

foreign how are we so a week ago I had a conversation with a very enlightened being from Arcturus and he explained to me something that makes sense makes sense and it's something we don't often think about going through our self-development and and Consciousness spiritual journey but it is so true it's real it's really really basic so from what I learned from here 's is this we're born in a 5D frequency so when we're born we're born into the 5D and our upbringing our beliefs you know the knowledge we gain actually drops us down in frequency so we're dumbed we're dumbed down by Society through beliefs and indoctrination and knowledge and you have to fit in or we throw you under a label and pump you full of drugs etc etc.

so you're born in 5D and you're dumbed down the older you get the more you're dumbed down if you allow it okay if you remain in the 5D like we have psychics mediums you know connected to Spirit consistently not lose it as a child when you don't fit in with the rest of the crowd so you'd be labeled crazy if you see things that or believe in things that are not true or not seen as normal so we cut ourselves off from Universal knowledge and we cut ourselves off from Spirit by allowing Society to do that to us okay by wanting to fit in and not be labeled so you're already 5D so you're already a multi-dimensional being which means you have the ability to tap into many different dimensions many different frequencies you have that potential to do that 100 of the time now as you lower your frequency to fit in with Society the ability to tap into those frequencies diminishes

so you no longer have the ability to tap into or the access to tap into the higher frequencies because you are dumbing yourself down okay unintentionally but you are we all are okay now the Awakening process is simply to reconnect it's not to connect it is to reconnect to those higher frequencies that you were born with okay yes even evil people are born with a higher frequency it is just their physical mind that chooses in their spirit that chooses to do not very nice things okay so every the spirit is 5D minimum okay I'm not explaining myself very well here but keep with me it's very early in the morning my brain's not firing and if I wait I won't want to do this video I will put it off and off and off until tomorrow morning and guess what my brain still won't be firing so best just to get it out there so when you lower your frequencies you're human and what does human mean it does not mean we're in this physical body that looks human what we describe as human what human actually means according to the arcturians and other higher dimensional races would guess so is you reside in a physical vessel in a particular type of physical vessel on planet Earth in this particular Realm

okay in this particular dimension okay so once you wake yourself up or reconnect not wake up I hate that term reconnect with the higher frequencies that you are born with naturally or naturally born with you are no longer human because being human means you are you have only you only have access to this particular realm because of your lower frequencies so you are now in the once you hit the true 5D energy you are now or the 5G frequency you are now a multi-dimensional being exactly as you were when you were born so if you are saying and this comes straight from the arcturians okay straight from this particular arturian beam if you are in the true 5D vibrational frequency and you are calling yourself human you are lying

you are placing yourself within a small very very small box and that box cannot be you cannot break out of that box until you drop the labels okay so what does a multi-dimensional being means mean it simply means that you have the ability to tap into multi-dimensions it literally means that you can astral travel you can tune into the spirit world you can be part of multiple timelines all at the same time now it it goes much more complicated than this but I'm watering it down so that we can take it one step at a time so that we can understand one bit and then we'll give more information to understand the next step then the next step because if we give

too much detailed information all at the same time then people go huh what I don't get it so we take it one step at a time Okay so Being Human refers to a lower dimensional reality physical or reality in the physical world on planet Earth in this particular body okay multi-dimensions multi-dimensional means you can tap into and experience many different dimensions or realities at the same time now I've been doing this a lot for you know people say oh when what's going to happen in the future when is the the funds going to be released Wednesdays what's that I have no answers because I tune into many different future realities and all of them you exist in all of them every one of them you exist in so you exist in the timeline that we have a pole shift or Earth crust displacement or rotation or whatever you want to call it where the Earth flips on its side whatever caused by the solar flash or caused by magnetic shift of the pop whatever okay and half the Earth is destroyed and many people die animals die you name it much like the flood that the Bible talks about that's one timeline you exist in it there's another timeline where all this wonderful technology um comes to the public and we just continue on our on our Ascension journey and we begin the building the foundations of the new Earth and away we go we just continue expanding our Consciousness and all of this that's another timeline you exist in it another timeline is where there is a solar flash or grand solo whatever whatever the term is that people use these days where another dimension actually splits from the one we are experiencing now and 30 that is the 5D new Earth the new one where that's where the med beds exist that's where all the technology exists that's where the new Earth Galactic Community exists and the 3D people stay here and continue along their Ascension journey and slowly wake up to to what's been going on and where disclosure starts to happen and and all of this and there's so many different timelines and you exist in all of them all of them there's also a timeline where the funds were released about eight months ago eight to 12 months ago and everybody's using Med beds and everybody is doing um you know their projects and everyone we've gone through the EBS and we've seen all the the gitmo trials and I don't want to say it because my channel will be taken down but all the other stuff okay that we're supposed to be waiting for that's already happened in another potential timeline another future timeline okay and you exist in all of them so when you are in the 5D frequency vibrational frequency you experience have memories bleed through bleed through experiences of each of these timelines so if you're in a lower frequency you no longer have access to different dimensional timelines or realities you need to drop everything and return to your natural true self and how do we do this simple very simple it's harder to do because it means you have to face some uncomfortable truths but it is actually very simple to do get out of here and get into here very simple very easy you need to get out of your head and drop all your beliefs forget that all the knowledge that you've ever been taught except of course how to walk and how to go to the bathroom they are necessary forget everything forget everything drop your judgments about other races and how people look and how people behave and how people act drop your judgments about people with disabilities because they are abilities they are just opportunities to experience a physical reality from a different perspective drop your knowledge about why we've been poisoned and all of that drop it all all of it every single bit of it forget you know not even forget but but just get rid of all the negativity in your life get rid of a murderer is a bad person get a yes people are gonna go no you're satanic no I'm not because I understand life from a higher perspective that people do what we consider Bad Evil things they're just playing a role in a reality of duality which creates balance of light and dark it's just role-playing it's like

watching a movie you got the good guy and you got the bad guy it's just a movie are people affected by it yes but you are also playing a role in that movie you may not like it but you're still playing a role okay so because we are spirit and we never leave the spirit world when we come into a physical Incarnation we don't actually leave the spirit world we're always in spirit always 100 of the time

you don't return to Spirit when you die because you're always there you never left so from the perspective of spirit physical reality is Spirit just dreaming you're having an experience it's like you right now or when you're finished watching this video using your imagination to create a story in your head or another version of a life you'd like to live it's like kids the little girl wanting to be a princess she creates in her head that she's a princess the difference is she acts out that she's a princess okay then she grows up and oh no we have to fit him with Society I can't pretend I'm a princess when in fact you are creating an alternate reality within your physical experience and this alternate reality is a mental reality I do it all the time my imagination goes wild 100 of the time I've got about six different realities going on in my head and depending on what mood I'm in I will it's like reading a book but imagine you're one of the characters placing yourself in that book and it is so much fun it's so much fun and it's not just you having an imagination your imagination is you creating creating alternate realities

on a vibrational level okay now this is something humanitarians need to do okay imagine yourself in your finished project what does it feel like what does it look like what's the scenery use your imagination because your thoughts are energy when you believe it and when you focus on it when you become it of what it is you want that creates the vibrational frequency that allows manifestation that allows your dreams your imagination which is your alternate reality to manifest into this physical reality so start dreaming start imagining start

using your thought your power of thought to create use your imagination to create now when you are 5D energy back to the original reason I wanted to do this video I kind of got off track but I think it's important anyway so once you reach the 5D frequency or reconnect to the 5D frequency the true 5D frequency not the I send you love and light and oh I'm so loving but oh yeah I do complain about people and I do about people and I do send them bad energy and I do wish that the evil ones were executed and you know that's not true 5D energy true 5D energy is from the heart regardless of your situation your beliefs of whatever is from the heart

okay that's when the entire Multiverse Source that's when source completely opens up to you when you really go into the 5D frequency this is when you begin experiencing multiple realities at the same time when you begin experiencing or remembering your other lifetimes your other Inca so-called incarnation this is when you start reconnecting with who you truly are and that is energy that is creation that is source that is all that is that is God itself that's when you start reconnecting with that that's when you can astral travel at will that's when your connection with not only yourself your higher self and your your physical self but other dimensional beings becomes so complete and so strong that you blend merge whatever you like to call it you actually become them and they become you so you can be living right now listening to this video while merging or blending with another being's energy and experiencing what they are experiencing it's only when you reach the true 5D reconnect with the true 5D energy that this becomes possible and this is the same with the lower energies cannot comprehend or understand or even see what you do because they're not in at a vibrational frequency where they have access to it so until you remove all the crap that you've learned and been brought up with and deal with your traumas and all of that since you were born only then will you reconnect with the true 5D energy until then we just keep working through our shadow so if we keep working through our traumas and our dramas we keep working on our judgments not only about others in situations but about ourselves and our traumas and what we don't like about ourselves and the best part to deal with what we don't like about ourselves is to stand in front of the mirror butt naked for half an hour and find every little detail you cannot stand about yourself and then spend the next half hour looking at those details knowing that you're not so bad after all because once you get over the shock of how bad you look butt naked in front of the mirror then you start realizing hey I'm not so

bad after all I'm actually pretty good I'm actually okay yeah okay I got a bit of cellulite and a few dimples and ripples and scars and all the other bumps and lumps but I've lived I've lived I've lived a life of experiencing a live I'm a Survivor I have survived so much I have succeeded in so much I'm still breathing after life tried to kill me I'm a champion I'm a hero yes I really do actually love myself my lumps and bumps and cellulite and fat deposits and dimples and ripples and every other thing you can think of is not so bad after all guess what now you've just stepped up another notch that's when that's when that confidence within yourself and self-love actually start shining through in your everyday life that's when you start getting rid of all the crap that you have accumulated since the day of your birth or the day of your conception because babies in the wounds still are being indoctrinated by their parents beliefs and habits and other crap so once you start loving yourself everything starts to fall away from you that you no longer need that's when your vibrational frequency will begin to reconnect to how you are meant to be that's when you become a multi-dimensional being and not a mere human who is stuck and I mean vibrationally stuck here on Earth now there is a lot more to being my words than being stuck okay you're not technically stuck but I'll leave it at this because

we need to understand step one so we can move on to step two you can't go from A to Z without doing you know the rest of the steps in the middle so this is just one piece of the puzzle I have so much more pieces of the puzzle to give you um but not all in the one go because you'd just be like huh what huh and then you'll just be bursting with questions so we'll stick with step one today and then tomorrow or another day whenever I wake up and

I'm in that frequency to do the next step um then we'll go from there but I hope this helps in some kind of understanding I know this video has been all over the place this morning I've literally just woken up and got out of bed and yeah my mind is going so much faster than I can actually put it into words getting information from here information I'm getting information from everywhere and I can't keep up it's too early so I want to wish everyone an absolutely beautiful day or night or evening or morning whatever floats your boat and just love it's not that complicated love get out of your heart and get in get out of your head and get into your heart I told you it was early all right love you all okay have a great day bye