to work for it. Asking someone else to heal you is comfortable, and works when someone else does the work for the patient, but it is not the ideal path. Health is a process that the same person has to carry out. Returning to balance will be the responsibility of the diseased person. The rest will be assistance from the outside, as a guide to the internal process that each one must carry out.

We always have within us the key to heal ourselves. You cannot think that the healing will not be achieved, that is just a limiting thought. You can, always, because it is the person who manifests his world, both physical, spiritual, material and in all possible ways. Not being able, is just the manifestation of fear, of not feeling in control of his own life.

When we encourage you to heal, we do it because we know how diseases work, and because we know that it is in the light of each one of you, and in the disposition and work you do, to achieve a balance that will lead you to manifest health.

Trauma

Everyone has a lens through which they see life. That lens is related to who the person is, and will determine the situations he or she will live through. Will determine his future, by forging it with his intentions. All ways of being are valid, and all are there for a reason.

When you allow yourself to be the person that you are, you align with the interests of your soul, and this guides you along the best path that it has prepared for you. When you align yourself, your journey on Earth becomes more fluid, synchronicities align that take you on a path of happiness and you complete what you came to do.

The people who are out of alignment with their souls or with their paths, can manifest situations that will not allow them to be fully happy. It will be a difficult and complex path when walking, where difficulties will arise that the person is not prepared to experience. Each soul organizes a life for its evolution step by step, and jumping into a very difficult life can cause trauma and pain that are difficult to heal, as they do not have enough tools to handle those situations.

When a person presents trauma, they remain as situations not overcome by the soul that must be processed and healed. All trauma is seen as very painful situations that are recorded in the astral body, unconscious, conscious or soul. Overcoming trauma will depend on the person's ability to perform an internal work of psychological healing. It can be in coordination with a healer, who will guide him through mental exercises.

Health specialists must investigate the traumas that a patient may have, because they can be very well guarded and be the ones that

are causing the disease. When a trauma is overcome, it feels like a *relief* for the person, because it removes a weight that did not allow him to continue with his life as he should. This relief occurs because there are no longer those frequencies of negative energy that affected him, but the frequency is redirected towards the one that allows him to be in harmony.

Traumas cause the soul to suffer emotional-mental pain, affecting its physique, causing an illness. These diseases manifest in the body in different ways: in some people it will affect the joints, such as the knees, in others the hips, in others the eyesight, in others the lungs and so on. The place it will affect will be related to the origin of the trauma.

If we take the situation of a person who had trauma in his childhood with his parents, an accident that he could not overcome, that trauma can manifest as a physical illness in his adulthood, several years after the accident, for reasons that will have to do with how the person *remembers* the accident. If his emotions drop, and he is in a depressed state from another factor that happens to him in adulthood, an illness may be triggered due to the childhood trauma. So not only does the person need to be helped to get out of the current situation, but the trauma of childhood must also be treated so that he can heal properly.

This occurs often when we see that a person fails to heal, thinking that they already dealt with the problem, when what really triggered the disease was another factor that was not being considered. Seeing the whole picture of a patient's situation, his entire history, from childhood onward, and working on resolving trauma, will help the person to heal successfully, because the true origin of the disease will have been reached.

Everyone on Earth suffers trauma due to the standard of living you have. It is very difficult not to have them, because life there is difficult, full of friction, economic complications, you struggle to survive, excessive work, you sleep little and get up early to go to a job

that many times is not to your liking. And it is aggravated by the external conditions of a polluted environment.

When a trauma is overcome, the person is allowed to continue with his life, because he is relieved of the weights he carries. That energy is released. The job of healing trauma is each one's responsibility, because each one is responsible for his own existence. The specialists will be able to assist and guide the patient to get to the origin and heal.

All traumas can be solved. A soul is in constant expansion, always. It is changing, varying, evolving. You only have to find the right path to release the trauma and heal. When the energy of the trauma, which manifests on the physical plane as disease, is released, the person manifests as a result the health of his body. A healthy and coherent energy in the body, will make each cell work in a healthy and coherent way, allowing self-healing.

We all have this ability to release emotions and thoughts that affect our health. We can all do it with the necessary disposition and time. We are capable of achieving it, no matter how deep the trauma is.

People, when dying, take the unsolved problems with them to the astral, because we are consciousness. So, if you did not resolve your issues in life, you will continue to carry them dead, and they will remain there with you until you allow yourself to solve them.

When a person carries trauma to the astral, many times, for trying to solve them, he reincarnates in a new life in order to finish healing. So many times, a past life trauma needs to be resolved in the current life, with hypnosis therapy or very deep meditation. It is for this reason that past life regression therapy also helps to alleviate physical discomforts, because when the energy of the trauma is processed and released, the person returns to balance and health.

Due to the above, each disease must be investigated beyond what is physically shown, the past must be investigated until the trauma or traumas that are triggering it are found. It is impossible to treat diseases with the same procedure for everyone, because it doesn't work,

each person manifests his illness for a unique reason. This is why conventional medicine fails to completely heal a person, but rather goes for the symptoms, or temporarily heals, returning the disease to manifest itself months or years later.

And the disease is blamed, seeing it as an external agent that attacks the person. Cancer is seen, for example, as a vile entity that takes over people, and that people have no way of getting rid of it, except through external medical interventions, such as removing the tumor or damaging it with radiation to kill those cells, or inject poison to murder that negative entity. When to heal, *you must go to the cause*, change the energy, and thus the body returns to manifest health.

We all must heal, if it is not in this life it will continue to the next. We have the responsibility to take care of ourselves, respect ourselves and give ourselves the moments that will allow our self-healing. It is the responsibility of each one, as a conscious and thinking individual, to take responsibility and resolve all those internal conflicts that may be interfering with our health. If we do this, we return to balance and find peace within ourselves that will allow us to live a fuller and happier life. All of this will be for the highest good of the person and of the entire universe, due to the connection that each one has with the Whole.

A healing will take place in harmony with the soul's desires. When a soul is headed for healing, it will go down a path that will lead it to heal. If a person doesn't want to get better, then he will not. Participating in self-healing requires the conscious intention of the individual. If the individual doesn't make that conscious decision, and decides to remain as he is, he will not be able to manifest health, because he will not be willing to it.

All people who want, from the heart, to heal, understanding that it is something important and that requires dedication and effort on their part, will do what is possible and even what is considered impossible until they achieve it. It requires the will power of the person, rather than the healer himself. The healer will only assist and guide

him. A patient must not give himself up for another to simply heal him, but must do his part and everything that entails, with determination and effort, both the change of habits and the following of the sessions indicated by his healer. He will do everything to achieve his goal, which is return to balance.

All those who understand that we are beings with personal power and creators, will see self-healing possible. While all those who feel victims of their disease, will live their process with fears and doubts, hindering the result that is healing. When we know the power that is within each of us, it is understood that nothing is impossible, and healing is seen as a step to follow to regain balance and thus live a fuller life.

40

Chronic pain

Every time you feel an emotion, it is represented by a particular frequency that affects the frequency of your cells. The cases of diseases or imbalances occur because the frequency of a group of cells is no longer congruent or concordant with its ideal frequency. In situations where our frequency is altered by external factors that affect us emotionally, an internal work must begin to return to balance.

In the cases of physical pain, we find a discordant frequency in certain cells, because the body is not in a state of harmony. Physical pain is caused by interruptions in the normal communication of cells, communication that they must have with each other to work in harmony. Pain is expressed to alert the person that there is a problem.

Physical pain caused by a damage to the cells, is a sign that cell regeneration is needed, so that every part of the body works as it should. Chronic pain, without apparent physical cause, *has emotional causes*, trauma from the past that affects the frequency of the cells, for which pain is expressed. It occurs because there is an energetic interference between cells that prevents their normal communication, which leads to manifest physical pain.

If you have a chronic pain in a specific part of your body, that part will indicate the cause. There are maps of the body that show how each part relates to its emotional cause, to consider.

Diseases can be categorized into groups and can be associated with emotional causes. Still, each disease will be unique in its manifestation, because it will be related to the person him/herself, with his essence or personal frequency, and with the frequency of the trauma, if applicable. In some people it will be one type of disease, in others,

it will be another, depending on the person and the type of discordant frequency or trauma or emotion.

A chronic pain is manifested by the same consciousness. All the cases in which a person suffers from chronic pain, rather than looking for the physical cause, we must inquire emotionally and mentally, because it is from there that matter is affected.

We all have inside us the key to find the solution. You must do an introspection and emotional healing through meditations to reduce or eradicate a chronic pain at the root. The mind controls the body, if you find a way to control your mind, you will control your physique. And you, as consciousness, are the one who can control your mind.

We can all heal, we are powerful beings, with personal power to achieve what we propose. Your inner power has no limits, being the unlimited Source or the Whole. Whenever you see yourself, see yourself as the creator god that you are. The creative power will always be inside you. Just as you create your life, you create your physical body and you create the events.

We have everything inside us, the entire universe. Because we are the entire universe. It doesn't matter where you are, or what body you are incarnating, or the time you are in. You will always be the Whole. Always.

41

Genetic diseases

Genetic diseases occur in relatives with similar characteristics. For example, a mother can have a disease and the daughter can develop it too, but only if she has the same characteristics so that the disease develops in her. If she doesn't have the same characteristics, then that disease will not develop, and she will be a healthy person.

Diseases always occur when the person is prone to it, if the disease is energetically equivalent with the person. The same happens in cases of accidents, the event will only affect the person if he or she is prone to it.

Everything is related to frequencies. Each of us is a particular frequency that will be equivalent or attract future events that will occur to us, including diseases. If you have a high frequency, you can no longer be equivalent to a disease such as cancer, for example.

It may happen that a particular event occurs to a person at a time in his life, having a high frequency, but those events will only occur in coordination with the soul, because they serve a purpose of teaching or development in the person.

Events occur according to what the person himself manifests. Diseases are manifestations of each consciousness, so there should be no fear of developing a disease that runs in the family, because the same person is able to control whether it will affect him or not.

We all have infinite possibilities of development. We can choose from an infinite field of possibilities how we will live our lives. You are never condemned to a single path. You can choose several paths within the possibilities that the place where you live gives you. So, you will always be free to create at will what will come into your life.

It will be you who will direct your life to the places that you want, consciously, at will and with full freedom.

We are never destined for something, neither to a disease. If the genetic conditions are fulfilled for a disease to develop in you, it will be you who will decide according to your thinking, actions, ways of being etc, if that disease will develop.

Each person is unique, regardless of the genetics he carries, which may be similar to that of parents, grandparents or other relatives. And since each person is unique, his way of acting in front of the world will be unique, and the events that will happen to him will be unique.

It is always in our hands to act and decide what will come into our lives. We are our greatest guides, and who will achieve our goals, if we so intend.

Healthy lifestyle

In a situation where a patient has a serious illness and is in danger of death, there are ways that will help him or her improve his health more quickly.

We are all predisposed to get sick when we don't lead a healthy lifestyle. Eating well, hydrating yourself with clean water, exercising, doing the activities that make you happy, sleeping well, getting enough rest, having a good social environment, corresponds to a lifestyle that will benefit a good health.

In the case that a patient is seriously ill, *he must change his lifestyle as an immediate measure* to stop the progression of the disease. And then take a path that will lead him to self-healing. You cannot complete the path of self-healing while living in a toxic or unhealthy environment. It is important to change the habits and the environment in which you live.

We live according to who we are, because we create in our lives what we are, as a projection, so it will be necessary to also change who we are to project a better life.

The effort to change is up to each one, as the main person responsible for our lives. We must create an adequate environment for health, change eating habits that are harmful to the body, and walk the path of self-healing. If we focus on health, we will get health. If a patient continues to live in the same toxic or unhealthy environment, he will be attracting toxicity to his life, perpetuating the disease.

We all have the ability to regain our health, because who we are is a direct reflection of our consciousness. If you change your consciousness, you will change your environment and your health.

We can all get rid of an illness. Being focused, we can create health in our interior-exterior.

In a situation where a healing does not occur, it will be because the consciousness wants to direct its life towards that place. We are all free, and the options to heal will be at hand. So, whoever really wants to heal, will accomplish it. If a number of people have died from diseases, it is because those consciousnesses made the decision to leave. It is always a decision.

Meditation

When we are away from the external noise, from the movement of the people around us, we can concentrate on ourselves and listen to us. Those spaces of calm are necessary, because they allow you to start a conversation with yourself and connect from the heart with your highest self, which is your soul or your essence.

This essence is who you are in your purest form. We are divine consciousness. So connecting with your purest, most essential self, will allow you to enter a high state where you can know yourself better, understand problems from a high level, heal emotional-physical problems, forgive or resolve conflicts with other people, find the enthusiasm to continue your life and find the most appropriate path to follow according to what you live in the moment.

This internal communication is important, because it allows us to find and guide ourselves along a better path that will allow our greater well-being.

When we meditate, we do it mainly sitting. With our eyes closed, if we need to find answers, and with our eyes open, if we want to contemplate a landscape and keep our minds in silence. When we meditate lying down, we can do astral travel more easily; although we can also do it sitting. The position you choose should be comfortable for you, so that you can focus your attention on what you want to do during the meditation. The body must not distract us, since we will be focusing the attention within us.

When we meditate, we enter a state of being energy, of being only consciousness, of being present in the moment, and we direct our conscious attention towards what we want to work on. We are

the ones who direct our attention, or the ones who allow to receive what we need to understand. Going to one side or the other will depend exclusively on what each consciousness needs, so the meditation will have to be open to be used in various ways, expanding it as much as every moment that a consciousness lives.

If group meditations are done, it is to guide a group to the same place. But it will always be important to meditate according to the personal path that each one needs. Therefore, a personal meditation will always be essential to progress in the personal work of each consciousness.

If you complement your meditation, you can do it with background music, lights or candles, aromas and your own objects. They are not essential, but they are helpful in some cases, because they will accompany you during your session.

We, the Arcturians, use the meditation on a daily basis to help us maintain our mental, emotional, physical health balance, all together, allowing us to be energetically healthy. Meditating daily helps us maintain health, because it is from consciousness that physical illnesses are generated most of the time.

If you have a disease, meditation will help you understand the reasons for your illness. Because it will show you through images, words, intuitions, the answers. You must start working on your pending emotional issues in the first place; forgive, get rid of fear, anger and all those emotions that may be damaging your mental-physical health. If you do these exercises daily, you will find that there will come a time when you will no longer have to do them anymore, because you will have already worked on what you needed. You overcame it, so your health will improve and you will even heal yourself.

When every day we have a thought that doesn't leave us alone, it is because there is an unresolved issue that is important. When you work on it in meditation, it will no longer be a problem for your mental health, and you will come to peace, so you will be able to focus your attention and energy on what you want for your future.

We are present with you, helping you to continue on your paths under principles of health and well-being. We want to help you to complete your path of *integral self-healing*, worrying not only about physical illnesses. Because it is also important to maintain mental, emotional and spiritual health. Only in this way a person will find him/herself in real balance and health.

Health occurs in a complete way, not only in the physical. If you want to maintain a healthy life, you must worry comprehensively, respecting every part of your being. When we talk about health, we talk about a process in which each consciousness is the one who cares about maintaining balance, harmony and well-being throughout its life. In all aspects that concerns it, not just looking physically healthy. Health must be comprehensive.

Health is responsibility of each person. It is being conscious and respect the divine being that houses a body. And it is also respecting others, since being well will bring health to the collective.

Allow your growth

All people who are willing to regain their health should make a conscious effort to heal themselves, because only then will they achieve their healing. Being clear about what they want, they will be able to manifest it. You can always find a path that will allow healing, because there will always be multiple possible options. It will only depend on you, on the desires of your soul, to choose a path and walk it.

You can always persevere and act in relation to what you want most. There are no real limits for you as a being. There will only exist the limits you agree to have through your own consciousness, education and belief system.

You will always have options to choose from. Having different options at hand, you will follow the path that will make the most sense to you. You will be attracted to the path that will help you in the process you are living, and that will allow you to achieve further growth. Whenever you consider taking a path, look for what it has to give you, if it presents challenges that will allow your growth.

All people are equally capable of completing a specific task. Achieving it will depend on the effort and dedication you put into it. We can all grow and develop new skills that will remain engraved as knowledge in our subconscious memory. If in your subconscious there are certain skills learned previously, it will be easier for you to continue on your path, because they will be like tools that will facilitate your life. If you have not learned a skill yet, you can start learning it.

When you achieve more skills over time, you can more easily overcome the obstacles that arise in your life. They will help you to achieve greater expertise in certain areas that are to your liking, and will allow you to carry out increasingly complex tasks. All these qualities remain engraved in the memory of your soul, and you can use them to your advantage in your current life and in your next lives.

When you are not sure whether or not to follow a certain path, it may be because that path will not serve your soul or because of fear. If a patient can distinguish that it is for fear of following a treatment, he or she will be able to overcome it to walk his path of healing. We all doubt about certain paths, because we don't know what they will really be like. Your conviction will allow you to make up your mind and take the path that will be most suitable for you. If you don't feel conviction, you will not be able to walk that path.

The decision to take a path or not will depend on you, because the freedom of action is in you. Whenever you can, remember the benefits that a particular path will bring you. Your growth, your development as a being, acquiring experience and new skills, achieving a proposed goal, are all objectives that a soul seeks. You just have to listen to yourself and feel why it is important to follow a path that seems to be difficult. When you take risks, you allow your growth.

There are no mistakes, only lived experiences that will contribute to your future. If you focus on thinking like this, everything will contribute, and you will be in a state of permanent growth. By understanding that each experience contributes to growth, and being open to get the best out of them, even from something that can be considered negative, it will allow the development of your soul and expansion, without a doubt. Everything you can learn will contribute to your development as a soul, from good and bad.

Always keep learning. Guilt and resentment do not contribute to your spiritual development, they only help you perpetuate those feelings. Learn to get rid of them and grow, because everything contributes. What you see as negative is only a vision from that point of

view. If you analyze it from a higher perspective, you will see that everything helps the expansion and development of your soul.

Always see life with that higher lens. Always see what can bring you the situation you live, because there is always a *why*. Understanding it from a high point of view will help you not to remain in pain, and to take charge instead of lament. It is just a change of vision that you can do to understand the situation called negative and take what is beneficial for the growth of your soul.

Self-healing

Self-healing is a process that requires perseverance, being constant in healthy routines that will contribute to your well-being and allow the healing. This is how many people have done it, when they don't accept being sick and do everything in their power to heal, as a number one priority.

These people share the thought that, to achieve healing, it is necessary to leave certain comforts. They are willing to sacrifice some unhealthy routines they like, to heal their bodies. Directing their self-healing allows them to feel in control of them: they control their thoughts, they control their actions, they take control of their lives in a healthy way, ultimately creating health.

Whenever you want to improve a physical condition, you can do it. With the purpose of healing, you will act in the correct way that will allow you to carry out self-healing. When we talk about self-healing, we talk about creating the healing, to manifest it in your reality as the creative beings that you are.

Self-healing is a process that requires a specific time to change certain harmful habits and get used to the new way of being. It requires, in the beginning, a conscious work, to decide consciously for the actions. These actions will determine the result. Once you change your habits to healthy ones, and are consistent, you will have your healing as a result.

There are universal principles or universal routines of health:

Breathe clean air. The oxygenation of the cells allows them to carry out their vital functions.

Diet is essential to nourish the cells so that they can carry out their specific functions. Each part of the body has a specific function that it will be able to perform if it has the necessary fuel. As each species is different, each one will require a specific diet appropriate to its type of organism. Eating according to your species will allow no nutritional deficiencies to occur.

Keeping the body well hydrated is one of the fundamental principles for maintaining organ health and function. It also fulfills the function of mobilizing and removing toxins that must be eliminated. Every living being needs water, all the species, it is a basic substance that must be integrated into the diet. Consuming clean water, both physically and energetically, will contribute to the body and will not harm it, just like with food.

It is necessary to remove all stagnant energy or thoughts that remain recorded that don't contribute to well-being. All emotions impact at the cellular energy level, contributing or damaging the cellular functions. Each cell has an emotional body that is active and that is impregnated with the emotions that the person manifest as a consequence of his or her thoughts, thoughts that are directly related to the way of perceiving the world around him. When we talk about self-healing, it is necessary to control the thoughts, so that everything is a contribution to this new healthy frequency that you want to achieve. Thoughts help or harm, depending on their nature.

After the whole healing process, we realize that the key to heal was always in us, that the body needs nothing more to heal than the intention, that within us are all the tools and wisdom to complete the healing, and that if we were unbalanced it was as a consequence of something that, in the end, we understand. Always in union with your divine self, you can understand the cause of your illness and find the tools to heal yourself.

You will never be alone on your way, there will always be people who can help or assist you in your healing process. The so-called healers of the spirit, who integrate their lives in their therapies, they integrate who they are and what they like best to heal. In all ages

they have existed, and are found all over the Earth. They feel a call to help and assist others in their healing. They help from their area of interest, since many paths are possible. You can count on them to heal you; each one will contribute something.

When we talk about healers, we try to define a person who has a specific frequency and a calling to assist in the healing, a need to contribute, to help others by always being themselves, to help from the heart so people can be better, to alleviate general suffering. Not just physical suffering, the suffering in all areas that a person may feel there on Earth. Many are assisting on that path, they are there to help you feel more balanced, healthy, happier and at peace.

When we integrate healing into our lives, we do it from a high and complete perspective, considering all the areas that a person contemplates. There will always be things to improve and heal, so therapies are recommended for anyone who wants to feel better in one or more areas, as a complement to their well-being.

When you have the priority to heal, of balancing all the parts of your being, a process is triggered that will lead you to healing. With that *intention* you can open the paths that will lead you to heal any ailment, by moving and allowing it. If your intentions to heal are pure, the paths will open that will lead you to heal.

A path will always open, don't give up thinking that you will not have a choice. Follow the path that your heart dictates, connect with your inner self to seek the reason, within you, not outside, inside you will find the answers, the why of the ailments that your body is manifesting. When you get to the cause and you treat it, you allow your healing. It will always happen; you just have to know how to listen to yourself. And when you need help, the healers of the spirit will guide you on your way. That is their role in this world and they will be happy to help you and participate.

You are a divine being, you can always create the healing in you, no matter how serious your situation is. You can, always, because the power to heal yourself is in you. Don't expect others to heal you, heal yourself, you can do it. When you allow your healing, you not only

heal yourself, but the world around you as well, because you are an integral part of the Whole, you are the Whole by definition and right.

In these difficult times lived on Earth, there will always be lights on the road, there will always be options to choose from. If your intentions are correct, you will see those lights shine and, if you follow them, you will find the answers to what you need. Those lights will guide you back home, back to your divinity and to manifest your healing. Find those lights.

You will never be alone; loneliness is only a perception of that limited reality. If you see from a higher plane, you will understand that there is no separation, we are all intimately connected and affecting each other, in a harmonic dance of frequencies, in musical vibration, in a dance that never had a beginning and will never have an end.

When you have the intention of something, and you take the necessary steps, you will achieve it. Follow your path with enthusiasm, joy and love, great rewards will be at the end. Don't give up, if you are there today, it is for a specific and important purpose, although it may not seem like it from there.

If you dream something, you can achieve it. Don't forget to dream, since it will always open the doors to what you want. If you have illusions, keep them, don't discard them over the years. There will always be time, your spirit is eternal and there is always more in life. When you allow yourself to dream, you allow energetically the realization of your dreams.

Keep going, continue your way without giving up, you will see that everything will have been worth the effort. Even when the path seems difficult, even when the external conditions are unfavorable, even when the pain seems to have no end, you will always come to a space of calm that will allow you to rest, which will come with time. There is no insufferable and eternal suffering. You can endure any event, if your intentions are pure.

Continue living from the heart, in connection with who you are, being your highest version, despite the situations in your environment, and everything will always turn out well.

Your soul is elevated, don't forget that it has an elevated purpose for you.

The enthusiasm

We have countless aptitudes within us that we can develop along our paths. All aptitudes flourish by creating a reality that allows them to be developed. When you take the time, focus and take the steps to develop an aptitude, you will reach a point where you will achieve the mastery.

We all have in us the capacity to develop what we consider will contribute to our lives. These aptitudes are innate, we possess them in a potential state and they will be there waiting to be developed by a consciousness.

Whenever we want to achieve something, we must do our part. The enthusiasm that you put into the activity that you decide to carry out is within you, it is your own will power, your inner power, you as consciousness, because the enthusiasm is not something external to you, it is internal.

If you look for the enthusiasm to heal yourself, you will have the strength or fuel to go through whatever is necessary to achieve your healing. It is in your hands to heal yourself and find the inner strength that will allow you to do it. All those who lack enthusiasm, lack willpower or inner strength, which is what leads them to continue. The inner power is in you, and it is you who decides whether or not to walk a path.

In cases where you want to achieve healing, you must find the enthusiasm and willpower necessary to make the changes that must be made and walk the path that is necessary to achieve it. It is in your hands, as consciousness, to choose a path and focus on what you

want to achieve, and continue despite everything until you reach your goal.

Waiting for the events to happen to you is allowing what is around you to determine your future. When you are in a passive mode, you allow things to happen to you without feeling like you are in control. Instead, when you allow yourself to create your life and be you who determine your future, you become a creator, and every creator is unlimited in creation.

It will be up to you if you decide to heal yourself or wait for death. It will be up to you the decision to govern your life or to be governed. You can accept things to happen to you or make things you want happen to you. When you begin the healing process, it will be up to you to find the enough enthusiasm to continue on the path until you heal. Achieving it will depend on your will power and your desires.

We all have the power of self-healing. If you persist in a healthy discipline, you can create it in yourself. We are all capable to help the body to heal. You only have to believe in yourself, in who you are: a creative being, perfect in its essence, and you will reach a point where you will self-heal.

The arcturian healing technique

When we talk about a particular technique to heal, we are delimiting or reducing to a single one, a process that can occur from multiple paths. Because, as we have previously said, healing is a particular process that each person carries out at his or her own pace and according to his own consciousness; and the paths that each one will have to reach health will be multiple, not just one.

Our arcturian healing technique is based on principles of universal health, which dictate that when a person is in balance, then his whole being, including his physical body, will be in balance, regardless of his age or economic condition.

We consider healing to be an individual path taken by each person who is out of balance. Each person has a disease due to a particular cause; he has his reasons for manifesting it. Therefore, it is that consciousness that has to do a personal introspection to see what happens in order to improve.

We, the arcturian healers, use the arcturian technique that most attracts us, for personal tastes. We share the same principles of health, and certain therapies are repeated in several of us. But we always adapt to what each person needs, we act in relation to what the diseased person needs. We are not interested in discovering the perfect therapy that will heal all ills. That is like looking for the fountain of eternal youth, something external to consciousness itself. That doesn't exist and is only an illusion.

Healers should always connect and look inside for the way to heal that makes the best sense to them, which will have to do with their personal tastes, and offer that way to people to help them. If a

person empathizes with your method, he will choose you to guide him, but always understanding that it is the person who heals and the healer will only be a contribution in the process.

We know that you seek perfection in a technique that will magically help alleviate all the ills of all people, but this is not how this universe works nor the people who inhabit it. As people, it is we who create the disease and we who make it disappear, with our consciousnesses, not thanks to something external to us but from within each one.

When a therapy is offered to you, consider that the most important thing will be who will guide it, the healer, and the connection he has with his divinity or the Source, if he is pure of heart and if he is interested in health or rather the economy or fame.

When someone asks about your technique, healers of the spirit, tell them it is in your own heart.

Permanent and non-permanent damage

In cases where a disease causes permanent damage to the person's biology, solutions should be considered that allow the person to live better, facilitating his or her lifestyle, supporting that person so that he can live more peacefully.

We can call this a chronic or non-curable disease. In these cases, there will only be a cure through advanced technology, which will allow a cell regeneration to the original state. If this technology is not available, then it is important to meet the requirements that the person needs to make his life as easy as possible.

In cases of serious accidents, such as car accidents, where considerable damage occurs in the person's biology, but not permanent, he must be treated through regenerative medicine, which allows him to regain mobility and basic functions such as walking again. When an accident of this type occurs, with greater damage, it is important to help the person not only to regain the mobility of his body but to support him in the emotional area, so that he can cope with the accident and his current condition.

All people have the innate ability to regain their health and return to their optimal state. We can all help our bodies to heal, because it is in us the ability to manage our biology at will. So, if the case of an accident with major damage to the biology occurs, through visualizations the body can be incentivized to regain its original biological state.

The visualizations help a lot in these cases, especially paralysis, since through them the body is stimulated. By visualizing yourself regenerating a damaged part, walking again and painlessly, with en-

thusiasm and conviction, the body begins to believe this new reality and will begin to manifest it as a consequence.

The mind is very powerful at the moment of manifestation, it is where the process of creation begins, from an idea. Then it takes the form of creative energy that will finally manifest in the physical-biological world. If your idea is to walk again, it will be that way, you just have to feel the conviction that you can really do it. It will always be in you the will to heal faster. If you persist in manifesting what you want, it will eventually come.

All cases of accident allow a person to rethink his life. You prioritize values, create new goals, enjoy more what you already have, and understand life from a much broader perspective, where some problems no longer matter and the simple things in life do. In these cases, it is recommended to cultivate the inner world, the inner strength, to be able to get ahead. It is from there you can recover your life. From there you can achieve happiness despite your current condition.

There will always be better moments in your life, life is always changing, you don't have to feel condemned to be in one situation forever. What you live in a moment will have an end, and you will be able to create new and better situations that will allow you to be happier.

Whenever you have an idea of wanting to do something, consider it for later. You don't always have the conditions to fulfill it in the moment, but there will always be time to achieve what you want later in your life and in your subsequent lives. Whenever you have an idea in mind, you will be contributing to its creation, you will be giving energy to what you want that manifests in your future.

In complex life situations, take whatever helps you and discard the rest. Do not occupy your energy in that which doesn't help you, because you will only be perpetuating it, by being energy that will manifest in your future. When you focus your mind on what you want, and take your attention from what you do not, you allow only what you are focusing on to manifest in your reality. This is how

creation or manifestation works. Whenever you wish something, the conditions for its manifestation will be given. By having a clear mind on what you want, and focusing your attention-energy on that, you will be able to attract it as an event to your life.

In a situation where permanent damage occurs to a person's physical system, he should be cared for with all the tools available. They are helpless, in the sense that they cannot function on their own and they need the help of third parties to support and care for them. These people deserve to be treated with respect and love by others, as they are people with souls who need support.

We are all here for a special reason. People with some type of disability are those who decided, from a high level, to live those experiences, as a process of personal growth. They have decided to venture out and enter to live a difficult experience. All disabled children chose that path too, they have their own reasons for wanting to grow through an experience like that. They should always be supported and cared for with affection, so they can get ahead and benefit from the experience.

Disability is a type of experience that is found mostly on Earth. It is where the souls who want to experience a life with disabilities incarnate, because disability is solved here with the appropriate technology. Disability exists as a way for a soul to feel contrast, between not being able to do something that it wants, such as following a normal life, and then having everything and enjoying having everything at hand, along with an overall health. These are decisions of each soul that must be respected, and they must always be cared for with love, respecting their lives and their freedom of decision.

When accidents occur and the person is left with motor problems, it also occurs after the choice of a soul. There, on Earth, it is seen as an accident, but it is a decision that was made previously and consciously. From a higher level, it is never an accident.

People with disabilities should always be supported and given everything they need, because this way they can be happier in their condition. When they are respected as valuable people, they are being

cared for properly. When they are disrespected, that only hurts them more, increasing the suffering they feel.

Recovery cases also happen because the soul wanted it that way. Being damaged to later recover and thus fulfill a purpose of personal growth. That experience is lived so that it later serves them in their future by sharing that they could recover and get ahead. This happens on Earth in important figures who are sharing their experiences and helping others to move forward and get ahead too, like Jim Kwik and Joe Dispenza. They give people hope by sharing their experiences. These figures are recognized for their courage and inner strength and, just as they help others, they also grow as souls, because the experience allows them to find sufficient strength, live according to their highest self and change their lives towards what they desire.

We find our inner strength, our purest essence, when we experience complicated situations. These allow us to search, in the deepest part of our self, for the strength to continue. We draw energy and hope from where it is considered impossible, and achieve situations considered impossible, showing our true self.

The technology

When a person is sick and needs direct help from a doctor, they should be supported with the technology that is available at the time. There are surgical interventions that must be performed in cases of major damage to the body. In these cases, the patient must be supported with the implements they have, in order to save his or her life.

We must see technology as a support in the recovery of a body. It will serve to perform the functions that the doctor cannot. It must always serve according to what the patient needs. The technologies that favor a person are those that will help in his recovery process.

The modern technology that exists on Earth *is quite basic*, and only serves as a partial support for procedures. The technology we use here is so advanced that it allows to recover a lost limb, or to return a person to his original and most optimal state, at young adulthood.

The technology you use there will advance as research opens to work on health projects. All the projects you have carried out so far are controlled by members of the Elite, so the technological progress only occurs up to a certain level of development, failing to advance further towards the full potential that technology has.

All technologies should be used in favor of people, as a way to assist in processes that a person cannot perform due to the limitations that exist.

Warning: Technologies that go against humanity should not be used, because that corresponds to a homicidal action, even if someone is not being killed directly with a weapon. If they are being harm in any way then it corresponds to murder, and that should not be, because it goes against life.

When we use technology for people, it is to help them, it is used as life-saving support in the medical area. All technologies will be appropriate if they serve to promote people's lives, and they don't fulfill obscure purposes that only favor a few.

If you develop technologies, it has to be in favor of humanity, so they will be a contribution to well-being.

Heal society

We all have a unique way of acting in the world. We are unique, unrepeatable, and we are part of the Whole, from our own way of being. This uniqueness is useful when contributing to the development of a more varied collective, where there is everything that can exist. The variety that the universe provides is infinite and still continues to expand, and all contribute to this phenomenon.

When a part, which is you, contributes to the collective, it does so from its own way of being. You cannot mold a person to be another, this doesn't happen in alignment with the soul, because each soul, being unique, if it tries to be another person, will not be faithful to who it is, so that soul will never find happiness.

What we can do is to encourage each one to become the unique person that he or she is, because that will lead each soul to develop well and happy in their life. Each person participates by giving his unique being to the collective, that is how he contributes. Being the unique person that he is, he will give a unique contribution to a society, planet and universe.

Each one has an internal guide to develop according to who he or she is. If you follow your own guidance, you will be able to align with your soul, with your purpose of incarnation, you will develop and live according to what you set yourself before incarnating, you will act in relation to who you are in your essence and you will contribute *being you* to the collective.

When you look for your own way, you will be looking for your happiness. When you find your way and walk on it, there will come a

time when you will feel full and happy, as a consequence of having found yourself and expressing according to all that you are.

Today on Earth, you are taught to fit within certain groups in order to be accepted. That doesn't correspond, you cannot put several people in the same group, who in essence will always be unique. The way for a society to work in harmony and for everyone to be happy, is by accepting variety, valuing it and encouraging each person to develop as a unique soul. This is what a healthy society does, it provides tools to each one, so that everyone can develop according to their own interests.

One way to heal society is by giving people all the tools so that they can be happy and fulfill what they came to do as souls. A healthy society is one that manages to deliver to each of its inhabitants what they need for their development. If you want to heal Earth society, you must be concerned that each and every one of its inhabitants are happy and succeed in being all that they are. To achieve this, you must act on a global level, in all the areas that exist, only in that way will you succeed and be happy.

You cannot subject others to your own interests, or shape them into someone they are not. That will only lead them down a path of unhappiness and will help society to remain ill.

51

Change for the world

We all have in us certain information that corresponds to our essence, to who we are as souls, to our frequency. We have in us a codification that will be according to our interests, because as souls we follow a specific line that we have chosen.

However, when we talk about our line or tastes, there is always the freedom to change course, because we are free to create ourselves in one way and, then, create ourselves in another, with the possibility of changing towards what interests us the most.

When we consciously change, we do it with the knowledge of wanting to improve some aspects of ourselves, in order to evolve and be a higher being. All changes will be made so that the person can reach a state where he or she is more advanced or evolved than his previous state.

We know that changing can be difficult, because it involves making an effort to get out of the routine or what we are used to, to enter another state not familiar to us. So, there is some resistance to change due to habit. When we change, it is done in favor of a better future, not only individual but collective, for the sum of all. It is done for the good of all of us. You cannot make a change in yourself without affecting the collective as a consequence. Acting together for a higher cause will allow this change that will benefit everyone.

That is why doing an internal and individual work of each one to change or evolve, allows the collective to be better, seeing us as the All that we are, a single unit in this infinite universe. If you do your work to heal and be in better conditions than before, you will bring health and well-being to the world. And when everyone takes the

responsibility and does the same, then it is possible to manifest a group that lives together, being happy and healthy.

When we talk about a collective, we talk about the group of all the people who live within a community, which in turn will be part of a larger group, which in turn will be part of an even larger group, until reaching each and every one of those who participate in this universe. So, when you worry about your health, you will be worrying about everyone.

When we have an idea in our minds about how it is best to act as a community, the whole community must aspire to achieve the same goal, in unity, in order to achieve it. If we take the Earth as an example, all those who inhabit it have to aspire to a healthier society in order to manifest a healthy Earth.

Unity is essential when manifesting a happy society, you will never be happy living apart. Individually, only some and not all will be happy, and this means that, on a higher level, you will not be completely happy, as you are part of the Whole.

We all have in our minds a goal, which is to develop ourselves in what we like to be happy. If you achieve that the collective can accomplish this, then everyone will be happy and will live in harmony and unity, without leaving anyone behind. That is the common goal that everyone there must have, that everyone be well and not a few, so that you function as a society and everyone can be happy.

When we have everyone in our minds, in unity, we will function as an intergalactic community in a harmonious way. That is the key, that we all be who we want to be, respecting the wishes to be of others.

Helping others

We can help by following our hearts and sharing what we have to give to others. If each one manages to connect with our interior, with our wisdom and our superior self, we will be able to contribute from our form to the collective. We will be able to give actions that will be in alignment with high values such as love, integration, acceptance and peace.

We know, from our own hearts, who we are in our highest version. We know our essence, and our union with the Source or the All. When a person manages to connect with his or her essence, and manages to see this truth, he aligns himself with his true self and with what he came to do in this incarnation. When you align yourself with your truth and follow your own path, you will contribute from there to the collective, you will contribute from your own heart what you have to contribute to others.

In cases where a person is seen to be out of alignment with his higher self, a guidance may be offered to him, so he can find his way and live from higher values. All those who contribute to the well-being of others, receive a gratification that goes according to that energy that was delivered. This is what is called "cause and effect", when a person receives the energy equivalent of what he has delivered.

When you help others, you are able to direct them towards what they came to do in this life. Helping by example is showing a path that leads to a higher destination, a destination that will help the well-being of others. We all know our way internally, helping others to discover theirs will help them to be happier.

Helping someone else, it is done considering that the other is free to change or not, to align or not, to be a better person or not, to be happier or not. It will depend on the free decision of each one. When you help another, it is done with the knowledge that you will help him only if the other wants to be helped, and his decision must always be respected.

When we help, we allow more people to make the decision to change in favor of a better world. Not as an imposition. Help is offered, and everyone will be free to receive it or not.

If we focus on living from our hearts, in union with our souls, and continue living from that high level of consciousness, we can help in the manifestation of a better future and we can collaborate with those who need light and guidance in their ways. Helping is important by allowing more people to get ahead and align to manifest a better life.

When you help from the heart, you allow more beings to be happy just like you, you allow more beings reach that high state, thus contributing to a happier universe.

From the heart

You can always contribute to the world from your truth, because from there it will go in alignment with your soul and with who you are in your purest essence.

From the beginning, we have given our help to the Earth from our own hearts and from our own ways. In connection with who we are, we have been able to contribute our light to Earth.

We always contribute from our own uniqueness, from our unique way of acting, which will give a unique help. Each one of us, guided from our own hearts, being the real and true persons that we are, we manage to give ourselves to the world. Guiding us from our hearts helps to build a more sincere society, where it is possible to give our true self and our truth to others.

When we act united from the heart, understanding the others, being them in unity, a society free from harm is built, where each being is respected as unique and is valued for giving the world his or her unique contribution. When we unite from the heart, we manage to obtain the support we need to develop and be happy, as well as we give others what they need to develop into what they like to be happy.

The other cannot be understood in depth if we don't open our hearts to unite and empathize, with the pure intention of helping and respecting him for what he is and desires. You must always understand that the truth of the other is valid and respect it. His truth will be valid in his own world. We must not disqualify or emit prejudices about the way of being of the other.

When there are differences between people, you must listen to each point of view and understand them from their own truth. You must understand that all forms are valid because it will be the unique form of each person. When we understand others from the heart and not prejudice, we manage to see the truth of the other and we respect it because it is his unique truth.

We understand the way of being of the other, because it is understood that he is like that for what he has lived in his past, which is what has shaped him to be who he is in the now. Judging without seeing the person's history only leads to separation. When we see the story of the other, we understand why he acts as he does. The environment and circumstances are what shape the person, and the internal value is what distinguishes one person from the other: how he comes out of each situation, how he faces a problem, how he acts in life.

If we look at our past, we have all gone through difficult situations that have made us act in a certain way. No one is exempt from acting incorrectly because we are all people following our own evolutionary path, where we need to go through certain tests and difficulties to form ourselves towards what we desire as souls.

Always consider others as members of your family. They will always be your *other you*, your mirrors living the experience of life, fighting as you fight, trying to give the best of themselves, recovering from the falls and mistakes, and rising from the heart by the understanding that they can always act in a higher way and be happy. All of us who have lived, have shared difficult stories, and it is through them that we have understood life from a more complete angle, where we achieve a greater understanding from the heart.

You can always get ahead and keep growing. The road will be as long as you decide it to be. You are your main guide and your soul is your highest self who will show you the way.

When you love yourself, you also do it in connection with your higher self. You love and accept yourself as you are, connecting from

the heart with yourself, understanding the elevated being that you are in reality and that you have always been.

Understand who you are, elevate and be your best version.

Inner guide

When you want to heal yourself, you have to understand that there are many paths. The path a person chooses will be the one he or she feels most comfortable with. All the paths are valid, if we think that all of them will contribute to well-being: they will all help the person to feel better, to improve their mood, their energy, to solve negative emotions, painful memories, physical problems, mood problems, align with the path of his soul that will make him happy, and so on.

Health is integral, you cannot consider being well in only one aspect. If you are imbalanced in the others, then it means that you are not really healthy. When a person lives in balance, he can be happy and enjoy the experience that his life offers him, whatever the experience he has decided to live.

We all have an internal guide that we must follow. This guide will indicate us where to continue to head towards our greatest expansion and happiness. We all have this guide. When we listen to it, it is easier to go on. You will know which is the best path, when you feel *certain* that it is so.

Whenever you look for a path, you do it to orient yourself towards a greater well-being. When you try to change your life, you do it to allow yourself to be better, to solve what you need, according to what your heart dictates.

You just have to follow your inner guidance always. All the answers you need are within you. You are complete, you don't need anything external to you but your own wisdom. When you are happy with yourself, it is because you know how to value the divine being that you are.

It doesn't matter how difficult the path is, because, in the end, you will always have you and you will always be able to continue wherever you want. In case you get lost, you can always go back to your origin, to be who you are in your essence and to walk through a better path that will lead you to be fully happy. You will never be lost forever, because you will always have your soul to guide you until you find yourself.

When we understand that the guide we need is in each one of us, and we understand the others for who they are, and we respect their paths, a harmony is created in living. Each one will be following his own path and sharing his life with others, who will also follow their own paths, living together in harmony, freedom and happiness.

When we understand life as opportunities for growth, we will be appreciating it for what it can give us, we will be valuing what comes into our lives and we will take advantage of every instant of the present as a gift that the universe gives us.

We can all act according to what we think is best. We will be who we want to be. Because there is always this freedom to openly decide what you want and what not, the choice to decide for your own life, without worrying about what others will say. When you align, you are happy. And whenever you follow the path that you like, you understand that everything you lived in your past had a purpose, and you accept all your past as a contribution to who you are in the present.

It will always be up to you to continue on one path or another. You can always follow the line of your preferences. We all have the ability to choose and create. Following your line, will be following your own soul tastes and interests, and you will develop according to what you like best. That is why aligning with you will help you find happiness, because a path will open for you to develop according to what you like the most.

By understanding the concept of freedom of choice, we understand that we can all choose what we want in our lives, which will be what will make us the happiest. And thus, we also understand that

each person deserves to choose their own path at will and be happy just like us.

When everyone enjoys their lives and manages to develop according to what they like the most, they find peace, and live in a happy and fulfilled community. Understanding the others from their own world, will allow you to accept them as the unique persons that they are, and help them develop according to their own areas of interest.

All those who want to help build a better world, will do so by starting with them, aligning with who they are, and then assisting others to align themselves. So, everyone will live guided by their own hearts and will be happy living in harmony.

In situations where someone needs collaboration, he should be assisted so that he can be better and enjoy his experience. No one should be left behind, we all need mutual support in some way, because we all live thanks to what others give us, including nature.

Final message

In a society, when there is a situation in which a person is trapped, without finding a way out, you must support him or her with all the resources at hand, so that he can get ahead. Because he must be considered as part of society and as part of the Whole. When we all have the support, it is easier to live and get ahead, because we have the tools and the emotional support.

In all situations of helping others, they must be allowed to choose their ways. No one should be manipulated at the convenience of others, because in manipulating there is treason to the soul, to that person not being in alignment with himself. If we want to help someone, we should help and support him according to what he wants and requires, always.

When we talk about support, we talk about allowing a person to develop according to his own characteristics and needs. This support is unconditional as long as it doesn't negatively affect the lives of the other members of the community. He can be free as long as, with his freedom, he respects the others.

We are convinced that you will succeed as a human race, because it is you who will lead the way of others from your own hearts, supporting them with love so that everyone can get ahead. We trust you; we trust that you will achieve unity and that, together, you will continue on a healthier path.

We understand how difficult life is there. We know you need a lot of help and support from your star brothers and sisters. We will be helping you in any way we can, as long as it follows the line of

respect for you and your lives. We will continue to act in everyone's favor so that soon you can be better.

We understand that it will be difficult for some and easier for others. Always consider *unity* to help those who have a more difficult path, so that everyone will be well and you succeed as a race.

We are happy to see you live happily when everything is difficult. Your inner strength shines through all the difficulty there may be. You will always have that light within you, you will always have your essence. That is something that nobody and nothing can ever take from you: your strength, your inner light, your essence, your soul.

We will continue with you, acting in favor of all, until achieving the liberation of the Earth and the formation of a society that benefits you all. We hope that you continue united from the heart, and that you participate in this change in consciousness that you are experiencing. We will continue to support and care for you, always.

Say goodbye, your family of light,

The Arcturians

We will be present with you in the near future.

*Thank you, my arcturian friends, for your love and infinite patience.
Thank you for bringing knowledge, healing and happiness to my life.
Thank you for creating something so beautiful:
our book, written by all of us, as help to Earth.*

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