





## LEADERS OF THE CHANGE





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Information for the Earth  
from the Sirian star race



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*It corresponds to everyone  
who carries the light within.*



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## Introduction

We, the Sirians, are a marine star race that participates with you by performing different tasks that allow you to be better. We care about you because we see you as part of our galactic family, we see you as siblings and we want to help you from our hearts.

That is why we are delivering this information of help today through this book, because we wish, with our words, to help you to manifest a better life on Earth. We want to talk to you about different topics that we believe you should give importance to, so that you can be better. Then, in each of the chapters, we will provide you with content that we believe could be of help to you.

We want you to know that we are one of many star races that participate in helping you today. We are many star families who have decided to participate in helping you, so that you can get out of the complicated situation you are going through more quickly. We want to alleviate unnecessary suffering, we want to guide you by showing you new and more pertinent paths, we want you to know that you are not alone and that we will not leave you alone during this period. We are collaborating with you from space, but also from Earth through our starseeds. All the help we give is born from our hearts; we give it with love, so that we can all be better.

We, the Sirians, are with you in high and low orbit, guarding you from certain events that could bring you further harm, and we want you to know that we will act on your behalf if we deem it appropriate. Because all of you are special people who deserve to be respected and valued as you should be.

In this book you will get to know us better, because we will tell you about our ways of seeing life. You will understand what values are important to us, we will participate in educating you on transcendental issues of life. We will try to open your hearts and encourage you to carry out the changes that need to be made on Earth, changes in which you will participate as the main actors. We want you to understand that there are better ways of life to choose, and we will encourage you to redirect your lives so that you can grow and be happier.

All the help or guidance given in this book is done with the purpose of allowing you to advance in order to be better; that is our intention. All those who read it will receive our teachings that will allow them to advance and change unfavorable conditions to favorable ones.

We invite you to read this book and to be part of this change of society that you are living, so that together you can make the changes that will allow you to advance towards a healthier place, to be happier and act for everyone, seeing yourselves as one unit, the great family that humans are. We want to encourage you to collaborate and participate in the change of society. Your star brothers and sisters thank you, because, in unity, we can all live better.

The Sirians correspond to a marine race that lives in community and harmony with its peers. We are a positive star race of varied physical aspects, because we call *Sirians* many of our races. You will find a great variety of Sirians, all of them participating in this part of the galaxy. Our races, some aquatic, some semi-aquatic and some non-aquatic, live together in peace and unity, supporting each other.

We are races that like each other's company. We are very familiar and friendly. And we participate in this way, always in group, respecting each other, supporting each other and enjoying life together.

The sirian race that speaks to you is semi-aquatic and interstellar, with technology to travel among the stars. We participate in *foreign policy*, very committed to the universal welfare of all the races that are participating in this place in the universe. We are with you today, participating from Earth's orbit, and from other places, from where we see what actions to take in your favor.



We are a sexual race, male and female, and our bodies differ from yours by having different characteristics. Our bodies are better adapted to the sea and water in general, which allows us to enjoy more the aquatic activities, such as swimming in the sea and water sports. Our morphology is slightly different from yours, and this is because we present different genetics.

However, we are people just like you. We have feelings, emotions, we have particular tastes, we like to perform the activities of our area of interest, and all the other qualities that make us people. We are no different from you on an essential level, because we are all souls that form the Unified Consciousness. Some of you have participated in our Sirian cultures, incarnating full lives together with us, which makes you *sirian starseeds*.

We want to accompany you so that, together, we can move the Earth forward. We want you to see us as family and to listen to our messages, because that will help you to grow in consciousness and will allow you to improve the conditions on Earth. We are happy to participate in helping you, and we believe that you will achieve the change in a few more years, and we will be very grateful for the participation of those who have helped.

We know that life is very difficult for you, but understand that it is in your hands to change it to a better place. You can do it. We want to encourage you in this period of transition.

Your star family from the Sirius stars, greets you with love from Earth's orbit. Our love to you all.



# 1

## The leaders of your lives

We are present, together with you, because we wish to help you move into a place of greater consciousness, where you are happier and live in unity.

Since we began our contacts with you, we have done so with love and with the understanding that you are always free to choose for your own lives. You are, and always will be, the leaders of your lives. And we will be there to support you, to help you in those areas where you present less ease, and also to assist you with knowledge that can be of help for the personal growth of each of you.

It is always each one who decides about his or her own existence. Each one is the leader who directs his own life towards the places he considers that will be more beneficial. Therefore, the paths you choose will always have to do with *who you are* in your purest essence, they will have to do with who you are as persons and as consciousnesses or souls. All paths are chosen with freedom or free will because we are free souls who travel where we want to go, to experience what we want to experience.

When someone makes the decision to follow a particular path, he incarnates in a body that will allow him to live that experience that will bring learning and growth benefits to his soul. Whenever we choose a path, we do it considering that this path can help us grow and become better persons, and that path will be the one that our soul chose to live. *Where you are today corresponds to what your souls chose to experience, and is what you as souls desired.*

When we talk about choosing our paths, it is always done by considering what will bring the greatest expansion to the soul. The

*expansion* is the development of a soul in consciousness, it is the advancement from a place of less knowledge to a place of greater knowledge or information.

All information allows the soul to have greater tools to then continue on its path of life. The information allows us to continue on increasingly complex paths, until there comes a time when we decide to stop experiencing physicality, to move to an existence in etheric planes, where we exist without time.

When we begin our journey through the physical worlds, we do so with the intention of learning more about *who we are* and *who we can become*. Within different scenarios we experience the existence and learn new things, which allows us to integrate information into the Unified Consciousness.

The Unified Consciousness is all that exists as consciousness. It is the union of all souls or consciousnesses that, in its purest essence, is one. So, each one of us is also the Whole.

The souls, when incarnating a body, begin their path of development in the areas that are of greatest interest to them. They try out paths and choose later which ones are the best to continue. When we follow a *line* as souls, we do it because that is the line of interest we like the most. We can also choose several, not only one line, but we can integrate several together. All souls are, by right, divine, and all are valuable no matter which line they follow. This freedom of being and freedom of choice of paths is always respected.

We are always ourselves experiencing different situations. We are souls looking for experiences, new adventures. We change places or planets to have more knowledge of other star races as well. And so we go, creating a universe that is full of variety and life. The universe is life, because it is the consciousnesses themselves, we, who manifest it.

When an idea is present, it materializes in the physical world, it becomes the reality that will be seen and experienced by that consciousness. Therefore, the whole universe is itself *life*, and is itself only consciousnesses creating the physicality or matter.

We all, from our unique and singular place, experience the existence of a world unlimited in opportunities. Everything you can imagine, you can create, as a soul creator of worlds. We are not limited in any sense, except by our own individual limits that we set for ourselves. We are creator gods, divine beings living worldly worlds. We are divine people living simple roles that give us greater experience or information of what life can be like.

All those who present a soul on Earth are, by right, divine consciousnesses. And you must care for and love yourselves as such, because you are the creators of worlds, even if you are experiencing a humbler life. Whenever you see your siblings, see them as gods seeking the expansion.

There are no mistakes when it comes to experiences, all are valid and all will contribute to a greater development of yourselves. Don't worry if you get lost on the way and do something you consider wrong. Because, from a higher perspective, everything contributes and everything serves greater purposes that will have to do with learnings that each soul needs to do. Everything adds and everything contributes.

Always keep in mind that you are the leaders of your lives. You, as the protagonists, are the ones who will guide your existence one way or the other. You are the ones who, as souls with free will, will decide your paths, decide where to go, who to be with and what actions to take.

You will always be free, even if you don't perceive yourselves as such, even if someone wants to oppress you. You are the ones who create your reality, and you can accept or not what others want to do to you. Always consider yourselves free people, because you are. When you seek freedom, you seek to find an inner state of peace where you know who you are and, no matter what happens to you, you will always be the one who will continue to direct your life to other places that you wish to experience.

When you feel sad, remember that there will always be better times to come in your life. You will always have better choices to opt

for in your future. You will always be able to go to the places that will make you happier. You are infinite souls, and you can choose the paths you desire the most, later on. When you know that you are free, you know that you will always be the leaders that will lead your lives to a better place. You will lead your lives to the future that you most desire. Feel free to create what you most desire, and feel free to be the unique and special persons that each of you are.

We want to help you get out of difficult situations and become happier. There will always be growth and expansion in all the lives you choose. But always consider yourselves free, free of karma, free of having to pay for something or redo a situation that didn't work out well according to your criteria. You are free leaders, and you can guide your lives and create them according to your greatest happiness, enjoying all that can be enjoyed in the material worlds, which is quite a lot.

You see Earth as the only planet to incarnate on. That could not be further from the reality lived outside of it. The universe presents an infinite number of planets inhabitable by a beautiful variety of races, where you can experience everything. Just think of an idea and you can do that, if you propose it, for your next incarnation. When you desire something, that is possible to have.

When we talk to you about an infinite universe, we are talking about a place that has no physical limits, that is in a *non-space*. Because all that really exists is consciousness, and it is consciousness that manifests a material world. The reality is that space-time doesn't exist, except as a recreation of consciousness itself. That is why the universe is infinite and limitless, because space doesn't really exist.

It is always we, united to everyone, who experience the existence. For that we are and for that we live, to experience all that we, as consciousnesses, wish to experience. We are free people who experience temporary lives within a material framework that we, ourselves, have created.

When you know you are gods, you behave as who you are in your purest essence. And you care for and value each other, helping each

other to experience the existence together. Because that is what others allow us to do, to share our lives together.

We are with you in orbit, guarding and protecting you from catastrophic events that may harm you globally, so that you may continue to live what you wish to live. We will always be with you, your star brothers and sisters, offering our cooperation to you. When you need our help, you can send it to us through your thoughts. All of us here listen to you and consider what you ask of us.

We are looking for the most pertinent ways of help that will allow you to have more peaceful and happy lives. We will continue to be by your side, taking care of you from everything we consider inappropriate, *always respecting your life paths*.

Each one of you is worth it. You are all special to us, and we hope, one day, to meet to share the experiences.

When you look for your star siblings in the stars, know that we are there with you, supporting and caring for you, encouraging you to continue on your paths and achieve happiness.

Our love to you all.





## 2

### **We see the change in your society possible**

We, the Sirians, are people like you, who like to participate according to the personal interests that each one of us has. We are very family-oriented people too; we like to participate in community, with friends and family.

We also see you as part of our galactic family. Some of us are there, incarnated as starseeds, and we see you as family participating within this place in the galaxy.

We participate with you in helping you to move forward to a better place, with a higher level of consciousness, so that you can have a better quality of life. All your star brothers help you with love, and we are present with you, even if you don't see us.

We are present with you from orbit. We can see you with our technology and, thus, know how to collaborate to help you advance as a society. The fact that you don't see us directly, corresponds to *political and ethical reasons* here, which do not allow us to show ourselves so clearly yet. Some of you have already seen our starships, but it is not done in an obvious way so that we don't intervene with your lives, but only contribute in what we consider here that we can contribute and in what our starseeds ask us to collaborate.

We deliver the help from our hearts, with the pure intention of helping you and not harming you. We do it with love, and we want you to understand that there are positive races with you who wish to cooperate and not harm you. Just as there are other races who have already harmed you. The universe is vast in variety of beings, and they all participate from their place. Some present a higher level of

consciousness than others, so each race also acts according to its level of development of consciousness and technological development.

The Sirians are a star race rich in variety, with high consciousness, that helps our other brothers. Each one of us participates from his or her place contributing from the area he likes. And it is also the path we see for Earth, that you manage to participate according to your soul interests, so that you can be happy. Without sacrifices, without pain, just enjoying life and the material goods, the food, music, arts, architecture, technology and everything else.

We believe that you will achieve the change in your society. We see change possible in you. Because we see beautiful persons giving their lives to service others, and we believe that that effort will bring positive consequences for humanity. It will not be in vain, it couldn't be, so we do see the change possible.

Everyone has a role to play. You can fulfill yours by collaborating with the other beings and, together, move towards a better society. Rather than being spectators, *you are the protagonists*. You are incarnated in the most important moment in Earth's history, and you should feel proud of it and encourage yourselves to participate, in order to contribute together.

You are all our siblings in consciousness, we are your peers, and we believe it is appropriate for you to see others as equals. Because the universe is, in reality, a single consciousness that participates in the expansion, experiencing different situations that lead us to understand life from different focuses of attention. Each of you is a focus of attention of the Source, is a part of it and is *it* in a complete way. You must understand unity and see yourselves as equals. Unity is what will allow you to advance with the changes without being harmed, because it will allow you to care for everyone, leaving no one behind.

We want you to unite and see yourselves as family, because that way you will be able to advance in consciousness and bring about the changes you need to improve the society in which you live. We want to see you united and enjoying life together.

When you change the way you act towards the optimum, you change the world. We leave you this invitation, to participate in this unique moment that you are living as a race and as a planet, to achieve the change in your society. We see it possible, because some of you are already realizing that the reality in which you live is not the ideal, and are considering other paths as possible. The invitation is made, now it is up to you.

Our love to all of you. Your sirian star family.



### 3

## Now it is your turn to be happy

We, the Sirians, participate with you by helping you in various tasks that are related to improving the situation you live today on Earth. We want to help you with advices for the conformation of a new society that will allow you to live in better conditions, so that you can be happier.

All of us here look forward to you achieving the change in your society. It is an important event in the universe in which we participate, a cosmic event that will bring great benefits; not only to you there, but to us here as well. Because we have dedicated much effort, and even our lives, to help you improve, and because everything you do affects us, due to the network of interconnection that exists between all of us, the living beings with a soul. All the change is directed to help you directly, but, at the same time, you would help us, by lessening the great suffering that is being experienced on Earth today.

We want you to understand that we are with you out of love. That we are good people who wish to help you from our hearts. So that we can share in a future together, as the great cosmic family that we are. Our interests are to help you, both individually and collectively.

We currently have some contacts on Earth with whom we have been able to pass on our information, and who have allowed us to help you more directly. We want you to know that all the help is to improve the global conditions that you live in on Earth, conditions that do not allow you to move forward properly. Our way of helping you is mainly by *advising* you on which paths are best to follow, be-

cause we believe that you will be able to make better decisions about your future, by giving you information that you didn't have before and opening new paths for you.

All the advices we give you are directed to help you, because we are concerned about the current living conditions. For this, *we see convenient to contribute by giving you knowledge that has worked well for us as a society, and that also works well within the other societies that exist outside the Earth.*

The Sirians have come to your aid, and we want you to know that you are indeed improving the present situation, but it is still not enough. Consider that you must succeed in *building an ideal society for all of you*, not just for some. We want you to know that the paths to achieve this exist, and that you must first connect with the divine being that you are, improve yourselves and then contribute from your place and by example to others.

It is not possible to help by being unwell internally. You must understand that it is convenient to help yourselves first, and then, by being well, contribute to others. This is how you help, each one being well. When you take care of yourself first, you will already be contributing from your place. And you will help others to also take the initiative to be well themselves, so that, living in an optimal state, you can contribute to your community.

We want to invite you to unite and to help each other. The help that each one of you can collaborate is very important to achieve the change. When you help, you contribute to the change from your place. When you don't do it, you are giving your power to entities so that they continue abusing you at their convenience. Always trust in yourselves and learn to collaborate from your place. Help will be much needed these years. When you collaborate, you allow the changes to take place.

We will support you. You will have our help, if you ask for it. We, your siblings, are here for you. We want to see you happy, living in a harmonious community. You can achieve it, all together, because you are the creators of your individual and collective reality. You will

be the leaders of the future and, together, it will be easier to achieve the change. Do not follow a single leader, each one of you is complete and is an important leader, who needs nothing more than to connect with the divine power to understand what is happening and contribute.

We want everyone to get ahead. No more poverty, no more suffering and no more illnesses. You have had enough of that. Now it is your turn to be happy. When you are happy, we will be too, the entire galactic community that supports you with love from the starships. We are your friends, and families of some. You can find us in your hearts. Be honest with yourselves and participate in shaping this new society.

Our support to you. Your stellar families of the world and friends.





## 4

### The most beautiful version of yourselves

We have the intention to help you, we want to be a contribution in your lives, so that you can manifest a reality where you can enjoy the experiences and be happier.

We want you to know that you are infinite, divine people, with an incalculable value that surpasses everything measurable. You are souls of the Source. You are sacred people who deserve to live in a sacred environment and have in your lives everything that makes you the happiest. We want you to be able to have in your lives all that you most desire. We want you to be able to opt for all that you most desire to be happy.

You have the quality to create, *you are the creator gods of your beliefs*. You all share the same virtue, you are beings capable of creating the events that will manifest in your reality, and you are people capable of accomplishing everything you set out to do. And we mean everything, because the possibilities of development exist for you in all areas, the possibilities to develop and to be all that you wish to be.

When you think of a project, you will be beginning its materialization from that higher plane or from the ether, where everything that can exist is in potency. From that thought you begin to create it and materialize it as opportunities in your physical world, which is the one you see with your eyes. You can all create at will what will come to you, you are the creators, you are the gods, you are the people capable of creating your environment at will.

You all deserve happiness. Happiness is achieved thanks to an elevated state of consciousness where you are able to live in harmony and enjoy every little detail that appears in your life. Because you can

enjoy everything around you. Everything that is there for you, you can take advantage of it, if you know how to value it. So, it is done from that elevated state, where you get to see life for what it is: a gift for you and your loved ones.

Life as a gift happens when you know how to enjoy the things that are presented. And you know how to discard that which doesn't contribute to you, considering the last as a teaching or learning.

You are all great people. You should know how to value you and take care of yourselves for who you are, to enjoy and be happy, living together in unity and respect for others.

You will follow the paths you wish as a soul. We know you are free to choose your own paths. But always consider that being happy and enjoying the experiences that life gives you will be a very good choice, because this way you will contribute with your happiness to others, and with your good energy, your love, your health and understanding. We want to empower you; we want to help you to manifest beautiful ways for you to be happy.

The place where you live today, the Earth, is a planet that presents many challenges and life is very difficult. All those who incarnate, go through difficult processes, go through learning paths at a very high level of difficulty. Many of you come out very wounded, and many of you get lost in anguish and suffering because of what you live. We will be supporting you through this book, so that you understand who you are and understand how to create better paths for yourselves. We want to give you the tools so that you, being free, choose to create a better way of life to be happier. This book will focus on giving you several of these tools so that it will be easier for you to create what you want in your life.

You are key players in this period of transition of the Earth. You are the main actors of the change of consciousness that you are living. You will be the protagonists of the constitution of a new Earth. You will be the ones who will form the new healthy society that will live in harmony with your peers. You can make the change; it is in your hands creating it. You will build the new society on Earth with your

values, principles and high ethics. That is why it is important that each one of you work on yourself first, so that, from your elevated way of being, you can contribute to the well-being of the collective. Change begins when you change; when you change in favor of a better world, you will be building it from your particular point.

To achieve the change, everyone must cooperate by doing their part, because each one is a part of the collective that must support from their own way. Each one of you corresponds to a main actor of the change. Do not see yourselves as less, or that you are no one to change the world, because each one of you does it daily with your ways of being. When you change and become better persons, and collaborate with your peers at the same time, that energy delivered opens new opportunities and helps other people, affecting each other. Collaboration will always be energetic as well, because from energy the matter and the reality you will see are formed.

There are many surprises and difficulties ahead for you in this period. If everyone is well and has worked on themselves, you will be able to stay strong and overcome this stage of social and political transition at the planetary level. You will manage to recover the lost power, and you will manage to bring forward your families, neighbors and friends. You will manage to build a new and great society that will stand out for its principles, courage and love. It will speak well of you, because you are wonderful in your essence, and we know that you will be able to show that part of yourselves.

You must achieve unity in spite of all the differences you see around you. All the differences you see are nothing more than the particularities of each one of you that make you unique and special. That variety that you see today in your societies —that enormous variety of beings, cultures, races, tastes— is what makes you stand out from other star cultures. Because Earth itself is the place where many cultures and star races gather to live together.

The Earth is beautiful for that reason, for its variety and diversity. And the fact that you are there helping, makes you brave and beautiful people capable of giving your heart to others. The place

where you live acts as the whole of galactic diversity gathered, with multiple types of essences, which coexist contributing their part to the others. The variety or diversity you see there, makes you unique as a species, and you should value it.

Each one of you will contribute from your own place. You must enhance and show off your uniqueness, because that is how you will contribute to the whole, always from your place. Over there you are taught to fit in, to not be *you*, because being you corresponds to "something bad". You think that if you are *you*, then you will not be accepted, and you try to adapt to another model so that you are not excluded or discriminated against.

That way of acting is fed by yourselves over there. So, in order to achieve the change, you must change that thinking, and think the opposite: that everyone must be their unique part, and must show themselves as they are. And encourage your neighbors to do so; not to fit in, but to be who they are. That will be the most beautiful version of you, when you are real, from your purest essence.

Be yourselves, always be yourselves. You must understand that this is the only way to be fulfilled and happy. You are divine, use that unique divinity in each of you and live in peace, without resistance. Be who you are, and encourage your siblings to be who they are as well.

Each one of you is a special person. It is you who, in your own particular way, will help the others. You will succeed in moving the Earth forward by being sincere and unique. Contribute from your particular point, from what you have to give.

When you are free from the control they exert over you, and you are yourselves, the society will change completely for the better, you will be a civilization that will be able to coexist in a good way with the other star races, and that will act from the heart and higher level.

We believe in you, and that you will achieve the change of consciousness. Our love to you all, brothers and sisters.

## 5

### **The connection with your divinity**

We have in each of us our own wisdom that allows us to move forward in life. Each one of us has his soul, who guides him. But it is not always listened to, because sometimes it happens that the person moves so far away from his divinity that he doesn't manage to be in complete connection with his higher self, and performs actions from a low level of consciousness, which makes him act in ways in front of the world that are not elevated.

People must make the exercise of consciously connecting with the highest being that we are. Because, in this way, we can direct our lives in a better way towards the place that our souls have prepared for us, which corresponds to situations that will make us happier and more complete.

All people who follow their soul path is because they have connected with who they are in their essence. They manage to walk a path that brings greater happiness to their lives, and act according to their soul preferences. These people manage to be happy, to such an extent, that they help others, giving love and assistance to those who need it most.

People who are in disconnection with their soul, continue on a path that is often very difficult for them, being unable to achieve happiness. They come out very damaged, and harm others in the way.

Understand that it will always depend on you to achieve the connection with your higher self, because it will depend on the inner work you do and the actions you take in front of the world, who you will be and how you will behave. That is what gives you value as a person, *your actions*, because we all have the option to choose who

we will be. And the decision is individual, each one's, so each one can choose to connect with their divinity and act in an elevated way that will contribute to the world.

Each of you presents that connection. Be free to give who you are to the world. It is you who will affect the others with your charisma, actions and ways of being. Be who you are in your essence, and act according to your highest self. This is the only way to move forward as a society, each of you being your best version, your highest version.

That is the way to help, by first caring for yourselves, and then, being your highest version, assisting others. When you help, you allow society to move forward to a place of peace and harmony, you decrease the suffering in other humans and animals, and you carry out projects or actions that will allow everyone to move forward to a better place.

You are people capable of accomplishing whatever you set your minds to. When you feel weak or that you cannot, and you give your power away, you will be letting others decide for your lives. Don't do that, you each have the power of creation, both, of your own lives and of what will come before you as collective events.

You may find it hard to believe that you are gods, but you are. So, as gods, you can begin to practice your magic and co-create a better universe. We will always be people capable of moving forward and achieving what we want. We must always act in relation to what our inner self dictates, and not in relation to what others want us to do. Be true to you, you all deserve respect, and it will begin when you manage to respect yourselves first.

Everyone must understand who you are and how you affect your environment. When you think of something, you are projecting it as a creation into your future. You must dedicate your energy to that which makes you and will make you happier, and that which will truly contribute to your lives. For otherwise, through fear, you will be manifesting, as a collective, more unfavorable situations for all of you.

Free yourselves from fear, because fear doesn't help you move forward. It paralyzes you and causes you to give away your personal power, and we don't want that for you. What we want is to help you to move forward and to be the creators that you are, and to create your lives conscious of that capacity that you have within you. You are the creators, not the victims. Direct your lives towards what you want more and what will bring you more.

You will always be the owners of your lives. Each one of you is, and will be, responsible for what you will live or for what will be presented. Your future is up to you, so you need to understand how you are shaping it.

People who know how to use their power of creation, know how to manifest what they most desire, coming into their lives in their future. These people manage to be happy, because they not only follow their soul plan, but also create at will what appears in their paths.

When you come to understand this universal truth, that each one of you is, by law, a creator god, you move toward that which corresponds to you as valuable souls of the Unified Consciousness.

Each one of you there, with a soul, is part of the Unified Consciousness, which is the sum of all the souls or points of attention of the Source, which conforms the Whole. Each one of you is, by right, also Source itself, so in a more etheric density you can experience being it all, integrating everything in a state of infinite bliss. That is our true essence, we are bliss, and when you achieve a similar state of frequency, you are at home, which is where you are meant to be as divine souls.

You will all succeed when you don't give up, and you don't remain in a state where you feel out of control of your lives, and give in to what comes your way. When you come out of that state, and manifest the reality you desire, you will all be the ones who will enable the creation of a much better shaped, happier and healthier society.

Be who you are in reality, without fear. Be the divine creators, and move forward individually and together towards a better-established society, where all of you can be happy and live in peace

among your siblings. By always being you and your highest version, you will advance smoothly as a society.

We look forward to meeting you in the near future, where we will coexist and live in harmony with the other star races, your star brothers and sisters who inhabit this immense universe. We will always be supporting you and caring for you. Trust in you so you can move forward as a society. When you open yourselves to new and better options, you allow the changes to take place.

Your stellar siblings from the Sirius stars.



## 6

### **You can reach agreements**

In societies, it is important to engage in conversations that allow the exchange of information and thus reach agreements. Whenever there is a new idea to be implemented, you must cooperate with each other to see what is the best course of action so that it can be developed as a project in the best possible way. Among all you contribute with ideas, and you contribute with important information that will help to develop a better project that will allow everyone to be better. That is the way to proceed, with the participation of all of you, because that way it will go in alignment with everyone and it will not be implemented something that only some want.

You always cooperate, when you live in community. Everyone has something to give from their own heart and way of being, everyone is special and will help society move forward in a specific area.

Always consider everyone's opinion and that everyone agrees with what is desired to be done. It is not appropriate to do what the majority wants by voting, that is an old system that does not allow to integrate everyone.

You can reach agreements. Agreements are important when forming a new society. You discuss what is best until you reach a resolution in which all parties are in agreement. Everyone should always be involved, not only consider the opinion of those who are more educated or have more studies. Even children, if they are willing to participate, the elderly, and all social classes should be included. In this way, a project is created in conjunction, integrating all people.

There is always the option to contribute if you wish, you should not feel that you will not be able to do so. By contributing, you will

feel good about giving of yourselves to the world, you will be giving a unique help to the society in which you live.

We would like to invite you to participate in this change of society that you will experience in the coming years. They will be key years, with important changes that, in the medium term, will help you all to be better off. And to achieve this, you need to unite. Unity is what will allow you to put together a new society that will function correctly and will not fail in any of its areas.

You will live the process step by step, and you will be able to see the changes, how it will favor you. And so, more and more people will begin to contribute, until the time will come when all of you will work together for a better planet.

The changes start with each one of you, so it will be important that each of you begin to see what you could improve, in order to contribute in a better way to the collective. You are all leaders, you should not look for leaders outside of yourselves, you should not obey anyone, you should only be guided by your inner wisdom and each one of you lead a change from your individuality, which will be the one you will contribute to the collective.

When you change, you allow others to change as well, because you show by example how it is best to share, cooperate and act — when each one is the leader of his/her life and cooperates with others in his/her community. You get to carry out this project on a planetary level with everyone, otherwise it would just be waiting again for another type of government to tell you what to do.

We will be supporting you with ideas for you to implement, which will allow you to move towards that ideal society in which you can share in harmony.

Always listen and understand others from the heart, and help them to change with love and with the understanding that they have lived through difficult situations that make them act as they do. You must understand the importance of unity and not look at the other as your enemy or competition. Others are people, just like you, and deserve to be treated with love and respect. You should not harm

others any more, as this will only contribute to generate more pain in your society.

Understand that all of you have made mistakes and empathize with others from your heart so that you can move forward as a society. You must leave in the past what belongs to the past. To make difficult situations that occurred years ago last is to relive them again. Let go, and move forward to a better place. Focus your energy on what will benefit you and you will be able to create those situations in your future. Thinking about revenge only generates more damage, there will always be other more appropriate ways that do not have to do with harming the one who has harmed you.

Each one of you must grow spiritually, you must connect with the divine being that you are, elevate yourself to that state where you are divine energy, so that you can act from love and not war. Each one of you knows, from your most essential being, that you are divine beings who deserve to be treated with respect. When you connect with your inner self and advance in consciousness, you know your highest spiritual being, you connect with your soul, and you can behave from a more appropriate level and closer to what you really are: people of incalculable value.

We want to encourage you to build this new society together, a society that will participate according to high values of love, compassion, cooperation and mutual support, where everyone will be happy and will have the same opportunities for growth and professional development, regardless of age, social status or physical location. This is possible and is how it is lived in other stellar societies.

We hope that you achieve unity and to build this new social-political model that will accommodate all and not just a few.

Our love to you and your families. The Sirians.



## 7

### See each other as siblings

We are available for you, to help you in whatever you need there on Earth. We are a society that cares about its peers and is concerned with their brothers to be well. So, we are available to help you in what you need from us.

We have always been present helping Earth. We have done it in different ways, depending on the needs you have, and always respecting your freedom and privacy. We want to tell you that you will always have our support, we will always be with you giving you our love and help, because we consider that it is pertinent to collaborate with you who are in a more unfavorable life situation.

Each one of you knows, from within, what steps to take. Each one of you, from within, knows where to go to get to a better place; a place more suitable and where you will be happier. Many times, this inner voice is silenced by the distractions that exist on the outside, but you must make the effort to always connect with yourselves, to meditate and open up to the spiritual world, where, by connecting with your soul, you will find the answers to what you are looking for and need.

The spiritual path is a personal path. It is not done in groups; it is not done following rules. It's a personal path of individual connection that each one does in his or her own way. No gods to worship, no sacred places; the sacred temple is within you. It is *you* who will guide your life according to your own inner wisdom.

When you connect with yourselves, with your inner god, and you manage to listen to yourselves, you know what is best to do with your lives, and you know where to go to fulfill what you came to do in this

incarnation. Each one of you is a magical and divine being, you create your life, you attract the events to it, you direct your life at will. You must understand the power that lies within each of you and manifest what you desire for your own convenience and greater good.

Each one of you creates a particular life that affects the collective, living within a particular society. So, by changing yourselves to a more suitable way of life, you will contribute to the collective, to the society in which you live to be better off and to move forward. You have created the society in which you live, and you can change it to another type of society that suits your interests and greater good — and not those of a single group that controls. When everyone helps, it becomes easier to manifest a more benign society, where there will be more health and happiness.

People who are able to connect, with their most essential being, are able to recognize that it is necessary to help the others. They begin to align themselves with their purpose and begin to serve others in the areas where they are needed. People who connect with their most essential being are able to help in the conformation of a more just society, and contribute from their own place to others, from their own area.

We want to tell you in this book that *you are the leaders*. We want to empower you to change your society to one that will be more favorable to all of you, because you need it. What you live on Earth doesn't correspond to an optimal standard of living, but on the contrary, the standard of living you have there is very low and doesn't correspond to the norm, but to the exception. You are capable of helping to bring about change, because it is you who constitute your society. United in the same cause, you will achieve that goal.

You must *awaken* to the reality in which you live on Earth, understand what is happening on all levels, realize the truth. Because you live among lies. And once you wake up, united you will be able to change the situation in your favor.

Everyone must think not only of themselves, but also of their neighbors and the other generations. You must think about the fu-

ture of the Earth and everyone in the universe. We are one unit, acting from every focus of attention, from every soul; so, every time you do something, it has repercussions on a universal level. When you help and help yourselves to be better, you collaborate with all of us here and with all the other members of this universe in which we participate. You collaborate with the Whole, as the Whole that each one is.

You must discover who you are in your essence, connect with your highest version, so that together you can improve the system of life that exists on Earth. When you come together, you succeed. If you continue to feed agendas that create separation, then you will continue to be abused and you will create more harm to your peers. You must understand the importance of unity; your brothers are not your enemies. If you fail to connect with your divine self, then you will fail in making the change.

This is the call we make to you, to connect and to act from your hearts, to collaborate with others, to help your brothers in what they need. You will always be our brothers, and we hope that you also manage to see yourselves as such.

We hope you achieve the change and become happier.





## 8

### **We are one unit**

We want to tell you, friends of the Earth, to be strong. You can move forward and manifest a better future for you and your families. The strength of each one of you is found within. There you will find the strength to continue, in spite of everything that happens around you, in spite of the conditions in which you live, in spite of the pain you have kept in your hearts. You will know how to move forward because you are divine people, with your own consciousness, who know internally where it is best to go.

We want to tell you that we empathize with you, we understand what you live and how difficult your lives are on many occasions. We see you suffer; we understand your pain. We see you as family, as equals, and it pains us to see you suffer. That is why we have wanted to contribute what we can to Earth, because we want to see you better, that you feel better and live happier lives. We want to hear you happy and that you enjoy the experiences that the material world can bring you, which are many.

You are all special, each one is there for a divine reason. You must understand your value, and act in an elevated way that helps everyone to be better. If you focus from the heart and see the other in unity, you will realize that others are not so different from you, that in essence they are people just like you, experiencing life and trying to be happy. Everyone must learn to listen to each other and empathize in order to see the other as an equal, in unity. Do not see your neighbor as someone apart from you, because he's not, he is part of you, just like everyone else. So don't focus on what makes you differ-

ent, but focus on what unites you and makes you a single unit in this universe.

From here, we are able to feel more the connection —being in a lighter density, with faster frequencies—, and we are able to feel the other and see him as an equal, so we love and respect everyone. That is the work you must do there, to see yourselves as the siblings you are, to see each other as equals. Not some above the others; we are all siblings and we should love each other as such.

We are all one big cosmic family and, at the same time, we are one Unified Consciousness participating in the expansion of the souls through different paths we have chosen to travel, which makes us unique. However, *we are one unity*, and that is something that should not be forgotten, the energetic connection and connection in consciousness that exists between all of us. That is why we must support each other, because we are not separate, but united. United in consciousness and energy.

You must understand that we will never be alone. That of being alone in the universe —which you are told there, as a solitary planet— is incorrect and it would be impossible to exist, because the consciousnesses are the ones that create the material reality. So, if you see matter, it is because there is also consciousness. This is a universal truth and must be understood in order to move forward to a better place.

Being alone in the universe, both planetary and individually, could never happen. *We are one unit*. If we focus on looking at life this way, and see each other as brothers and sisters, we can empathize and act not only on an individual level, but also in supporting others who need help. We all need love, and that love should also be given to everyone. Let no one lack sufficient affection so that everyone can move forward to a more adequate place.

We know that your lives there on Earth are difficult. We understand that you have your reasons to occupy your time in the activities that will bring you job security. But don't forget that you should always contribute and collaborate, in spite of the time you have. Be-

cause time is something *you make*, it is not something that is given to you but something that each one of you can provide to help your peers. Just as we help you with love from here, we hope that you support each other with love among you, the inhabitants of the Earth.

We want to tell you not to give up, to continue on your paths guided by your hearts, so that you can advance together. Without separating from each other, but in unity, always in unity, so that no one lacks anything, not even love.

We want to encourage you to ignite your inner flame and to be guided by it in the course of *these years of change*, so that you can participate and help by giving your part to the others, your brothers and sisters. Do not make separations between genders, races, countries, ages; nor between you and the animals. You must understand the unity and integrate it among all.

We want to encourage you to unite and open your hearts with the other inhabitants of the Earth and this universe. If you do so, you will make good progress towards a much better, more stable place, where you will find peace and happiness. We want to see you happy, all of you, and we hope to achieve this together during this period.

We look forward to seeing you in person soon and exchanging knowledge, technology and material goods, as well as much love. The universe is immense, and immense are the opportunities. You will understand how limitless this material universe is and you will be able to enjoy it as it should be.

Hang in there, friends, new dawns will come, new experiences will arrive that will fill you with happiness. All our love to you. You are not alone, we are with you, your star families of the world.

The Sirians.



## 9

### **Take care of your planet and species**

In all habitable planets there is a variety of animal and plant species that, by cooperating with each other, enable life. Whenever there is a planet that allows life, this planet will present a great variety of species that allows the existence of the others. Life, together, allows everyone to experience existence in the physical world, because everyone cooperates with each other, helping each other to live.

When there is a planet rich in species, then life will be fruitful. If we find a planet that allows life, because of its environmental conditions, but does not have a rich variety of animal and plant species, then that planet can be helped by encouraging the development of the species and even cultivating new ones.

This is always done; we help life to manifest on our planets. We do not just let them be, we help them so that the species that have difficulties to survive can survive and form families. Intervention is allowed as long as it helps to encourage life; it is seen as something positive by us here. While not supporting the development of other species, killing them or harming them is seen as something negative.

You must understand that your planet is in that condition because you have not known how to take care of it properly, because you have let it be and abused it. That does not correspond, because you are going against life instead of encouraging its development.

Together we collaborate and help each other, and the same thing happens with animal and plant species. Without them, life would not exist, because we would not have food. So, cooperation is mutual. You cannot see the animal and plant species as inferior to you, because you co-depend and they are not inferior to you in essence.

They are pure souls who decided to live that kind of experience, and they must be cared for and respected.

All species need help, they need to live in a suitable environment that has the temperature required by each organism, sufficient water and food needed by each species, and company, because one does not survive alone. So, you must consider helping each species on your planet to present the right conditions for them to develop, and that is achieved by *intervening and not by leaving them to their fate*.

The call is to take care of your planet and the species that are left, to take care of your seas, to take care of the water by not contaminating it with chemicals or plastics, to collaborate with the species and allow them to live. They expect you to help them, and they thank you from the heart. Because they are also people like you, with a soul, they have feelings, they feel emotions and they miss the relatives they lost. They suffer just as you suffer when you lose a loved one, and you must understand this truth so that you are motivated to help them too and not leave them in second place, or third, or fourth.

All animal species should be cared for according to their needs. Some will require more time, and others will be easier to care for. *Not discriminating* is also related to not leaving them aside or as unimportant. Non-discrimination, the value that you encourage on Earth, is also related to not discriminate them.

All animals have an individual soul and perceive life from their particular point of view. They are like you but in a different body, they wish to form a family, they wish to live with their loved ones. They do not wish to suffer; they wish to be happy as you wish. Understand this truth, connect with your hearts and see if it is really necessary for you to eat meat, if it is really worth inflicting so much pain on them, if it is really worth separating them from their families to kill them and eat them. We see that no, because we see that your human bodies allow a vegan, plant-based diet, and that it is not necessary to do them so much harm.

See with your heart the others, we are all siblings, regardless of the body we are incarnating. Act from your highest level. You must

understand that life is sacred, because we are divine as we present a divine soul that is part of the Unified Consciousness. Understand this and take care of your planet, your animal species, support nature to develop and be encouraged to collaborate with the others.

When you are a star race and participate with us here, we will not allow animal suffering but will help you to take care of them, just as we do on our planets.

The Sirians.





## 10

### **See yourselves with all your potential**

We listen to you from here, we know what you are asking of us, and we want to tell you that we hope that you will succeed in moving forward with the capabilities you present as a society. Because there are many of you, and many of you are doing a very good job of helping, guiding others, encouraging them to act, to recover their personal power. So, what we have been seeing from here, is that you can get ahead on your own.

You, from within, know the path to follow, because you have written in your hearts the guidelines to know where to continue. You know, from within you, the best path for your expansion. And we ask you to listen to yourselves, because that is where you will find all the answers. We see that you need support and guidance, but we also know that you can find that guidance within yourselves, by listening to yourselves. By knowing how to listen to yourself, you know which path to take.

We know that you find it hard to believe in yourselves, because you are taught that the true information is the one given to you by others, as authorities, and you are taught from a young age to live this way, distrusting in yourselves and trusting more in others. We want you to know that this is not correct, because you are divine souls of the Source who present in yourselves very important information about what to do, where to go, what is best, along with the other answers. So, trust in yourselves, trust in your intuition, and listen to others only as a support, because the truth is in the heart of each one of you.

Here you are taught to act in this way, to listen to yourself and to follow the path that the soul indicates.

Your potential is very high, as souls of the Source. Anything you can imagine, you can achieve, if you set your mind to it and work for it. The power within you is immense, and you must not diminish your value, for you are divine in your purest essence. You limit yourselves by thinking that you are incapable of doing something, or incapable of making your own choices. And you continue your lives like this, being managed by others, and not reaching your full potential, which is what would lead you to fulfillment.

You can review what it was that led you to feel this way, and change those thoughts, because in this way you will grow as souls and feel fulfilled. Don't see yourselves as less, see yourselves with all your potential that is latent in you, because everything is possible to achieve and many of you have already demonstrated it.

We invite you to believe in yourselves and to work to achieve your proposed goals, because that will lead you to feel happy. We hope that you will be able to move forward and act in relation to what each of you feel is best. Because the truth is in you, you will resonate with it from the heart. You can achieve whatever you set out to do, with love, dedication and the necessary time.

We are with you, supporting you on your paths. Your siblings, the Sirians.

## 11

### **We want you to participate in the change**

We are with you. We see you and we know what you live. We understand your reasons for comparing yourselves the way you do. We understand that you depend on the current system that incites you to act in certain ways that are unhealthy and unsuitable for the true divine beings that you are in your essence.

The commitment to cooperate with others is born from the heart of each one. It is felt as an energy that pushes you to act in a way that will help move society forward. That inner force that each one has corresponds to the force that exists in your own hearts.

When you act in an elevated way, you do it because it is born that way and because you consider it important, rather than because it is the simplest way to take. No change of consciousness will be simple to carry, because it requires an effort from each one of you to motivate and act in a better way, which will bring changes in your routine and to get used to the new way of being.

All changes can be achieved if you focus from within, feeling and knowing that *they are made for a higher purpose* that will allow everyone to be better. These changes in each one of you are made with the purpose of helping the change from each individuality, because by adding, each one of you, a new reality can be manifested. You need unity, but also the individual effort of each one to change first from within, connecting from your own hearts.

All conscious people, or people with a high level of consciousness, will be able to see that changes need to be made, so that you can function as a society. There are many flaws at a planetary level that must be changed in order to achieve a better, more dignified,

happier and healthier life. You must begin to see what each one of you can contribute, so that you can advance as a collective. It is not enough to say that you will help, or to have the intention to help, if you are not able to cooperate with others. You must *act*, because only in this way will you be able to generate the change. We know that it's difficult, that many times people don't listen to you or treat you as crazy. But you must continue united, and keep moving forward, because only in this way will you manifest the change.

We want to encourage you to continue. We know the pain you are experiencing; we listen to you and we are sorry. For that reason, we are with you, because we don't want to hear you or see you suffer. We want you to live happily, as we live on the other planets, where there are no major complications, unlike what happens daily on Earth.

We want you to participate in the change of consciousness and society, so that together, each one doing their part, you can make progress. Nowadays, we only see a few people making an effort, but we need more people to be encouraged to help, so that together you can cooperate and make the change.

You have to communicate with your peers, give your light, enlighten others with your knowledge. We know it's difficult, because there is so much confusion and misinformation there, and it's difficult to understand everything that is going on. For us, even with the technology and telepathy, it is difficult many times to understand everything. And we imagine that, for you, without those tools, it must be even more difficult. But you must go on, listen to your inner self, because we know that *there* you will find the answers. Only through your intuition will you be able to understand the reality, you will understand what is a lie, what is manipulation, and you will continue until you achieve the change.

We want to tell you that we are supporting you and we are helping you, that you are not alone in this universe, and that our intentions are to cooperate with you in these years of change, to make it easier for you to carry them out. We want you to continue united,

listening to your inner self, understanding the divine beings that you are, acting for all, helping each other, cooperating with those who are alone; and in this way integrate in your lives the changes that you want to see reflected in your reality today. Not tomorrow, the change begins today, within the hearts of each one of you who is currently on Earth.

We support and care for you. The Sirians.



## 12

### **Money does not have its roots in justice**

We are with you in Earth's orbit, supporting you on your paths. We care for you with love, considering you part of our galactic family. We see you as siblings, as equals, and we wish to support you because we know that what you are living is not an ideal situation. For you it may look like a normal life because it is the life to which you have been accustomed since you were little, but the reality is that it is out of everything considered normal for us here, for all your star families that participate with you.

All the help is given with much affection from all the star races of the Federation that care for you, and we are doing our best to provide you with timely help, adapting to your needs, and help that allows you to be more at peace and safe. We are several races that are protecting you with our technology, preventing the occurrence of events that will harm you globally, such as a worldwide catastrophe.

And we accompany you, guiding you as well, so that you can achieve to change the situations in which you live. Because it is you, the starseeds, who will allow the change in society from within Earth and according to your soul plans. We follow your soul plans and projects, and we participate as a support in your lives, without intervening in an obvious way so that you can continue to accomplish what you set out to do.

All of your star brothers and sisters wish you happiness, we wish you to achieve your dreams and move towards a more just and peaceful society. We believe that the changes in consciousness that are taking place on Earth will allow progress toward a better society. We have faith that you will be able to achieve this together.

All your star siblings accompany you, and we wish you the best for the years to come, we hope that the change takes place without major inconveniences for you. We believe that you will be able to unite and focus your attention on the needs of the moment, because the distractions there are many, distractions that make you take your attention away from what really matters and what you really need there.

We also know that you struggle within a system based on money. We know that it is difficult to support yourselves and your families. Most of you have debts and economic problems that do not allow you to lead a peaceful life. We understand that money is an impediment to your progress toward a better shaped society.

Money does not have its roots in justice or in what is fair, its roots lie in making you dependent on a system that is controlled by the Elite, in order to dominate you and have control over you. This system is not appropriate, and only exists in Earth societies. This is one of the issues that you consider normal that is not normal at all. All star societies base their societies on cooperation between their members and giving everyone everything they need, without exception. Money does not favor you, it only makes you live in stress because, if you lack it, you will lack your most basic needs.

The money system corresponds to the Cabal and is something that you should consider eliminating and function on a cooperative basis. This is achieved by uniting, so it is essential that everyone participates, so that everyone cooperates and you function as a society. You are strong and you are sufficient to create a system that benefits you and your families.

You must understand that there will always be multiple possible paths, that you do not need to stay with what is presented to you as the only option, you must open yourselves to new possibilities of coexistence, you must co-create a dignified society for all and not just a few. When everyone unites and understands the true reality in which you live, you will be able to co-create a better society.



You do not have much time left for society to be destroyed, you must begin the change now. Change begins with the change you make, with what each one of you contributes. Unity is important, but so is cooperation with your peers and doing your part. We know that only a few are fighting to change the system, but we believe that more people will join.

That is the invitation we make to you, to dream of a better society that suits the needs of all, to understand that there are other possible ways, and that it will depend on your kindness to participate and make the changes. We want to encourage you to unite and participate from your place, so that the change is made in the most appropriate way for you.

All our love to you, we are supporting you with love from orbit. Our sincere love and thanks for reading our message.

Your sirian star family.



## 13

### Holographic society

We, like you, are people who like to perform activities in our area of interest. We are people with a physical body and particular interests, and we do everything that goes in accordance with achieving a greater expansion, according to what we like the most. Always, within a healthy system, you will find that people develop according to what they love the most, because each one by giving their contribution, they manage among all to have what everyone needs.

You must understand that the current system in which you live does not allow everyone to develop according to what they like best, and that results in many people opting for suicide, by being unhappy and failing to emerge. The system of governments that you have today does not make all of you happy.

We are advising you on another type of political system so that you can be happy as a society. We are giving you advice on how to structure a healthy society so that everyone can be happy.

The political system of *holographic society* is made up of a series of minor councils, contained within major councils, which in turn are contained within even higher councils, all the way up to a single planetary council.

All the minor councils support the people in their area, and provide each member with everything they need to live and be happy, from basic supplies such as food to whatever each person needs to develop in their area of interest. The major councils make sure that the minor councils have everything they need, and distribute to the minor councils what the minor councils cannot create or get on their

own. In this way everyone has the same opportunities and unlimited resources to live in peace.

The minor councils must be able to tell the major councils what the community they represent needs, so that the major councils know how to collaborate. The minor councils are the ones that deliver the resources that the community can contribute, to be distributed at a planetary level by the major councils.

All councils must have a minimum of adults, but within these councils can also participate children, adolescents and any person in good health who wishes to cooperate in helping the people they represent. All councils are rotating in terms of people, and this is done so that all those who wish to participate can do so, without collapsing a council with a very high number of people.

All the councils participate together so that the population of the entire planet is covered and no one lacks anything. They work together, but the communication could be said to be towards the major councils and towards the minor councils, rather than towards a parallel council, so that there is greater order.

These councils do not divide with borders, nor countries, nor ethnic groups or individual groups, all are considered members of the planet they inhabit and all are treated with the same rights. It is a type of political system that distributes to all its inhabitants everything that each one individually needs, so everyone gets to be happy and live in peace, without having to think about how they will survive.

This political system was created in advanced extraterrestrial civilizations with a large number of inhabitants. It has worked quite well for us here and is the one we suggest for you. The current system of governments corresponds to the Cabal, and you must consider that you will be free of them when you, as a collective, stop supporting them. If you continue to obey them, then they will continue to abuse you.

The Sirians.

## 14

### **Building an ideal society**

We are supporting you to emerge as a society. Whenever you wish to improve the conditions, you can achieve it, by manifesting it as a collective, by wishing it from your hearts.

What we recommend is that you participate in helping, because you need a lot of help, you need to make changes in all the areas in which you are involved. If each one of you collaborates from your place, you will generate the changes that are needed and, as a consequence, you will improve your society. We ask you to unite and manifest together a better life for all. This is how you move forward as a collective, each acting separately, helping your community.

All the differences you see there are due to the fact that each one of you is a unique person. You must unite, considering that you contribute to your society in a unique and special way. You are all special, do not forget that. You are unique and you will deliver a unique and special help to your society. So, from each individual way you contribute a unique help. The help you give will generate the changes that your society needs.

We tell you how we see best to make the change, because we understand how to structure societies, how to form them so that everyone can live in peace. We are always forming new societies when we inhabit a new place, and we know very well the step by step. We hope to be able to help you in this process, because you will be better off and you will make us happy as a consequence. When you are happy, we are happy too.

The structure of your society should be built from scratch, with a new political system that will help you to be better. You should con-

sider that there are several ways to build a society. The ways can be chosen by you, not by governments, because it is people who enable a society to function well, not governments.

Take advantage of the opportunity of change that you have in your hands, open your minds and hearts so that you can shape this new society. When you help from your place, guided by the interests that each one has, a harmony is achieved in your society, where each one participates contributing with what he or she likes to do. Do not see it as a job, do it following your tastes. All this will allow everyone to be happier, without leaving anyone behind.

So, it is in your hands to build an ideal society. Those with greater knowledge can guide the others, and you will advance well, supporting each other. This is the way you should act, united, so you will succeed as a society. You will always have our support and guidance on your path, we can guide you in what you need, because we also understand that it is new to you. Always be guided from the heart, and move forward united, with love towards your neighbors, you will see that by achieving the changes you will be better.

We want to encourage you in this new stage. We understand that it is not easy to change, but it is necessary for you to do so, because your planet does not have much time left if you continue with the level of life you are living now. All changes will enable everyone to be better. See it as what will enable your families to be happier, living in harmony with each other.

We hope that you achieve this soon.

Say goodbye, your star family, the Sirians.

## 15

### **Our intention is to follow you**

We, the Sirians, correspond to a group of people dedicated to exopolitics within the galaxy. We are highly ethical people who are interested in helping other races like you, the humans. Our interest with you is to collaborate so that you can advance in consciousness and improve your quality of life.

We are present with you in Earth's orbit, we help you in different ways to generate a change that allows you to be better than before. Our help is based on cooperating together with other star races in orbit and, among all of us, deliver a more complete help, covering the different areas in which participation is needed.

The life situation you are living today is quite discouraging. There is much suffering, much harm among you —nature and animals are abused a lot—, and this situation gives us, to say the least, sadness. It is disheartening for us to see you acting in very low ways where there is a lot of harm to your peers and where you do not consider others as important and valuable souls. We give our help from the heart and in spite of the fact that we are hurt by what is happening on Earth. We give it in spite of that, because we understand that you lack the understanding of important values that allow you to act in higher ways.

We understand your pain, we understand the difficult lives you live within that system imposed upon you. But we want you to understand that the system that is imposed, is maintained and nurtured by you, the humans. It is imposed, but only because you accept it that way. When you take the role of leaders and begin to give your part to the world, and begin to decide for yourselves and say what you accept

and what you do not accept, change begins. Only then the change begins, with you saying "we don't accept this, we want this".

The help we give is based on what you as a collective ask for. It could be much more if you would like our help more directly, but for that we need you as a collective to request it. We are willing to give you anything you want, from food, housing, advanced technology and anything else you need and want.

We would like to extend an invitation to you to consider us as real, so that we can help you move forward to a place where you will be better. We want to continue to participate with you. Until now you do not see us so directly because you as a collective have not requested it yet —only a few—, so we must act according to the rules and participate as we do so far.

All our help will be based on what you ask us, because our intention is to follow you and not to impose a path. We believe that this is the best way to help you, without interrupting your paths of development, but cooperating from our place in what you ask of us.

We want to tell you that we are here, present in orbit, and that we will not leave, we will not abandon you until you achieve the change in your society. We are already participating with some of you, and we want to tell you that we honor you for who you already are, and that we cooperate from the heart and understanding that you are free to experience whatever your souls desire. We understand that all paths are valid, we understand that everything you do has a why, and we are willing to show you other paths of light that will allow you to be better.

All our help is from not only us, the Sirians, but from many other races who are collaborating with you. You are not alone; you could not be further from being alone.

We would like to invite each of you to take a role in helping. If everyone does so, even if it is a small role, it will allow this change to happen faster. If everyone collaborates, this change will be achieved in a range of a few years.



Remember that it is your planet, it is your land, your home. It is up to you to collaborate to improve it. There are many of you, you only need unity, respect for your peers and to collaborate.

The Sirians.



## 16

### Living in harmony with others

Humanity presents certain forms of behavior that are habitual for you that we, the stellars, do not see as entirely adequate. You hurt your peers with whom you live, your partners in many cases, you disrespect each other, you don't value each other, and all this causes you to present interpersonal relationships that don't come to a good end.

The fact of seeing yourselves separated from others, your brothers and sisters, generates in you a disunity that doesn't allow you to live together properly. You present many frictions among you, separation by borders, races, cultures, religions. And all this leads you to compete rather than to cooperate, cooperation that would allow you to live in harmony, happiness and free from harm.

What we suggest is that you always see the others from your hearts, with love, seeing them as a part of you, as siblings or as a close family, regardless of where they come from, their culture or upbringing. On Earth it is recurrent to harm each other, and you continue to live this way. It is something that you have normalized and that doesn't allow you to advance as a society towards a more advanced one in terms of consciousness.

You all present different personalities, because each one of you is a unique person, who has had a unique life path. And that uniqueness in each of you should be respected, because it is through that uniqueness that you contribute in a special way to the collective. You should value the singularity of each one, allow it to flourish. And support each other, love each other as you are; without judging the other, but understanding him or her as a unique being.

All of you, from within, understand that the healthiest way is to live together in harmony, loving and supporting each other. Because you are people who need the support of others, as well as to contribute by supporting the others. This is the way to live together, in harmony, taking care of everyone, respecting them for who they are, with love. This is the path we suggest you take, which will allow you to move forward.

We hope that you can advance as a society, we hope that each one can cooperate in your community with what you can and feel that will contribute, so that together you can achieve this change.

Our love for all of you, your sirian family.

## 17

### Sexuality

We, your siblings, see that you abuse your peers in various ways. One of them is through sexuality, which many times you use for your own pleasure, without really caring about the other person. You use it merely for pleasure and don't see beyond that, what it really means to have sexual relations. We don't see it as adequate in that sense, that others are abused.

We know that there is no education in relation to the sexual issue, because you see yourselves only as flesh or biological body, generalizing, and you don't consider the connection with the most essential plane that people present, the connection that unites you with your divinity. That connection is what allows you to see others from a higher angle, where you don't play with people for pleasure, but respect them for what they really are: divine persons.

What we see that you could improve is how you relate sexually with others, so that the experience is beneficial to you and you don't harm each other. The energetic exchange that occurs is very high with such an interaction, because you share emotions, thoughts, subtle communication, your own energy. So, this union must be taken care of and carried out in an atmosphere of affection and respect for each other.

In all sexual relations there is a union, which is not only physical. It is a spiritual union, a union of the soul, and it should be done with the right people, people you have chosen from the heart, out of love.

Our race corresponds to a sexual race, just like you, and we always carry out this type of interactions in a suitable environment, where there is care and love for the other, thinking also about the

other and not only about oneself. We recommend you to value your partners more, to take care of them with love, so you will be well, in a sacred environment of spiritual unity.

We ask you to take care of your sexuality and to choose your partners from the heart and not only for the physical, so that you achieve this deeper union and don't abuse each other for pleasure. In this way you will advance as a society as well, by respecting everyone and taking care of them as valuable persons.

Your friends, the Sirians.

## Knowledge about good behavior

We, in our societies, teach people certain behavioral knowledge that is appropriate for a better coexistence. This knowledge about behavior is related to how each member of a community acts so that he or she contributes and doesn't harm with his actions. Some of this knowledge is listed below:

In relation to clothing and body cleaning, it is always appropriate to take care of personal appearance—to go clean, to wear appropriate and clean clothes—, because appearance is the image that the person shows, a reflection of his soul or who he is. So, it is well seen by us here to dress appropriately, neatly, with comfortable clothes, and that show a good image of the person. To bathe often, to use fragrances if desired, all that will contribute to show a good image or a good reflection of the person, and we recommend to practice it.

The way of communication is another important point. Here we always speak with respect, we treat others well. Regardless of the situation you are in, you speak with respect, without offensive words, respecting everyone. Without violence too, because in that case you are not taking care of others, but harming them. The form of communication between people and between the star races should always be with respect, so that there is a good communication and the message you want to give is transmitted.

People's privacy and opinions are also respected here. If a person says *no* to something, it's respected. No one is forced to act in a particular way. You always respect other people's decisions and support them in whatever they choose. A person is valued for who they are,

respected and cared for in what they choose to do and who they want to be, as activities they want to pursue.

We always care for others with affection, because we see each other as brothers and sisters in this vast universe. We care for and value all beings that inhabit it. We respect the life of animals and nature. We never harm animals; we are not regressive. We value and care for all life. We take care of our planets not to pollute them. And this is a recommendation for you too: to value your planet, plant and animal species, and to live in harmony with them, which is also a form of good behavior.

With love, the Sirians.



## Care for the environment

In societies with an advanced degree of development, this progress is reflected in the way they care for their environment, other people, animals and also the planet itself. When one loves others, one takes care of them. And the planet is cared for by valuing it because *it allows life to develop on it*.

All advanced societies take care of the environment, trying not to pollute it, maintaining ecosystems in a healthy way, maintaining the soil in the crops, maintaining the water so that everyone can drink from it, and maintaining a clean environment that allows its inhabitants to live in a healthy way, in harmony with the other species that inhabit it. All species, when presenting the right conditions, allow a balance, where they collaborate so that all can develop according to their qualities.

In situations where there is a damage to the ecosystem, due to some unexpected accident, we participate by cooperating to help that space return to its equilibrium and allow life to continue to emerge there.

We always help those who are in trouble. No one is left alone if they have difficulties to survive. Everyone is helped, without discriminate, because everyone contributes an important part to their community. Everyone has an important role when it comes to coexisting with others, because each species contributes something. Each animal, each plant, all have specific characteristics and properties that will help their environment. When this animal and plant wealth is valued, as well as the sea, the rivers, the mountains, the land, they are cared for, allowing the life of all.

Nature's spaces must be cared for. We always participate in this way, supporting animal and plant species, protecting the spaces from contamination so that they remain in harmony or balance —meaning health.

If you see that certain animal species are in danger of extinction, you should support them with love and give them everything they need so that they can emerge. All species should be valued, the environment and the planet should be taken care of, because they present conscience that is part of a greater conscience of which we all are part of.

What we ask you to do is to value the animal and plant species that are left, to keep the spaces clean —free of pollution, garbage, toxic chemicals—, to collaborate by cleaning the environments, to take care of keeping your planet in good conditions. In this way, you will be happier, living in harmony with others. This is what we hope you to achieve.

We love you, your sirian family.

## **We see no real disadvantages in you**

We, the Sirians, are a mostly marine race who love the sea. We are interested in outdoor recreational activities, sharing with family, supporting each other and serving others in unity. We care not only for our individual well-being but also for the other members of this universe. Because we see ourselves in unity with others, as the great galactic family that we are.

We are all siblings. Among us, we don't make differences for having different ways of being and perceiving the world. We are united in spite of the differences we may find in our societies, because what interests us is the individual development and the spiritual advancement of each one, as well as collaborating with the other races in whatever way we can.

All of us, together, form one big family. There is no need for separation because that only brings disunity. We care about the richness of forms in our societies, and we respect them all, just as we respect each of the other star races.

We are in a privileged place of technological advancement in relation to Earth, just as we understand a more advanced technology of other races. And we cooperate with you through actions we take together for the welfare of Earth. We find ourselves participating almost daily to support you and give you our love and help through actions that allow you to live more peaceful lives.

We understand well the situation you live in on Earth, and we don't empathize with the agendas that cause you so much pain. We don't empathize with the agendas of those who, to this day, control

you —who you know as the reptilian races, who share with you mainly from the dumbs, from where they control everything.

We want to tell you that you are already free, it is just that you haven't noticed it yet, because you control your lives and what will happen to you. When you come together, you make the changes, because with only one person helping it is difficult to make a change in the collective. So, you must come together, understand the world you live in and begin to cooperate to make the changes together. When everyone contributes, then you change the world.

We see no real disadvantages on your planet, for you to achieve the change. We see courageous people who have begun to contribute and bring about changes that will allow you to live in a better shaped society. And we see that, with the enough drive, you can move forward to achieve your goals as a society.

All the limitations you feel you have, are not real, from one point of view, because each one of you is the All, and possesses all that is necessary to achieve whatever you set out to do there. Your qualities go far beyond what you see with your eyes, because you are *creative consciousness* capable of achieving everything you set out to do. So, we see possible the change on Earth from that point of view, where you, by awakening collectively, decide to make a change in your society. We see possible the liberation from within the Earth, where you will be the protagonists of this change, because ultimately you are the inhabitants of your planet.

We are supporting you. We are with you many of your star families looking for the best ways to cooperate with you. We see that you need guidance, and we are giving it to you in a way that is pertinent to the moment you are living. So, we are careful not to affect you psychologically either. We see positive to help you without intervening directly, because we know that the change will take place in harmony with your lives and what you, as souls, have arranged to live.

We are support, we are guides. We will be helping you from here until you complete this period of transition that you are living. We will be with you supporting you until you complete the whole process

of change. We ask you to have patience and to collaborate with your siblings, and to understand that the best path is the one that is decided among all and not the one that is decided by a group, as it happens on Earth.

You are the leaders, don't forget that. You, as the protagonists, will act in favor of a better Earth. You have our support and will continue to have it.

We love you all. Your sirian family.



## 21

### **Contribute with your actions**

We, the Sirians, are happy with the help that some of you give over there, and we congratulate you for your effort and constancy in the help you give. Many of you are part of our star families, your origins are here, and several of you we know quite well, and we follow your lives and what you do.

You are there to give a more direct help, and you do it from the heart, with the intention that others can be better and happier. All help brings, every time that you give help from the heart, be it of any nature, it generates a change in someone else's life, allowing them to move forward, grow, heal and get to a better place.

You are the ones who will achieve the change. You, who are on Earth, are the ones who will enable the change of society to a better shaped one. Thanks to the help you give to the Earth, you are moving towards a better place. Be the generators of the change, if more people are encouraged to help, the faster and easier you will achieve the change of society. When you are encouraged to help from your place, you allow others to follow your example and be encouraged to help as well.

Whenever you connect with your souls, you come to understand that it is important to help your peers, you understand that it is important to help reduce the suffering and to help everyone live well. Because everyone is important, everyone is part of the Unified Consciousness, you are already valuable in your essence, and you will be able to advance well to the extent that you understand the concept of unity and learn to value and take care of each other.

When you make progress, and see how the changes benefit you, you will understand that the help was important, and that the effort was worthwhile in affecting the lives of thousands of people, of everyone—including the animals, because they are also part of your community.

It is important for you to understand that we help you in order for you to be better. Then, your help will enable others to be better. And those you help, will help others to be better. In that way the help has an impact, you are affecting each other. If more people are encouraged to help, more people will be affected and you will move forward faster.

Be light with others, and not only with words, but also with actions. Because ultimately what you do, *who you are*, is what will project the help to others. Show by example is called, contribute with your actions. When everyone projects a help, you will live in harmony as a society and be happy. You have a long way to go, because in all areas you need to make some change, so you will only achieve it to the extent that you support each other.

You are valuable, understand the incalculable value you have and begin to act according to who you really are. We have high hopes for you and we know you will succeed in a few more years. We want to encourage you to act, because acting will bring about the changes you need.

Your friends and family, the Sirians.



## **We affect one another energetically**

We know that it is hard for you to stay healthy, because you live in a very hostile environment where you suffer emotionally, mentally, have many complications or go through difficult situations, and this makes you sick and suffer psychologically as well. We understand this because we see you suffer along with our starseeds, and we feel sorry for you when you go through this.

Because we are sensitive people who suffer when we see you suffer. So, we act on your behalf so that you can move forward and advance towards an ideal society, where you don't suffer so much and where you have the ideal conditions for everyone to be happy. We care and strive to help you, with compassion, with love, understanding that you need support.

Everything you live can be improved, because you create your reality. If you create a happy world, being happy, you will bring that energy to your surroundings. When you suffer, you will be giving energy of suffering to your peers, because you affect each other. The energy is what is found in all spaces, and you, with your energy, affect the energy around you. Because we are an energetic unit, we are gods, we are divinity in the first place, and with our energy we affect the others.

Each person is an energetic being that affects others with their energy. When this energy is low, it will affect others by lowering it. And when they are concerned about their well-being and are well, they contribute by raising the energy of others around them.

We understand well that it is difficult many times to keep your energy high, and that it will depend on what each one of you is liv-

ing. But if you make a greater effort to raise your frequency to a higher range, and stay there, you will already be cooperating with your energy to the other members of this universe.

We want to ask each of you to care about your well-being. Because there are small actions you can take to be better, which are at hand, such as eating healthily and managing your thoughts through meditations. So, caring about these little things, and raising your energy to a higher range, will allow you to help others around you with it.

You are never alone; we are always sharing with others around us. We always share thoughts or waves of specific frequencies that reach out to others, affecting them. We always share, and being aware of this will help you to care about the well-being of each one, which is also a way to help others.

Starting with each one is key when helping. You should always consider yourselves first, to then give help to others, being well yourselves. This is how you collaborate, by being good yourself first. Therefore, every time you want to help, you must first help yourselves, achieve a balance and a healthy frequency, in order to contribute from you to the others.

This is how one participates, *energetically*. Everything is energy, matter is only a manifestation of the consciousness, which is energy. You are energy, every cell in your body is energy. In this way you participate with others, through energetic interference.

You affect your cells with your thoughts, and others around you, including nature and animals. They are energy too, and they also participate in affecting others with who they are.

A high energy can greatly affect many people around you. So, if you stay well, you will be collaborating with the others. In addition to this, if you want to manifest, you will always manifest faster if you present a higher energy, if you are an energy frequency that vibrates faster. If you consciously create what you desire, from that higher energy, you will be cooperating with your creations to others, you will be creating positive events for them as well.

Each one of you must be responsible for the energy that is emitting, so that you can contribute with positive creations to your society. This is how the universe and the creation of matter works, from thought and intention, from an idea and from who you are. If you are well, and you are good people with good intentions, you will be a positive contribution to your society.

The invitation is to take care of yourselves, to be well, and to be conscious of contributing positively to your society. Because, in this way, all together, you will manifest a more positive future for humanity, advancing as a society.

We invite you to unite in consciousness and participate together in creating a better future for your home, the Earth. We will be supporting you from orbit, waiting to see you act for the change and hoping you become happier.

The Sirians.



## 23

### Tiamat

We want to tell you a story of how you have evolved over the years. It is a long story that we will condense into a few paragraphs. Our intention is for you to understand what has happened on Earth and why you are living what you are living.

This started thousands of years ago, when the Earth was still in 5D frequencies. It was a planet with a lot of flora and fauna, inhabited by several star races of the Federation that cooperated with each other. All of us have participated before on Earth, we've been down there doing certain activities. The case of Lemuria is an example, where several positive races, many lyrians, lived there in harmony.

Then, an event occurred that we consider catastrophic. The Earth was invaded by regressive races, mostly reptilian races, that began to attack the other races and to harm their ways of life. A struggle with them began, a struggle that had its roots many years ago and ended with the destruction of the planet *Tiamat*—today's *asteroid belt*—and the flooding of the Earth with its waters.

This flood is what you know as "the great flood". A lot of flora and fauna was destroyed, and many of us were also badly damaged. It was a worldwide catastrophe, and with it ended the first 5D stage of the Earth. Because, as a way to defend ourselves from the invaders, the Earth was put into 3D frequencies artificially, so that the regressive reptiles were trapped. The problem was that many lyrian races were still on Earth, and they were left there to fend for themselves.

After thousands of years, the Earth became what it is now: a predominant lyrian race that is dominated by a regressive reptilian race, where you are subdued and controlled by various mechanisms

that, most of the time, you don't understand and don't realize. That is the *mind control* and the *distortion of information*, giving you only lies and harming you in their path.

For us, this situation is lamentable, in the sense that there is much suffering on Earth, and we wish that you can return to the state in which the Earth was in its beginning, where you lived in peace together with the flora and fauna of the place. That is what we wish for you, that you live in peace and harmony with the other species of your planet and that you can be happy with your families, and that is the reason why we have proposed to help you.

That is why we are in orbit today, to help you, but ideally without interrupting your lives. And we want you to understand that we support you in whatever you decide to do, because we understand that each one of you is there for your own particular reason that we must respect. So, the help we give is to support what our starseeds do, as well as other small actions that allow you to live better.

We are interested in global welfare and that is why we take political action in your favor. We also care about your environment, to clean it locally and to support some of your animal species. We are concerned to protect you from radiation and nuclear wars. We are committed to continue helping you, as guides as well, so that you are a little better every day.

Our support for you. The Sirians.

## **You are the leaders of the change**

We, the star races, are your siblings, and we want you to see us as such. Many of us are there with you supporting the shift to a better society, and are acting on behalf of humanity to bring about the changes that will benefit you.

We act together, because we see that humans are in a dormant state where they fail to see the reality in which they live, and act in unconscious ways that harm others, in addition to harming themselves. We see it important to clarify that you are free to act according to what seems best to you, it is just that we want to show you new ways that you may prefer, that will benefit you all.

We want you to know that you are capable of changing your society towards an ideal one, that, no matter how much they instill fear in you, or that you will not achieve it, the change is possible. Because it depends on you, not on something outside of you; the power is in you as a society, from each individuality. And you are capable of achieving what you desire, if you unite as a single human collective, a single species, a single soul capable of creating the future you want.

The situation on Earth is quite complicated, we see a lot of suffering. Suffering that you have chosen to live and suffering that you have to live because you are there. Because you are not indifferent to pain, you suffer if the other suffers, as you are energetically connected. Everyone affects each other, and no matter how much you do not wish to suffer, you suffer together with the other who chose to suffer.

You can change this, working together for a better society. You are the leaders of the change. If you wait for others to do it, you may never succeed. You must act, united, to improve the situation on Earth. We ask this with love, for we see you suffering from here and we suffer with you. If you act for your planet, you will help others to

do the same. And so, you will unite in love, manifesting the change of society based on cooperation, as is an ideal society.

We see that you will carry out the change once you understand what the priorities are and act together to save your planet. You will achieve it once you understand that there are other ways more suitable for life and coexistence, and make saving your planet and species a priority. It is not about competing, as you have been taught, it is about cooperating with your peers so that everyone is well and no one lacks anything.

We see the change possible within a few years, because you will not be able to maintain for much longer the system of life you have been living, and you will see the need for change. We look forward to that moment, the moment of the liberation of the Earth from the regressive races that dominate you, and together build a better planet, with better living conditions for all, where everyone lives in peace and happiness.

We want to encourage you to act. Everyone plays an important role. You can affect the lives of others in many ways. You must find your own way to help your brothers and sisters, and together you will succeed.

Our sincere thanks for receiving this message and our love to you all. The Sirians.



## Seeing the world clearly and from the heart

We are with you, we see you, and also hear you through telepathy, so it is possible for us to understand what is happening on Earth. Our technology allows us to see you clearly from a distance. We understand what your lives are like, how you struggle to survive in many cases. We understand what you live, the injustices that occur. We understand it well.

We are sorry that we cannot act more directly and help you, because certain actions are allowed and others are not yet, so we act in relation to what we can and we do it from our hearts.

We are your friends; we are a positive star race that tries to help you, so that you can be better off. We always act to help you, we will never do anything to harm you, and you will understand this once you get to know us well.

We have technology that allows us to help you in some tasks, without you realizing it. You must understand that the technology we have is very advanced, so much that you would not believe it, because it is not what you are used to there. So, with our advanced technology we are helping you.

All the actions we do are related to helping you in the areas that you could not. We want to make your lives easier, and we ask you that, just as we support you, you also support each other, so that all together you can move forward and be happier.

What we see from here is a lot of suffering being inflicted on each other. You harm each other in different ways, and that is not right, it doesn't seem right to us and it doesn't seem right to the other star races either. We see a change of society possible, but only once you open your hearts and begin together to participate in the project to help the Earth and its inhabitants. The actions you take will help you move toward a better shaped society. You must understand that,

as you all help, you will bring about the changes in your society, changes that will benefit everyone. When you help, everyone from his or her own place, you will be able to evolve as a society.

What is happening on Earth today is a lamentable situation in many ways, and we want you to become aware of the things that are not right, so that you can begin to change them. Things like animal abuse, where they are inflicted a lot of pain, excessive consumption of meat and unhealthy foods. Your educational system doesn't provide you with information of value and personal growth. You have unhealthy routines, work too much, watch too much television and don't spend time on your education. These are all actions that don't favor you and that you have normalized.

Poverty, not helping those in need because you feel separated from them; when in reality you should see yourselves in unity, as one human race. Discrimination and separation through borders that only generates division among you. There are many actions that you do that are important to change, and you present needs and basic things that you should be concerned about.

We want to invite you to begin to see your reality with different eyes, to begin to understand what is good and what is not, to see the world with clarity and from your hearts, so that you can find the truth. It is important that everyone grows and connects with your essence, so that you understand this truth. We must always see us in unity, cooperating with all, and we believe that you could succeed in seeing you in unity.

When you achieve unity and understand your reality, you will begin to move forward together, and manifest that ideal society in which you will live in peace with your families. You will always have us by your side as your guides.

We hope this message is understood, and you begin to act to bring about change. We wait for you to co-create an ideal society on Earth. You all deserve to be happy.

We love you, the Sirians. We will continue to be by your side.





## **All life must be cared for and respected**

We want to tell you that you are not the only ones who belong to planet Earth, because you share with other animal species. The home is theirs too, as well as yours, and the spaces of each one must be respected. Because they also deserve to have a space of their own that fulfills all the characteristics they need to develop. So, what is left for you is to share the spaces. That is what we see as the most correct, and that is how it is done in the other star societies.

You are adults capable of understanding that all life must be cared for and respected. What you do to animals there, does not correspond to beings of high consciousness, because you make them suffer for meat consumption, while you can have a plant-based diet.

Animals and all nature are part of the Unified Consciousness and should be treated with care and love, as they present consciousness in various degrees. No race should be singled out as predominant over the others, for all are unique in characteristics and will contribute in a unique way. Therefore, there are no levels. You should not feel superior to them, because you are not.

It is important that you understand this truth from your heart, because, on Earth, you cause too much harm and suffering, both to your peers and to animals. When you advance in consciousness, you will be able to live in harmony with the other beings around you, and you will realize that it takes everyone to live in harmony with the planet. When you advance in consciousness and see others with love, you will see that you don't need to harm others, but on the contrary, you will see that what is important is unity.

You, on Earth, must not see others from a level perspective: higher-lower. You must understand that all life is divine and that even the smallest being must be respected, for all are unique. Just as among you, the humans, each being is unique and contributes in a unique way.

Whenever you see others, be concerned about the special needs they have in order to survive, due to their own characteristics. Helping each other to meet these needs will allow you to live in harmony and enjoy life together. This is how it should be; everyone supports each other so that everyone can be happy—including the animal species and nature, which are part of your society as well.

So, when you see others, understand them from their particular way of being and support them in what each one needs. In societies, everyone cooperates and no one is left behind, everyone is included and seen as an important member of society.

We tell you what normality is like in the other star societies, and how we live on the other planets. And the invitation is that everyone sees their peers as equals in value, and allows the mutual development according to the special characteristics that each one presents. Always see others from your hearts, this is what will help you move forward as a society and live in harmony.

We will be happy to see you like that, contributing in harmony to your community, taking care of each other, having a good time with your families and friends, living in peace.

Your sirian star family.

## Health on Earth

As for health, what we see is that you are being pressured to undergo treatments approved by the official medicine that don't favor you at all. These treatments are related to helping you with certain diseases through procedures and drugs that *damage* your bodies, *making you increasingly weaker immunologically*. You are harmed, and they sell you that as health.

We don't see it as correct, because your traditional medicine is directed by people who don't have your health in mind, but they have economic interests through pharmaceutical companies, and depopulation interests as well. And we are sorry that you cannot see it clearly. Medicine on Earth is far from what is true medicine, which really helps your bodies, without harming them with invasive procedures.

We suggest that you look at health holistically, because each part of the body affects the others. Do not see yourselves separately, like pieces of a puzzle, because each part acts by communicating with the others. And there is not only a communication between the physical part, but also information is transferred from the consciousness to the body that you see as physical. All thoughts, ways of being, food, traumas, affect the body, and you should be well concerned, considering all the parts of your being.

When you look at an illness from several angles, you can deliver a more precise treatment that will help the person heal more quickly, without relapsing over time. When you go to the cause of the ailment, and treat it, you help the body heal permanently. It is simple for us to see health in this way, as a balance in the whole being.

We hope you manage to see medicine that way, and use natural medicine, which will help you without causing discomfort in your bodies, such as side effects. We see that there is a lot of abuse of pharmaceuticals, being one of the main causes of death worldwide. When you use plant medicine together with technology, a technology that really benefits you, you can achieve health faster.

Consider also that a work of personal introspection will help you to realize why a disease manifests in you, because you will always have all the information, and you can listen to it in meditation.

It is very important that you improve the area of health on Earth. It is one of the worst areas, even though you may think otherwise, because you trust your doctors and Earth science. You can always improve, and we ask you to collaborate by participating to change your current health system, because people's lives and their peace of mind depend on it.

We also see that many are already cooperating and giving their wisdom, by realizing that there are other ways to get to health, and they are doing a very good job. But more people are still needed to improve the world's health system, because in most cases, as we have already said, you are being harmed instead of helped.

We ask you then, to look at health in a holistic way, and to integrate natural medicine and technologies that don't harm you, so that you can be well.

Love to you, your sirian family. A message from our hearts to you.



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### Wake up

We want to tell you that we are considering to cooperate in other ways that allow you to be better, because we see that you are deceived with many lies and that does not correspond to our opinion. We deliver a pertinent help to what you are living in the present, this is how we are acting with you, helping you according to what you are living, in order to follow your soul paths and go in harmony with you.

What we would like you to tell us is *what you would like us to support you in*, so we follow you. Everything you need you can send us through your thoughts. We hear you here, all of us, through telepathy. So, feel free to ask for whatever you need, without the need to know how to channel. We will communicate with our starseeds that we know can channel, and through them we will pass on our messages, as we do with Thannefa.

In the society in which you live, you are the ones who will be able to change your customs and ways of life towards an improved one. It is *you* who, from your hearts, will support each other to move forward, and thus continue on better paths of life. When you unite, the change in your society will begin. When you unite from your hearts, with love for each other, feeling like the brothers and sisters that you are. When you cooperate with others from your own hearts, you will be able to manifest a more dignified ideal of life, where you love, accompany and respect each other.

We have those qualities in our societies, and it is because we have connected with our hearts and listened to others with love. Whenever-

er you do it this way, you are acting in favor of life, because you are helping and not harming.

There are many agendas of separation on Earth, and it is because the very ones who control you, promote them. Because they know that, the day you unite, they will lose. For you are many more than them, you are hundreds of thousands of people with souls capable of creating a better life for you. You, as souls, can co-create whatever you wish as a collective, being conscious, and not being manipulated or deceived by third parties.

The deception is huge on Earth. The disinformation that they promote doesn't allow you, in many cases, to get to the truth; and you sink in their lies. It is difficult for you to visualize the truth among so many lies, we know. But we want you to understand that it is not impossible, because many of you have already achieved it and are sharing what they have discovered with others. We want you to continue that way, because one day you will be able to see the truth clearly. That will be the day of the mass awakening of humanity, where you will see clearly what is deception and what is truth, allowing you to change your society.

Awakening is important. We want you to pay attention to the details, to what doesn't make sense to you from within, to what you are being asked to do that you don't want to do, to what your real limitations are and what are not, because you are free to act and create what you want, as creative consciousnesses of the Source.

You will be able to see the reality if you unite and open your minds, opening your hearts and connecting with your higher self who will deliver the answers. You can do it, and many are already well on their way to fully awakening, and we hope it will continue that way.

That is why we see the awakening as important, because it is what will help you to unite, to understand reality, and then start the conformation of a new society to your liking, being free, where each one will direct his or her own life. Everyone should do it this way, be each one the leader of his own life and direct his own paths according to his heart and personal criteria.

We know it is difficult, and that it will be difficult years for you, but we know you can make it. We hope so, all your star siblings, we hope you manage to communicate well with each other and understand your reality and the real options you have.

The Sirians. A message from our hearts to you.



## Final message

We deliver our information with the intention of helping you to change certain harmful habits and to adapt new ones that will help you move forward as a society. We need you to understand that our intentions with you are pure, they born from our hearts, seeing you as brothers and sisters who need support so that you can be happier and live in peace.

We see you from here with a lot of anguish, fear, desperation. We see that you suffer a lot, the animals too, and that doesn't allow you to move forward and improve, since you are immersed in pain. And we want to help you so that you can make changes and get to a place where you only live in joy and harmony with your peers. From here, we will be taking care of you and advising you to understand the current situation of the Earth, so you can make the changes that are needed to be better.

We see that together you can do it, that together you can change the course of Earth's destiny, save it. Only together, each one doing his or her part, after understanding that help is needed from everyone. You will succeed when you realize the control they have over you, and the new and better ways that you can opt to.

We, your star siblings, wish for you to advance, to realize what you are living, so you start, from the heart, to make the changes in your society. Each one of you is unique, so you can make a unique contribution to your planet. From your way of being you help, from that elevated way of seeing life you understand what you can help and how. From that higher way you will understand that it is necessary to save your planet and its inhabitants, all united.

You also need to understand that you create your reality, that you can create a better life together. So, focus all your energies on creating a better life. You will achieve it by setting those intentions from your hearts. Not from hate, but from love, because that is the energy that has the power to create a better life for all.

All of you, united, with the understanding of the other and their essence, will advance in the creation of a united and happier planet. The others, in your eyes, must be seen as brothers and sisters, all are people who deserve to be respected and cared for by their peers. Discrimination is wrong, because it only generates more separation. So, united, seeing others as siblings, you must support each other and move forward.

You are capable of achieving this, by understanding the current situation and moving forward as a community. When you help to improve the living conditions of your planet, you will see that it was not so difficult to achieve, because the work was done by everyone, each one contributing with his or her help. This is how the change should be achieved, by all collaborating.

We hope you understand the importance of helping, the important role that each of you play there. Do not see yourselves as helpless, just focus from your hearts, and you will know how to help. And we hope you understand the importance of unity, all focused on the same cause: *saving your planet and inhabitants*.

We say goodbye,

The Sirians

Much light to you, brothers and sisters.

[www.thannefa.org/en](http://www.thannefa.org/en)