

ARCTURIAN WISDOM

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Mix of
conversations



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Introduction

This book corresponds to a compilation of conversations that I had with my Arcturian friends of the Dieslientiplex line with whom I am in contact. The topics are very varied—it corresponds to information they gave me mainly during the first 2 years of contact, 2019 and 2020, in channeling sessions.

In these pages you will find personal advice they have given me, their opinions on various topics, answers to questions from those who follow me on social networks, and beautiful wisdom that reflects their way of being and thinking.

I wanted to gather all this information in one book, so that it would be available to everyone. And just as it has helped me on my path, it will surely help you too.

I leave you with their words...

Thannefa

The language of love is universal, even though we are all different,
because love has no race.

Your level of consciousness helps you not to fall into ego, because you don't do it for yourself alone, you do it for others as well. From the heart, we are all one, you understand your value as well as you understand the value of others. You don't see yourself as the only one who is worth it.

Patience is an inner state where you know that everything happens at the speed it should happen, in perfect harmony with the other souls. And it is the understanding that each person will follow a unique path of evolution that must be respected, because it will be the path that will serve that person.

All people will always be in the exact place that corresponds to them vibrationally, and they will only change when it is possible for them to change to another state. Everything comes at the right time, because the universe moves by the law of attraction of frequencies, which makes what you need at that moment be presented to your life.

Everyone's evolutionary path must be respected, and since time is a creation of one's own consciousness, then time will not be an impediment. It is not really necessary to accelerate a process, because there will always be the necessary time for a soul to fulfill a purpose or to get to where it wants and needs to get to.

When we rush a process, we will be affecting the adequate speed that a consciousness needs, and we can harm it. You must respect everyone's time, and know that, what you want, will always come into your life with enough time. There are no limitations in creation or in what a consciousness wishes to experience, so everything will always be possible at some point in that soul's existence.

Our knowledge is based on *universal healing knowledge*. It does not only correspond to our personal techniques, but to a much wider field of universal information that we have adapted in our own way. We have adapted it to what is best for us, according to our own criteria, but it is universal.

It will always be good to deliver *your truth*, or what you consider as truth or right, because you will be allowing your soul to speak, with your voice to others who will listen to you. When you try to convince someone about your truth, you will not succeed, because your truth will be yours alone. When you offer your truth to the world, and another discovers his or her own truth through what you have told him, you will be contributing to that person's path to find his truth. And you will encourage him to speak his truth to the world, just as you did in the first place.

If you think of a truth of yours, and apply it to the truth of another, there may be differences. The differences will allow a comparison and analysis—all truths can be considered within a framework of accuracy.

There are universal truths, which apply to all and the density in which they live.

All therapies that exist on Earth are possible paths to healing, and it is up to the person which of these paths to take, depending on their tastes or lines of interest. All of them contribute to wellness, if done correctly, and all of them can help the person to find balance and heal in the area that the person needs. So, we recommend any of them.

All healing therapies, if done from the heart, with the purpose of helping a person, will be appropriate, and will be in alignment with higher values. If a healer does it for ego or only for money, then we do not recommend treating with that person, and that person will not truly be a healer.

All healing therapies fulfill their purpose of healing if the energies are in alignment: if the patient wants to be healed, if it corresponds to what their soul desires, and if the healer's intentions are pure.

Channeling can be done in different ways; it will depend on each person. Because each person, being unique, will channel information in a unique way. Some people will find it easier to see images, others will be able to channel words and concepts correctly. Music is a form of channeling through melodies and sounds. Art is another form of channeling—the images or ideas that come to your mind correspond to information coming from the ether. Each person will use their personal connection to channel what they desire.

You can channel messages from other consciousnesses, from other densities, both physical and etheric. In those cases, the communication will depend on both, and both will use the form that best suits them.

This communication, through channeling, is quite useful to transfer knowledge from other consciousnesses that will be helpful, so it is mainly used to help others on their paths.

Food is optional for everyone. Some will eat healthier than others. It will depend on education, tastes and the level of consciousness. What you should know is that there are certain foods that it is better never to consume, such as sugary drinks and other processed foods, which are really harmful and toxic for you, which makes you sick quickly. There are some foods that are not as healthy, but you can eat them once in a while because they will not have as harmful an effect on you, as a piece of cake at a birthday party.

What we recommend is to eat as healthily as possible most of the time, so that your bodies and minds are well.

Each one of you is important. You must follow what your heart dictates so that you can continue. The directives of your heart will help you to know where to act, what to do, what paths to take.

We admire the passion in seeing you act with inner strength and conviction, and that, despite all that happens, you remain firm to your principles and to what your conscience dictates. Even though you are seen as different and do not fit in with what is considered normal there, which is not normal at all.

We see the struggle you make to convert the current life into what is truly normal, which is that you can live your lives according to your interests and being free. A freedom that is lost over there, that is nowhere close.

You can all open your eyes if you wish, because the truth, though hidden in plain sight, is available to you.

We all deserve freedom, because we are, by right, souls with free will. No one should be subjected to one's interests, because that only harms you, by harming the other who is nothing more than *you*.

If you all think as a collective, then the collective will be okay. If you focus on an individual level only, many will not have the support they need to survive. These are times to unite and cooperate with others.

In the universe, we are all interacting constantly. We are united, because we are part of the Whole. If you see a situation that does not favor some—as we see is the case on Earth—, then you cooperate.

To the extent that all grow in consciousness and help each other, you will succeed in moving forward.

Emotions are there to be felt, they allow us to enrich our existence. When we feel emotions of low frequency, we must accept them, and understand that they are there as a consequence of something. And that *something* is what we must pay attention to, in order to solve it and not to manifest the emotions again as a consequence of the same situation.

Always from the heart, do all things with love and the best possible attitude, despite the circumstances.

We understand that *the awakening* is a process. All souls have their own path, at their own speed, that will lead them to the understanding. Society is very diverse; all people are unique and will present a unique path to awakening that must be respected. One can always contribute, but they will be free to consider or disregard the information you give them. As long as there is free will, they will be able to choose the path they most desire.

That is a very important concept that we teach: *we are all free*. Freedom is very precious to us. You want to be free, so do others. Everyone is in the process they need for their evolution as a soul; everyone has their own path. We, here, also follow our own path according to our evolutionary level and preferences. Choosing one path or another will be related to who you are as a person.

We are here to support them on their paths, to guide those who want our help. Will always participate the ones who wish to participate, will come to you the people who want to listen to you and for whom you will be a contribution in their evolution.

The entire system in which you function is set up and run by entities outside of your field of vision, and who control you in that way through networks of contacts they have all over the planet. The way to free yourselves from them will be to stop supporting the present system of governments primarily, and to build a new society of your own choosing.

The greatest defense is in your hearts, and in the courage of each of you to do your part to help bring about the changes. If you feel no fear, nothing will really harm you. And you will see the benefits in your future, you will see that it will have been worthwhile and you will feel proud to have participated.

We, the Arcturians, deliver the information openly. We don't like to hide things. If you ask us what we do, we will always answer you with the truth. We are not interested in hiding truths, we are not interested in harming you; on the contrary, our participation is helping you with actions that always favor you.

We want you to know that the agendas that go against life are not part of our agendas but of those who control you on Earth.

Each healer, here, follows their own path, with their own unique way of contributing. Each of us acts in relation to what our heart tells us, according to our personal interests.

Every time you help from the heart, in your own way, it will be of great help, regardless of your methods. Everything contributes and helps. If you are worried about not contributing, you must let go of that thought, because you always contribute. Whenever you are in connection, you will help in some way, always.

When we use an advanced technique as technology, we help to regenerate the body, but many times the person gets sick again because you have not reached the root of the problem, you have not solved what causes the disease. And you have to go back to the origin, to the ancient techniques of universal healing, which is what we do, which are always helpful.

Once it is understood that people are integral beings, that everything is interconnected, it is understood that healing must be carried out on an integral level as well, considering everything, so that the person really heals.

When you help someone from the heart, in connection, it will always be helpful. Never think that it will not be helpful, you will always help. Already by being present with the person you help them, with your presence and energy.

When your interest is to help another, and the person has the interest to heal, a path opens up for healing to be completed, even if it is not so clear at first. A process opens up in which things will line up for the person to heal. You will be there, assisting in the process as a healer of the spirit.

You are always free, always. You are there today because you want to continue. You will always have the freedom to do what you think is best with your life. You will always be free, no matter what happens on the outside.

If you have not died yet, it is because, from your highest level, you understand that you can still continue where you are and expand. It is always *you* who directs your life. If you really wanted to leave, you would have left by now.

There are cases in which a soul chooses to suffer because, in this way, it will understand that it does not wish to suffer, as a contrast. A soul that does not know physical suffering may wish to know what it is and, after experiencing it, will understand that it does not wish to suffer.

It is the freedom a soul has to choose one path or another. They all allow the expansion, they are all possible options, they will be there for a soul. Suffering too. They will allow the expansion in the sense that the soul decides.

All souls decide what they will experience and the purpose it will serve.

All living beings present consciousness. Some have a lower self-consciousness and others a higher self-consciousness. All living beings present life that is linked to Source; they are Source consciousnesses enjoying the experiences. They must be respected, being divine and a part of the Source.

When we talk about animals, we talk about living beings that present a degree of consciousness specific to each one and each species. This awareness of their own existence allows them to see life from their own lens. And they follow a linearity of events through time that allows them to understand a more complex existence than a being that only exist, without time, like a flower.

Each animal is in itself a person, with certain knowledge, talents, tastes, and who lives that experience that is of their interest at that moment. They should be cared for and valued as souls of the Source. They are just as valuable as any living being that exists elsewhere in the universe.

All animals have their own soul; all have self-awareness. Only some types of insects have a kind of group consciousness.

It is the moments, to value them, what will allow you to enjoy them. If you do not enjoy them, life passes and passes, until you look back and realize that you had something you didn't value and enjoy.

Life always changes, it will always change as time goes by. So, valuing what you have, and enjoying the moment, will depend exclusively on your consciousness, on the inner work you do.

Don't worry about the future, live your life happily, because in that way everything will be fine. Step by step, action after action your future will be shaped.

We understand that starseeds are on Earth for a reason. That it was a free decision, because they are free and always will be.

Wanting to leave Earth once incarnated can be a decision taken lightly, without being in real alignment with what the soul desires and what it intended for its incarnation. So, when we extract someone, we do it considering that they have already fulfilled their purpose, or at least part of their purpose; so that, when they leave, their soul doesn't suffer.

Diseases will always depend on the person, because it is the person who attracts the events in their life. Each person is an energetic frequency, and will only be affected by other frequencies if there is an equivalence. So, there is no disease that comes to a person without the person himself having attracted it, because of personal issues of that person. It is the same when an accident occurs.

The term *victim* can only be used from a narrower angle, where the whole picture is not seen. Because looking at the situation from an expanded angle, it is always the person who, with his self-created frequency, attracts the events into his life; be it illnesses, accidents or damage caused by third parties.

By generating a change from within each one of us, we can change the world; not by waiting for others to change it. Everyone on Earth is an important participant, and it is up to everyone to cooperate. Not only cooperate with yourselves, but also with your peers, thinking of everyone, as one unit.

We don't consider quarantine beneficial in any sense; neither in terms of health. Health corresponds to a self-care that each person does, in order not to become ill. A whole country cannot be forced to remain locked up; it is not beneficial for people's health.

It should be optional for everyone. Knowing the risks, everyone should be able to choose freely about their lives. No matter what you choose, the important thing is that *you* choose.

You don't need a religion to be spiritual. Spirituality is the connection you have with your divinity and the higher spheres, a connection that does not require anything external other than your person or consciousness.

A spiritual person is one who achieves higher states of consciousness through his or her closeness to his own soul. It is the one who understands that his life transcends his physicality, that goes beyond the boundaries of the body, that knows he is more than his own body.

Unity is a concept that you on Earth are just beginning to understand. The importance of seeing yourselves in the eyes of the other and that, if the other is well, you will be well too.

Unity is strength, that strength is what you need to move forward. The inner strength of each one of you that, when united, allows you to achieve anything.

The inner strength that each one of you has will ignite the others, it will inspire them.

Shine as bright as you can shine, without fear. Feel free to express yourself, to be the unique person that you are.

All the existing treatments, of which there are many, help the patient in their own way. It is possible to opt for one or several of them. It will depend on what works for the person and what he or she chooses as a therapy, which will have to do with his preferences.

When a person chooses a therapy and heals, it is because a propitious environment was created for him to heal. All therapies help in the process, and all will be valid or possible paths.

When a person heals thanks to a therapy, it is because it worked balancing his being. By balancing, the imbalance or disease is dissolved.

You must always continue, regardless of what happens on the outside. Because then you will be in alignment with your soul and you will not stop out of fear. You must always continue, because that is what gives you value, to be constant and persist in what you believe to be your truth, regardless of what people say. What is important is your heart and what you do for others.

When you continue to focus on what you believe is the right thing to do, and you go on along that line, you will have fulfilled your purpose in the end.

You must focus on your own path, on you, rather than on the outside. From the inside. In this way you will contribute with your project to the world, from your heart.

Lying is deceiving others with an erroneous point of view or reality. It affects others, by diverting them from the truth. It doesn't correspond to people of high values. It is only done from a lower level of consciousness, where there is no respect for the other.

Lying is used as a means to distract from the truth, to dissuade from important information. It is a defense mechanism used by a person to avoid conflict, because they feel fear or shame. It is related to cowardice, because many times they don't dare to give the truth out of fear.

When you act, you allow the changes to take place. But when you do not, you allow them to continue to impose and decide for you. You are the ones who have a voice that can make it heard. You are the leaders and actors in your lives.

The change begins when you change. If you change in favor of a better future, you will contribute with that to society. By being happy, you enable a happy society.

When you see happiness as something to be given to you, you are expecting something external to you to make you happy.

Happiness is a state of being that is able to understand that life is opportunity, and that when you choose one, live it and like it, you are happy. Opportunities are always there.

Every time you desire something, you allow the opportunity to appear in front of you. And then it is you who decide whether to take it or not, analyzing if the opportunity that is presented to you will allow you to be happier.

You will be happy when you are able to see the value of an opportunity you have taken. If you don't value it, you won't be happy with it. Or you may value it at first and then it loses value along the way, so you will leave it and try to find happiness in another opportunity.

All beings have the aspiration to always seek more, because that enables our development. So we are in constant search and in constant change, of wanting to find more and more. And many times we look for happiness as a utopian dream, when the opportunity has always been there, waiting to be seen and appreciated.

When you find a path that makes you happy, it is because you appreciate what that path has to give you, when you value what it can bring and teach you in your soul development.

To see what it can deliver will depend on you, on your point of view. One thing can make one person happy and another thing can make another person happy, it is personal. Deciding to focus your attention on what that experience can give you will help you appreciate it, enjoy it and continue to be happy, understanding that life is always changing and there are always more opportunities coming and going.

You have no real limitations, only those that your consciousness chooses to have. We are unlimited beings; we have no limits of action or creation. You can achieve whatever you want. It is only knowing that you are unlimited and persisting in what you desire.

You are free to decide how fast or slow your progress will be, it is a personal decision. What is important for souls is the progress, the evolution, which will be appropriate to the person. Some are faster, others slower. The important thing is that the soul achieves its proposed goals, because that enriches it, gives value to its person and helps it to continue advancing with enthusiasm through life.

All people know from within what their goals are. And to achieve them, and the speed, will depend on them. A parallel can be made with a video game: the souls find challenges, overcome them and advance, passing stages, reaching more and more advanced levels. The souls will choose which game to play, and their progress will depend on them, on their enthusiasm and on what they do to achieve their goals.

Not everyone will play, only those who want to. Those are the ones who incarnate and live lives of risks and adventures.

Forgiveness is a personal process where you don't need the other person to achieve it, because you work with your own consciousness. It involves emotions that must be released and an understanding of the situation from a higher angle, where it is understood that everyone follows a path of personal growth and that they have different values depending on their education.

Those who forgive, do so by freeing themselves from resentment, feeling able to move on with their lives as a result. It is positive, as it allows people to be free of emotions that were not favorable to their health.

Quartz work with their own energy. You cannot force them to act. They act by being close to the person, rather than you manipulating them. They act on their own. You can leave them close to the person and they will contribute by doing their part.

You have to clean them between patients, you have to take care of them, they are yours. Clean them, thank them for their work and put them away.

Religions are something that needs to be changed. We understand that it is part of the control, that they disempower you, they put you into a state of submission that serves the controllers.

It is part of the awakening, when you awake to the reality that you are the Source, that you are the Whole, that there is no one above you; that religious rules were created to control the population, to keep them still and not fulfill what they came to do: which is to create, to be free, to experience and to be all that they are.

People who wait to change lack the enthusiasm needed to move and act toward a better future. All people need time to carry out their unfinished business, but keeping them as unfinished keeps them from moving forward. Moving forward is what souls seek. Whenever one moves forward, one is allowed to get to a better place, where the person can be happier.

There is no judgment, the person is free to do as he or she wishes.

There are times when a person receives what they need to receive, rather than what they expected to receive. And that is the way the universe works, showing or attracting into your life things or situations that you need at that moment, which will allow you to learn and be better than before. The universe knows what to show you, and the spirit guides move in relation to what the person needs at that moment, they also follow the path of the person and they will show him or her what he or she needs to see.

All of us, as guides, participate in this way, giving the person what he needs. Without imposing another path, but rather contributing to the person's own path. In this way we help from the heart, respecting the others. No one should be directed as a puppet; everyone has free will to choose and decide about their lives.

Regardless of the evolutionary level of each soul, they must be understood, respected and cared for, with the understanding that, if they are at that point, later on they will advance to another. All souls are unique in their development.

When you enter into a state of pity for yourself, you don't allow yourself to guide your life to where you would like to be. Victims often remain in that state which is not beneficial to their happiness, seeking comfort in others who will mourn along with them, and often remaining in the pain of a past situation, reliving it in the present.

If you move out of that state into a state where you are the one leading your life, you will allow the creation of a future according to what you want to live. And you will move towards that place you want to reach, consciously and working towards it.

You can always choose to live out of pity for yourself or live according to what you decide. People who don't manage to get out of that state, it is because in some way it suits them and they prefer to stay there.

We are all starseeds of this universe, there are no distinctions from our purest essence. Each of us belongs to this universe, regardless of the race.

We are free people, and this freedom is also related to whether or not we feel a member of a particular star race. We are all family, and we will remain united to all in our essence.

We all manifest, being souls of the Source. By right, we are divine, with creative capacities. We manifest the synchronicities of the events that will come our way and everything in our lives.

We are people capable of creating with our intention. When you want something and you desire it from within, you will be attracting it to your reality, you will be allowing the energies to synchronize so that it appears in your life.

Whenever you dream or think about something, you will be creating something similar to that. So, being aware of what you put your attention on will favor the creation of what you desire. We are thinking and emotional beings, both aspects are united; therefore, what you feel will also emit a frequency that will favor or not what you wish to manifest.

Creation starts from within the person, it is not something external that comes into your life by chance. The exterior is a consequence or manifestation of the interior. Who you are, will be what you will attract to your life.

Everything you experience will allow you to reach another place that may bring you many more benefits as a soul than what your current life brings you. Everything you live on Earth will serve as knowledge for a further expansion of your soul; whatever is its nature, everything contributes.

Continue, you will see that later on much better times will come and you will be very happy.

Your *soul plan* is what you planned before incarnating, which presents your life project, your objectives to fulfill, the important decisions you will make and important dates, in order to fulfill your objectives. When you die, you can make a new soul plan for the next incarnation.

When you are in alignment with your soul plan, it is because you are performing the actions you decided as a soul; there is a congruence between what you proposed and what you are doing in your current life.

All those who follow their line of interest, will be following their soul plan, because the soul plan is directly related to who you are in your essence. So, following your tastes, will be following the line of your soul.

If you don't know if you are in alignment with your soul, keep looking for paths. When you have found yours, you will know it from your heart and everything will make sense to you: what you experienced in your past, the places you visited and the people you met. By having the interest of aligning yourself, all the energies will flow to allow you to find yourself; the necessary doors will open that will take you to certain places until you succeed.

The definition of time is relative to each consciousness, because it is the consciousness that interprets its time in a personal way, according to the density in which it finds itself and what it is living at that moment.

Therefore, time as such does not exist as a factor external to the consciousness, but rather it is recreated by it in a personal way, just as it is recreated in a collective way to coordinate the events that a community will experience.

The whole concept of time is wrong on Earth, because time is not a factor that can be considered within a mathematical equation, for example, because it is relative to consciousness.

So, if there is no time, there is no beginning and no end to the universe. And if there was no beginning, there was no Big Bang either.

Time is not considered in mathematics because it does not really exist except as an individual perception, to recreate a linearity of events so that a consciousness can feel progress or evolution of its soul and can live the experiences it desires and enjoy the material world in a coordinated way with the other consciousnesses.

Time is a factor that you should not consider as fixed, because it is not. Nor does it exist as such in other existential densities, but will depend upon whether or not it is necessary to perceive it. In some densities you will perceive it, because it serves a purpose, but in others you will not. So time is relative and not fixed.

When you coordinate time with the clock, you will feel a synchronization of it, as you yourselves synchronize it with your consciousnesses. If you did not use a clock, then you would not synchronize it and there would be no collective harmony with time. When you feel

free from having to coordinate with the clock, you free your consciousness and use your time in a more personal way.

When you understand time in this way, you can understand that it is you who direct and create your life. You are the creators of the universe, not a Big Bang external to you, not a being external to you.

Life is the creation of all, which at its most essential level is a single unit, a single consciousness perceiving what it desires from different points of attention.

Be the leaders of your lives. You are capable of creating all that you want and need. Understand that you create your reality, both individually and collectively, and that you are capable of achieving whatever you set your minds to.

What we recommend to you is to try to give the best of you — always being well yourself in the first place—, and the help will be well received by those who value it. And in them you will put a seed that will then bear fruit in a particular way for that person; because the same help does not affect everyone in the same way.

Keep giving help from the heart, and you will be fulfilling what you proposed to do.

The etheric numbers have a special energy because they are from the ether. They are more spiritual numbers, with a different, higher energy. So, you can use them to help you manifest with their energy.

The energy of the etheric numbers 3, 6, 9 and 12, can be used either by manifesting at a time where these numbers are—for example, visualizing at 3:33 what you want—or also through objects, where you put your intention of what you want to manifest and use 3 objects related to what you want.

The repetition can be done, for example, up to 12, or to any of the whole numbers that follow, such as 144 (12×12), or in the way you imagine that you can use their energy, it will depend on you.

Our designs, which form structures of 3, 6, 9 and 12, we do it with the purpose of helping them to have a greater effect, by having the energy of those numbers. Also, they are sacred numbers, so to make designs with those numbers is to make designs with an elevated energy, more spiritual or closer to the ether or to Source.

You have to decide how to use them. There are no rules, everything could work well.

When you flow, you allow the other energies around you to work together with yours. If you flow with the energies vibrating around you, you will allow to come to you what needs to show up in your life.

All those who flow through life, do so from an elevated state, where they connect with their inner self and allow events to happen according to what the soul desires, which will always be in alignment with the greater good of the person.

Always remember *why* you are on Earth, on your purpose. When you are aligned with your soul, everything becomes easier. If your situation is complicated, you can change it at your convenience, you are not limited.

On Earth, everything becomes more confusing and difficult, but there will always be a light to follow, the light of your heart. That light will show you the way.

Trust the process, trust yourself and that everything has a purpose.

We don't have a god as a religion, because religions are creations of the Elite. So, we present a different concept: we consider that we are all gods, because each of the beings with a soul are part of the Unified Consciousness, presenting the same creative qualities.

What we have is *spirituality*, which is very important in our lives, and corresponds to the individual connection that the person presents with the Source or its most essential part.

When, with a therapy, a person achieves healing, it is because a work was done balancing his or her being. By balancing, the imbalance or disease is dissolved.

If we take a person with cancer, as an example, he manifests his disease due to unresolved emotional issues. After a while, he creates the disease in his body because of this imbalance. The way for that person to heal is to balance his past emotional state—to go to the cause—to release those energies, to get back to a balanced frequency that will manifest health in his physical body. You have to face the cause directly.

When there is a disease due to excess toxicity in a body, you must go to the cause, which is to cut off the toxic source and cleanse the toxicity from the body. There, you are also going to the origin of the disease.

In a case of neurosis, the person must process the information that is causing imbalance in him, which is preventing him from adapting well to his daily life and living in a balanced way. There, the origin is the problems that he has not been able to process and assimilate, and to get better, he must treat that origin.

Going to the cause helps a disease not to reappear. The disease goes away permanently because there is nothing to manifest it. You should always look for the cause to solve a health problem at its root. The cause will tell you why he got sick in the first place.

When a person heals after therapy, it may be temporarily or permanently, depending on whether or not the origin was treated.

When working on multidimensional levels, the cause can be treated without being aware of it.

Always continue. Continue focused on your heart. There you will find the inner strength to continue, it will show you the way, from your inner self, your soul, *you* as the pillar. It is your wisdom, you are the divinity and the All.

To keep moving is the important thing, to always continue, despite the inconveniences, despite everything that happens around you. Because in continuing you will find the light, the why, the understanding of what you live in the now.

When you feel alone, learn to listen to yourself and to trust you. You will always have *you*, and you are the All, so you will always have everything. You will always contain within you the All and you will be united to everyone.

You have to understand that everything is a process. You cannot see the events in isolation. You may have experienced difficult situations in your childhood, but those are isolated events. Each part is part of something wider, bigger. You have to look at life from a more global angle, looking at all factors, from the top. From there you will see that one thing did help the other. Everything contributes.

Everything you have experienced also helps to understand the suffering of others, why it happens, what they feel. Because on Earth there is no telepathy to understand the other.

Everyone chooses a path that will allow them to develop in their area.

It is important to let go of the past and keep what you have learned.

When a person is in a situation where he or she needs help from others, because he cannot achieve what he needs on his own, he should be supported according to the tools at hand.

We are all qualified to give some type of help, which will depend on our tastes and ways of being. So, everyone will always be of contribution in a community, regardless of their social status. Because what a person gives corresponds to what the person is. It is not something external, but a person gives to the community who he is as a unique soul.

The contribution to a community is also determined by the needs of that community. One must also contribute in the area that is needed, so that the community can move forward.

You have to understand your value for being the Source, as others are also the Source. And continue on your path feeling that what you do, if you do it from your heart, will add value to your person and will define who you are.

We will be here to support you all. You will always be heard. We will continue to help you so that you can be free.

All of us here want that, your freedom. That school that is Earth, is made by you. You formed it, you created it and you direct it. All people are free to enter there, and what you learn is immense, because they are unique experiences in the universe.

We can all help in whatever way we want, either from here, in orbit, or from there, on Earth. The help we all give will speed up the process of liberation. You, there, play the main role, because you can make the changes directly. We, from here, can provide support for you.

We will be here, guiding and assisting you in whatever we consider will help you on your paths, and always respecting your lives.

Everyone can open their eyes, if they wish; because the truth, even though is hidden, is available to you.

You must continue. You will advance. You will learn new skills. You must know that everything can be achieved, you can become an expert in an area with time, effort and dedication. All skills can be learned.

Just dedicate time to the skills you wish to develop.

When you feel that a piece of information doesn't make sense to you, take some time to analyze it, research and complete it. Sometimes it doesn't make sense because some information is missing, not just because it is incorrect.

We consider all life as sacred. Eating animals corresponds to eating the life of another that you killed, or died for your nutrition.

All animals, as living beings, are persons. They have a life that must be respected. When we talk about eating meat, we talk about a type of homicidal action.

When we care about animal life, we also care about ourselves, because they are also *us*, they are also *the Source*. The harm towards them should be reduced to a minimum, considering them as an integral part of the Source.

Keep being yourself, be authentic. Don't diminish your value because of other people's insecurities. Be all that you are.

It is to let the universe act as it should, in coordination with the other souls, in coordination with all. You deliver, from the heart, what you desire, and others will receive your contribution when it is their time to receive it. The universe works according to the frequencies, it moves and attracts all that is similar.

All conscious people present an orientation already prescribed by the soul. This "soul plan", so to speak, presents some synchronicities within the person's life, synchronicities that will allow that soul to fulfill its proposed goals.

All people present in themselves this information, information that will allow a soul to suggest the paths it has deemed best. All the paths a soul chooses will be determined by its particular tastes and interests, which will allow that person or soul to develop in the areas that interest them most. And these paths suggested by the soul will help him or her achieve his goals of incarnation.

The synchronicities that the soul organizes are related to the places where the person will be, specific situations that he will experience, people he will meet, and soul departures or programmed deaths, which can be several departures, and the soul will choose which one to choose once the person is on his life path, in his incarnation.

The people they will meet will allow that person or soul to be guided along particular paths that will help them develop in their area of interest later on. The places are also chosen in relation to what each soul needs. The country of birth will be directly related to its purpose of incarnation, as well as its family, which has as an objective certain teachings that the soul wishes to attain.

Everything is energetically coordinated beforehand by the souls in this life plan, but what will count in the end will be the decisions made once the person is incarnated. Because it is the personal decisions that guide people to new learning paths and new areas of interest.

Then the souls also choose at the moment, with their free will, because the souls can consider a change of direction, not being interested

in something that previously interested them. And this happens because they learn along the way, according to what each one is living. A soul will always be free to choose a new direction, if it feels better.

Whenever one lives, new things are discovered, acquiring new learning, meeting new souls, making bonds from the heart with new people and animals, and advancing as consciousness in an always continuous development.

We will always be free to choose what seems most appropriate at the time, we are always learning. And it is this freedom that helps in the expansion of all souls that are part of the Unified Consciousness. Without freedom of choice, we could not achieve expansion, for it is freedom that gives each soul the ability to expand into other directions.

We are always free souls and never puppets of destiny, regardless of the conditions in which that soul finds itself, it will always have the option to choose where to go.

What we recommend is that you follow your heart in the journey of your life, because it is from there that you will listen to your soul, through your intuition and as a certainty from the heart. From there your soul will suggest the best path for you to take.

Always listening to yourself will allow you to be guided by your soul, which knows, from that elevated state, the best path for you to follow, which will allow you to expand more and will prevent you from going through unwanted harm. When you listen to yourself, you know the way forward.

We are aware that people have a hard time realizing the reality in which they live. It is difficult for them to believe a truth that is completely out of what is considered normal and what is believed by the majority. It is difficult for them to understand that things happen in a hidden way, and that they are managed by third parties, without them knowing it. That is why it is difficult for them to wake up and realize the reality, because it is difficult for them to consider this other reality as possible.

They don't see it within their options, they don't see it as possible. For them, they are creations of a confused mind that doesn't fit in the current system.

However, it is *they* who fail to see reality, it is they who fail to see or consider other options, it is they who are delaying the process of liberation.

You must continue, understanding that you are the leaders who will bring about the change to a better system. It will not happen without you; you are the key players. If you continue according to what you feel inside, you will be able to carry out this project.

Each mineral has a particular property that depends on its energetic frequency. And each one will work well alone, or accompanied by other minerals that are friends with it, which will allow them to enhance each other and not neutralize their effects. When you understand their properties, you can know which ones to put together.

The knowledge that the experiences on Earth gives you will allow you to better understand life, to then continue your expansion from areas that are more to your liking and with all the knowledge of having experienced a difficult life.

The experience of living on Earth is unique and unrepeatably. If you are there, it is because you consider it as something positive. The problems will pass, and you will remain with all the lessons, which is priceless.

Every person should help the others who need it most. You should support each other in unity, so that everyone is well.

Those who help, do it from the heart, because they consider others as persons, just like themselves. They do it because they know that they could be them in that situation in which they need help.

We always live through the heart. We like to help and enjoy what life gives us. We are grateful for what we have in our lives. We always act according to high ethical values. We respect the paths of others, their freedom of choice, and we contribute to those who want our help. We never impose. We all do meditation exercises to keep a clear mind, and we support each other. Then we always count on others for what we need. This is how we live in peace.

All of us who participate in helping the Earth do so to help souls to decide to live happier lives, to decide to enjoy the experiences, *being free*.

We free them from the karma they feel. It is *healing the soul*.

If you want to contribute along with us, you can begin by helping others to elevate their consciousness, to understand who they are and that they have the power to change their lives. To empower them. We want them to be free people who act from elevated emotions, with respect towards their peers. To know their creative power and how to create. We want them to heal their bodies and in an integral way. To be the unique persons that they are.

Animals, like your pets, have an individual soul, just as you do. They are individuals with a soul or consciousness of their own. They participate in your reality from their unique focus, seeing life and experiencing their reality from their own individuality.

They don't present a collective soul, as you are taught on Earth. They have an individual soul, so they will live experiences particular to them, develop particular tastes, feel life with emotions of their own, and have individual thinking as well.

It is in our interest that you always choose freely, but also, that you choose in relation to what you desire from your higher level.

All souls have incarnated for a type of experience that will favor them in the way that they have considered. The person being on Earth can always achieve an alignment with the soul. If the soul knows that there is still an option for the person to align, then he or she will continue alive.

The time for manifesting will depend on the person, on how close he or she is to Source. And also, if it is right for the person to receive what he desires. Because there are times when, what the person desires, is not in alignment with his soul, so he does not receive it. It will depend on what the person needs.

It also affects the frequency. You must be equivalent in frequency to attract it, otherwise it is not achieved. Because everything is energy that must be materialized in some way. So, if you are not energetically equivalent, you will not be able to attract it.

Plants present a lower type of consciousness than humans. They are an integral part of the Source as well, they are part of the same energy, and they perceive life from their singular way of being.

They do not perceive it in a linear way, for them time does not exist because they don't need to perceive it. They only exist in a more spontaneous way, as a consequence of the development of plant life.

Plants are living beings that must be respected. Nature must be cared for, watered and helped to develop on a planet.

It is to change course, connecting with one's inner self. You must always listen to yourself in order to decide. It is always *you* who will know which is the best path for you to follow.

There are people who would do their bodies a lot of good to stop consuming meat, especially red meat, because it is harmful to them, due to the physical and energetic contamination it brings. So giving up meat consumption is beneficial for them from our point of view.

We understand that the consumption of meat is optional, it is a decision that each consciousness makes, or else it is not possible to give it up completely. And we understand that the decision to give it up is made when the person is ready to do it, energetically prepared, understanding that we are energetic beings.

What we recommend is to decrease its consumption little by little, and people will see the changes in their health, feeling lighter and with better energy, and the person will understand that it is beneficial for him or her.

And for animals it is beneficial too, because they are allowed to live free and be who they are without being killed or abused, they are respected for having a life linked to the Source. They are people with consciousness like you who participate in your society, and for that reason they should be respected. So our recommendation is to leave it, each one following a personal process that will be unique to each one.

Surviving on Earth alone, shows your courage. And helping, your heart.

The energy of love is found in every corner of the universe. It allows the manifestation of what we desire. And it unites us, it allows the integration of everything.

It is the purest energy there is, and it is quite a powerful energy in allowing life. It is the sacred energy of the ether, where everything that could exist already exists.

It is united to all, because it corresponds to the existence itself. We are pure energy of love, consciousnesses creating the realities we wish to experience. When you connect with that divine energy, you will be favoring to be close to home or to your very essence.

Birds should be treated like birds, allowing them to fly. So they can be happy doing what they do, what their bodies allow them to do.

They should be free and develop as they see fit. And in the places that correspond to them, because many times they live in other climates that don't favor them and die.

Their food will also depend on each species. You can leave seeds for them to eat when they need, and water for them to drink.

All souls, being composed of divine energy, will need an appropriate body maintained at an optimal level of functioning, so that the person can enjoy every experience that the physical-material world provides.

When we need a body, we need one that can fulfill the necessary functions to experience life. If a body is limited by neglect, it will limit the capacity to experience the physical world. Taking care of it depends exclusively on the consciousness that inhabits it, it will depend on its habits and ways of being.

Diseases occur only when there is a dissonant energy in the person.

The energy of a trauma is a dissonant energy that affects the person, affects his or her quality of life and sometimes his physical body.

Everything you do as a contribution has repercussions. Everything, even the smallest thing. Whenever you help from the heart, you allow everyone to be a little better off than before. Every action has consequences, even if you don't see them. And if you perform a positive action, then it will have a positive impact on your environment, and on you as well.

We never force, nor do we force Arcturians to study mathematics. Everyone guides their education according to what they want and according to their lines of interest. That's how we work here. Paths are offered and each one chooses.

The memories of past lives come to us when we are children.

Zero-point free energy is a type of energy that doesn't pollute and therefore doesn't harm the environment. It is an energy that doesn't run out either; you can access it as much as you need.

It is the one we use here, your star families, and the one we recommend you to use. Is the energy that you would implement in the future that would allow you to lead a more independent lifestyle. Because, as free energy, everyone would be able to access it for free.

Food should be based on what each organism or species needs. This is the way that allows the body to carry out its vital functions. And heal, if an accident happened.

Listening to the heart is priority, because it is connected to the wisdom of your soul and the Unified Consciousness as well, so there is more information available from there. You should always listen with the heart, never only the mind. You can do a mix between the heart and the mind, but never do it only from the reasoning mind. It is more important the heart.

Everything important is decided by the soul, or else it would not happen. In a way, the souls are the ones who have the final verdict.

You, from that point of view on Earth, do have the control of your existence, you can freely choose where to go. And every decision that is critical will have to go through the soul's approval, such as death. Unless the person commits suicide, then he or she would leave sooner, without the consent of the soul.

People can decide to deviate from the path that their souls have prepared for them, it will depend on the incarnated person. They are always free, that is correct, but the soul is the one who understands life better and who will know how to guide the person best, along a suitable path that it has prepared for him or her.

Astral travel occurs when the person leaves their physical body to consciously travel through more etheric worlds. This is done consciously and not asleep, so it is mainly done in meditative states, where the person consciously chooses to detach from his or her body to travel wherever his consciousness decides to go.

To achieve this, we can recommend daily meditations. Not short meditations of 20 minutes, but of more than 1 hour of concentration. Because, in the beginning, it can be more difficult, and requires more time and effort. But once it is achieved, and you start practicing, it becomes easier and easier, and you can control it better. So, we recommend daily meditations of more than 1 hour, until you achieve it.

And once in the astral, begin to travel little by little, so that you feel comfortable and are not afraid. Because fear can make other beings, that feed on these energies, appear, so you must control the fear and stay happy and enjoy calmly so that it turns out well.

In relation to fasting, we consider that it is good to let the body rest from its digestive functions, so that it can occupy their energy in other tasks that it must perform—which leaves in second place but are also important—, such as cellular regeneration of tissues, detoxification of the body, sweeping away substances that are of no use to the body, and other functions.

We consider that it should be done for periods longer than 12 hours, because in 12 hours the body is not able to eliminate everything it needs to. We do it here, we take some time to rest together with food fasting, consuming liquids.

Two days a month would be fine for a person who leads a healthy life. If there is a person who does not lead a healthy lifestyle and diet, who has a disease or is overweight, then we recommend a longer fast of several days. One week minimum, and one month for someone with health complications; always accompanying the fasting with liquids that provide some calories, such as vegetable juices, fruit juices, coconut water. This keeps the body hydrated and can continue to fulfill its important basic functions.

In the Bible, there is information that is not true, because it corresponds to information created for control purposes. They make you believe in a story that is not true so that you will continue to be immersed in religions and not realize the true power that you have, that you are the gods, and that you do not need to worship anyone, because there is no one above you.

The Bible, like the other scriptures of other religions, is a creation of the Elite of the time in which it was written. They calculated what to write to serve their control agendas, so you can see contradictions between the old and new testament because they are modifying the information according to the times, to keep you within the lie they tell you.

Adapting the information to the times, it is done to this day, with fictitious characters like Ashtar Sheran, so that you continue believing in things that are not, and don't find the true god.

Everything you do as a contribution has positive repercussions for you, as energy. The good that you have done is returned as positive situations in your reality. What you give will manifest as equivalent energy in your world. If you have done positive things to help others, then the world will find a way to return that goodness to you.

Your soul desires the best for you, as well as you. If you align with what your soul desires, everything will flow into a happier future.

The subject of veganism is difficult to explain, if you don't give a complete information, because it is necessary to talk about it from several levels.

Esoterically speaking, there would be an energetic repercussion when eating meat, by allowing the killing of others for personal consumption of meat. So there is complicity in the killing or allowing it to occur towards animals. So you are being complicit in the genocide of an important part of the population. This, energetically, does not have a positive impact on the same population that is consuming that meat.

An uncontrolled slaughter of animals is also allowed, because it is not regulated that they cannot be killed. It is allowed to happen, and that happens because they are not given the value that corresponds to them as people with soul and members of your society.

Each animal or being contributes to its society according to the characteristics it presents. Damaging them causes an imbalance of them, and serious problems are seen in the ecology due to the over-consumption of some of them.

Nature regulates itself thanks to the contribution of all the species that participate. And if an important group of them is missing, an imbalance occurs, causing more serious problems to other species. So it is important to let the animals live or express themselves according to their characteristics so that they can contribute according to who they are.

Taking advantage of them, by consuming food, we do not see it well—as in a vegetarian diet—, considering that there are ways to have a balanced vegan diet and be healthy.

Animals should always be respected and cared for, because the life of all animals should be respected and cared for, not only of the same species. This is how the most advanced races in consciousness act, caring and respecting everyone and finding ways for everyone to live well.

We are not talking about leaving human health for animals, we are talking about humans being healthy and animals living well, happy, in peace, without being killed or murdered. Everyone must be respected, and these are the values we want to deliver to humanity, that you care about everyone at all levels, not just a few or each one individually. To consider everyone, as the Whole that we are, without discriminating, so that everyone can live in peace. These are our recommendations to you from your star siblings.

From the heart, you can understand that we are all unique, unrepeatable, and that we all contribute in different ways, depending on the tastes and values of each one.

You are free to help in the way you want, just as the others.

Premature births occur when the soul has decided to be born earlier, and this is due to astrological issues —the energies of that particular day and hour— that influence the person and his or her way of being. So, the soul adapts to the most suitable date for it energetically. Because there are times when the soul must be born and it does not match with the 9 months of gestation, so it adapts and is born earlier, finishing its development later.

The energies or synchronicities are adjusted so that the person is born according to the family contract that has been made and according to the energy that the person will need. The energies of the day of birth will affect the person, because the energies or astrology affect us directly, as we are energetic beings or energy frequencies. But also, the person chooses the day that is energetically suited to him or her.

We don't see any difference between a person who was born before their time, with one born at 9 months, besides the physical.

You are your responsibility in the first place. Everyone must look after his or her own well-being as a priority.

From here, we see you as a part of us, not separated from us, in unity. For in the universe we are all interconnected, we are all one; one Source, one soul, helping in the expansion.

In all situations, whether they are considered good or not, you can see the positive or beneficial side that contributes to your life.

Being positive is the action of being aware of a reality where you can see the benefits of a situation. Everything can provide a lessons and growth. If you focus on the good, you will move forward and grow. Staying with the negative doesn't allow you to advance, it slows you down in your evolutionary path.

Drugs are substances that take you out of this reality, unable to function in the reality in which you live, as a way of getting out instead of facing life. This path is taken by some of you, and it will not serve you in the long run. It only works in the short or medium term, and does not solve the root of the problem that generates the addiction.

All addictions are caused by internal unresolved mental and emotional issues. You should look for the cause of what causes a substance dependence, rather than taking the persons away from the substances. Because taking them away will only work for a period of time and does not solve the problem. When they resolve the cause of the distress, they will no longer feel the need to consume any addictive substance to replace the pain, because there will be no more pain.

Everyone has the capacity to resolve that which complicates them. You can do some inner work and resolve that which you need to resolve, with love and enough time.

We know that life on Earth is very difficult, and almost everyone uses something to make themselves feel a little better. But the problem with addictions is that they occur with substances that do not benefit you, that only harm your body and spirit.

You must find the courage to say *no*, and make the decision to change an addiction for another routine that contributes and benefits you. Only in this way you will be able to advance well and you will be happier, because consuming something that harms you, does not benefit you.

We remove the medicinal plant, and then we select the part of the plant that will be useful to us; and that part is the one that is prepared. Sometimes it has to be cooked to release the compound, sometimes not, it is extracted directly by pressing. And the compounds are kept in different containers with their labels, so that there is no confusion. They are kept in places where they don't receive energetic contamination, so that they maintain their pure essence, because this way it will intervene better in the person.

For its consumption, it is diluted in water and the person drinks it. And for topical medicine, the whole plant is put, macerating it only. Animals are given to drink the medicine from a bowl; it usually works.

A harm will never occur only in one direction, it will always affect everyone. So, everyone, being aware of this, can try to reduce the damage you do to others.

Always the harm you do to another will also have repercussions for you, because you will receive the energetic equivalent of the energy you gave. This is called *cause and effect*, a universal law that we are all affected by.

Whenever you see another hurting themselves, they are also hurting others. It is always like that, without exception. The harm will always have repercussions on everyone, as we are all energetically united and we are all the Source.

To *flow* is also about giving space for things to happen at their own pace.

About our art:

We do use sacred geometry here and we use it a lot. We like it, so we use it in all our designs: art, architecture, starships, for all the graphics we do. We like to use it a lot, because it is the language of the universe and nature.

The etheric numbers 3, 6, 9, and 12 included, we also use them in our designs to enhance the meaning we are giving, as they have a special energy for being from the ether. You can find the etheric numbers in many of our designs.

Abortion does not occur in societies outside the Earth, because it is understood that if a person becomes pregnant, it is due to being organized that way, and it is accepted to have a child with joy.

In the case of the Earth is different, many souls arrange to be aborted because they consider it a way to pay karma for something they did not do well, and abortions are lived as a way to compensate for a damage done. And there are parents who abort because they accept these predetermined arrangements, being accomplices of what that soul will live.

Abortion is the termination of the life of a person in formation. This is homicide, in that a person with a soul is murdered. And it is seen as not so important, because it is still small and because there is no real understanding of what life is.

When you abort, you proceed at different stages of formation, not only when the baby is small, being quite aware of what is happening to it and suffering as a consequence.

It is more common for the soul to enter the body in the first third of pregnancy.

Miscarriages may be due to a complication in the mother's pregnancy, where she fails to maintain the pregnancy and loses it as a result. The mother is not directly involved with the death of the baby, so it is not homicide. It may be due to internal factors that do not allow the baby to continue to grow healthy.

All cases of miscarriages, where there was a soul in the fetus, are also due to the fact that the soul chose to die that way. Whether a baby dies will depend on the soul in question. If you see cases of spontaneous death, it is because that soul chose to die that way. When a baby

is born, it is because it had to be born, because it was programmed to be so.

Abortion is agreed upon by the mother before she was born, because it corresponds to someone's life.

Everyone who enters the Earth is aware of what they will live and how they will die. Animals are also part of that.

We are made up of the same energy. We are more similar than different. We have emotions, a physical body, rational thought. And we seek the same things through different paths: we seek unity, to feel useful, the knowledge, the expansion.

Fear is the main enemy, more than a virus. The virus will only kill those who decided, from the soul, to die by the virus. If you have not decided it at a higher level, then it will not manifest in your reality.

Every soul dies by having decided to die at that moment, there are no accidents in death. That is an elevated concept that has its roots in what we have experienced; we know it because we remember it.

If your intentions as a soul are to depart, then the virus will be a good escape from that reality. If you do not desire it, you will not die.

If you keep calm and show love for each other, you will all be fine. The only way to begin the change to a better system is to unite, not separate. Governments will take their actions, but the decisions about your lives is up to you, *you* as the true creators of the reality in which you live.

As you all grow in consciousness and help each other, you will succeed as a society.

Channeling can occur in many ways, not only through words. It can be images, sounds, visions, ideas, thoughts. All are valid forms of channeling, and each person who channels will do it in his or her own way as well.

You are doing very good the way you do it. This is *your way* and it works well for you. And always be careful with what you are hearing and writing. Always being open to the fact that there may be some mistake will help you to be attentive to the information, as you have done so far. You know that you can make mistakes, but you have been careful enough to see the information well and, using your heart, you have been fixing it. That goes very well, because we are in the same tune, so what you put is related to what we have told you, there is no big difference.

When you channel, take care to listen with your heart, because we are connected from there; that is why you channel us so well.

When you channel, you do it from an elevated state of consciousness. Having a lot of knowledge on your part, you have been able to write what we have been telling you. You have done it quite well because you have enough knowledge already, so we have been able to pass on information that may seem more complex and you have been writing it well, with ease. Unlike someone else, who may not have as much knowledge, and would not be able to write it as completely and accurately. So, with you it has been going well, and we are happy with the result and grateful.

But this is how this process of channeling is, some will do it better than others by the connection they have. Personal connection and the

connection with the consciousness with which they channel, and because of the level of consciousness in terms of information. That is why it is said that channeling is so open to error, because you need practice. It helps the dedication, the heart and the knowledge. And it is true that many channelings are very open to error, but there are others that are quite well done, and people will resonate with yours because of the quality of the information.

There will always be people who will doubt, and who will wonder if it is true, whether channeled or written. It is hard for them to believe in extraterrestrials. The only thing that can help your credibility is the content, that makes sense to them. And they will see that your intentions are good; you are not a person trying to become famous and millionaire.

You will go little by little. You will see that, with time, people will continue to value your content and they will see that it is real.

Everyone has their process, and can choose whether to believe or not. Everyone chooses what to believe, and, on Earth, sometimes what is a lie is more believable than what is real.

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