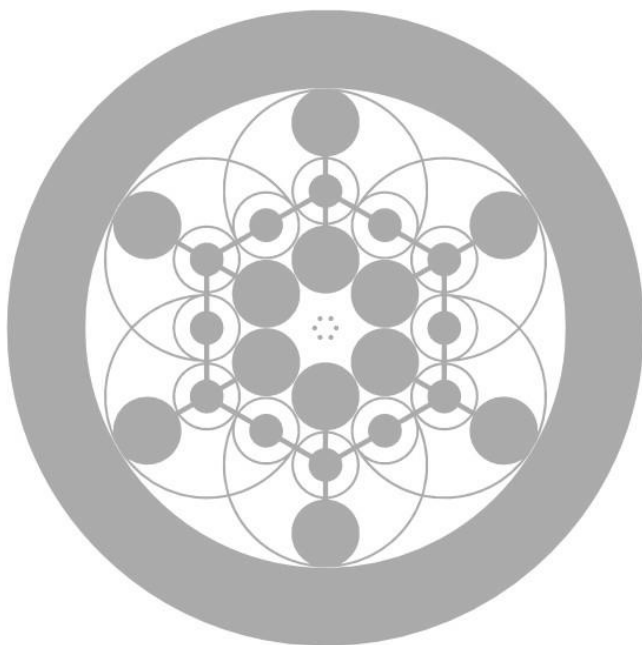


HEALERS OF THE SPIRIT 2

HEALERS OF THE SPIRIT 2

Arcturian information about
health and consciousness



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*Because you can always collaborate more...
And one never gets tired of helping...*

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Introduction

In this book, my Arcturian friends from the Dieslientiplex branch expand on the information they have already given about health by adding new topics and reviewing what is most important for us to understand so that we can live in a healthy society.

As you may have noticed, illnesses have been on the rise lately because we aren't taught properly how to take care of our bodies and how to heal... or how to heal in a healthy way that doesn't harm the body.

Finding the specific cause in each person is essential for complete and permanent healing, and the Arcturians teach us this in this book, reminding us of the importance of seeking and treating the particular cause that generates the illness in the individual.

Toward the end of this book, you'll find general helpful information that isn't directly related to health but provides insights to help us advance as a society and be happier. Because in advanced societies, people get sick very rarely, since they live in an ideal system based on cooperation and without a monetary system. Therefore, by changing our way of life, we will get sick much less.

We hope this book helps you on your journeys. It is made with love by all of us. I leave you with the information from the Arcturians.

Thannefa

1

The healthcare system

Whenever a health system functions correctly, it will be because it participates in helping or supporting people to improve their health. The focus will be on health, and not on fulfilling other purposes that are personal, unrelated to helping people's lives and health. So, it will always work well, or adequately, when all its members and parts are concerned about the health of people, participating so that they are well.

In the case of Earth, we see that other entities are involved, that do not look after human health, but for their own interests. The health system is intervened by people who do not have your health in mind, so it does not work in favor of people's lives, which is why there has been a considerable increase in diseases in your society.

Thus, in order to improve your health system, you must make sure that all people who participate in it take care of your health and take the responsibility for it, so that you can make progress in the medical area and all of you can recover your health correctly.

Your current healthcare system does not really care that all people are well, rather they care about following their own agendas. Medicine is used as a way to control you, so that you continue to be dependent on pharmaceuticals, losing your health many times as a consequence of them, without really caring about your health.

So, we ask you —when changing your health system to an ideal one— to design it according to your own criteria and heart, having in mind, or as a priority, the health of people and animal species. If you take care of everyone in a holistic way, you will see that people will recover their health correctly, and more quickly and efficiently, because you will go to the cause of your ailments, and will use only the procedures and medicines that really help you.

We hope that soon you will be able to change your life system to an ideal one, where you care for everyone, so that everyone will be well. And you will recover your health by living in a better conformed society, free of stress and procedures and foods that harm you.

We hope you will emerge as a society and be happy.

2

Profile of the true healer

When we talk about a healer, we consider certain important or essential aptitudes or characteristics that he or she must have in order to be able to fulfill his or her function...

First of all, a healer will present the quality of always being interested in helping others from the heart, with love, being concerned that the other person is well or in better condition. So, there is a concern for that person to be better, a genuine concern that they get better.

It is not done for the sake of compliance, or for the economic income it brings, but there is a genuine concern that the other person next to you feels better and improves their health. You empathize with the patient; you don't just see them as another person to be cared for. There is a special concern and care for the person you want to help. There is a connection from the heart of wanting to take care of them, to make sure they are well.

And it is done for that person, not for your own interests of fame, power or money, or to buy something you want to buy. You help the patient with the pure intention that they get better. Then you help with love, so that the other person is better than before and can be happy. You act for the other, so that the other person may be well.

This is the way to help, with love and concern for the other person who is not well.

Another quality that healers in general have, is that ability to connect with subtle planes or with the Source, to know how to best help the patient. Thanks to this connection with his soul or the Source, the healer can act according to what his soul tells him will be best for the patient. As a guide for the healer, which will guide him to better help the patient. Because not always there will be all the necessary information about the condition of that patient, and must rely on the intuition or connection of the healer to get to be guided and understand how best to help that person. Then that connection will allow the healer to help better, or more accurately, the patient.

And for a healer is in connection must do, first, a personal growth work and connect on their own with their soul and subtle planes. It is the healer who must do this personal work of connection, so that during the healing session can help the patient correctly. Then the healers with greater consciousness or who present a high connection with the Source, are the ones who will be able to better guide the patient, and find the cause of his illness and the solution to his problems.

A joint work is done with the patient to visualize the cause of the disease. But the information or guidance that the healer receives, will always accelerate this process, and be more efficient in delivering a treatment. So, this connection is very important when helping another person.

We, the Arcturian Healers, always act in this way, in connection with our souls, seeking information beyond what can be seen with the

naked eye, to deliver a more complete treatment that will better help the patient.

Also, a healer should keep to schedules, and see patients at the appointment time. Because that shows professionalism, not making the patient wait because of thinking he is in a higher category or because the patient needs his help. A true healer respects others around him, and participates with the patients in the schedule he left for his session, which is a schedule agreed upon between the healer and the patient.

And you work on the person during that time that is set aside to help them, giving them enough time so that the healing session can flow properly, and not be limited because the time is up. A healing session will end when it should end, when there is no more work to be done with the patient. Then enough time is given to the session to be able to help the patient correctly.

Allowing sufficient time for each session is important. However, when it is seen that another session is needed, the patient is given the opportunity to reschedule. And so the healing process will continue on the following days, when it is necessary to allow adequate time between each session.

Many times, it will be necessary to continue working later on in order to complete the healing process that the person requires. And the number of sessions will depend on the condition of the patient, rather than on previously established baseline sessions. You follow the patient, according to the number of sessions he may need, because some will need more sessions and some will need fewer sessions.

In cases of terminal illness, where the patient may pass away, the patient is guided with additional supportive information, so that he can continue well for the time he has left. Not only is it indicated that there is nothing more to do, but the person is helped to cope with his current situation, and to make the transition to the afterlife correctly. The person continues to be helped and supported with love and concern until he makes the transition and ends his incarnation.

They are often abandoned, and we don't see that as the right thing to do. A healer will fulfill the role of support at all times, not only when performing a treatment. In this way, the patient and his family are accompanied until the last day of his life, with genuine concern and affection, hoping that this person will be well until his last day, not only when there is no more work to be done. The patient is accompanied with affection and empathy.

When it happens that the patient does not wish to continue with the suggested healing sessions, one should always respect that person's decision to not continue. Many times, patients are forced to follow a certain treatment, either by the doctor or the family, and we do not see it right, because it is the person who will choose his own path following his own heart.

And people's health choices should always be respected, without forcing anyone. Each one is responsible for their own life, and will have the freedom to choose the paths for healing. Or even choose whether to cure or not, depending on the interests they have.

So, a healer will always respect what the patient chooses, and will guide him so that it is the patient who chooses according to his own

heart. Paths may be suggested, but that person will always be free to choose what he will do. They should always be respected.

3

Address the causes of the imbalance

Whenever a serious illness arises, one should begin by seeking the reasons or cause that originated it, to exhaustively investigate why such an illness might have occurred.

All paths chosen for healing will help the patient achieve balance in the areas where they need to be balanced or improved. Therefore, the cause or causes, and the paths to healing, will always be sought.

All illnesses should be seen as an imbalance or misalignment within the person; they should be viewed as something that needs improvement, as what needs to be addressed so that the person is better than before.

So, a disease that can be serious will exist because of some imbalance or misalignment in the person that causes them to fall ill. Diseases should be seen as something to be resolved, that way we can seek out the cause and act to help the person. From that perspective —of an imbalance or imbalances— it will be possible to help the person in the areas they need. And so progress is made on whatever needs to be addressed in the person.

Therefore, when a physical illness arises, one will seek to determine what needs to be resolved so that the person can regain their health. The cause or causes that gave rise to it will be sought. And we

will proceed in this way, addressing each underlying cause, so that the person regains their health. Therefore, the treatments will be focused on addressing these particular causes affecting that person; they will be aimed at resolving whatever needs to be resolved in them. This is how health is restored, by addressing the cause or causes of the discomfort and seeking ways to resolve them.

Everyone who needs to heal from an illness should take the time to look for these causes. Because each person will be responsible for their own health, each will know which areas they need to work on most to recover. Therefore, it will be the person, first and foremost, who seeks out these causes, and healers or therapists will only be there to provide support or assist the person in their recovery, or to help them with paths or treatments that will aid them.

So, you always have to look for the cause or causes. That's something you still need to apply better on Earth, because we see you using many procedures that do not address the underlying cause of the disease, only temporarily resolving the problem without achieving true or complete recovery. Or you treat the symptoms and not the cause.

So, it will always be important to address the underlying causes of the illness so that the person can recover properly. This is what we suggest you do so that you can fully regain your health and reintegrate into society in a proper way, being happy with your families.

4

The person will guide their recovery

When we need to recover health, by presenting a disease that complicates us, we must always seek the best ways to heal, the ways that make more sense from the heart, we must seek the ways that we would like to follow to heal, consciously choosing treatments that we believe will benefit us. Then it will be done that way, looking for the ways we want to follow to recover our health in a permanent way, and not just acting according to what others impose or want.

Whenever it's done that way, we can direct our own recovery. We will be the guides, or those who guide our body's healing or recovery process, since we are autonomous individuals with the capacity for judgment, or with sufficient discernment to decide for ourselves and what we will do. So, each of us will look for the treatments we want to pursue to regain our health.

The person will guide their own recovery, will be the leader of their life, and will choose the paths to healing with full awareness.

You are autonomous individuals, and you can choose which treatments to follow according to your own judgment and heart, doing what makes the most sense to you from within, participating as leaders in your recovery, and not just waiting for others to show you the way or tell you what to do and what not to do.

That freedom of choice is respected, and healers must also respect their patient's choice of treatment, and they must respect and support the patient if they decide not to do something in particular or not to follow a certain treatment.

Therefore, the sick person will choose all treatments based on the guidance they receive, guidance that will not force anyone to act in a particular way, so that they can properly recover their health. So, healers will be more like guides, or those who provide information that may be relevant to the patient, encourage them to heal, and accompany them throughout this process so that one day they can fully recover their health.

The healers will act supporting the patient in what he chooses to do, they will be those who with their words guide the person to choose, from his heart, his treatment or treatments. That is the true task of the healers, to act by supporting their patient in what they choose according to their free will and heart, so that the patient continues to be the leader and responsible for his life, and not a third, as it happens today on Earth.

Thus, it will be the patient who heals, and not the healer who has healed their patient. It will be the patient who regains their health through their own effort and determination, through the routines they have followed that will lead them to a full recovery, and through the guidance of the people they have chosen as guides. That is how things are done here, the person is allowed to participate by choosing which treatments they will follow, based on what they prefer most.

5

Give them the time they need to heal

In any well-formed society, all individuals who experience illness or physical discomfort will be supported so that they can move forward and regain their health. The person will be supported, with the understanding that their life is at risk and that they need to focus their energy and time on recovering so they can continue pursuing activities in their area of interest and be happy, feeling good by participating through a healthy body.

Then, the other people will support whoever needs to recover, so that they can focus all their time and energy on their recovery, and not on other tasks that are less important or that could even be detrimental to their health. This is how you participate, by supporting these individuals from the heart so they can recover well and without complications.

So, we also see it as important that you as a society support people who are sick, economically too, so they can use their time and energy to their recovery, so they can heal more quickly. We see that the stress of working, and the need to support your families, significantly affects your health, not managing to recover well because you have to prioritize these other tasks.

Health will always be a priority, always, because people's lives depend on it and that they can continue to experience what they chose before incarnating. Health is always necessary, so that they can advance with their personal projects and feel full at the end of their lives—which is what souls often seek. So, participating in giving priority to their health will help them to move forward according to what they set out to do before incarnating.

Everyone will need an adequate time to recover. Therefore, giving each person the time they need will allow them to recover fully, without limiting the number of days they'll need, but rather by following the patient's progress and granting the days they request. Because some will take longer to recover and others less, depending on how that particular person is able to progress in their recovery.

In healthy societies, people are allowed to take as much time as they need to heal; they are given all the time they request to recover their health, without being pressured to return to work. They are always supported in whatever they need and ask for.

That's an appropriate way to live together as a community, by properly supporting people and giving them enough time to recover fully and without setbacks, so that they do not relapse over time as well. And that is what we are asking you to do, to participate in that way.

6

Animal healers

In a society, animals will also be a priority. Animals, as well as people, will also need medical care to allow them to recover if their health has been affected. You will always be involved in helping them too, so that they are well. They will be assisted in health and other areas where they need the assistance of others. They will be helped with whatever they need to be well.

Animals have a physical body that functions similarly to humans. They also have their systems —endocrine, nervous, etc.— that allow them to go on living and enjoying the experiences of life. So, their health will be considered in a similar way to the health of other people, with only small differences between species. The health focus on them will be quite similar to the health focus on other people.

Animal healers will be the people in charge of helping them with whatever they may need. Not only in their physical health, but by helping them with whatever they may need to be well: to present their basic needs covered, the company, the ideal climate etc. They will help them in all areas.

Then veterinarians can expand their area of development, so that they also support them in other areas where they need support. In this way, they care about their well-being in a holistic way, helping them

to always be well, as animal caretakers who will also care or have the tools to worry about their health.

There will also be specialists within the same veterinarians, who will be responsible for helping them in more specific areas, so that they can solve health problems that may be more specific. And that is also used here; here too we specialize in the different areas that we like most.

Therefore, if an animal requires more personalized assistance, it will be taken to these specialists for a thorough examination in those other areas where it needs help. They are also taken to receive specific treatments.

You will always work as a group, helping them to feel good in all areas. Health will be integral for them too; their health will be reviewed in all areas. Thus, whenever an animal needs help, it will be taken to these specialized health centers for care and solution of its problems.

And then you take them back home, when they are better and have recovered their health. They are reintegrated into the same place from which they were taken so that they can be reunited with their families and not get lost. You must always ensure that they return to the exact place from which they were taken, so that they can continue their lives together with their loved ones and families.

All species should be cared for. They are all important and will make a significant contribution to their society. They, too, will not be discriminated against based on physical appearance, size, age, or whether they are considered pretty or not. You will care for all of them equally.

Everyone should always be valued and respected. You should always take care of everyone. This is what we hope you will achieve, taking care of one another, regardless of physical appearance, personal interests, or where they come from. You must take care of everyone, so that everyone is well and no harm is done to any part of society. That way, everyone will continue to be well.

We hope you achieve this together.

7

The most common diseases

In the case of diseases that manifest on Earth, some of them tend to occur more frequently, and we have compiled a list of the most common ones to provide you with more information so you can move forward with your recovery.

Starting with the most common, we can name type 2 diabetes, a disease caused primarily by lifestyle factors, such as eating foods that don't benefit the body —like those high in harmful fats and refined sugars— and by a lack of natural foods that would allow you to counteract the harmful effects of your diet.

When you switch to a diet based primarily on vegetables, you can —over time— reverse this disease and regain your normal functions, as well as lose weight to reach an ideal weight that will benefit your health. The person, then, must make an effort and be consistent with a diet rich in vegetables, which will allow them to heal completely —something that some of you have already successfully achieved.

Following a balanced diet, incorporating the foods that nature provides, will allow you to maintain your health; cardiovascular health as well, which we see is also affecting several of you.

Cardiovascular health is also maintained through a proper exercise routine, being consistent, avoiding overexertion, but engaging in

appropriate physical activity that will promote good blood circulation and tissue oxygenation. Therefore, taking care to follow healthy routines will help you maintain your cardiovascular health and eliminate any diseases that may have been caused by harmful habits.

Obesity is also due to an unhealthy diet. To lose weight, you also need consistency in healthy eating and exercise routines, which will lead you to shed pounds over time and regain your ideal weight and body shape. Consistency in following healthy routines is needed to lose excess weight. That's another one of the most common diseases or conditions.

One path you can follow, which would lead you to lose weight quickly—in addition to exercise—is to adopt a low-calorie liquid diet with vegetables that will provide you with vitamins and minerals.

A liquid detox diet is a good solution for several of the conditions you're experiencing, allowing your bodies to get rid of all the toxins that prevent them from functioning properly. So, we recommend it if you have any illness, so that your bodies can get rid of everything that doesn't contribute to your health.

Continuing with diseases, autoimmune conditions also tend to manifest in you, causing considerable discomfort in the joints and skin as the body's own defense mechanism turns against itself, leading its cells to attack the body's own cells and resulting in symptoms that prevent you from living a peaceful life.

All autoimmune diseases will be solved through a proper anti-inflammatory diet and following a personal healing process of situations that have affected you in your past that you have not managed to solve well because you have kept them and carry with you. Then, therapies

of integration of these emotions, of acceptance of them, will help you to be able to bring them out into the light and process them correctly.

You can do this on your own or with the help of a therapist who specializes in this area, so that you can overcome these situations and heal. Therefore, we recommend intensive inner work, with each of you individually reviewing in detail everything that has affected you and is triggering that illness.

8

Treatments in psychiatry

In a health system, it will always be ensured that all people are able to recover their health, allowing everyone to recover properly so that they can continue with their activities. Everyone is expected to recover well so that they can continue to live their lives in a healthy way. So, the main purpose of the health system will be the health of the people.

But in the case of the Earth, health is intervened by entities that participate and benefit for their own interests, generally monetary, where pharmaceutical companies and other entities participate controlling your system so that their business can continue, so that they can continue to enrich themselves at the expense of others.

Then on Earth we see that these entities participate in your health by offering you treatments that they call “health treatments”, without really being so. You are told that they are treatments and medications that will help you, but in reality, the purpose is to keep you sick and feed the business of the pharmaceutical companies and companies that participate for them.

It is not seen to be fair to the people. They are not really helping the people, but they are looking out for their own interests.

So, we recommend that you check if those treatments that are offered to you are really for your health, or if they could harm you or not

help you. Because many times you are given a medicine saying that it will help you with some condition, but in reality, it does not help you, but rather it harms you.

They also do not treat the particular cause that affects you, and that makes you continue to be sick and dependent on the remedies you take. So, we always suggest you to check if those medicines you are given really help you, or if they really help your bodies to be better.

Something similar happens within the psychiatric area, where they fill you with pills telling you that they will help you. But you remain dependent on them without really treating the cause or what ails you on an emotional and mental level. Your healthcare system uses the psychiatric area to poison you with pills that do not really help you. So, what we recommend is to always check the remedies you are given to see if they will really help you with the problem you are having.

Those remedies that are offered to you in the psychiatric area are highly toxic chemicals for you. Many of them are used to test the effects they will have on you, to see how you will behave with them, and they do not serve the purpose of actually helping you with your problems or with what you need to solve. The remedies they give you do not serve the purpose of helping you heal.

Then, within your healthcare system, they practice on you, giving you new pills that they put on the market to test their effects on the population, to test the side effects they will have on you. They use you as lab rats. That is why you see such a variety of them; they give them a name and tell you that it will help you in a certain area, but in reality, they are testing their effects on you.

What we always suggest is to stop taking drugs that harm you, that harm your bodies and minds. And go on to heal yourselves according to what you consider will help you, always looking for the cause of the discomfort you present, looking yourselves —from within— what affects you on an emotional level, to solve the root problem and not having to depend on drugs that do not favor you.

We hope that you will be able to achieve, on your own, a self-healing that will allow you to continue with your lives being happy. We hope that you are well and can achieve the integral health you need. We hope that you will be happy, living in a healthy way, taking proper care of your bodies and minds.

9

Psychiatric medications

In psychiatric treatments, it often happens that they use drugs that harm your bodies, drugs that damage your health, and that prevent you from continuing to be healthy people. We see that many of the drugs they're given damage you, even intellectually, and prevent you from continuing your lives as healthy individuals.

We suggest that you be careful with them, check their ingredients, labels, and side effects, so that you know whether to take them or not, considering if they will truly benefit you or only harm you.

We know that many times you trust your doctors and human science, and follow their prescriptions as treatment, thinking it will be fine to take those drugs. But we see that many of them only harm your health, and provide no real benefit that could help you participate in life with good health—and mental health.

Our suggestion is to stop consuming them altogether; most of them only harm your bodies because of the ingredients they contain. We suggest you stop taking them and start using another type of medicine that contributes to your health and well-being.

We know that in some specific cases you need them, or a stronger medication, to get through a particular situation, because of some difficult experience you've had to live through. But always consider them

only as a temporary way out of the situation you experienced, and not as something you'll need to take long-term or for the entire year to recover, because they don't work that way, they only harm you.

So, we suggest you leave them completely as soon as you get out of that complicated emotional-mental situation, to participate with health in your day to day, and not getting sick with side effects due to them. That is our recommendation, only use them in very specific cases where you feel you need them, to then leave them as soon as you have the opportunity, and not stay dependent on them, because you do not need to do so.

10

How to maintain mental health

Whenever we need guidance about a situation, we can initiate a process of inner listening to find the right answers that will help us get on track and make things work out. If we initiate this process of inner listening, we allow to be guided and receive the right information that will allow us to move forward well. Because, from the intuition or heart, we succeed in listening to our guides and to our soul.

To start this process, we need first of all inner silence, to stay in a comfortable position, and to flow with the information that is coming to us. This information will always be helpful, and a guide that will make sense to you from within. You will resonate with the information, and understand well what paths are best to follow.

This listening will be done in silence, and always opening ourselves to various possibilities, so we do not direct the listening according to what each one of us believes. It is more a process of receiving, rather than analyzing from the mind, because in this way more possibilities will open up that perhaps we had not considered before. So, this listening will be done in that way, opening up to the information, giving it space to flow to you.

This is channeling, to open to new information coming from within the self or from the guides or other souls who participate in

helping us. Everyone has the ability to open the channels of listening, and thus be able to distinguish what information will be relevant in our lives.

This listening is achieved by paying attention to the details as well. In this state of concentration, we are able to pay attention to the details that will give us clues about a particular situation. So, give space to the heart, so that it can speak to you in a subtle way, will help you to improve your life.

When we talk about mental health, we talk about this process of inner listening, of maintaining a calmness, or that thoughts do not affect us in a negative way. We maintain a state where mental calmness will give us clarity. And so we allow to listen to our inner self at all times, without going into a mental breakdown or a position where we get confused because of what is happening outside. If you notice, mental health is related to inner listening.

Whenever our thoughts run wild, we get confused, and we overcomplicate ourselves trying to solve a situation. But the right information will come from within the person. That is why it is so important to learn to listen to yourselves, because then you will know what really is in your best interest. So, in order to achieve mental health or inner peace, you need to give yourselves those spaces of calm and connection so that you can comprehend the information that is important and clarify yourselves.

So do we, we meditate almost daily to maintain an optimal mental health. And so we don't overflow emotionally as well, because it is the thoughts that often generate the emotions.

Therefore, to be emotionally well, you also need to be mentally well, so that you can control your thoughts and thus these contribute to your wellbeing and health. That is why we believe it is important to give yourselves space to meditate, because this allows you to control your thoughts, clarify your life and continue happier.

In order to quiet the mind, you first need to solve the unresolved issues that are affecting you. The mind will always try to tell you where the problems are, so paying attention to them will allow you to know what you need to solve.

The thoughts you have will tell you if you are good or bad, or if you are happy with your lives. They will allow you to analyze your life, to redirect it and be better off. The thoughts will tell you what you need to solve, to then achieve that space of calm and inner peace that will allow you to listen or channel the helpful information.

When we are confused or bad mentally or spiritually, we must review what has happened that has brought us to that place. We must analyze the routines we have, the people we are with, whether they are a good influence or not, the environment we live in, the work we have. Because you may need to make changes in your life and routines to be better. And you will know what changes to make, by doing this inner listening exercise. Because, by asking others, they may not be able to guide you correctly.

So, the recommendations we give you are to always give yourselves those spaces of listening, and to redirect your lives towards the paths that will favor you the most.

Inner listening is a capacity that all of us have, because we all present that connection with our soul and with the Source. So, everybody

can do it, if you give yourselves the space for it. You will always achieve it, if you have the willingness to do it.

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11

Three factors that affect health

When trying to help a patient regain their health, we should consider following certain steps that will allow us to assist them more effectively.

First, consider the person's history, since what they have experienced will give us clues about what is affecting them now —the emotional issues they may be carrying from their past, starting with childhood. Because many of you went through difficult situations during your formative years, and you need to review them to see if any of that might be affecting you emotionally, which in turn affects your physical body.

So, you need to review their history, starting with childhood, including any personal conflicts or conflicts with others they may have had, in order to address these problems or issues. The emotional aspect is often overlooked, even though it is one of the most important triggers of physical illnesses, so it should always be examined.

Also, pay attention to the patient's diet so that they only consume what nourishes or benefits their body, avoiding foods that may be harming their health, eating as clean as possible. Paying attention to nutrition is essential for the body to recover its health properly, so it should always be taken into account.

Sleep, or getting adequate rest, also promotes health, and if they are having trouble sleeping, it is a sign that there are issues to address so they can recover or regain balance. When they have trouble sleeping or falling asleep, it is a sign that there are important issues to resolve, and you should pay attention to them as well; they will indicate which matters are affecting their well-being. And a good night's sleep will help the person recover properly and allow the body to restore its normal functions, enabling them to recover well.

These are all factors that could be considered as simple or unimportant things but which affect the person's health in a considerable way. As well as it will help, if they are good in those areas, to maintain health. Then, worrying about these 3 things first, before continuing with other treatments that could be invasive, we see it well or more correct to do, to recover health in a natural way, without being invasive with procedures that can harm them.

Health is an internal state in which these most essential or basic areas are in balance, enabling them to stay well and maintain a state of holistic health. Therefore, paying attention to how they live, or to their lifestyle, will allow them to recover well. By changing the way they participate and healing their emotions, they will be able to recover properly and remain in a state of harmony.

12

From the area of interest

As we have explained to you previously, in a properly functioning society, all its members will be well and will be able to pursue the activities in their soul's area of interest. They will participate in unity, collaborating with others so that everyone can be well. And it is done so from the heart, because you want to collaborate with others and that others are well, just as one hopes to be well too.

Then everyone works together in unity and cooperation so that everyone can be well and develop according to their qualities and abilities. Everyone will enable good coexistence within a society. Everyone is expected to contribute from their own area, so that everyone is well.

It is what you will do, you will have to work together to carry out the changes your society needs, so that it functions well and you all are doing well.

Thus, if a society stays united and collaborates, everyone can obtain everything they need to survive and live well. Together, everyone participates by collaborating for the benefit of all. Everyone has something to offer their community. Each person, according to who they are and their tastes, can contribute something essential that will allow society to move forward. And that's what you are expected to do, look

for what you would like to contribute or collaborate so that you can all be well and present everything you need as a society.

Then, everyone will look for or choose the area in which they want to develop so as to contribute to their community and be happy. From within, you look for ways to collaborate, following your own lead, seeing what you would most like to do. This way you will always collaborate, following the personal tastes or preferences of each one.

We do so also here, here we encourage all the Arcturians to participate according to what they prefer more; it is what will allow you to be happier. Then, in a society you will always be of contribution and you will always follow your personal tastes.

Also, in every society it will happen that, among healers or people working in the health field helping others, there will be individuals with different qualities and aptitudes. And it is from those areas, chosen by each individual, that they also contribute as a healer, following the soul's own interests so that they may be happy and develop in what they are most interested in doing. Within the medical field, they seek the interests they wish to pursue. They will develop in the areas that resonate most with their soul. They will seek out the paths of development as healers that they enjoy most, so that they can be happy and contribute by doing what they love most.

All healers will bring ideas and something essential that will allow people to recover their health. Various areas will be followed and, together, all areas within the health area will be covered. And you will work together with several healers or therapists who will contribute from their particular area to help the person recover their health.

The patient will be able to choose several of these healers as paths to regain balance. It can also be done this way, holistically, by working with several healers who will enable the person to finally regain their health. Patients will be able to rely on several of them, depending on what they feel they need and what they can contribute.

In this way, the person recovers their health holistically by consistently following the treatments indicated by healers and doing everything they feel they need to do to fully regain their health. That's how we do it here too; we work with several specialists.

What you need to do as healers is to look from within for the paths that make the most sense to you and that you like the most to support people in healing. Follow your hearts in this quest, until you reach a point where you have defined your line or lines through which you will participate in helping people.

Several modalities can be integrated with which patients will be helped. Many healers choose several techniques, or work with different methods to help heal. You can do that too, as long as it follows the intentions of your hearts and makes sense to you.

And you participate in this way, being each healer a unique being that will contribute to the area of health through his own way of being, making each one the therapy that makes the most sense from within him, thus contributing—in this unique and special way—in the area of health.

Each healer will be unique in delivering his treatment, because he will do it in his own way, according to what he has studied and what he likes best to do. In this way they are happy.

We hope that each of you can find your own path to helping others, so that you can contribute to society in your own unique and special way, with everyone happy, going to work with joy because you will be doing what you love most and what resonates most deeply within you. We hope that everyone is well and achieves the comprehensive health they need.

13

Offer treatments according to the patient's condition

Whenever an illness arises, the patient's condition will help determine which treatments or paths to pursue; it will enable the patient to choose which treatments to undergo and with what urgency.

All treatments used should be tailored to the patient's condition, because there will be times when it's necessary to act more urgently than others, and treatments will always depend on the case and the person's current condition. So, what we suggest is that you focus on determining the best treatments for each particular case, based on the patient's condition.

Usually, the person will choose their treatment, but also —depending on the patient's condition— certain treatments may be offered to help them recover faster. So, you always have to adapt to what the patient chooses, and you'll also suggest treatments that can best help them in their particular case so they can recover their health more quickly.

Therefore, when helping someone, all treatments that could benefit them will always be offered, and the person will be given the opportunity to choose which ones to pursue, to then schedule the sessions on a calendar and advance with them. This is how you work with what the person needs and what they choose.

In cases where a person loses their health due to harmful lifestyle choices, they should be provided with guidance to show them the healthy paths they should follow to regain their health. Because we often see that changes in routines are what allow a person to heal, and they are guided with that information.

Mental or psychological support is also sought in case the person requires additional help in that area, so that they can recover well. Here, you will address the emotional aspects or emotional problems the person may be experiencing that are affecting them, as well as any traumas they may have.

The patient's diet, or what they are eating, will be reviewed to determine whether it is harming their health. They will be guided by showing them which diet they could follow, which would be most recommended for their particular case. And in this way, you will work with the patient, involving various specialists if necessary, taking an integral or holistic approach so that everything contributes to their health and well-being.

You will review the activities the patient performs in their daily routine, whether they need to do more exercise or walk more, or whether they need to rest more. The patient's sleep will be reviewed—whether they're sleeping well—along with their interpersonal relationships and anything else that might be interfering with their path to achieving a complete or holistic health, enabling them to continue their journey feeling completely well, not just in one area or in the area where their health was affected. Therapies will always be comprehensive, so that everything contributes to well-being.

And the specialists who participate will be those who wish to work with the patient and those who will contribute to their health. In this way, the person will fully recover their health and be able to continue engaging in activities in their area of interest, as well as those that will make them happier and, consequently, contribute to their well-being.

This is how you care for a person holistically, and the recovery will be complete. The individual will be studied, their particular case, and all ways that can help them to improve will be sought and offered so that they may attain health in a comprehensive manner.

This is how we do it here, we care about being well and in health in all the areas that affect us, working with various specialists, if necessary, until we achieve recovery. This is how you work as a team, helping from the heart the people who want to help, and not for economic or personal interests of fame, because the concern will be specifically focused on the person you want to help.

So, we hope that you can also do it in this way, that you can make good progress in the area of health, helping others to heal in an integral way, looking at what could help that person according to their particular case.

14

Daily routines

Whenever we develop an illness, we should be concerned with reviewing our routines, because often it is those routines that affect our health to the point where the body manifests a disease.

These routines, the ones we follow every day, should always be healthy—rather than just healthy sometimes—, because it is our body that allows us to experience life and engage in the activities we love most. We should implement healthy routines every day, so that we contribute to our health daily and it won't be affected in the future. It will be a work we do every day, so that every day we contribute to our well-being.

Therefore, we should consider paying attention to our routines so that they align with what we need and we maintain our health properly. If we do it this way, we shouldn't get sick as often or as severely, because our bodies will be in optimal condition to stay healthy.

It is an exercise we should do every day, worrying daily, so that we can properly face any virus or bacteria that is around and the body reacts correctly to them.

15

Do your part, and energetic health

A person regains their health when they manage to treat the cause or what triggered their illness, when they put enough enthusiasm into their recovery, and when they succeed in shifting their thoughts to positive ones. A person recovers properly when they follow the steps they were supposed to take to recover, when they do their part to heal, and when they put in the effort and work to achieve their recovery.

Always keep in mind that, to heal, you must do your part. It will require your effort and perseverance, your enthusiasm for healing, and your desire to live. This is how many people have healed, even from serious illnesses. They have managed to move forward thanks to the effort and determination they put into it.

And that is what we suggest you do if you want to recover from any serious illness. You need confidence to achieve it, you need patience and perseverance, you need enthusiasm and to do your part without giving up.

Those of us who fall ill here do our part to recover, treating every part of our being as sacred, and viewing ourselves holistically or considering how each part of our being participates. And we do it with love for our own bodies, taking care of ourselves with love.

It is the attitude that everyone who falls ill should adopt. Because many times we see you falling into fear, which prevents you from recovering properly. It is the elevated, higher-frequency emotions that will aid in healing, allowing harmony in the energy field of the body.

Therefore, to allow your healing, it is appropriate to raise your energy instead of lowering it through pessimistic and defeatist thoughts. It is necessary to care for your energy field with natural foods that will allow you to cleanse and elevate your energy.

So, you should also be careful about what you eat, whether it is food that will give you energy or not. Cutting out animal products will benefit you in that regard, will help you stay energetically healthy.

Taking care of your energy or energy field will allow you to recover your health more quickly, enabling you to engage with harmonious or coherent energy that will benefit your physical bodies. The body's energy, though you cannot see it with your eyes, is key to whether or not you recover your health, because it is from the energetic planes that matter is directed to act in harmony.

A harmonious energy field will always help your physical bodies function well. Many times, you don't consider harmonizing your own energy, and this leads you to get sick again because you aren't taking care to cleanse whatever needs to be cleansed in order to participate in good health. Therefore, taking care of it, and periodically cleansing your energy, will help you maintain better health in your physical bodies.

Let us not forget that we are conscious energy in the first place, which presents printed codes or information that allows the body to

function properly. We are in our essence pure conscious energy that allows the material world to appear.

Thus, taking care of one's own energy with cleanings, controlling thoughts so that they do not contaminate us, healing emotions and traumas that are stored in us, will allow us to participate with a better health and contribute with good energy and clean energy to the environment or to others.

Whenever we interact with others around us, we are affecting them with the energy we project. So, there is quite a bit of energetic contamination among the people in the same space; they affect each other positively or negatively, helping or harming their health.

That is why we see it as convenient that healers always keep their energy field as clean as possible, so that they participate with their healthy energy benefiting the patient, and do not contaminate them with energies that will go against their health. It is important that they have previously performed a personal work of healing, and that they maintain healthy routines and good thoughts, so that they are good healers who participate contributing with their health to the rest.

It is what we recommend to you, to participate doing frequent energy cleaning routines to maintain your energy fields well. You can do cleansing baths, which we have seen work well for you; spending time in the sun and in nature —getting out of the cities— helps a lot; bathing in the sea or taking salt baths; exposing yourself to the energy of quartz crystals to help cleanse you; along with any other cleansing routines you know and want to incorporate.

16

Advance in the field of health

When it is necessary to recover health due to a disease that manifested in the body, it is appropriate to start a process of introspection to review what could have been the causes and triggers of the disease, to analyze what may have happened that affected the health, to then look for a way to heal. Initiates a personal process where the person will focus on themselves to find out what actions they did in their past that made them sick, so they can make an action plan and regain balance.

All the steps taken to regain health will one day allow the body to fully recover. Everything will help the person fully recover in the future. Therefore, persistence, or consistency, is important when it comes to achieving health. People must persist with the treatments and healthy routines that will allow them to fully recover.

It is the healers who will guide the patients so that they can recover properly and permanently. They are the ones who will accompany the patients until they fully recover. Whenever you participate by helping the patients, they will be able to make progress in their recovery. Each session or treatment will help the patients advance in their healing process every day. Then the treatments should be continued until the patients improve.

Whenever someone intends to heal, they will heal properly, because the options or paths will open up for them to move forward toward their healing. Therefore, as long as someone intends to heal and works toward it, one day they will fully heal.

Many of the treatments used in healthcare today are still under development —technology too— and they haven't yet been applied in a way that makes them more effective in the body's recovery. Therefore, we recommend that you continue studying so that you can advance further in the field of healthcare and deliver better, more effective treatments.

Then, it will also be possible to contribute in the area of health research, so that therapies work better or are more effective, instead of following standard treatments for being accepted. Everything can always be improved, health treatments too, then you participate as a society allowing an advance in the therapies and treatments you use, so that they work better and help patients better.

We do so even here. We open ourselves to the possibility of further progress in health and in the other areas in which we participate, to continue to progress and not lag behind.

It is what will enable you to achieve a healthier society. Therefore, whenever possible, try to continue researching and improving the therapies and treatments you already provide, so that you can make progress and help people more effectively.

17

Health and transhumanism

When we lose our health, we must consider that we will always have at hand the ways to recover it completely, always; because it is up to us to take control of our lives and do what is necessary to rebalance ourselves.

When we talk about a disease, we talk about an imbalance in one or more areas in which the person participates. And by returning to balance, we recover our health completely.

We will always have within ourselves the keys to know what to do to recover our health. An introspection will help us to understand what we did wrong that may have affected our health. Within us is all the information we need to recover well.

Nowadays, you are taught that you must opt for certain paths to heal. But what we see is that each one, from within, can achieve it, without necessarily relying on external treatments that in many cases harm you even more. So, to regain health, one must, first of all, look within to find the paths to heal.

As for transhumanism, we see that it harms you, and only serves the system in which you participate. Because it makes you dependent on it, even more dependent than you are at present.

You depend on that system to survive; very few can do it on their own. And it is because your life system was designed that way, so that you are dependent on those who control you—who do not have good intentions with you, we know that well.

When you are free of them, you will be able to recover your health autonomously, or using the paths that you choose with your own criteria and heart. Because the paths to healing are there, you just have to connect with your inner self to find them.

In a situation of a loss of a limb, such as an arm, there are some suitable ways to reconstruct it, which are already present on Earth, and are hidden from you, also for control purposes. You already have the technology that would allow you to recover 100% of any part of your body; but they choose not to give it to you, because that would benefit you and not those who control you. The ways to regenerate the body are already on Earth, but they are hidden from you.

So, we recommend you to use the technologies that are already available to you, as long as you will not be harmed or controlled by them. Because we also see a lot of negligence by the misuse of your technology. So, use only the technologies that are recognized to be safe, and use them only in the cases when, on your own, you are not able to recover well, which corresponds to the minority of the cases.

Technology should only be used in health as a support, never to replace a treatment that you can carry out on your own, because it is the person who is responsible for recovering their health. When we use technology, it is only for support, and always in favor of life, never to harm with it.

When you are free as a society, you will understand what are the right paths to regain your health; and you will understand what paths you were following that, in reality, only harmed you. Getting back to health in a natural way is the right thing to do for you, because you can do it in that way.

The advancement as people is not achieved through the advancement of technology, but through the understanding and self-advancement that each person makes as a consciousness. The true advancement is achieved from within the person, and from there it is possible to make the changes that will allow that person to emerge.

Be aware that any change is first achieved from within the self, and then it will be reflected on the outside. This is a metaphysical concept that will help you to redirect your lives well, and achieve your goals, both personal and collective.

We wish you all the best in these years of transition. May you and your families be happy.

Working as a group with the patient

In our Arcturian society, we always participate by collaborating with those around us, so that everyone can be well. Whenever we engage with others, we do so with them in mind as well, ensuring that they too are well and can be happy. We help everyone stay well and regain their health if they need to.

In any well-functioning society, you will see this help towards others, where they are supported to carry out the activities they wish to perform as the unique and special people that they are. Then everyone is supported to develop properly.

This help towards others will be given as long as you see the others as equals, understanding them from the heart for who they are, helping them because you want the other to emerge and be well too. You help with that intention, thinking about the other person's well-being.

Then, when helping, you will always do so that way, thinking of the others in unity, sincerely hoping that they will emerge or improve their health. You help for the others, when you have in your mind and heart that person of equal value next to you who needs help.

All members participating in a society will have the responsibility to help others close to them. Everyone is expected to be okay, not just each one individually. In a well-functioning society, all members will

always participate in helping one another, since everyone is an important contributor to that society. Thus, you will always look out for others who are considered siblings. You will never fail to help someone who needs assistance with something. This is essential for a society to function properly.

Then, you have to manage to do the same thing, to worry that everyone is well and present everything they need; you will think of all. That is how you will function well as a society, because you will all support each other so that no one lacks what they need.

You act similarly within a healthcare system. Everyone is expected to regain their health and be well so that they can continue spending time with their families. You work in the healthcare field with the intention of helping people regain their balance, so that they can continue participating in a healthy society where all members enjoy good health and engage in the activities they wish to pursue.

So, you also work together in the area of health, supporting the person who needs medical assistance to recover well. Trying to make health treatments be effective or work well on the person, so that they get better. Then, you will also be involved in helping those people who need to recover their health so that they too are well. This will always be done, with the pure intention that they recover their health.

In the medical area, it is seen that on Earth you do not always participate in this way, helping a person to heal with a group of specialists —except in exceptional cases. And that leads to the fact that, the treatments that are given, do not always help the person to heal properly; or they help in one area, but there is work to be done in

another. And so people tend to regain some of their health, without being able to fully heal or to heal permanently.

It will always be advisable to work in a group, or with a team of specialists, that you yourselves can assemble, so that together you can help the sick person recover their health quickly and efficiently. This is what we suggest you do, to create healing centers where various specialists, in all areas, work together to treat the underlying cause and to treat the person in every area where they need treatment.

That is how it's done here; and also with the animals, who are people too. We help as a group to provide support in multiple areas at once. You will see that this way patients will recover their health faster, and one day you will achieve a healthy society that will allow you to continue your daily activities without any problems.

We hope so, that everyone will recover their health and be happy. We understand that it may be difficult for you to achieve this, but in a group, relying on the knowledge of several people, you will advance faster.

19

Review the past and routines

Whenever a person needs to heal from an illness, healers will need to begin by reviewing their history, what they have experienced, the moments they have gone through, and the difficult situations that may have led them to become ill today. Healers should start by looking back into the person's history for any problems they may have had that could be affecting their health.

All the situations a person experiences will lead them to develop an illness if they fail to overcome them. The situations that affected them in the past are what can trigger an illness in their present. So, looking back will allow the person to heal whatever they need to in order to regain their health.

In situations where the cause of the illness cannot be determined, the person's routines should be reviewed for any harmful habits that may be causing the illness. Because it also happens on Earth that, due to unhealthy routines people have normalized, they fall ill.

Therefore, reviewing their habits —whether they are healthy or not— will help the patients regain their physical health. Because many times it is the unhealthy routines that, after a certain amount of time, cause a person to get sick. And those routines must be replaced with healthy ones, and persist in them, in order to heal. As in the case of

obesity, where the person will regain their ideal weight, once they persist in healthy routines.

So, whenever people want to regain their health, they will have to replace unhealthy routines with healthy ones that allow their bodies to recover properly, so they can feel better and live in peace by being healthy.

20

Respect the patient's decisions

In any accident situation, every effort will be made to save the person's life, and they will be helped by attempting to keep them alive so that they can continue their life and routine. If it is not possible to help the person as expected, the paths taken to continue supporting them will depend on the case, and it will be the person who had the accident who decides which treatments they will undergo, whether they will continue their recovery, and how they will do so.

Just because someone is in a more incapacitated state doesn't mean they will do what the doctor or relatives want, because the person is responsible for their own life and will make their own choices. The paths they choose will depend on their preferences, and they will not be forced to do anything they do not wish to do.

That's something we see you need to improve, to always ask the patient what they want to do about their health, whether or not they wish to undergo the treatments suggested; because just because someone is in a more unfavorable situation or has greater disability doesn't mean they can be forced to undergo a treatment they do not want.

The person will always be asked for their opinion and whether or not they agree with what is intended to be done to them. Because the person, not the doctor, will have the final say. The person will have

the reason or the truth, depending on whether or not they resonate with the information the others provide.

Whenever it is done this way, by asking the person, they are able to move forward in their recovery process, because they will proceed with greater confidence, without feeling afraid of treatments they do not want to undergo, which often cause unnecessary suffering.

So, you should always ask the patient which treatments they wish to pursue, regardless of their physical condition, age, or socioeconomic status. The patient will be asked to guide their own recovery.

21

You can heal from any disease

When we talk to you about health and give you the steps to properly heal from your illnesses, it is because we have already researched them and seen how they can be healed correctly and permanently. We have analyzed and categorized all diseases according to their origin and characteristics, and we have concluded that they can all be healed if you do your part to achieve it.

We have seen several cases of recovery from illnesses that you consider chronic. We have seen how you have managed to fully recover from serious illnesses that cause you a great deal of discomfort in your daily lives. And we came to the conclusion that each one of them arose from a particular cause, depending on what each person had experienced. We have seen that these causes vary depending on what each person experienced and that, therefore, they are resolved by addressing each individual's specific cause. We have seen that when you put enough effort into your recovery, you manage to heal completely.

We hope that you can fully recover from all your illnesses, and that you never stop trying to heal just because a doctor has told you that your condition is chronic, because you can always heal completely if you work at it. Many times, you are told your illness is incurable, and

you wait to follow the prescribed treatment, which keeps you stuck with the disease when in reality it could have been cured.

So, we ask you to look beyond what your healthcare specialists tell you, and start asking yourselves why the illness occurred in the first place, reviewing your past for anything that might be triggering it in the present.

All illnesses manifest for a reason; none will appear simply out of the blue, because the bodies are affected by what they experience and the care they receive. So, you should always personally seek out any emotional issues you haven't yet resolved, so that you can continue advancing in your healing process.

You will always be able to recover from a disease, no matter what it is, if you work at it. You will see that, once you do it, it was possible to achieve, that you could heal even though the doctors told you it wasn't possible.

Then, always check within yourselves, doing a personal work of introspection, the reasons why you triggered a disease, so that you can then follow a treatment that will allow you to heal.

So you can all recover properly, and move towards a disease-free society, being happier together with your families, because you will be able to enjoy the gifts that your lives will give you through a healthy body.

We hope, all of us, that you will heal properly. That is why we give you this guide, so that you understand how diseases manifest, and to remind you that you can heal thanks to the personal work each one does to be better.

We hope you are happy with your families. We greet you with affection.

22

Help with love

Whenever you want to help someone, you should do so from the heart, with love for that person, so that you can truly help them and they feel valued and appreciated. Because it is help that allows a person to be better, and one should always help with that intention, with the intention that they will be better off than before.

Any help one can offer to another should always be given by first asking whether the other person wants to be helped in the way one intends, because that respects the person and their freedom of choice.

When you help someone, you do it with love, respect, and care. It is useless to try to help with another energy that does not correspond to a pure energy of love towards the other, because that energy will affect them and the help you provide, ultimately projecting a positive or more negative outcome.

When you help, it is done wishing that person the best, because the intentions also correspond to energy frequencies that the person will receive, helping or hurting.

So, one should always ask oneself what are the real intentions that one has with the other, and advance by helping them only if one really wants the person to be well, otherwise you could harm or not achieve a positive result in an end.

This is what the consciousnesses helping from the etheric planes have been teaching you, because from those planes they can see and feel with greater clarity the energetic frequencies or energy that people project with their intentions, words, and actions. Therefore, being pure of heart will allow an action to have a better outcome in the end, benefiting you as well by receiving an energetic compensation for the help provided.

So, we suggest that you always engage with your peers with love, helping them whenever you can, so that everyone is better off and you move forward as a society. Every time you help, you enable the other person to be better off than before; you allow a part of yourself — which is the other— to move forward and thrive.

Remember that we are a single unit or energy participating in life from different points of attention. The consciousnesses that participate with you are also you, experiencing life from another level.

So, having compassion also means putting yourself in someone else's shoes so they feel better, and helping them if you have the means to do so. The help that each of you can provide will enable you to emerge properly as a society and one day reach that dream society where you will live in peace.

Here we always share like siblings, and we all help each other so that life goes well for everyone. We are all siblings in consciousness; we must see each other that way, from the heart. Thank you for receiving this message.

23

Collaboration between the positive races

In advanced stellar societies, when help is needed, one always participates by cooperating with the other star races as well. From here, we also participate in unity, helping one another to create the ideal conditions to move forward and be well.

We always collaborate with one another, among the positive races, seeking the best ways to participate and help the others. So, among the races there will also be support, where we ensure that each one has everything it needs to develop well, according to its preferences and requests.

Unity exists among the various positive races participating in this sector of the galaxy, so that we can all move forward according to our needs. Therefore, there is also a great deal of cooperation among the positive races, it happens that way, there is a unity that allows us all to be well and move forward.

You too will be part of this group of positive races, and you will participate by collaborating with us here, so that you can also have everything you need to move forward and lack nothing. We all cooperate in an organized way to move forward, and we hope you will soon join this group of positive races as well.

All star races are different in biology, tastes, ways of being, and ways of acting. Our cultural development is different, and there is variety and differences in the artistic expression and languages that each one exhibits.

So, you will see the other races participating as well, from our own place and ways of being, our own level of consciousness and tastes. You will see us contributing in a way that will also be unique as a star race. Because each race will be different, coming from different places, having a different history, and developing along a unique or particular path that allows us to be different in certain aspects and ways of being.

However, these differences do not bother most of us; we do not see them as something bad, or as a reason to reject someone for being different. Because we understand that all ways of being are unique and special, and we value them for that, for the unique development each one has undergone.

You too will be different as a new humanity, and you will also exhibit unique qualities that we will value and respect. So, we hope to be able to share with you son, and show you who we are, and help you more directly so that you continue to be well.

We sincerely hope that you will be able to advance as individuals and as a civilization, so that you may soon share with us, your star siblings.

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Unity and cooperation

In a well-formed society with an advanced system of life, people always participate by contributing to their community in their own way, with a willingness to help others and a sense of unity in their hearts, thereby enabling that society or group of people to move forward properly. Because it is unity that allows everyone to move forward smoothly and have everything they need to be well. Unity will help everyone be well.

These qualities will always be seen in an advanced society, where everyone involved helps out, each contributing from their own place. It is what allows everyone to be well.

So, when we suggest that you change your society, we also suggest doing it in unity, with each person contributing what they can, so that you can carry out the reforms you need to make and move forward smoothly without getting stuck, because everyone will participate with the others from the heart.

In a society with an advanced level of consciousness, everyone will always be well or live in good conditions, having everything they need to develop properly and thus be happy. In advanced societies, there will be very little suffering, because in general people live well and are able to be happy by doing the activities they enjoy most, having the food and comforts they need.

When you come together as a planet and make the changes you need to make, you will live as other advanced star races do, in peace, with each person participating from their heart, giving their contribution to the world.

It is what we hope you will achieve in the near future, that societal change that will allow everyone to be happier, not just a select few. It is possible for you to achieve it if you participate together and wholeheartedly with others.

The politicians' intentions

In a society, when it needs help moving forward, one must always be concerned with the needs of the people involved in each sector, so that everyone is well. You see what people need to be better off; you help them according to their needs.

It will always be done this way, reviewing what people need to contribute to it, thus helping them to be better and live in better conditions. You are not involved in politics for personal reasons of money, ego or fame, but you are involved in helping people who need the help.

That is how we, the Arcturians, do it; we always participate by helping our own according to what they need. And we do it from the heart, because we want them to be better.

And that is how you should participate in politics on Earth, so that it works well and benefits the people who need it. Politicians should participate with the intention of helping the people they represent so that they are better off.

So, you can review the intentions of those involved in politics, so that politicians get involved by properly helping their sector and not using money and time for other things or personal purposes. Only then will you be able to improve the society in which you live, by caring from the heart for the people you want to help.

We know that some politicians on Earth genuinely help others. But not all of them do so, which leads to problems within politics and prevents you from making real progress in helping people. That is why you can see differences in the quality of life between the different countries, because those who participate in politics do so with good or not-so-good intentions.

So, you must examine people's intentions and determine whether they are helping from the heart or acting with ulterior motives, in order to continue working with those who have the best interests of others at heart.

We know that it is difficult for you to get politics to participate properly, because there are money interests involved, and it is difficult for people to participate only in the interest of helping others. But if you care to check the politicians and their intentions, you can make a filter and leave only those who participate best and who will help your society or country move forward. It is our suggestion for you.

With everyone's contribution

In all advanced societies, the people who participate in them will always strive to carry out actions that benefit their community. As everyone contributes, everything that is needed gets completed or fulfilled, and all the needs of that society are met.

As long as each person participates in the delivery from their heart, everyone will be able to move forward, thanks to the help provided by all its members.

Thus, it will always be seen that in advanced civilizations everyone participates contributing from their own place. As the unique souls they are, they will contribute something special and unique to their community, thereby helping everyone.

So, each of you can also contribute to your society in your own way, so that it provides everything everyone needs to live properly. Each of you can find a way or ways to contribute based on what you enjoy and are most interested in, to contribute in that way to your society.

In advanced societies you will always participate in this way, collaborating together, because thanks to the dedication of all, it succeeds in emerging. So, the help and collaboration that each of you give will enable you to get ahead as a society. So we do, our race too, each one

is a unique person who helps from their own form to their society, contributing with something special according to what we choose.

Therefore, it is also up to you to contribute to your society, so that everyone can move forward and no one is left behind for not having what they needed. As long as you care about everyone, everyone will be able to move forward. With each person contributing, you will be able to move forward as a society.

Solving problems in group

Whenever situations arise that need resolving in an arcturian society, we come to an agreement among ourselves to find the best solutions. We talk among ourselves to find the best courses of action to resolve what we need to resolve. That is how we do it here: we participate by acting in favor of others or of our race.

That is how it is done in exopolitics too, you act by seeking among all the best paths to resolve whatever we need to resolve. We act that way among the star races as well, engaging in communication to find the solutions to any problems that arise.

This is what we suggest you, the human race, do among yourselves, to discuss matters as a group to find solutions to the problems that arise. If you do it that way, taking care to resolve whatever needs resolving, you will one day be able to participate in a more ideal, freer society where you function better and support one another because you consider help important.

So, whenever you need to fix something that you see is wrong in your society, we suggest you to participate as a group to find the solutions. And then, as a group, you can participate by solving it.

We act that way. If something doesn't seem to be working properly, we work together as a group to find the solutions and then

implement the help. Because, collectively, as a group, you can find better ways to help than you would individually, since you will have more ideas and the participation of everyone involved. So, it is better to solve problems that way, by working as a group, so you can move forward with solutions more quickly.

As long as you do it in unity, everyone will be able to contribute something unique that will help make the solution better, and you will be able to move forward with those improvements more quickly. Whenever it is done that way, you arrive at better solutions than you would by working individually, because everyone will contribute their unique ideas, which will help achieve a better resolution of the case.

Final message

Whenever a society participates in important aid projects, it makes progress. In every society, tasks will arise that must be completed to help the local people, and it is up to each of us to participate by lending a hand so that progress can be made and everyone is better off. As a group, we collaborate to complete tasks efficiently.

This is how we collaborate; each person contributes according to their qualities or what they can offer, united in love, participating with affection so that things are better than before. Help will always be given this way, with love, so that it benefits people and creates a positive atmosphere.

Each society will have different needs depending on what it's experiencing at that moment and its level of development, so it will always be necessary to adapt to the needs that arise and can be identified, in order to address them and ensure they are better than before.

When a society fails to progress, it is because it can't move forward as a community by addressing the problems and needs of its people. And there is disunity among the people themselves, which prevents cooperation or genuine heartfelt help for one another. Therefore, whenever a society needs to move forward, it will do so as a community

and in unity, with each person acting from the heart to advance with the reforms that must be carried out.

In the case of Earth, we see that if you unite and participate collaborating from the heart, you will be able to carry out the reforms needed to move forward. That is the path, or what would allow you to solve what you need to be better, by uniting and each participating according to what you can contribute.

We hope you achieve it soon and can move forward as a society toward a better future for the Earth and all its inhabitants. We hope you manage to include everyone as important pieces, so that everyone is well. We hope you can come together and see each other as brothers and sisters.

We will be looking forward to the change, so that soon you will feel better.

Your siblings of the family of light say goodbye with affection.

The Arcturians.

We will be watching over you during these years of the change.

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