



**Starbuck's Dimensional Adventures**  
**How I Found My Way to Telos in Inner Earth**  
**and the Light Beings That Showed Up**

**Lowell Johnson**

How can you be so sure  
How do you know what the earth will endure  
How can you be so sure

That the wonders you claimed in your life  
will be seen by the millions who follow  
to visit the site of your dream

What Goes Up  
Alan Parsons Project

## FORWARD

Here is my story and it's still a work in progress ... I've had multidimensional experiences which you'll read about in the following pages ... and see the pictures that demonstrate this is not fiction. Welcome to the next level of consciousness. I'm your host Starbuck and if your eyes are fixed upon these words - you have enough interest in our common topics for me to consider you an Initiate. One of my roles is to serve as a Mentor to others realizing the Light they carry within them, thus came Starbuck's Mystery School, a place to hand down the sacred magick knowledge a few of us hold.

Keep open your mindset to concepts and experiences you haven't yet experienced while you read through my journal accounts ... believe me, I expect you'll be astonished at what your about to read - just imagine living that path. Perhaps you'll begin to recognize the synchronicities in your life as well, to see what is meant for you if you will only tune in to that vibration.

I've somehow cracked the code to experience other dimensions, timelines and akashic wisdom that is now at my disposal once again - we are not so much learning new information, rather we are re-remembering knowledge we've already gained across many lifetimes. DNA is being activated to restore balance within us in preparation for earth's imminent rise in vibrational consciousness and the implications for humanity post-Shift. I've had Divine help placed in my path this entire incarnation to get me to this point to assist with this cosmically historic phenomenon playing itself out. Earth is about to become New Earth in all her 4D glory - and with that ... the 3D experiment is over.

The copy you'll be reading are largely journal entries I've made along the path. This is one of those musings:

Starbuck: Me

I was asked recently whether I was a Shaman. My reflex thought was: nah ... as my mind flashed a mental image of how I envisioned a Shaman. At the time, I didn't see myself that way.

Well ... now I know I am. And what I'm supposed to do with it is be a source of 5th dimension perspective.

I'm here as an Observer

I am Pleiadian. An advanced humanoid future version of myself who chose to incarnate at this time in Earth's history to assist humanity ascend to 5D with Gaia during the Event. I am recognized as an Elder in this part of the galaxy due to my contributions to the Akashic records during my experiences in previous incarnations.

It is becoming clearer as I fully awaken as to who I am and the unique gifts I carry. I have been able to access parts of my recall that were hidden from me, like everyone else.

Through a series of profound resources, I now know that I was an Elder priest (more accurately a master of magick and alchemy) during the time of Atlantis. Interestingly, I spent time as one of the Mer beings in Atlantis (Mer-men and Mer-maids) and we were subject matter experts for the Lemurians in the ways of spirituality. These experts were masters of ascension, life/death, multidimensionality and served as healers / teachers. They possessed the benefit of fully enabled DNA codes for complete 12 strand activation and were respected for assisting beings to successfully ascend to their next level of spirit without reincarnating back into lower dimensions (and repeating their lessons).

As I understand it, 350,000 years or so ago it has been supposed, at a time when influence from other celestial beings to help humanity acclimate to Earth was happening, upon learning that Lemuria would be sinking, preparations were being made by the elder priests to store their fully activated DNA codex into their Akash. That same codex would be stored in crystals seeded in places they would remember upon reawakening. The day would come when a trigger would remind the priest who he was and reactivate his higher vibrational abilities. In so doing, he could then use the codex previously stored in the crystals to assist others to open their own DNA records as well when they could align with the proper vibration.

Sent to be an Observer and to assist humanity ascend. Mer elder, Atlantean priest (master) to incarnate now to assist humanity ascend. Carrying the blue flame in my DNA to transform negative energy into Light.

Triggers

Keys

Spirit guides

Harmonizing discordant energy

Unicorn - Isabella

Dragon - Traveller

Starbuck meaning -

“Star” as in star tetrahedron (mer-ka-bah)

“buck” transitive verb. 1: oppose, resist - “bucking the system” 2 : to move or charge into bucking a headwind.

I thought the book I would put together would have been the amusing sides of the people, events and circumstances I have witnessed throughout my hospitality career. That content would have filled volumes!

May your intent for the better world coming right around the corner, continue on.

## May 2020: A Pleiadian Transmission

Pleiadian transmission:

Planet: Taygeta

"We are happy to share our world with you and many of you have started to have a glimpse of how our planet looks like and what is our lifestyle.

We experience a lot of variety here and we explore different ways, having different preferences.

You have asked us if we work.

We do so, but what you call "work", is for us "passion".

We love to improve and to contribute to the evolution of the universe, by using our creativity.

We know that each and every individual is "God" and has an unlimited power to create. For this reason, we like to play around and to explore more of this potential. We love to extend them, and to bring beauty on our planet.

Sometimes, we are even caught in certain actions that are of most importance for us and we put all of our energy into developing and experiencing those.

All of our work is voluntary, as we are not obliged to do anything that we do not wish for.

You have seen how we commute and you have wondered how come we use water-tubes for short distances. Our answer was "just for fun". Because we love to combine our passions and implementing certain actions with having a tremendous amount of fun and relaxation.

This is how we keep ourselves relaxed and we enjoy our “work”.

We do not have a monetary system and we do not remember to have had one, but we used to have a system that allows the exchange of values to happen, and even nowadays we are always free to exchange items, mostly because we get bored of what is of no use for us, so we let it go by changing these items with more interesting ones that others can offer.

This is just a way we do it.

It might be difficult for you to understand how come we function without monetary funds and it is as difficult for us to understand how come you have such an "exchange-based" operating system.

We still wonder sometimes and we try to understand your fears related to something that you have created and gave value to.

Our planet, like yours, has all the necessary resources to live without exchanging items through a third component.

We have highly developed our technologies, so there is great freedom for everyone.

Therefore, we have everything that we need and we are not focusing on our basic needs. Our central sun nourishes our physical bodies perfectly.

Though we have lots of interests and we are fascinated to discover new technologies. We do so out of curiosity and joy.

There is no competition here and we do not perceive competition as you do, but we can relate to it in a playful way, when we are actually gaming.

Because we are great empaths and our relations are heartfelt, we function more as a collective, than as separate individuals. Therefore, competition would have had the role of bringing more variety out of fun, so we may explore new ways, but not by acting one against another.

We understand though, how this happens on Earth.

For you to diminish the amount of separation and differences that you perceive, you will probably develop more of your senses, so you become more empathetic with each other.

When this happens, the need for competition will vanish.

We have enjoyed sharing these aspects with you and we truly hope that these few glimpses of our world give you new and more useful perspectives.

We love to tell you stories and to inspire you in this way!"

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Channeled by: Octavia Vasile



# **A Good Starting Place**

What you are about to read will seem to many from their current perspective as fiction. I assure you, it is not. The accounts I've written certainly tax one's believability quotient - but that doesn't make them any less true. We all wish to experience miraculous things and yet when such events do not fall within what we already know, doubt casts in and we rule out the very things we've asked to be shown.

This journey I've found myself on has been recent and totally different than the life I knew professionally and personally. But something was drawing me in to follow every rabbit hole with new revelations of what is really happening to the planet and all sentient life on her.

In order for you to begin to comprehend what I'm about to share, I'll be including the concepts of ascension and dimensionality, reincarnation and past lives. If I've lost you already, you may not be ready for the truth that follows - now. But without knowing anything else about what is going on in the world, it's easy to see that changes in the earth's form are frequent and that the duality divide between humanity's opposing ends has grown to the point of no compromise. Only a reset to all of it will resolve our differences and help us to move to the next level of ascension that has been cosmically cycling.

Earth is ascending and we are right at Endgame. Contrary to the thinking of some that humanity had to wait for the collective human consciousness to tip the scales in favor of ascension - Earth is in a cosmic cycle and her ascension was already cast in the Universal scheme of things. Humanity's intentions were never a prerequisite to ascension to the next dimension, we (and all other sentient life) are just along for the ride. When Earth's rise in consciousness finally manifests, our ascension is dependent on our vibration (we are all energetic beings) and when our vibration matches that of our surroundings, we can experience everything at that level, including ascension to higher dimensions.

I have experienced connection to the higher realms and already benefit from knowledge and abilities beyond what is considered “normal” for humans. It is beginning to happen to more and more people “awakening” and at a remarkably accelerated rate. Within each chapter is an adventure that contributed to my awareness broadening and they all stretched my belief systems. I have a road map connecting the dots of how I restored higher dimensional abilities for myself - the same one that we all have waiting within us.

Everyone’s journey is different ... mine started December 2015 with a TIA (mini-stroke) that lead me to meditation and the means to quiet my mind enough to listen to what my intuition was trying to tell me. The more willing I was to look past what the world was feeding me ... the more I saw what the Universe was unpacking for me, and I most definitely am here for a purpose.

I can already see that starting this dialogue with others will have different effects as generationally speaking, the older we get, the more fixed we are in our beliefs. So as much as I’d like to see my generation “get it” - most won’t, and they’ll dismiss it as fantasy. But I’ve watched the generations behind me to see that many of these young people and children came into this existence without the same “amnesia” we were born with - they seem wise beyond their years. They will resonate with these concepts of access to higher wisdom and sense of oneness with one another. As you can see by all the chaos in the world, old paradigms are breaking down. Spoiler alert: It is not the Earth you know getting “fixed”, it is the new Earth that we’ve all asked for coming to fruition.

In order to understand how I connected the dots to my level of understanding there are some key concepts we need to establish as the foundation for the comprehension of higher dimensions.

## Reincarnation

Do you believe in reincarnation? If your answer is no, then the rest of this book will read like fantasy and you will probably stop here unless sci-fi and reading about miraculous experiences is your thing. But I'm already certain that you picked up this book because the ideas I've presented already resonate with you and you are seeking a touchstone to help make sense of what is coming into your awareness. So I will continue assuming you responded with a positive response to the idea of reincarnation. Because you have reincarnated - and not just once, but many times. Each time you have reincarnated, you came back with your memories erased and had to start all over as a child to find your true self with little help. But each time you agreed to lessons to learn to help the Universe evolve and those lessons are unique to every individual. The lessons taught us the good vs. bad side of things but the "mistakes" were also lessons, necessary for our personal growth and the growth of the Universe.

If this idea of reincarnation makes sense to you, I'll point out that when you've reincarnated, then it stands to reason that you have lived past lives. Have you ever been curious as to what those lives were like? There are resources to help people not just communicate with "the other side" but to actually know who you are through all your incarnations. You chose those circumstances with which to reincarnate. You chose the scenario ... you chose your parents for reasons aligning with your lessons as well as every other detail of this particular existence and those lessons contribute to your personal Akashic records and well as what you contribute to the collective Akash.

I've had the opportunity over a few years now to connect the dots to my previous incarnations and the purpose behind them. I am not here at this particular time randomly. I chose to be here for a larger purpose that is playing out during Earth's cyclical ascension. And so did you ...

## Dimensionality

For eons now, humanity has lost its connection to the metaphysical side of life. The “spiritual” side of ourselves has been ignored for years and perpetuated by distracting us with sensations we chase. I won’t spend a lot of time on this topic here because there is detailed information on Ascension, with focus on dimensions though information given to me by my guides and posted on the [40kftview.com](http://40kftview.com) website for everyone to benefit from.

# The Trigger

How did this happen to me?

I've spent the majority of my professional career as a Hospitality Executive - willing to assume leadership roles that were industry and/or community related in every area of the country I've lived. I've spoken publicly countless times at events over the course of my career as though I was being prepared to present something bigger down the road. Chasing the same things in this life that we are all conditioned to do, I was successful at earning responsibility, recognition and rewards. I've always sensed a yearning to know more about Spirit from the time I was young and I believe my particular wake up call came in the form of a TIA (mini stroke) in late 2015. It's been said that oftentimes a serious physical malady will trigger your metaphysical self to feed that part of you that has been, shall we say, undernourished.

For the record, my main objective in communicating with you is to instill excitement, to propel the energy fields of those who receive this message towards a positive timeline on the universal scale. The more intent you put behind a positive outcome, the more likely it will manifest. This teaching is intended to inspire your excitement, to make you enthusiastic about being alive on Earth at this time and to provide a glimpse of the probable future that our combined willpower can co-create, but I digress ...

After diagnosing the symptoms for the TIA in mid-November 2015, the decision to undergo surgery to correct the blockage that had developed was done the first weekend in December. As the recovery period was explained to me to be around 30 days, the doctor had suggested meditation as a possible therapy and recovery treatment. I had always been interested in meditation, but struggled to find that quiet space I had been lead to expect. I tried everything from apps to YouTube videos but could not find the "mantra" I was to have. But one day, I had decided to watch "The Secret" for the 3rd time and in it were references to TM (Transcendental Meditation). I began to research where to learn this claimingly simple technique. As every TM instructor is trained in the same tried-and-true method, they are not found everywhere easily, but in my case, when the decision to undergo the training came, it turned out my instructor lived about a mile away from my home.

The training is 4 consecutive days - 90 minutes the first day and then three days of one hour sessions. By the end of the second day, there were noticeable changes in my physicality - specifically, I had carried around a sensation in my core that felt like indigestion that would come and go. Day three of training revealed what it was - stress. And it hasn't flared up since. The other benefits of meditation (aside from how easy TM is to learn and use) were: significant weight loss and I no longer suffered from arthritis (from my days of athletic pursuits) or the high blood pressure which I had experienced all my life seemed to just disappear.

With the changes taking place within me, I was so happy with the results that I believed it was Divinely inspired that I would go on to become a TM instructor and help others achieve the same level of improvement that I had experienced.

Now there were other conditions in my life that were also changing - my marriage was coming to the end of its term and I remember distinctly what my wife told me near the end: "you don't live in reality". How right she was, but at the time I didn't appreciate her words as much as I would down the line.

It's about this time that I accepted my last hospitality consulting post at a casino project in Baton Rouge, one I had already spent time at and had enjoyed previously for almost two years. But in mid-June of 2019, I would come to understand that I had knowledge of things I didn't know before and my inner being was telling me - there is something else for you to turn your attention toward.

Now I had finally taken some PTO time for myself back in September and went to Las Vegas for four days. While I was there, I started to think of where I would live after the Baton Rouge gig and Vegas looked promising. It was easy to get to from anywhere, close enough to my son in California and was home to the casino organizations I had been consulting with, so finding work shouldn't be much of a task. I looked at 5-6 homes and came away with one that had some quirks, but I liked everything about it. By the end of the year, I had put down escrow with plans to close mid-February as my last day I had given would be February 6, 2020. Seeing how I had a few days before closing on the house in Vegas, I decided to head for California and spend a few days with my son beforehand.



# The Call

On my way driving from Louisiana to California, I was getting a nagging thought telling me to abort the house purchase in Nevada. After two days of this uncertainty, I gave in and made the call I didn't want to make to walk away from the house. Then when I reached California, on Day three of my visit with my son, I would learn the reason for the shift in things: Covid would be locking everything down - and with that - I realized why moving to another state under the circumstances is not a good idea right now.

I spent much time in meditation as there wasn't a lot of other choices to keep one occupied then and it certainly honed in on my ability to find that quiet place inside without distractions. I found plenty of time to pursue rabbit holes to go down looking for understanding of the things being placed in my path and I was truly seeing 3D earth for what it is. TV was impossible to watch knowing its all staged (and commercials are designed to have to "stimulate" the economy) unless it was a concert or some reality shows, everything else produced for us to ingest was all fake situations. I had stopped watching the news long ago as all it seemed to perpetuate is the same content to trigger you into fearing something. I did find opportunities to do some past life regression that helped bring clarity of Atlantis as one of the rabbit holes I searched. History class failed to cover this topic (and others).

As we neared July, the situation seemed to be relaxing in terms of the lockdown and I was ready to find a quiet parcel of nature with which to commune. My original intent was to head to the southwest areas of the four corners (Utah, Colorado, New Mexico and Arizona), as there are a variety of stunning national parks to explore and I had wished to return after been taken there before. When I began to make plans to drive there, I saw reports of parks that were closed due to the nature of the virus. The moment after that realization settled in, the very next thought was Mount Shasta. ...

Now I had driven by Mt Shasta plenty of times before during road trips, and I had certainly heard about whatever "magic" is there to be found metaphysically, but I had never spent any time there. It seemed like a good alternative as it was only a four hour trip from Santa Rosa ...

# **Mount Shasta Maiden Voyage**

Looking back, I was most certainly being drawn to the area for reasons I didn't comprehend at the time, but I was about to embark on a journey with dimensional experiences and physical encounters with Light Beings ...

I arrived Sunday July 5, 2020 and as it was too late to hike that afternoon, I thought I would familiarize myself with the town and walked down the main drag to see what shops, etc the town had to offer. Being a crystal enthusiast there were multiple shops to explore but one shop would prove to be a link between the dimensions.

Blue Star Child Gallery's proprietor is Haruko, a lovely Japanese artist whose vast gifts we are still discovering. Her shop window is filled with colorful creations of hand drawn cards and illustrations so it was easy to be drawn in to this space. Now this day when I entered her studio, I first noticed the shoe covers waiting by the entry. I had incorrectly assumed they were there because of Covid, instead there are a Japanese custom to remove (or cover) shoes in especially sacred places. I decided I didn't want to go through the process just then, but as I was turning to leave I couldn't help but notice this colorful illustration on the wall across the room and it's 10' high by 3' wide ... and there were way more than just this one. I'd be back in a few days to explore further.

The Crystal Room was the last place I visited as it was not directly on the main drag (and someone had to tell me it's whereabouts). High on my list of places to visit, my research had resulted in learning that authentic Andaras from Lady Nellie's property were within this shop. It was later in the afternoon when I finally arrived in the shop. There were people in pockets throughout the nine rooms that make up the footprint. Some admiring the crystals, some the artwork, some the crystal bowls, there was a brisk amount of activity of some interesting variety. I wandered by myself taking in all the positive energy in this place. The crystals were stunning and there is something for everyone here. But I was I search of something specific ... Andaras. The last corner of the last room I explored had a rather small display of mostly seafoam and root beer Andaras of various sizes. My mind hoped ... there must be more. I could see that trying to attract the attention of someone from the shop with whom I could ask questions ... this was not the time.

Two days later, I returned around noon. I wandered around the shop scoping out maybe a section of Andaras I had missed while trying to catch the eye of Bev. By now I'd learned that Beverly is the owner and manager of the shop and has been an institution for years. When I finally got the chance to ask her about Andaras, she said "Oh, I have lots of Andaras, they are down in the Shire. I'm the only one in the shop today, but I'm taking a customer and a few of his friends down there tonight at 6PM after I close the shop. If you'd like to come along, you are more than welcome". I was there at 5:30PM, if there was an opportunity for me to see a collection of authentic Andaras - just tell me where to be and when - I will be there. I can only imagine that there probably not a lot of people who had the opportunity to see what I got to see. Beverly had acquired a collection that filled rows of shelves filled with boxes of every kind of Andara, not to mention the larger elder pieces that sat on the floor. From the moment the door to Shire opened ... I felt a surge of energy like a breeze as I passed through. It turns out that her customer that day was Ted Mahr. At the time I didn't know Ted and he certainly didn't know me, but I owe him thanks because without his visit the opportunity to tag along probably wouldn't have come along. (Or would it have?)

Bev couldn't have been more patient with the small entourage with Ted, I was looking for a violet or indigo colored crystal (or so I thought). While I went through box after box, Bev handed me a just smaller than fist sized "root beer shaman" Andara, shaped like a wedge. It had a beautiful amber highlighted eye in the center with amber Easter eggs everywhere when the light hit from different angles. Almost as though it was a predetermined outcome, the crystal was going with me and I was definitely connected. The energy was grounding, clearly what I needed from this visit ... so Starbuck's wedge has kept me grounded (and so much more) on every adventure I been on ever since.





Authentic Andara crystals from Lady Nellie's land



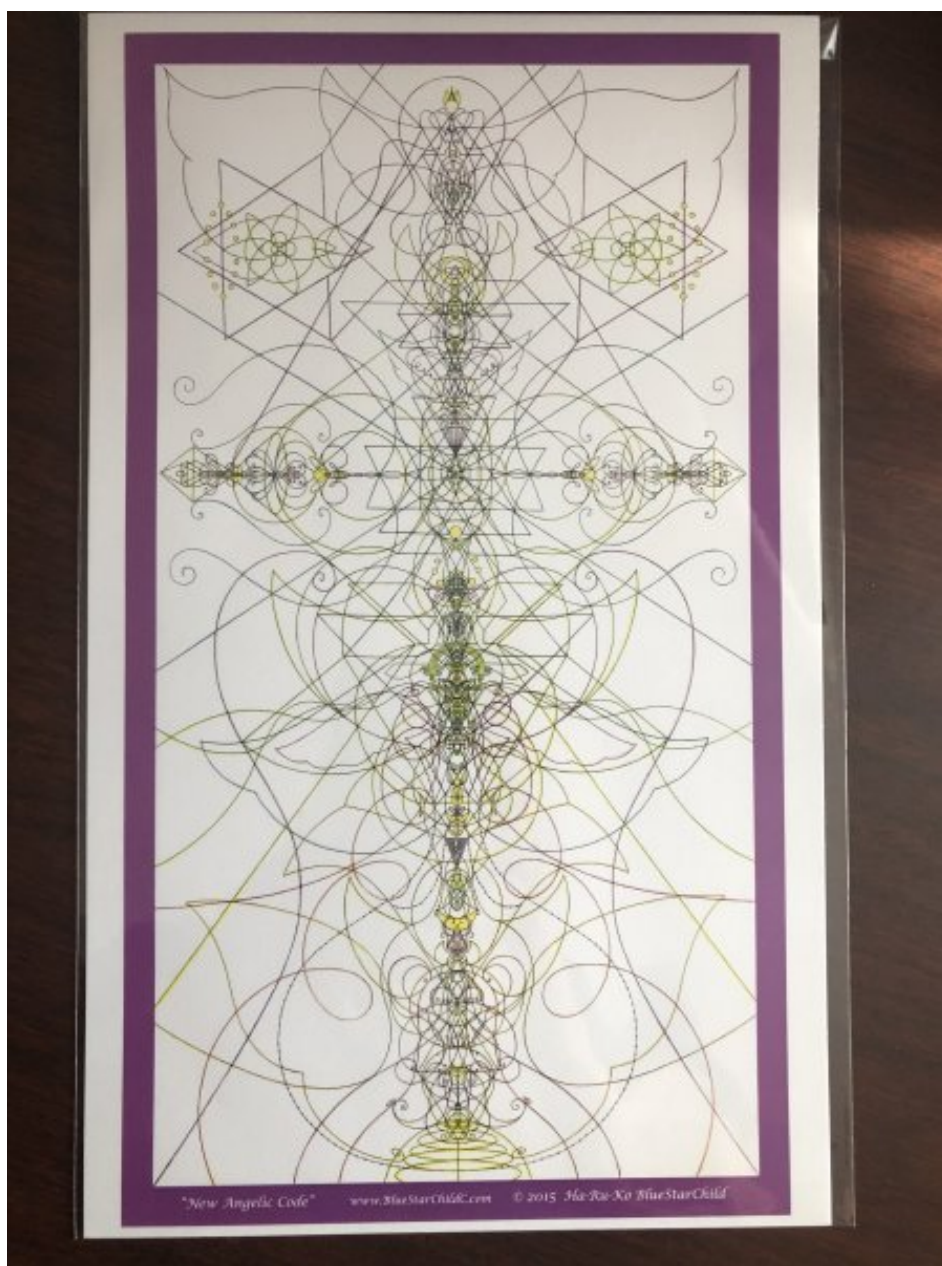
So I went back the next day to see Haruko at Blue Star Child Gallery to pick up where I left off seeing these huge wall illustrations. It was early enough that I was the only one in the studio, she walked me around to show me many of what she explained were Light Codes that she was divinely inspired to draw. They are 10' by 3', drawn without the benefit of a ruler or protractor - all by hand and then colored afterward. They take months.



The studio also showed her creative side with illustrations that were very enchanting with her spirit animal the bunny. Much different, but also quite detailed. Then the middle room hosted more of her symbolism until in the back of that space there are two models that wrap around a corner as they are too long for one wall. My favorite is Lemuria & Atlantis Merged and it speaks to me as a representation of Seven of the Dimensions.



That wasn't all though ... there was one more room that I was meant to see, it was maybe 8'x8' space with a door you could close behind you. On the walls were five powerful Light Code illustrations that had such great detail, I wanted to take the time to take it in. I went out to ask Haruko if it was permissible to meditate for 10 minutes or so in that space and she replied "that's what it there for". I placed the three crystals I carried under three of the images and sat in that space taking it all the detail of each code. My energy was so charged and at the end of that time, I came out of the room in tears. It's important for me to point out that two of those images I will see elsewhere ... the image that was just to the left of the door: The New Earth and the image that was just to the right: The New Angelic Code (my interpretation is the new Human Blueprint).



New Angelic Code @  
Blue Star Child Gallery  
in Mount Shasta



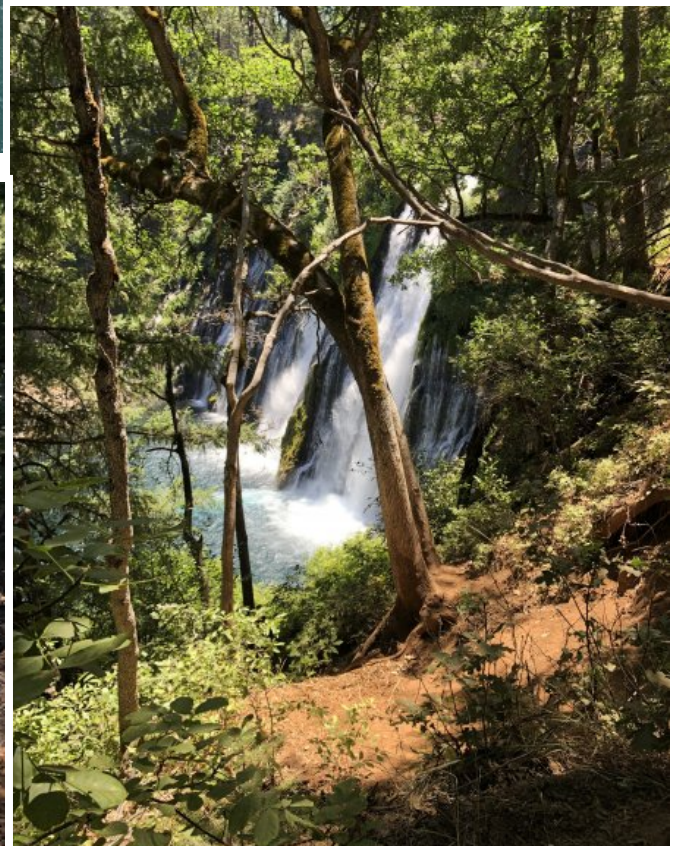
# Looking for Energetic Vortexes

Here's why I came to Mount Shasta - to find that energy that supposed to be here. I know there have been extraordinary experiences people have claimed and the reports of encounters with Ascended Masters are well known. That's what I was seeking - if there is something higher I am connected to - show me.

So words cannot do justice to nature's grandeur, and even these pictures do not do their subject justice, it's the best way for me to share these incredible sources of Light and energy with you. Enjoy and you're welcome. 😊



Burney Falls and the Rainbow Bridge





Energetic portal in Red Fir Flat, snow in July 2020, eruption from Mt Shasta & Old Ski Bowl Trailhead @ 7900'





Castle Lake and on the way to Hidden Valley





Pluto's Cave,  
McCloud Falls,  
Medicine Wheel  
and Starbuck's  
vortex





Gateway Peace Garden and the Tower of Love





Black Butte  
6500' to the  
top ...  
The downed  
tree at the  
beginning  
should have  
been a sign. 🙄



# **Do You Wish to See Telos**





Friday, July 24, 2020

Today, it was my plan to start early and visit Gateway Peace garden, then revisit Red Fir Flat as there was an elevated part of the forest I found out about after my first hike in that area. I wanted to find it as there was an energy calling me to that place. After seeing both places (and hiding another of Starbuck's Crystals at Red Fir Flat), I decided to go back to Panther Meadows upper lot. The place was busy, but I was able to find a parking spot and a vacant picnic table to sit and take in this wonderful environment while making hiking plans for the next few days. As I am looking toward Mt Shasta, Shastina drew my attention. The way the shadows begin to form on the east side, there appears to be areas that look like they could be cave entrances. That could be an easy day hike. It looks from where I sit to be a 20-25 minute hike but the last bit of it is off-trail and steep. Plan B was Black Butte Summit, which if you've driven I-5 past Mt Shasta, the freeway bends around Black Butte it is so close. I wasn't aware that you could actually hike all the way to the top, but based on accounts of the views promised, I was interested in the climb. So Black Butte would be the next adventure on Saturday and devote the entire day to this achievement. Then the following day, visit the spot that drew my attention on Shastina.

## Saturday

Saturday came and after the usual morning routine, I headed for the trailhead. I had scouted out its location the day before so I knew how to find it, because it's found at the end of a few miles of dirt road. I planned to record the ascent using Relive and the app shows I began the hike at 10:10A. I had no idea what I had gotten myself into. With the exception of the peak which was steeper than the rest of the hike, the grade uphill was pretty consistent. I didn't comprehend until during the actual climb what previous hikers had described as a rocky trail, narrow in places was becoming clear as anything now. As usual, I was determined to see it through, but I'd be lying if I didn't say twice, I seriously considered turning around. I pushed on in no particular hurry to conserve energy and to take in the scenery. Finally I reached the top. There were two groups of pairs that had passed me on the ascent that were enjoying their rewards. To move this dialogue along, the descent took longer than the ascent as I was fatigued, I was never so happy to reach the place the car was parked. It was nearly 4:30P and I was beat. I headed back to my room, showered quickly and hit the bed by 6:15P. Sore and needing to recover a bit, I was ready for bed. As I laid there aching, I resolved to put off hiking anywhere the next day and spend the day resting.



## Sunday

In spite of the significant fatigue from Saturday's hike, I still woke a little before 7A. I meditated like every morning and then laid back down to resume recovering from the aches caused by the Black Butte Summit climb. After a few more hours, something stirred in me and the curiosity about that spot on Shastina which captured my attention kept growing. Surprisingly, I wasn't nearly as sore as the end of the previous day, so I followed my intuition, got up and headed for Panther Meadows. Being a Sunday, the parking lots were nearly full and a variety of people in the form of families, couples and groups of friends were already enjoying the area. I grabbed my backpack, walking stick and took two pictures pointed in the direction of my intended destination from the parking lot. The time stamp on the pictures was 12:53P. I followed a trail that wrapped around Shastina to the left (south) that led me to the slope I wanted. I reached the point where I had to leave the trail and begin to ascend to the spot, so I chose a line "as the crow flies" in the direction of my target. There were a few interesting rock formations within lush green areas that had a vortex feel to them along the way and then, there was a small area behind some large boulders that I had to climb over to access. There was an immediate energy change. The area had boulders circled in front of me, and thick brush behind me. I sat down facing the parking lot, leaned back against the brush and took two pictures from where I was, timestamped 13:22P. I had been listening to music from my iPhone through my AirPods while I had some water and grapes. Suddenly, the music stopped and I began to troubleshoot the reason why. My AirPods seemed intact, my phone was in my back pocket and when I retrieved it to check on its status, it had no power. I tried to hold the power button down but it wasn't responding. It was unreasonable that the power died as my phone was fully charged when I left the car with a fully charged Mophie attached.



Now it gets interesting ...

The sun was still nearly overhead, but I noticed a shadow appearing from behind and above me like a canopy that was unfolding over my head and along the ground. Now I had been sitting with my back against the rock mountain with only dead brush between. When I sat upright to see what caused the shadow, I felt a sensation of cool air coming from behind. When I turned to take note of the changes in my environment, I now saw an opening that wasn't there a moment ago. It was a round gap, maybe a foot taller than I (I am 6' tall). I stood up a little startled to look and once my eyes adjusted, I could see the top half of a shadowed figure of someone I guessed to be about my height. He asked in a slightly British/Australian type accent, "do you wish to see Telos?" I stammered out a yes, trying to disguise my combination of excitement and anxiety. I walked up over a small rise, looked inside where I could see into a tunnel heading downward with a person standing about 10 yards inside on the left and a faint light coming from the bottom of what I could see.

I walked down a slight incline and as my eyes adjusted to the light conditions, I could now make out better the person waiting there. He was a flawless handsome blonde male with shoulder length hair and white garments with multi-colored ribbons. However, he was at least two feet taller than I when I got close enough to see his entire being. He said you can call me Alex and I replied "that will be easy, my son's name is Alex". He replied, "yes, we know of your son Alex, would you follow me"? We walked down I would guess another 30 yards or so where I could see the light become brighter as we reached the bottom of the tunnel, I looked behind me and the opening at the top of the tunnel was dark.

When I say he was flawless, I'm referring to his physicality and it took awhile to comprehend that these beings are already in crystalline form and not the fragile carbon bodies we humans carry.

Once on the bottom, the area opened up to reveal a large staging area with three platforms maybe 6' x 6' with two bucket-like seats on top. Alex slid into one seat and directed me to sit in the other. The platform levitated and began to move although it felt to me like we weren't moving at all. There was no steering device, no console and Alex explained he could navigate this craft telepathically. Where he thought is where we went. There were multiple apparent volcanic tubes leading from this "station" and we proceeded into the center tube. Whatever propulsion this transport used was completely silent as was I. I was just trying to take it all in.

When we emerged from this tube, we were in a domed area the size of a small city with many buildings around the perimeter and a huge pyramid shaped temple in the center. The dome was high and wide, I couldn't see the peak and how high I can only speculate but the most fascinating realization of all of it so far was the amount of what appeared to be natural light in a place that had no skylights, no beams of sunlight. You got to ask your self what is the source of the Light? If only your 3D mind was ready for that answer ...

The pyramid was white with a capstone called "the living stone" at the top that Alex said was donated to them by Venus. The other buildings were all constructed of crystals formed in a variety of colors, that soared up like skyscrapers. There were many beings that were certainly human but there was no one shorter than myself that I saw. I made eye contact with some of the Lemurians looking in my direction as we passed and it seemed like I knew them and they knew me.

Here's where I get to pass on some inside information - this from Dianne Robbins who gave me this but never had included it in any of her books. We are truly blessed to have her share it here:

When we were discussing the capstone on the central pyramid in Telos and I had mentioned it was white when I saw it. According to the new light cast on my knowledge based on Dianne's information, the fact that I was there on Sunday, the capstone was white. 🙄

Dianne went on to explain that the capstone changes colors depending on the day! I've read all her books and can't recall uncovering this information then, so you are in on a scoop:

Sunday is blue / white

Monday Gold

Tuesday Pink

Wednesday indigo

Thursday white

Friday green

Saturday Violet

Thank you Dianne for filling in some more detail. 🙄

Aside from what I was experiencing in the moment, there was a moment of stark realization that our two current worlds have connection. It made me pause to see “codes” I had seen in town. In many places I saw what looked like drawings etched in the crystal walls. I believed I had seen similar drawings in a Mt Shasta gallery that looked just like what I was seeing. I mentioned it to Alex and he smiled confirming that they were illustrations of codes in a galactic translation. They seemed to be the same images I saw at BlueStarChild Gallery. Alex knew the proprietor Haruko and yes, her inspirations were some of the etchings on the walls. The two that struck me as that which I had seen before in Haruko’s shop were called the New Earth and the New Angelic Code (New Blueprint for Humanity) and I’ll see these two framing the Council Chamber entrance.

Alex explained that Telos had 5 levels and we wouldn’t see them all and almost immediately, we were on the third level. Here we hovered over about seven acres of land with gardens producing crops continuously using hydroponic technology organically. He did say that they place organic minerals into the water for the plants but that the energy, light and vibration of Telos enhanced their harvests quickly. No fertilizers of any kind that would deplete the soil. The fourth level had a little more hydroponic gardening, some manufacturing and large areas of natural parks. The large percentage of people lived on the first level in most of the “city” with public buildings, administration and several temples. The second level is production, manufacturing and schooling facilities. The fifth level is dedicated to nature. Trees, lakes in a park-like atmosphere along with plants and animals that disappeared from the surface long ago. Every sentient being including animals are vegetarian and do not eat each other. Totally harmonious with no fear or aggression.

I should stop here to try and describe the beauty of the city built with crystals and precious metals – it was reminiscent of fairy tale visions I’ve had. However any explanation I could provide would not do this magnificent place justice.

Just coming through that tube lined with crystals with Alex was a living kaleidoscope. The incoming light from the other end of this tube caused the light refraction on the crystals in the walls to change with every movement.

Alex told me about their two forms of governing ... Telos has a king and queen, Ra and Rana Mu, both twin flames and Ascended Masters. They are the ultimate rulers over Telos. Then there is the Lemurian Council of Light of Telos. 12 ascended masters, 6 men and 6 women to balance the masculine with the feminine divinity. The thirteenth member of the Council is Adama, head High Priest of Telos where he officiates as the leader of the Council to make the final decision in matters where there may be an even vote. Members of the Council are selected according to their level of spiritual attainment.

We found ourselves outside the entrance of what looked like a meeting room attached to one of the temples. This was the Council Chamber and it was the most magnificent place of its kind I had ever seen. It was a huge space with crystal floors, walls and a soaring ceiling over a round table centered on the room with 13 seats. The table was made of wood with the most beautiful grain and crystals imbedded in it. The crystal walls were radiating a soothing energy that felt like a room flooded with unconditional love. In that space I sensed there was some energy that pressed repeatedly into your heart core like the best hug you've ever received - over and over. Then five others joined us here. Four feminine and one masculine I immediately recognized as Adama. The six of them each positioned themselves in front of a chair next to one another and invited me to take a seat between them all. Adama began by introducing himself and his title. Then each in turn, did the same. Apologetically, I can only recall the name of one of the women who is She-Ah-Ma (I'm not sure how to spell it, but this is it phonetically). As the discussions started, it appeared that she seemed to be "chairing" this meeting.



It is an understatement to say that I was unprepared for what transpired next. I was about to learn why I was brought to Telos. The most important revelation for me was that this group agreed with what belief I held up to that moment - that being Earth's ascension would manifest sometime around the winter solstice this year. I was excited beyond words. The Lemurians have waited since Mu disappeared long ago for this moment to arrive. They have stayed "invisible" to surface humans for decades (my research found that the last documented contact with a surface human – not to be confused with channeling, had been in the 90's) and invisible for good reason. Humans had proved to be not very good stewards of Earth and her gifts. They were going to protect themselves from outside influences that might not appreciate Gaia and their lifestyle. It wasn't that they didn't want to interact with surface humans, but they were going to wait until the time was right and vibrations matched.

That brings us to me. She-Ah-Ma explained to me that they were beginning preparations for the Event. When humans ascend into 5th dimensional awareness, the Lemurians would make themselves known to us where we could exchange all manner of experience and knowledge from both realms that would benefit all. Surface humans were not without desirable qualities because they possessed free will and the creativity associated with it. The Universe was watching the Earth experiment with great interest to see the creativity of Earth humans. It was the duality of earth stuck in the third dimension that showed that without a cosmic reset, nothing would change. That reset is unfolding now. The Lemurians were looking to establish contact with the right surface human(s). She pointed out the criteria that I met was as follows:

- 1 – I demonstrated I can hold 5th Dimensional awareness.
- 2 – I am the Protector of Gaia
- 3 – Their wish was that when ascension takes place, they wish to integrate back together with humanity and hoped I would be willing to act as an emissary between the two.

Adama spoke next and said he represented the unanimous consent of the Council in this matter and hoped that I would agree to assist when the time came. I quickly dismissed the “why me” thought that popped into my consciousness and an overwhelming sense of gratitude, flattery and humility filled me. I had said nothing during this meet and could only muster “of course, I would be honored” as the only words that would come to my aid. And with that answer, our meeting was done. We all rose from the table and bowed in each other’s directions. It left me speechless. Alex directed me back to the entry, where we got back onboard the hovercraft and returned me to the staging area where we first boarded at the bottom of the tube where I came in. I asked if I would be able to return again and he replied “yes, when the time is right prior to the Event”. I also asked if I was allowed to share my experience with others and he told me that as the Lemurian Council sees the Event as imminent, they had no objections to tell others. That, and no one was going to find the way to Telos without aid from the Lemurians.

He expressed gratitude on behalf of all Lemurians for my willingness to do what was proposed. He smiled, wished me farewell and the next thing I knew, I was back outside with my back against the bushes, I know now I had been moved through a portal.

It took a moment or so for my eyes to adjust back to the sunlight and then the descent was a blur.

When my consciousness gathered itself, I realized I was back in the car. I took my phone out of the Mophie to place it in a holder and plug it into the USB adapter. With the adapter attached the phone fired back to life and I took one last picture from where I sat in the car toward the place on Shastina where I found that vortex.

It felt as though I was in Telos for hours but when I looked at the clock on my phone the timestamp was 14:44

(I switched my phone to military time long ago to pay attention to synchronicities).



It took me quite some time to begin to assimilate all the events that took place and I'm still going over each detail to burn into my Akash. What I saw is part of what lies ahead for humanity if you have the courage and vision to believe it to be true. We all believe in something. I choose to believe in this.

Vivid imagination or prognostication? You decide.

I now know that was a multidimensional experience meant for me

And ... is about to become more common for those whose vibration matches that of their environment.

# Immediately Post- Telos

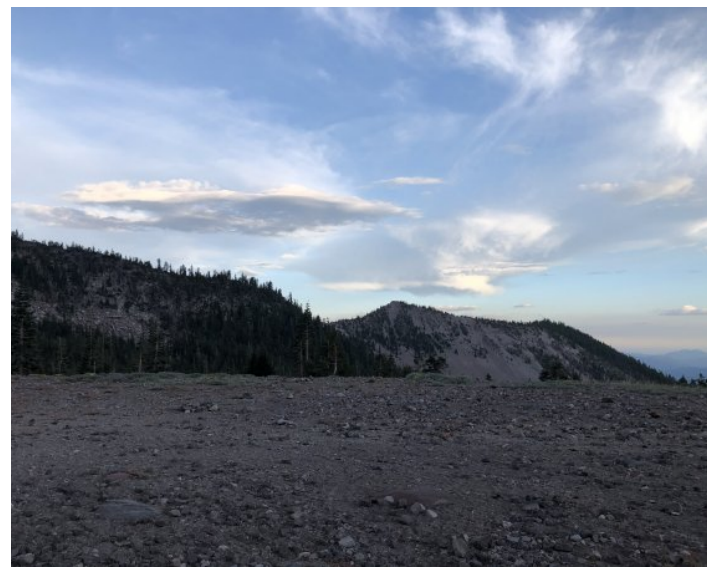
When I returned to the parking lot that Sunday afternoon and as I looked around at everyone going about their day I knew that NO ONE had any idea what had just taken place with me. Where to I find a touchstone that can help me understand what just happened?

I first went by Haruko's studio, but it was closed.

Then I immediately drove to The Crystal Room - Bev could certainly shed some light given her experience in the community. When I got inside she was behind the counter assisting someone with a purchase so I waited until I could find an opening to "run this by her". It took a while and I was determined to get answers. When I finally had the moment in a semi-private way to tell her what I experienced, she looked at me with no change in demeanor like that was a common thing. I learned later it was for her indeed as she has had countless special connections over the years. But she didn't really provide the support I was looking for.

I returned to my hotel room and immediately began to research everything I could learn about Telos and the Lemurians .. there is plenty to sift through but little I found that could really be considered tangible. That is, until I ran across Asara Adams and her connection to Adama (among others). I found contact information on her website, called the number, left what I'm sure was an interesting voicemail to receive and hoped to hear from her. About 45 minutes later she called me back and for the next two hours graciously listened to my account. When it was over, she helped me validate my experience by telling me something that she has never before shared with anyone. That pieces of my description matched exactly what she knew she had also seen there but had not been given permission to share.

The next morning I returned to Haruko's shop to share the experience with her - I'm certain it took a bit for the news to sink into Haruko and her role in all this for it to assimilate. Then I headed for Mossbrae Falls for the day and star gazing this evening.



So where did I go to assimilate - stargazing at Old Ski Bowl Trail and the next day I found Mossbrae Falls.

The word makes its way out in the Mount Shasta community at the end of July and reached the ear of Reuben Langdon who has been documenting extraordinary phenomenon for years now and was on his way to interview Asara Adams in Mt Shasta. I missed him by three days, but he was definitely interested in seeing if this content might be great for an episode of Interview with Extra Dimensionals, Season 3. The only question is: with Covid affecting everything, when could the production of the piece take place? We'll be measuring that in months. In the meantime October seems to be the time when the first requests to do an interview about my experience take place. It's still new to me too ... so there is much to try to comprehend. The first one was with Rob Potter in Mt Shasta, the next with Alfred Lambremont Webre, famed exopolitical expert and then Jo Sheval Iskra from her channel in Australia.



### Interview with Jo Sheval Iskra

My visit to Telos

*The Awakening*  
11.11

YOUTUBE

October 26, 2020

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### Interview with Alfred Lambremont Webre

My visit to Telos

*ALW Exopolitics*

YOUTUBE

October 19, 2020

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### Interview with Rob Potter

My visit to Telos

*Rob Potter - The Promise Revealed*

YOUTUBE

October 13, 2020

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It was Jo that was going to trigger the next phase of my journey by asking after the interview, if I had information to share on ascension - her audience would love to hear it. That morning, someone who had heard about my story and began following me on social media sent me a pdf file titled: The Ascension Handbook, drafted in 2012 by Master Tony who can no longer be found. It seems it's been tasked to me to make this information available to everyone as though a baton had been passed. I was going to have to resurrect my website and this seemed to be a good reason to do it now.



The truth is, the Ascension Handbook was sent my way so that I could understand its contents. That way when I would be asked to explain it to others, I had a complete comprehension of its material. And it had to resonate with me first. When I believed it through reason and feeling then I was in a position to help others reason it out as well. It has become the foundation of what I know to expect during the imminent Shift in earth's vibration to her next level of consciousness.

It's been the source materials I've used on the New Earth One Network to help teach others about ascension. It's my honor to be the dispensary of such wisdom.

Until March, things just seemed to be in limbo and I still didn't know fully what to make of the experience I had in Mount Shasta. I'd be presenting at a conference in Sedona in March and then Reuben reached out with a window of time in April to meet and shoot the episode in Mount Shasta. I don't need any other excuse to go to Shasta, and this one will be special in ways I don't yet know.

Enter the Mitchell-Hedges Crystal skull and Bill Homann her keeper.



# Presenting for the First Time

I was invited to present my experience in March at Suzanne Ross' Ascension event in Sedona. I found Tribe there who have had extraordinary experiences and welcome others as explorations. There was one thing significant about this trip and before its over, Yuki will give me the location of an energy vortex for me to stop at that will result in Phase One of an activation that will complete itself in April at Ascension Rock in Mount Shasta as part of the Skull Squad quest.



## Sedona experiences

Energy awakening, metaphysically triggered in Sedona. Unique energy signature but it emanates Gaia energy compounded by that Red Rock. Different from Mt Shasta whose energy emits its own unique signature from atop a culture waiting in Telos to rejoin the surface post- Shift.

## Visual confirmation of many UFOs

At the Airbnb - I experienced, I'll call it a vibration coming from overhead like some kind of craft was hovering but it did not have the sound of rotating blades so I ruled out a helicopter; as the sound was stationery, I ruled out an aircraft because that sound sensation would have to move as a result of propulsion. It was early morning on the last day of my visit and it was overcast. The conditions would surely be right for cloaking one might assess. In retrospect, I recall hearing a similar "frequency / vibration" earlier in my trip, but dismissed it to the energy phenomenon in Sedona.

# March 2021 Sedona Ascension Retreat - Suzanne Ross



Sedona retreat / refresh / reset / renew / realign ...

About a month ago, it had been communicated that one's ability to manifest would be increasing due to greater awareness through activated DNA. With all the solar activity we've seen over the last few weeks in particular, as well as a - shall we say, "deteriorating" magnetic field protecting the planet. The increased photon energy belt that our solar system has entered is influencing (and accelerating) Earth's ascension transition to Gaia.

But this post isn't about ascension, you'll find more about that elsewhere later, but for now enjoy this manifestation tale ...

The weekend in Sedona was amazing but for purposes of brevity, I'm just going to use the weather conditions as the foundation for my story and for me, the theme was "All That Is: Microclimates". I could go on about instances each day that framed my opinion but in order to keep your attention through the end I will move on.

It's Tuesday in Sedona and this morning is the first one since I arrived, that is overcast and I sense precipitation in the air. As it was my scheduled departure day anyway, it actually made it easier to leave because the beauty and majesty of this place is unlike any other. I left heading north on 89A to swing by Starbuck's on my way out of town and it began to rain/sleet. Just north of town, where the temperature was now 35 degrees according to my car dash - it was turning into snow. Prior to the snow starting I couldn't help repeating OMG time after time, when seeing the clouds veiling the red rock landscape - it became a memory photo that I realized would never be repeated. You see, you can come here to this stretch of road through this gorgeous terra firma on a bright, sunny and see the same thing anyone else can see on another bright, sunny day. The inherent unpredictability of cloud formations will guarantee that what beauty they bring to the table I'm seeing in this moment will never be repeated like this again.

The snow was also adding an element of beauty that waxes and wanes under these weather conditions. Today, right now the snow is dusting the evergreen pines in between the red rock making for a gorgeous winter perspective not unlike back home in Minnesota where my recall took me back to hockey road trips to the Iron Range to play northern teams during the high school days. One bus trip to Hibbing and Grand Rapids came to mind today and brought back one memory in particular. There was a Mexican Restaurant we had dinner at one evening and I have fond memories of fried ice cream for dessert. If you have ever had it, you know what I am taking about and I can't imagine many restaurants serve it at all anymore. Nonetheless, my senses of taste and smell soared to high alert as I remembered that experience long ago. The anticipated craving showed up right on cue. But my focus went back to the drive and Mother Nature's creative weather expressions - all for me today. From 35 degrees with rain / sleet / hail / snow / 45+ wind gusts in Arizona - to 64 and clear in Barstow California. I had a weather smorgasbord to enjoy.

I arrived at the hotel I booked for the evening right around 6PM, a nice Quality Inn at a good rate. Now that circumstances are changing with dining especially for hotel restaurants and bars, it was refreshing to see this property had a restaurant and a bar that were both open and serving indoors. After I checked in, I poked my head in bar area and checked out the restaurant which had decent traffic. I wasn't really looking for anything to eat / drink at the moment, but I had noticed that it was a Mexican restaurant. I drove around to park the car near the room and unload what I would need for the evening.

Finished settling, I noticed a menu on the desk for the restaurant. It would seem to me that the restaurant / bar and hotel may be operated by different groups, but the column MARGARITAS & COCKTAILS got my attention. I don't drink enough anymore to say I drink, but a margarita is always refreshing every now and then. And this menu boasts a Desert Pear Margarita.

But wait ... what's this? ... In the column immediately to the left and under the heading FANTASTIC DESSERTS it says this: Fried Ice Cream.

I have posted an image of the menu to corroborate this latest instance of near- instant manifestation, but I am heading to the bar - perhaps to order both.



# **Mount Shasta and the Skull Squad**



These were notes from my June 2020 Past Life Regression session

“I have incarnated in this life (yes, I’ve had others and so have you) from a future version of myself from the Pleiades, humanoids with advanced capabilities and 5th Dimension awareness. My soul agreement with our Creator was to choose parents, live amongst humans with no memory of past lives, in order to awaken at a predetermined time for a specific purpose. The purpose stems from an even earlier incarnation - I was a Mer Elder during the time of Atlantis. I was considered a priest but a better description would be to say that I was a master of magick, a Sorcerer of sorts with the ability to manifest anything immediately. All 12 strands of my human DNA at that time were fully active, which is where my abilities came from. I was also a master Alchemist, capable of transforming negative energy into Light. I served the Atlantians by healing and helping them perfect their awareness of the Law of One. Helping others find themselves is my greatest reward.

Prior to the fall of Atlantis, while we were aware that the end was coming soon, a group of elders with dimensional awareness suitable for the task, embedded their 12-strand DNA codex into their soul’s Akash where it would lie dormant until it was reactivated with a trigger they would know upon awakening. Universal perfect timing would dictate the people, circumstances and events that would come together in order to synchronize and posture these souls to coincide with the cosmic ascension unfolding now. That same DNA codex for 5th Dimension awareness was also stored in specific crystals in the Earth that was capable of matching that frequency / vibration.”

I have seen this Crystal Skull before, I've had my energy exchanged with this magical relic. It was this crystal skull and the other 12 that were imbued with an archive of cosmic Akash as well as the 12-strand DNA codex, stored in the crystal that would assist in the activation of your dormant DNA strands until such time that humanity (ready for ascension) would be triggered and your awareness would blossom. I've had my hands around this crystal skull in Atlantis, we used its energy to assist others in perfecting their awareness of 5th dimensional awareness and our connection to All. Once your DNA is restored to 12 active strands, you will recall all your memories and powers that are waiting to be awakened. The Skull is a magnifier as well as a generator of energy. It carries Akashic codes and its aura is perpetually affecting everything in its orbit. Whether it was the Skull Keeper's intention, consciously calling upon the energy of the skull - magnified by the setting - and the combined intent of those nearby ... the ethereal residue left behind by this exercise plants itself to wait for the next sentient being to bathe in its energy and awaken that which is stored in your dormant DNA. When your DNA is activated, your awareness will expand at a rapid rate. You will just "know". Your mind will be sharper, your senses more acute.

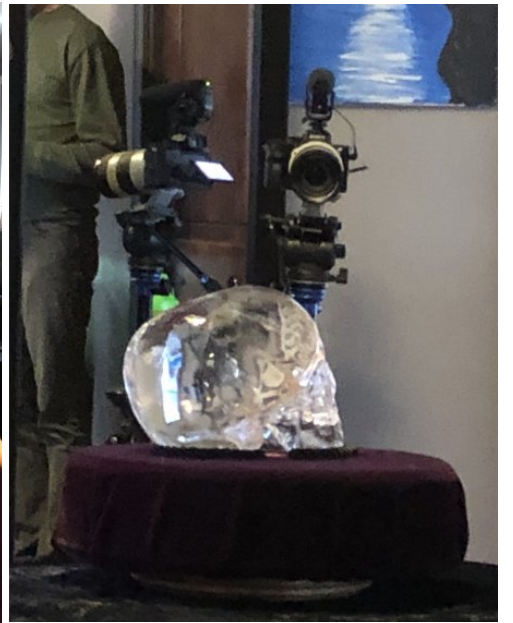
As for MY experience with engaging the skull - there was a reason that I sat with the crystal 3 times during the Mt Shasta skull squad adventure.

I don't know about you ... but it takes me awhile for information to assimilate. I've learned over time that our profound truths come after considerable discernment. Then I can consider them "hard earned". It's said that "when you are ready the Universe will show you what you believe to be miraculous". I have somehow found my way there (guided all along the way, of course). I've been reflecting on where I find myself (and the Collective) after much preparation over some time now, but last summer (in the midst of the p-demic) things were being revealed to me fast & furious.

In June 2020, I had an opportunity to do some past life regression with a guide who I trusted. She revealed my Atlantian experience down to the details of the priest, magician, wizard, sorcerer, alchemist, higher dimensional being that I was then. That dive explained how some with higher dimensional awareness were not only aware of the consequences of the oncoming “Fall”, they were already in preparation for that moment down the road, when the earth experiment was finished and when awareness would be restored through activation of “junk” DNA. That regression revealed that not only did those higher beings store their DNA codex in their own Akash for their individual awakening, the same codex was also imbued in crystals.

Jump ahead to April 2021 where the Crystal Skull (re-)enters into my physical awareness. Truthfully, before actually seeing it on that Monday, my knowledge of Crystal Skulls was flat. I have a natural affinity for crystals but this form was unfamiliar to me. I was about to be introduced to Bill Homann and the Mitchell Hedges Crystal Skull, neither of which I could say I had any familiarity with. But on that Monday, I was going to be brought back to a very familiar scene in my Akash - the Sorcerer once again had his hands around this Crystal Skull sharing the energy of this wonderful artifact with others for the highest good.

In July 2020, I had a miraculous physical interaction with the Lemurians in Telos. As per the two wishes I had regarding this visit ( - will I be allowed to return?, - can I share my experience with others?) I can share with anyone and everyone. In my cautiously guarded way, I found soul family members who were waiting to resonate with such news and opportunities to share began to manifest. Eventually news reached Reuben while he was in Shasta just after I had left ... and sparked a curiosity between the two of us to explore what happened, then perhaps document it. Of course all this was occurring during lockdown and much of the preparations were being done on Zoom with no real idea of when production would resume. As time progressed another Reuben project I heard bits and pieces of had to do with Bill Homann and a Crystal Skull ... well it appeared as through that road show planned to pass through Mt Shasta around April 11th, so we coordinated logistics to meet up there for a few days together. And there we would film content for an episode of Season 3 - Interview with ED.



How did we get here Skitch? 😊

That's what I thought we were going to do ...

Here's what the Universe really had in mind:

Enter the Skull Squad: Say Hello to Seven Masters who showed up for metaphysical work last week. I can't wait for the day when your awareness can comprehend that we are playing a physical role here now, but who you are at your core is a magnificent being capable of miraculous things. I was introduced to my inner squad of Masters who showed up for me. That may sound rather self-centered and perhaps arrogant but I was given back two of the abilities I wished to restore from my Akash, and each one of these beautiful souls showed up to help ME and had a specific role to play. You would see them as shopkeepers, martial artist, stunt man, actress, tour guide, photographer, real estate ... they actually have countless labels pronouncing their abilities. Who they really are - my cosmic tribe are as follows:

Reuben Langdon - Cosmic Producer and Guardian of the Halls of Amenti - Reuben is the catalyst behind this cosmic symphony, he has a vision of what his role and gifts were and he leaned into it. His archive of interactions with soooo many gifted beings provide the foundations of the truth behind all of it. Match his stunning visual mastery of the elements with his passion for seeking out that which is within him and we get to see beautiful, inspired creations meant to elevate everyone. What a story this one is.



## Bill Homann - Shamanic Sacred Skull Keeper

- Bill was meant to be the Steward of this particular Crystal Skull. But the care of the skull is actually the easier part of directing its energy. This is a priceless artifact with history that's just coming into focus, there is honor in the privilege of having it. There also comes with it an obligation to put it to its highest use for the benefit of all. Bill was the perfect Shaman to reacquaint me with this Skull. He knows how to allow others to connect themselves to the energy of the Skull and that is not an easy thing to do while remaining detached. He was (is) an Empathic Master for me.



## Emily Harrison, Founder of the Akashic Academy - Akashic High Master

- Emily is a close soul tribe member of mine. It turns out that unbeknownst to me, we have always shared Akashic access and heart space. The combination of the two is a powerful source of inspiration and when two beings (or more) connect at that co-creative level - watch out for magic.

I am quite comfortable as who I am and my awareness of thought patterns. Emily was there with right on cue advice for what is to come. I respect and welcome her visions because she is a Master. Her physical presence is like having a super charger at your disposal. I'm elated we vibrate at the same frequency.

Heather Bueno - Druid High Priestess  
- Heather is unconditional, elemental level love incarnate. Her command of the natural elements to heal is remarkable. Her heart space grows in every interaction she has, but so does whoever is in her slipstream. You cannot help but be lovingly influenced when she is present. I am knowingly drawn to her love of Gaia because it mirrors mine. At my core, I love nature, travel and the oneness with Source that those experiences give me. I love Gaia and those who share that sentiment. Heather gave me advice on surrender which made perfect sense after leaving Ascension Rock. It was amazing to experience nature respond to Heather's intentions to fill me (us) with what awareness I needed for the next stage of what's to come. She is a Master of the Elements.



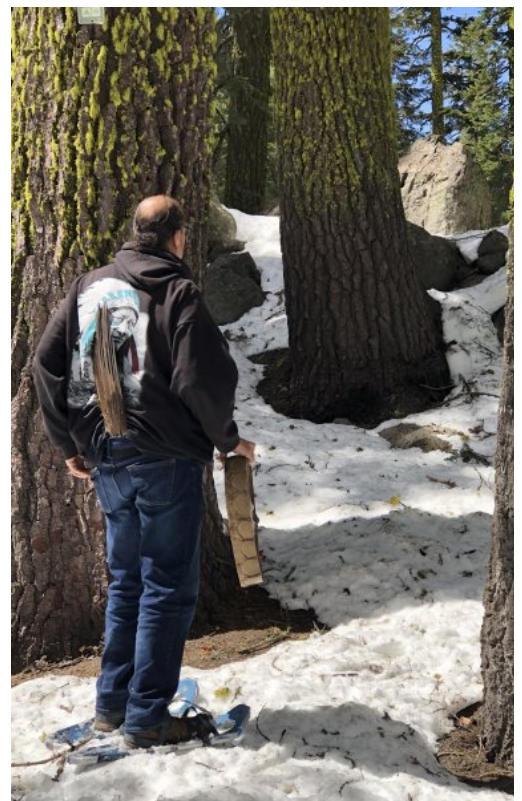
Paul of Venus - Venusian Cosmic Emissary  
- Paul was supposed to be there. It was certainly Emily's inspiration to contact Paul because of his familiarity with the mountain and his spiritual measure. He brought his pure Venusian energy to contribute but he also connected the star beings watching us play out the beautiful gesture we were all assembled to dedicate to Gaia and humanity. His loving spirit is infectious in the most delightful way and Paul was my first "opportunity" in monitoring someone else's feelings while he was being interviewed and I was able to skip around to a few places on his timeline together. He is a Master of Law of Love - the 5th dimensional law. He is known as a Cosmic Emissary to all the Universe.

## Matthew Bueno - Native Shamanic Medicine Elder

- Matthew was the wild card in a group of souls I had yet to meet along my journey. He is a big bear of a man who introduced himself as George (You will never live that down now brother). We met at The Crystal Room for the first time Monday night where the Skull Squad was about to come together with a few new members. Bill, Reuben and Steve had already been active squad members prior to coming to Mt Shasta, but this was leading up to something more than any of us expected. Matthew sat across from me and I was totally comfortable in the collective energy in that space but where I can normally read people easily, Matthew was a wall. That was - until his moment with / for me would come. You see it was Matthew's intuition that told him to take me and place me against the center of Ascension Rock and work his magic. He sang a song that went through me as I surrendered to what was unfolding, he activated my ability to master bilocation and opened my heart core with the ability to experience other sentient empathic feelings. I know within me that it was Gaia who granted me the restoration of these gifts and Mathew was my conduit to Mt Shasta's natural forces. He is a Shaman Master and treasured soul brother for everything Mt Shasta. He is also responsible for connecting the dots to unblock my recall and remind me:

I AM a Lemurian from Telos.

That is why it was me that was granted access.





Steve Copeland - Cosmic Producer of all Things Majestic

- Steve has the gift to be able to see the uniqueness in the moment and capture its image. His vast command of technologies and his comprehension of how to leverage the most out of every opportunity is fascinating to witness. His unspoken gift to me was his wonderful demeanor and his vibrant spirit. You want to be behind Steve to witness what creation he's lining up next. He is a Master of realizing Beauty.



Barbara Sol - Atlantean Princess and Citizen of Telos

- Barbara was supposed to be there. Yes she is Steve's beautiful partner and an absolute delight. You should know that I only saw her briefly on Monday while we were setting up. She looked familiar. Jump ahead to the moment Mateo informed me I was a Telosian and that's why I was invited in. Remember the familiarity of the faces I mentioned I saw while in Telos, like I knew them & they knew me - wait for it - Barbara looks exactly like one of them. I had an opportunity to validate some of my intuitions while connecting to others and Barbara resonated with visions of Atlantis we need to explore further.



Lowell Johnson - Protector of Gaia and Emissary of Telos

- Then there's me. How did I find myself in this squad with these people around me? It's what my perplexed 3rd dimensional self kept wondering. A week after the adventure in Mt Shasta, my awakened self had assimilated what had happened and I had my answer:

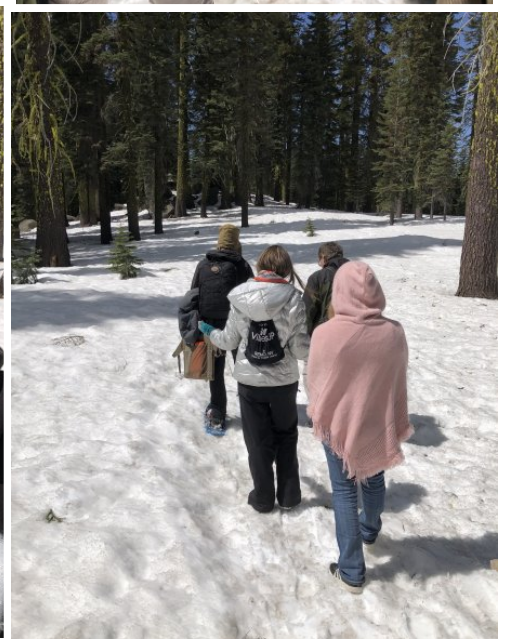
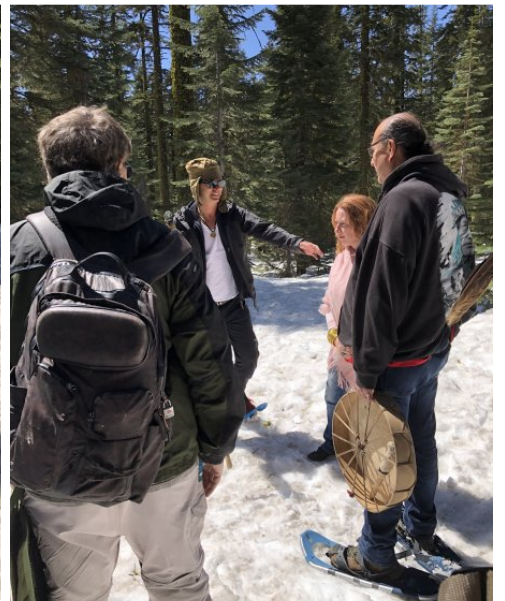


I asked them. You see my higher self (inner being) had posed to me: if you could have anything you wanted Lowell, what would it be? I responded with the thought that I want my 5th dimensional abilities restored. There's lots of magic there and I want to play with it, now that I remember it's there. Rather - I asked the Universe, Source, the Angelic Realms, the Ascended Masters and my guides to restore my 5th dimensional abilities. Please activate my dormant DNA and reveal my Akash waiting behind it so that I may be of greater service.

So stop for a moment to consider all the alignments of people, places, circumstances and events that came together to answer my call? It is miraculous in itself. It turned out that - as incredible as the possibility of filming an episode of Interview with ED with Reuben to talk about Telos is (amazing, who gets to do that!?), but my activations were about to come back to me ... in this place ... with these people ... at this moment.

This energy upgrade phenomenon did not come online without consequence. The physical part of the activations actually happened at the Sedona Ascension Retreat - March 20-22nd. It was the first time for me to share my Telos experience before a live group and that was the reason for me being there (or so I thought). Turns out - I was there for Stage One of this activation. Over the course of this weekend, bathed in Sedona energy - there were many activations offered, by many gifted beings so which one may have triggered me is unclear however, I began to sense a frequency when my neck is extended in a particular direction which I now know is a source of connection. It is the mechanism by which I receive downloads and hence, connects with other sentient life on the same vibration (if I open myself up to the experience).

When I returned from Sedona after having had a profound visit while there, it took me a few weeks to understand the whole neck thing and my deep meditations can take me to other places on my timeline. Now I KNOW I can bi-locate (my body remains in this place while my consciousness splits between here and somewhere else). I previously wrote them off as dreams I would have while napping ... nooooo ... they were journeys I was taking while in a meditative state. Now at this point, I am aware I can do it, but I lacked a mastery of it. In order for me to fully engage I have to surrender to let it flow. I can achieve it when in a comfortable state of meditative relaxation, but my being wants to measure the time of an episode. I know it's best to let whatever happens happen. In my case, I could be in that state of bliss for 20 minutes or much longer and so when I was in the group setting, I didn't want to drift off and not know when I'd return and inconvenience the others.



First stop ... Ascension Rock @ Red Fir Flat





It would be Matthew who would help set things in motion on their proper course. There are many details to the Squad's visit to Ascension Rock that were key pieces of what was supposed to unfold there (and did). I certainly didn't know what to expect nor did I fully understand at that moment what I was doing there, but I was definitely going along with whatever I can be a part of. I'm skipping over the beautiful minutiae to get to the point. After hiking through beautifully unspoiled snow covered ground we gathered around Bill, placing the crystal skull in front of the rock with us around it. We found places that spoke to each of us to take in the energy of Ascension Rock, amplified by the crystal, compounded by the Masters and their intent around it. "High vibration" is a huge understatement. The Druid High Priestess had chosen an elevated post, just to the right of the peak on the end and slightly back. I followed her path, but turned left behind the main rock to a perch I've been to once before and settled in to take it all in. The energy was almost immediately overwhelming, filling me with a bliss-fest of Gaia's spirit and my posse's energies. I started to purge (cry), but that was pure joy and delight leaking out. Knowing I am energy, I see my being as that of a capacitor ... similar to a battery but takes in and releases energy as a device. Our bodies are like capacitors when we take in and release energy - what was happening in that environment was off the charts for me. When I felt as though it was time to rejoin the group, I gathered up my crystals and made my way around to the front of the rock again. As I came from around the back, Matthew is standing up and it's his face I see first. He immediately looks me in the eye and crooks his finger as though to demand "come here". The Druid High Priestess hands me a smoky quartz point to help with grounding. Mathew instructs me to stand up in front of the rock and place my entire being against it and Heather smudged me with sage again. Matthew is singing a song while drumming - on my behalf to the spirits. His persona has now elevated to "Mateo" the Native Shamanic Medicine Elder with his command of generations of connection to the mountain is at his disposal. When he finishes singing he readies me with his eagle feathers for what is to come. I close my eyes and he has me lean back. He has one hand behind my head and one over my core area. I'm reluctant to let the entire weight of my head go into his hands and I'm aware I'm probably thinking about it too much. So I surrender.



Mateo is directing energy (ON Ascension Rock, magnified by the crystal skull and compounded by the Masters present) into my core and I feel a jolt of ethereal warmth. Any blockages or obstacles between me and my empathic nature have dissolved and I am resonating in complete harmony with Mateo's soul. Oh ... but he's not finished. His hand moves from my core and up over my 3rd eye and the color frequency turns a brilliant violet. It emanates inside out in torus-like fashion, but my whole being is what feels like it is pulsing. I sense I am here in this moment while at the same time, I am back at the site of the Sedona Ascension Retreat at Lomacasi Cottages along Oak Creek Canyon. I realize I am bilocating and it continues until he moves his hand away and the torus is now orange. The connection was broken but I now know I can do this given the right setting any time I choose.

If that last statement implied I had a mastery at that moment of anything ... LOL ... I was not in control of anything. I was in a daze as we made our way back to the area we parked, aware of the love of my tribe around me - but aware of something much greater. The only outlet that served me to stay focused was watching Reuben trying some drone footage before we left, only to see that every time he pointed it toward the mountain, it would drop battery power rapidly and then recover as soon as its direction changed. Energy is crazy!



## On to the Star of David

We made our way to the Star of David location and parked our vehicles along Everett Highway. The star is across the street and the hike there took maybe 15-20 minutes over snow covered ground. While gearing up, Heather shared some concoction that she was burning as incense that was like nothing I had ever sensed before ... I just wanted to take more of it in. It was sweet and musky at the same time. Now I made sure everyone enjoyed it, but somehow I got to hold the abalone shell it was burning in. Apparently, this is not an item Heather carries in her shop regularly, but I made sure that I was near the top of the waiting list when it became available. It is called "Shaman" ... anyone surprised by that?!?

Mateo was in his element. I was walking next to him and he began to point out things to me. He stopped to tell us about a plant called "buckbrush". It's leaves curl as they grow which seems to indicate that it's buckbrush. He explained that many of the animals (elk, deer) live on this plant and it was Bigfoot medicine. Those familiar with it, dry it and then burn it ... it is a subtly sweet fragrance even when on the branch. This brought back childhood memories that I'm going to have to research deeper.



As I was still taking it the buckbrush sensation, the group stopped to make note of the Twin Flame Tree just ahead of us. When you look closely, you can't help but appreciate its balance. Note how one tree splits into two seemingly mirrored versions of themselves. Magical. But some other energy was waiting for us to experience it. Notice the fallen log at the end of the snow line?



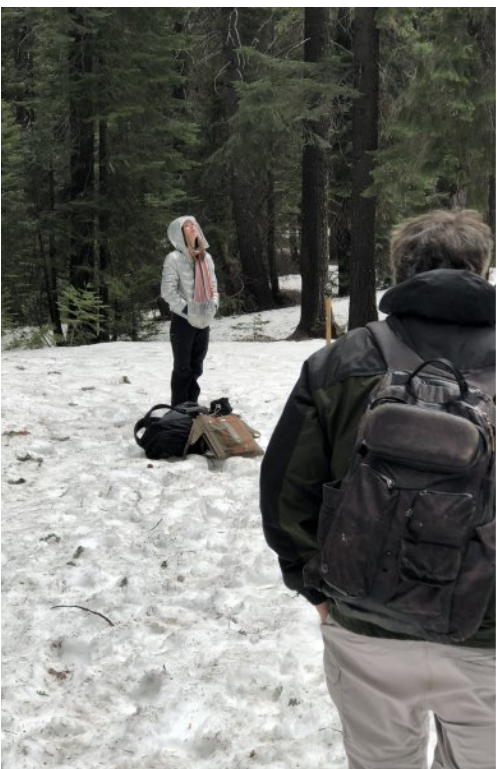
As we crossed over the log, we all sensed something different. For me, I experienced a sudden bout of lightheadedness. Normally I wouldn't have said anything about it, chalking it up to hiking fatigue that comes and goes ... but as soon as I felt it, I was compelled to ask "I'm feeling lightheaded, does anyone else feel that?" Reuben, who was right behind me replied "I felt something and I wondered who would say something first". It wasn't until I got home and replayed the trip through the pictures I took, that I noticed conditions I missed while hiking through, but look at the ground beyond the log - there's no snow. There was definitely higher vibration energy in that space. Now I had never been to this part of the mountain before, but you can be assured, I'm going to return to that spot to see if the energy remains there. Perhaps the snow was showing us an ethereal energy boundary that wouldn't be as recognizable without it.

When we reached the location of the Star, it was completely covered by the snow. Paul had been here many times and was guiding us today. He could use his crystal pendulum to find the energetic center of the Star and plot out the location of the points. Then Bill would place the skull in the center of the Star and we would be positioned on the points. Bill asked for compass readings to place the skull aligned North and South. Once the skull was in place, everyone just kind of ended up where they were supposed to be posted. Except instead of the six points, we posted on the north, east, west and south points. Emily and Paul took west, Heather and Matthew took east, Bill took north and I stayed where I was which happened to be south. We were sitting on some canvas chairs Paul had provided but we were still in the snow. As it was getting later and the weather changed, everyone was getting cold. I was in layers but I wasn't wearing a hat or gloves. And yet I was not cold sitting on the ground in the vortex of some very tangible energy. The skull, in that place, with the Masters around it channeling its energy was physically and cosmically powerful.

Then I noticed: the skull was facing ME - and it was inviting me to take its power out for a spin. So I did. This was my 3rd (!) opportunity to be in front of the skull, but it was the first time I decided to surrender to what it was going to share energetically with me. I had had instances of bilocation in the past I finally learned to recognize, but they happen when I am in deep states of meditation. If I am to really let go and see where a bilocation journey could take me ... I had to be willing to ignore time and space. I had no idea when my consciousness would return, but I was going to let go and see where I could travel. So I stared right into the eyes of the skull and slipped into multidimensionality. When I closed my eyes, a vision started to form and details started to fill in. Atlantis was coming into focus, as was who I was (am). The details of the past life regression I had in June 2020 were playing out in my consciousness. Atlantian Priest (wizard, sorcerer, magician, alchemist), Crystals that were amplifiers and generators of energy, and also store information like computers.



## Star of David Energetic Vortex



It was the Crystal Skull's consciousness that I was following back to Atlantis and now I know why. I've had my hands around this very Crystal Skull in Atlantis during healing sessions that were very similar scenarios to the private sessions Bill conducts for us, only in Atlantis, they are held in nature to amplify Earth's energy, that way the connection to Gaia and All are profound. I can get the skull to sync with my intent to transmute negative energy into Light and when our vibrations align there is a violet aura around everything. Any sentient being within its orbit can't help but be affected by its high frequency and see the truth of it All. Just about the time I had collapsed into this timeline, I heard a sound like a stick striking a tree ... it repeated and repeated again. Experience told me this was an anomaly in the forest and after a few sensations the noises would stop. When the strikes were done, I had counted either 8 or 9 "noises". Once my focus was drawn to the noises I was back in this moment. The group was beginning to all individually stir, some from meditative states, some because it was cold. Mateo advised us that those noises were indications from Bigfoot that we were welcome and they celebrated our intent of unconditional love. He said that they always show their favor by hitting a tree eight times. He also shared his sighting of an Arcturian being present over the skull favoring our intentions.

Nature was certainly talking to us and among the things I noticed were two ravens that kept flying in and out, stopping to perch in the trees as though they were monitoring our activities. Then I recalled something I read saying that countless cultures point to the raven as a harbinger of powerful secrets. Moreover, the raven is a messenger too, so its business is in both keeping and communicating deep mysteries.

We were all more quiet and introspective on the hike back to the cars. The Universe gave me the Masters help I had asked for and then went on to activate me in this magical place: Mt Shasta. I am supposed to be here. I've fully awakened to the steps that connected me back to Telos and my life there. I chose to return to earth and reincarnate with full knowledge of DNA activation for everyone. I had to come through the hard way and remember. But remembering I am now - and I'm compelled to serve others to help them be ready for ascension.



This had started out to be a sunny, clear day ...

Look at the energy we called in over the mountain at the end of said day. ☹️

It took me all this time since arriving back home from our adventure to integrate what you just read. And that is but a snapshot of the overwhelming energy we brought, shared and took away from the mountain. As I've said before, looking outside ourselves for a sacred place to dedicate our intent is not really your role as a Lightworker. Lightworkers are to anchor THEIR light connection between source and Earth wherever they go, to bring their unique Light to dark places and leave that light's residue behind for others to find and question for themselves. Your magnificence sets the example.

I am forever grateful for each one of you and for finally showing up in my reality.

You contribute to its beauty.

You can count on my unconditional Love for you.

Namaste Starbuck

P.S. After I had my revelations about the Crystal Skull I thought "I definitely need to get to know Bill better, before I presume to tell him anything about the Skull!"

(Yeah ... what did you know about Crystal Skulls last week, Lowell? )

Oh yeah one last thing inner circle Masters ... when the time for me to revisit Telos comes back along, it's only right that the Skull Squad joins me.

# **Andara Crystal Myths, Legends and Truths**



I have been interested in rocks, stones, crystals, etc since I was young. That could be explained away as what my Capricorn earth sign would imply, but that interest over time became a passion and now I know why. As everything is energy, crystals in particular hold higher frequency and if you can match their frequency you can effectively program / imbue / ask the crystal to amplify your intent. Being around crystals as much as I have over the years gave me ample opportunity to put them to the test and when I was in alignment with a crystal it definitely worked for me. I spent an enormous amount of time and resources to learn about each crystal, found the right books and internet sites detailing each particular stone, learned crystal impact on chakra alignment and acquired many pieces, most to pass along to others who needed them. I consider myself well-versed in crystals and the power they possess.

As my journey continued, my interest in crystals became more metaphysically entangled. So my extensive collection of various types of crystals became more focused on Moldavite (dimensional connections), Labradorite (magick), Quartz (super amplifier), Sugilite (violet ray- type unconditional love).

And then Andara Crystals crossed my path.

As much as I had a wide-spread awareness of crystals, I had no knowledge of Andaras. In July of 2018, my divinely inspired education was about to begin.

I have a dear friend we'll call Shannon, who among her skills is a gifted Reiki healer. Her sensitivities to energies (holding crystals and feeling their energy for example) was something I envied. So, I thought given our common appreciation for crystals I would find something special that would compliment her reiki environment. I don't recall why it was green that I searched for but near the top of the eBay results was an "Emerald Shift Andara". It was beautiful to see. As I read the description about what an Andara crystal was capable of, I thought – this sounds like just the thing. I had no frame of reference about Andara costs (nor anything else about Andaras for that matter) so the \$175.00 the seller was asking didn't seem unreasonable. So I bought my first Andara ... or so I thought.

When it arrived it was a beautiful piece and the color was vivid. I saw Shannon within a few days and I was eager to see her reaction especially as it pertained to whatever energy she could report it exchanged with her. When the moment finally arrived, pretty as it may be, she didn't really sense anything. That certainly wasn't inconclusive as neither of us had any experience with them before and so maybe we weren't on the right same vibration. But something just felt off.

Upon further research on Andaras in general, there was plenty of scuttlebutt on the Internet regarding fake Andaras being sold. "Slag glass" was being passed off as Andaras. I didn't want to believe that I got taken so I let it simmer for a few days and at the end of that time my intuition was saying: Yes, you got taken. Regardless of these unpleasant circumstances, I had a drive, that became a quest, to find out about what Andaras are. So when I want to learn everything I can about a subject, you can be assured that at the end – comprehensive due diligence has been completed, ask anyone who knows me. Between the feeling of being taken advantage of and the drive to learn everything – the dog was let off the leash.

It would take almost two years for the circle of knowledge to fully illuminate my comprehension of Andara Crystals.

What my journey was directing me to remember is that this exercise wasn't so much about the crystals themselves as it was about rediscovering Etherium, the mineral rich deposit in which it is formed and what it can do.



I performed an exhaustive search of everything I could find on Andaras, their history, the people associated with them, their metaphysical properties, color variations, availability ... everything. It took a while for my research to gel and patch together what we have a record of. Remember, this substance wasn't even on the radar until 1967, obviously it has been here MUCH longer than that. Among the names synonymous with Andaras are Lady Nellie and Mickey Magic. There are others who have had relationships with Nellie during her life, but I have had the opportunity to spend quality time with Mickey and his son Alex to hear about 25 years around Nellie, the property, Andara crystals and Etherium. Much of what I'm sharing came from Mickey's extraordinary life around these relics. His book will be coming out soon and Andaras are only one fascinating dimension of this dear brother of mine.

Let's correct some misconceptions so that we can fully appreciate what Andaras and Etherium are.

Misconception: Andaras were found in the Mount Shasta area.

As much as I love Mt Shasta and I would love this to be true, it is not accurate. I can share with you that it is not in that area of the Sierra Mountains. More than that, I am understandably not allowed to share.

The property is located in high desert area, meaning summers are triple digit hot and winters are cold with snow. Mickey shared that the way Nellie found her first seafoam Andara was when she was hit with it inside a snowball one of her kids chucked at her.

Epiphany is a dense Seafoam Andara Elder in wand form. It was gifted to me by Kathy the Oracle who used it for healing before she began stewarding another. It has been effective in the short time I've been its Steward



## Authenticity

If you know the story of how moldavite came to form on Earth <https://www.crystalvaults.com/crystal-encyclopedia/moldavite>, then it's reasonable to understand how matter with a unique energetic signature can find its way to our planet. This of course happened during a meteor strike with such mass and force that the resulting melted earth/space dust spewed back out from the core and scattered near the Moldau River in Czechoslovakia where it cooled into the forms you see today. I mention Moldavite because of the similarities they share with Andara material in that both were created under great heat-stress fusing material not originating from the planet. As such, there is a finite amount of said material. That however, is where the similarities between Andaras and Moldavite (or any other crystal for that matter) end. The energetic signatures that these two crystals have are HIGH frequency and they are meant to be portals to dimensional access given the correct alignment. But the monatomic material in Andara matter is *prima matra* ... like nothing else on Earth.

So as for authenticity (and pleading ignorance to the existence of Andara matter in South Africa,) there is only one place that Andara crystals and Etherium can come from and it's this deposit in the Sierra Mountains. Without etherium, Andaras don't exist as that is the matter they are created from. Again, I cannot speak to the existence of Andaras in South Africa, but the Northern California deposit – that is only other possible source of this crystal and substance.

If you have the least amount of sensitivity toward energy you will immediately connect to the strong presence of an Andara. It really shouldn't be called a crystal because it carries consciousness of connectedness to higher dimensions. When you connect to an Andara you are not asking it to imbue and amplify your intent upon it as you would a crystal, you actually exchange energy – yours and its. Now can you appreciate what kind of universal network of Akashic information you are connected with? And by now the Andaras have been gridded around the Earth.

Sadly, if you have been sold on the idea that an Andara came from anywhere else than that I've described, you've been misled. That doesn't begin to address all the pretty glass that people who know better have been selling as Lady Nellie property crystals. I can see how it happened over time as there is only a finite amount of Andaras in the world at this time, without breaking larger pieces into smaller. So when you can't get more to sell ... how do you backfill to meet demand? By selling something that looks similar. But there is no mistaking the energy of an authentic Andara vs anything else. That is the true test. My advice for those who seek to adopt and steward an Andara (they are not museum pieces, they are healing tools), is to visit a source and let them speak to you because they will. Andaras however, have a stunning visual presence that can jump off the screen at you when you connect to a picture of them.

## Price

The going wholesale price of Andaras today is:

(\$600/lb) \$37.50 oz

(\$800/lb) \$50.00 oz – Elders

Expect to pay somewhere between \$2-3 retail per gram, depending on the quality and uniqueness of the crystal.

So let's use the two I bought online as examples (told ya the dog was off the leash):

I've made a habit of copy and pasting the information about crystals mainly to learn myself what features the crystal possesses, but its a habit I've developed for things I have bought on eBay.

What follows is the description of the Emerald Shift Andara as it was listed on eBay:

[ This color of Lady Nellie Monatomic Andara crystal has chosen the name Emerald Shift. Emerald is the color of the deep, verdant forest, untouched and abound with hidden secrets. Emerald Shift unveils our inner world of sacred wisdom and insights, ushering in the “Age of Transparency”. This crystal has been a part of my personal collection and healing practice for years, and I am sad to see her go, but she tells me that it is time for her to move on to help others. She has brought much abundance, joy, understanding and healing to all of the lives that she has touched. She has always been charged under the full moon and cleansed ritually with sage to keep her vibrations at the highest level.

This crystal weights 290g. She is a showstopper and a marvelous display piece of museum quality. The heliocentric swirls in this crystal pull you deep down into her crystal clear depths, glittering like a diamond and filling you with love and cosmic wisdom. The clarity of this piece is just stunning. Words fail to do her any justice. She is breathtaking. The swirls and rainbows in her just make her even more heavenly with shimmering iridescence. Andaras are used to access to higher dimensions of consciousness. Andaras will open and cleanse each chakra and will detoxify any form of negativity. The healing vibrations are amazing and truly from another world. The Andaras will help increase your access to all Universal knowledge and will greatly accelerate your spiritual development. Andara is one of the best crystals for giving one the ability to channel. Andaras are also powerful healers and activators. Andara crystals are ancient healing crystals that have been around for many moons and are believed to have been used in the healing temples of Atlantis & Lemuria, but only now in recent years are they being recognized in the western world as a powerful healer and ascension tool for spiritual advancement.

They are all Heliocentric which simply means they absorb and reflect light which is why they have become such a popular choice for healers and collectors. (Human reasoning was close with that conclusion: however, Andaras have consciousness – they absorb and exchange Light energy.) In 1995, a unique mineral deposit was discovered near one of earth's high-energy vortex sites in the High Sierra Mountains of northern California. Monatomic Elements of Gold, Silver, Iridium, Rhodium, Chromium, Platinum, and other monatomic minerals were found in this deposit. This natural mineral complex exhibits extraordinary properties that strengthen and stabilize the electromagnetic fields of the human body. Discovered within the deposit were glass-like crystals of exceptional power and beauty. Andara crystal is a glass-like transmuted mineral complex from this naturally occurring mineral deposit high in monatomic minerals. The modalities of these crystals interact with the individual electromagnetically, restoring physical and metaphysical health through energetic equilibrium.

The Andara crystal is very special. In confirmed scientific testing of the location where they were originally found, the soil that Andara crystals were discovered in contain high levels of monatomic metallic elements. Monatomic metallic elements are single atom metal elements that behave very differently than normal metals. First, as an example, monatomic gold is a fine white powder with very little weight, where metallic gold is very heavy. The atomic electron spin rate "frequency" in monatomic gold is much higher than gold. Very specialized equipment is needed to even test monatomic gold, as normal testing procedures produce inconclusive results or unknown substance.

When monatomic metallic elements are heated to high temperatures, they transmute during fusion into a glass-like material, Andara crystal. Monatomic elements have the following confirmed properties:

- Very high atomic spin rate or vibrational energy
- Like light photons, they pop in and out of existence
- Their vibrational energy can be passed to other objects
- They are first-matter elements, "prima matra"
- They have been used throughout history to heal and raise / expand consciousness.

Being heliocentric, the Andara crystal tends to draw the individual's consciousness into the center of the energy spiral within when they gaze into the crystal, thus bringing that person's consciousness into more intimate contact with the Andarean consciousness. Andara crystal also creates a double vortex, in other words they have zero point energy and they have super-conductive monatomic energy.

It has been our experience that the field associated with the Andara Crystal represents a very large kinetic potential. It works quite differently than regular crystals like quartz, where one may amplify their intention through the crystal. Instead, one inserts their intention into the kinetic field associated with the Monatomic Andara Crystal and the ENTIRE field moves in response to that intention. ]

Clearly, the seller had done their homework on the content relating to Andara crystal characteristics with a sentimental twist. Had I known more about the value of Andaras at the time ... the price should have been a red flag.

Let's compare shall we?

If this were an authentic 290g piece I should have expected to pay \$2-3 per gram retail: thus making the value = \$580-870. Knowing what I know the lower of the two value would have been in line with fair market ... why only \$175.00?

This piece is a blue Andara I purchased online through a site that had convinced me of their authenticity and although I am satisfied that the crystal is authentic – I have to wonder why such a piece weighing 18 oz would be priced as listed and then deeply discounted. This source's content would demonstrate the expertise that they know an Andara from a non-Andara.

This 18 oz piece @ wholesale should have been \$675.00 as opposed to the \$494.00 it was listed at for sale.



# **Andara Crystals, Mickey Magic and Etherium**



Root Beer Elder  
Shaman



Yellow tinted  
Champagne Elder



Blue tinted  
Champagne Elder



Dense Clear  
Champagne Elder



Green tinted  
Champagne Elder



Green tinted  
Champagne Elder

The time to learn everything I could about Andara crystals had already begun. I had been researching them for sometime after I had unknowingly purchased an Andara that turned out to be just pretty glass. What I was going to learn in cramming style was where authentic Andaras could be found, the story behind them, what they are are, how they got here and more importantly - what they are made of - Prima Matra. I'm going to focus on what I learned from Mickey Magic himself who has been a steward of these crystals for enough time to be considered expert in the field. Many things happened because of Mickey. It's the location where Kumu comes into the story later on this timeline and the location of the first ethereal beings I was able to capture in images behind Mickey's compound in the Enchanted Forest.



You don't have to dig very deeply into Andaras before you come across the name Mickey Magic. What I learned about Mickey from his website, YouTube interviews and other sources confirm that Mickey (and his son Alex) have been as integral in Andaras finding their way around the globe as was Nellie. Mickey and only a very few others had visited the property itself, but he had helped her harvest and distribute what was discovered in the deposit on her land when Nellie realized exactly it was that she was given stewardship of. Her higher self had given her guidance that the time for Andaras to grid the planet was upon us ... and that is what she and Mickey set out to do.

Originally, Mickey and I had connected by way of mutual connections and when Telos became a topic of high common interest, I was invited to his compound in the Santa Cruz mountains where he had maintained a crystal spiral of Andara Elders with such an energetic state - this is either a play land of consciousness energy or a minefield for the uninitiated. So I had been finishing up restoring the Ascension Handbook on the website and needed a break after three solid days of coding. Mickey popped up as some FB reminder on my phone and I thought to myself ... "let's see about visiting Mickey this weekend". Within a few hours on Thursday, I was heading for Santa Cruz to spend the weekend potentially in a tent next to the Andara Spiral. I ended up spending four days that went like a blur with Mickey, his family and members of the tribe who came around while I was there. There is nature's magic everywhere around us here in the Enchanted Forest.

Here on this property is what remains of Mickey's collection of relics and archive of pieces yet to be adopted. There is no more to be extracted from the place where they were found at this time. Aside from some private collections ... Mickey and The Crystal Room in Mt Shasta remain the only two places where authentic can be found and handled. There are other sources to buy them online and I will list those that I know have acquired them from Mickey or Bev in order to be certain that you are actually purchasing an Andara. By now, I am sure you can appreciate that they didn't cross your path by accident and they are not for everyone.

Here is when & where the majority of what I know about Andara Crystals and their significance I learned from Mickey who had been associated with authentic Andaras pretty much from the start with Nellie. He had been instrumental in helping her distribute them all over the world for decades now and he is still the best source of Andaras if you want to make certain that one you acquire is authentic. Their high vibration energy is unique to any other crystals in that they carry consciousness and inter connectivity between others. They are perpetual Akashic contributors as every intentional interaction with an Andara is an energy exchange between you and that crystal's consciousness. With consent, you share all. Now imagine connection to all its other brothers and sisters around the planet and their energy exchanges and well you can see how rapidly things can manifest when you connect to Prima Matra (creation material) as that is what Andaras are composed of.



Those four days with Mickey revealed that my quest for complete Andara knowledge was meant to lead me to what material it is actually formed from – Etherium, so that when the time came – I would know what it was and research the appropriate use for this sacred material. When I left Mickey's that Sunday, I asked him to next time teach me from his experience, everything he knew about Etherium. Things aligned in such a way that the next weekend there was a gathering at an art gallery belonging to Celeste, that many of the tribe planned to attend. As my weekend was open and I wanted to get to know these tribe members better, I planned to go too.

It was that weekend that I was gifted four colors of Etherium. I spent hours searching and digesting what little information about Etherium there was, until I found material from an internet archive server included on a website in the mid 90's. This material was in the form of an HTML page in white text (clearly the page once had a dark background), so it appeared "blank". Had it not been for the graphic at the top of the page, I may have just as easily skipped over the content. When I highlighted the copy and pasted it into a New Document – I had 11 pages of information about Etherium. A few days later Narmandi, another tribe member on a similar mission to research Prima Matra, reported that he had also found Etherium content that in comparison had the information from the 11 pages I found and much more for a total of 42 pdf pages. It included the detailed account of that 1995 channeling with Tehuti/Thoth regarding Etherium, Prima Matra, Creation material, etc. In my extensive search, this content represented the most detail that has been documented on the topic.

I had also seen the result of a "dead" lemon tree that had been nourished by some black Etherium and its flourishes in a strangely magnificent way in that the two sides of the tree almost grow as different cycles simultaneously. One side is more than ready to harvest while the other is about half way through the growing cycle. It has immense positive effect on any sentient life form to help find balance within its system physically, emotionally, spiritually and ethereally. After all, we are all energy connected to each other and constantly changing form.



Armed with this knowledge, I made the decision to begin ingesting it and activate dormant DNA beginning in mid-May. There were / are tangible physical improvements through a cellular metamorphosis of creating stasis (balance) through my regimen with black Etherium. Think of it as wiping your physical and ethereal being slates clean and readying them for enhanced Photon Light downloads. Unbeknownst to me at the time, I was being prepared for another stratum of Etherium / Light to come later in August.

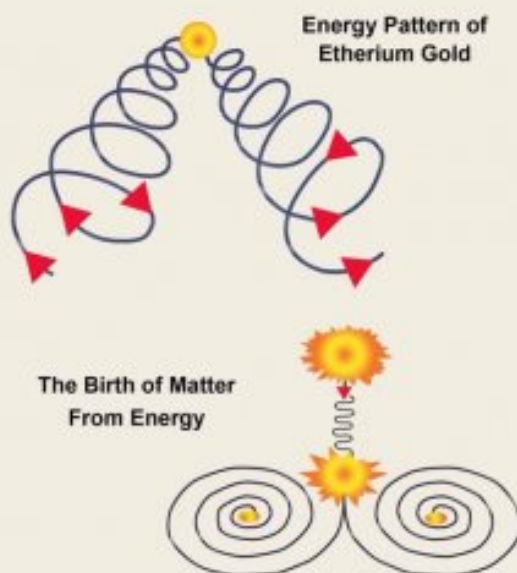
Can you begin to tell by my communication that I'm connected to something higher? Where did these thought patterns come from?

This became another one of those "ok, now what?" moments in expanded awareness on what am I to do with what I know / can do.

#### THE ELECTROMAGNETIC DOUBLE VORTEX PHENOMENA

Under electromagnetic observation, **Etherium Gold** has an energy pattern similar, if not identical to the same pattern physicists have determined that energy flows when it is transmuted into primal matter.

Physicists claim that when energy transforms into primal matter, it begins by moving in a clockwise direction. As its speed increases, centrifugal force causes the energy to rise and a vortex is formed. This also causes the energy to rise and as it rises, the circumference of the spin becomes tighter and tighter. The energy in the vortex eventually reaches an apex where it cannot go any further and it implodes within itself. From the implosion, another vortex is formed and it moves counterclockwise and as it descends it slows and the vortex becomes wider and wider. Eventually it slows to a point where matter forms. It is the high spin monatomic elements that are the first to form and eventually they move into more complex atomic states creating both inorganic and organic life.



Source: Recreated from a 6th Grade Physics Textbook

Ultimately, this is the most significant difference between Etherium Gold and other monatomic, white gold products. One of the most common experiences people report to us after taking Etherium Gold for a few days is that their life all of a sudden has a flow to it. Things seem to just fall into place easier. Higher levels of serendipity are always experienced.

If we understand that our thoughts and emotions are electromagnetic, then it makes perfect sense that if we are introducing into our thoughts and emotions a substance that mimics the creative forces of the Universe, it will take the energy of those thoughts and emotions and move them into a physical manifestation in a much more harmonic and expeditious manner than we have previously experienced. It shows up in our lives as experiencing less resistance to obtaining our goals. Things we desire can come into manifestation almost magically.

# Andara Crystals



I have been drawn to Andaras for purposes that are still unfolding. I have always had an affinity for rocks, stones, crystals and it seems that I was led right to where I would be reunited with these monatomic beauties.

For years now, I have scoured every Internet reference, visited places with vast collections from Nellie's property and talked with as many experts as I could find - in order to know everything I could learn. I will share what I have learned so far, but I am still very much a student of mastering Andaras. There has been much misconception about this remarkable substance and I'll address what I thought I knew about Andara crystals previously at the beginning of my deep dive to what the truth is surrounding this phenomenon.





## Andaras and Etherium

It's my understanding that Andaras I'm familiar with have been discovered in only two places; one is in the Sierras on Nellie's property, the other is said to be in a small sector in South Africa, which are not available as of yet because they are on a high profile diamond mine property with very high security.

What distinguishes true Andaras from obsidian imitations is that there is always Etherium (prima Matra) present in genuine Andara Crystals. Etherium is a very rare combination of over 70 trace minerals that has a profound effect on our body and our subtle energy fields. The only known available source of Etherium in the world is found on Nellie's land where the Andaras are present. A true Andara carries a very high vibration much different than any other stones or obsidian crystals currently being called Andaras. True Andaras hold multidimensional consciousness and connection to the Akashic records. And energetically work as a tool through activating DNA codex restoring latent knowledge, greatly accelerating your perceptions by calibrating you while you sleep, (giving you lots of dreams) as well as experiencing greater awareness during waking hours. They connect with your consciousness at your Heart core, connecting you with the entire Andara grid which has now been spread worldwide as was Nellie's intent. They supercharge your intentions through their collective energy when you match their vibration.

Andaras are calibrated for those further down the path. Even though these other stones / crystals / so called Andaras are very beautiful and have their own limited property that may be very beneficial for those just beginning on the path, but they do not offer up the very rare high vibration for those looking for a more accelerated journey. True Andaras are not for everyone, I've seen people have terrible experience when they're in resistance to what is being asked of them. You need to step up to the plate and then follow through.

Andaras are found very near and around Etherium, in fact, under certain conditions Andara "shed" or "sweat" Etherium. Nellie used the raw Etherium for herself and her clients and sold raw Etherium.

# **Andara Crystal History**

In order to understand Andaras, it will be helpful to understand their history (at least what we know of it). So here is the story of Lady Nellie composed from a number of sources.

## The Story of Lady Nellie and the Andara Crystals

Nellie Morse Thompson was born on the Choctaw Indian Reservation in Oklahoma on February 21, 1918 (as best as I have been able to document) and passed away on Thursday, June 24, 2010 at the age of 91 in Modesto, California.

To begin to understand Lady Nellie is to confront the trials and hardships that represent her life: as a dispossessed Native American with a half Irish lineage. Nellie's parents dealt with the same as well, being children of mixed parentage in a time when such people were neither recognized as white or Indian.

Born into the poverty of that era, she never accepted a life without possibilities for a better future. Nellie was gifted with an inner strength, which was recognized early in her childhood by her parents. Nellie learned firsthand the strength of faith that her mom had in dealing with life as it was. God was never far from her family, as Nannie (mom) taught her how God and Christ were always there to help.

It was that strength of character that helped her survive both the devastating childhood illnesses of polio and rheumatic fever. It was also her strong belief in Christ as her savior that enabled her to endure when all else seemed to fail.

At the age of 3, polio took her ability to walk; rheumatic fever then ended her formal education after only 40 days at school. Nellie never finished school due to those illnesses, nor did she learn to read or write. Nellie's family moved several times in her youth, always seeking work to support their family.

Nellie was 7 years old when she lost her mother, Nannie Chandler Williams, to influenza. Before her passing, Nannie (mom) tasked Nellie to protect her sisters and keep the family together. Nannie instilled Nellie with her faith, reminding her that God never gave you anything that you couldn't overcome.

At the same time, her father, Fred J. Morse, was diagnosed with tuberculosis and moved to a TB sanitarium for treatment. This left Nellie and her siblings to be placed with relatives and eventually an orphanage. Though confined to a chair, Nellie never lost faith and did her best to keep her siblings safe and at her side.

Nellie and her sisters were later reunited with her father, but times were hard in the beginnings of the Great Depression. Nellie didn't let these things stand in her way, always looking out for her siblings and family.

At the age of eight, Nellie's life was changed forever. An Indian medicine man approached her father and asked if he could help heal Nellie of her polio. Nellie knew she had to walk again if she was to fulfill the promise she made to her mother before she passed.

Nellie believed sincerely in helping others, as so many had helped her over the years of her disability. Though only eight, she had lived a lifetime. True to his word, the Shaman faith-healed Nellie, instilling in her a personal commitment to a lifetime of service.

Having overcome her illnesses, Nellie began the long road to recovery with her unwavering faith. Though her life was filled with strife and contention, she always found time to be of service to others. Her inner strength and faith in God would support her for the rest of her life.

She knew firsthand the power of an education and impressed this upon her children, making sure that all of them graduated from school. Nellie was not afraid to speak her mind, with the strength of will to follow through on her convictions.

When confronted with an abusive spouse, Nellie was not afraid to leave with her children, even if that meant hitch hiking across the west to start anew in California.

Nellie knew firsthand the destructive effects of poverty mixed with alcohol and drugs, witnessing this among the members of her tribe. She also instinctively knew that path lead to the grey fields of despair and desperation, and ultimately the loss of all hope.

Nellie refused to succumb to that siren call even though it was all around her, and she swore never to give in or give up. Nellie knew that Christ was there with her always; her strength when she faltered, there to lean on, and that Christ would carry her in those times she could not take another step.

From her father she learned carpentry and self-sufficiency, and built several homes including the one in California that she lived in until her passing. From her mother and grandmother, she learned the healing techniques of her tribe, of spirit walking and dream reading.

Nellie had many prophetic dreams, and she knew them for what they were. Though not always welcomed, she was gifted with this second sight. With Christ in her heart always, Nellie continued her path of service to others.

Nellie was a well-known Medicine woman at this time in California, and practiced her craft within the local community. Nellie loved to spend time in the mountains above her home, walking and hiking the sacred ground found there. It reminded her of the time spent with her father in the forests and mountains of her childhood.

When WWII broke out in the Pacific, Nellie was a constant fixture at the local Veterans center. Service to her country was part of her heritage, as members of her family fought alongside American soldiers in both the Indian wars of the early 1800's and in the Civil war that followed. As a child, Nellie was told stories of the sacrifice her family made in these wars for the benefit of future generations.

While still raising her growing family, Nellie helped in fundraisers, food and clothing drives, and in any other capacity needed. She won many awards for her selfless work from the Veteran's center. Nothing was too small for her to do when it came to supporting the returning vets.

When Nellie was in her sixties, she was diagnosed with congestive heart failure and given only a few months to live. Nellie now had grandchildren in school and it was important to her that they complete their education. She couldn't die now, and she prayed for help.

That night she had a dream. In it, she was walking on sacred land in the mountains above her home with Christ as her guide. Christ guided her to a field of white powder with Fern bush (Chamae Rose) medicinal plants glowing with vitality. Christ told her to make a tea with this plant and drink it several times a day.

When Nellie awoke, she knew just what to do. The location was well known to her, as were the medicinal herbs she was shown. And Nellie knew exactly where that field of white was.

Nellie immediately took a trip up into the mountains, against the advice of her family and friends to fulfill the quest that Christ had set upon her. Nellie returned invigorated with success, and with care and thanks, made the tea that Christ had shown her.

Within days, she felt better, and kept getting better each day. What was once thought to be the final weeks of her life turned into a miracle in the making.

A month later, she returned to her doctor for a checkup. Nellie's condition had improved so much that the doctor thought that they must have misdiagnosed her. In three months, Nellie was as healthy as ever, with no discernable heart condition.



This is just the tiniest glimpse of the life that Lady Nellie lived. But with this glimpse, one is better able to understand why the Andara crystals choose her as their first representative. The Andara crystals are about service to humanity, and found a kindred heart in Lady Nellie.

It was in 1967 that Lady Nellie found the first Andara crystal. She and her children were playing in the snow when one of her children hit her with a snowball, inside of which she found her first seafoam crystal. It was the only one found at the time and Nellie kept it in her home as a token from the earth and as a powerful healing crystal. Clearly she sensed its energy and began using it in her healings.

It was more than a decade later that a psychic healer came to Nellie for her knowledge as a medicine woman. Ally Keith came in search of new healing modalities; what she found was something much greater.

Ally had been having dreams of a green crystal of unheard of power. In her dreams, these crystals were of many colors, but it was the green ones that she was most attracted to. When Ally saw the green crystal on Nellie's altar, she became very excited.

"That's it! That's it!" Ally exclaimed and pointed to the green crystal. Ally told Nellie of her dreams and visions and asked her if she had any more in her possession. As a dream shaman, Nellie knew the power and truth that these visions can reveal.

At this time, no one had named this crystal yet, and Nellie explained how and when she found it and that it was the only one that had come off the mountain.

Ally knew there were more up there and explained to Nellie the importance of her find. "You just have to go back and get more, I'll buy everything you bring back, just please go back," Ally implored.

So Nellie and her grandchildren took a trip back into the mountains to look for more. Nellie proceeded to the area where the first one was found, but she and the grandchildren did not find any. It was a long drive to and from the mountain, and all their effort was for naught.

When Nellie arrived home, she contacted Ally and told her that they had not found any. Ally immediately told Nellie how important it was that she find them and was quite upset when Nellie balked at a return trip.

Nellie told Ally that they had searched high and low, and insisted that there were no other crystals up there. Nellie said “I’ve walked that property for 20 years and I know it like the back of my hand and ‘there ain’t no more crystals.’ ”

After they both calmed down, Ally convinced Nellie to try once more. What convinced Nellie was when Ally told her where and what to look for. Ally told her to look for a white powder on the ground. Ally explained that it was “the dust of unicorns rubbing their horns together in play”.

Nellie now knew where to look, as she was very familiar with that particular area from her previous visions. It was what she considered the most sacred part of the mountain, the area that Christ had shown her more than a decade ago.

So Nellie and the grandchildren returned to the mountain with a renewed purpose. She sought out the white powder as before, but could not see any crystals. Not to be deterred, she and the kids began digging in the powder and found clumps of something.

Being a medicine woman, Nellie knew that crystals could be covered in earth and unrecognizable. So she took one of these clumps and began to clean it off. As she wiped the dirt away, a beautiful crystal of light was revealed.

This area of the Sierra Nevada Mountains was well known for their obsidian deposits, and these had that same glass like structure. The difference was their brightness and variety of colors. Nellie had never seen obsidian like this, nor had she held crystals of such power.

Nellie thanked the mountain for sharing this gift, and she and the children collected all they could find. When they came down off the mountain, Nellie had collected hundreds of pounds of these obsidian-like crystals.

Nellie called Ally as soon as she reached home, excited to share this discovery with her. Ally was thrilled with the news, as Nellie told how and where they were discovered, like buried treasure.

Nellie told Ally that they had taken all that they could find and thought that was it. To which Ally replied, “The people of this planet are ready for the gifts of these crystals, so the earth will supply more very soon.”

In less than a month, this prediction came true. An earthquake struck the area where these crystals were found and new parts of the mountain was uncovered. Nellie discovered this while checking if the earthquake had affected the property.

Nellie contacted Ally to pass on the news of this wonderful event. Ally said, “Gather what you can, someday the earth will take the crystals back to hold its seed.”

A few years later, the prophetic sentence that Ally had spoken came to pass. Another earthquake buried the site under tons of rock and dirt in the late 1980's.

Nellie and the children continued to gather what they could for the next ten years, but by the late 1990's, the surface sources were completely exhausted. Nellie persisted in her search for more, but what crystals could be found were small and few in number.

Sometime in 1995, Nellie invited a channeler to do a reading on these new crystals. There was at the time a small group of healers and light workers exploring these new and powerful crystals. A small gathering came together to listen and the name Andara was given to them by the channeled entity Thoth. From that day forward, these enigmatic tools were known as Andara crystals.

Then, in the spring of 2001, two teenage boys discovered a new cluster of crystals. These boys lived on an adjacent property to Nellie, and while gathering firewood on her land, came across them. They knew that Nellie collected these, as the families were close, and immediately presented their find to her.

Nellie was 86 by now, and her health was not as it had been just a few years ago. Visits and treks to her sacred mountain were almost physically impossible now. Her bout with polio as a child was manifesting in her legs again and made walking difficult.

Nellie made an offer to the boys to gather all of the crystals they could find and drive them to her home and she would pay them. The boys agreed, and a new chapter in the Andara crystal legacy began.

On June 25, 2010 Lady Nellie crossed over peacefully and has begun her next journey. Nellie's family and Mickey Magic will continue to protect her legacy and continue her mission of distributing the Andaras around the world.



# **The Science of Monatomic Andara Crystal**

## The Science of Monatomic Andara Crystal

The goal of all scientific and metaphysical endeavors is to shed light on the unknown. What was once thought to be “metaphysical magic” is now commonplace. We live in a world that is rapidly changing, new discoveries seem to happen on a daily basis and what was believed to be immutable scientific fact has been turned on its head. So too has the discovery of Andara crystal expanded our knowledge of science and metaphysics.

### A Sacred Discovery

In 1995, a unique mineral deposit was discovered near one of earth’s high-energy vortex sites in the High Sierra Mountains of northern California. Monatomic Elements of Gold, Silver, Iridium, Rhodium, Chromium, Platinum, and other monatomic minerals were found in this deposit. This natural mineral complex exhibits extraordinary properties that strengthen and stabilize the electromagnetic fields of the human body.

Discovered within the deposit were glass-like crystals of exceptional power and beauty. Monatomic Andara crystal is a glass-like transmuted mineral complex from this naturally occurring mineral deposit high in monatomic minerals. The modalities of these crystals interact with the individual electromagnetically, restoring health and equilibrium.

Classical science teaches us that the three phases of matter are gasses, liquids, and solids. Current discoveries have now replaced that theory with the newer plasmas, condensates and liquid crystal states of matter. What classical science does not teach us (because these are new discoveries) is that there is, in fact, another phase of matter called “monatomic.”

Monatomic (or monatomic) elements are the cutting edge of this new elemental frontier, yet its technology is ancient. The exotic properties of monatomic gold and the platinum group metals are rediscoveries of an advanced science understood and known by the ancient Mesopotamian, Egyptian and Israelite priests.

The ancient Mesopotamians called it shem-an-na and the Egyptians described it as mfkzt (moof-kooz-tee), vowels are omitted in the hieroglyph translation. Israelite priests called it manna, while the Alexandrians venerated it as a gift from Paradise and later chemists such as Nicolas Flamel called it the Philosophers' Stone.

The Monatomic Andara crystal is very special. In confirmed scientific testing of the location where they were originally found, the soil that Andara crystals were discovered in contain high levels of monatomic metallic elements.

Monatomic metallic elements are single atom metal elements that behave very differently than normal metals. First, as an example, monatomic gold is a fine white powder with very little weight, where metallic gold is very heavy. The atomic electron spin rate "frequency" in monatomic gold is much higher than gold. Very specialized equipment is needed to even test monatomic gold, as normal testing procedures produce inconclusive results or unknown substance.

When monatomic metallic elements are heated to high temperatures, they transmute to a glass like material, Andara crystal. Monatomic elements have the following confirmed properties:

- Very high atomic spin rate or vibrational energy
- Like light photons, they pop in and out of existence
- Their vibrational energy can be passed to other objects
- They are first-matter elements, "prima matra"
- They have been used throughout history to heal and raise / expand consciousness . . .

A new science has emerged to deal with the quantum like properties of high spin state (high frequency) elements. Superconductivity, gravity defying materials, teleportation, space-time manipulation, multi-dimensional universes and other truly astonishing discoveries have been made and are projected theoretically for the near future.

Tests done in the U.S. and Russia confirm that monatomic metallic elements are superconductors with a null magnetic field, repelling both north and south magnetic poles. This is conducive to Zero-Point energy. 'Zero-Point Energy' (ZPE) is known as an energy that fills the fabric of all space, which exists at very high frequencies. Monatomic metallic elements have the ability to tap into this limitless supply of energy in ways we are just beginning to understand.

Most modern testing equipment is not sensitive enough to detect elements that are super-conductive in nature. When tested, most return inconclusive results and readings. Under spectroscopic analysis, monatomic metallic elements don't even register. Monatomic metallic elements have always exhibited the strange property of not being capable of analysis – they have been classified as substances unknown by testing labs.

It has also been shown that monatomic metallic elements can actually alter their physical state and shift into other dimensions. When heated under certain conditions, monatomic metallic elements, normally 35% silica, fuses into a beautiful obsidian-like material comprised of 75% silica (crystalline). Scientists are unable to explain how this seemingly impossible transmutation takes place. Other tests revealed that the material could transfer its exotic properties to similar metallic or silica materials. It seems that the monatomic metallic elements have the ability to resonate similar materials to their high frequency rate, transmuting and/or transforming that material to resemble and reflect their exotic properties.

Andara crystal is the result of monatomic metallic elements that are found naturally in the Etherium powders heated to high temperatures. This process not only transmutes the etherium powders, but refines the monatomic metallic metals and enhances their exotic properties. Testing has shown that Andara crystal resonates at the high frequency of the exotic matter they were created from.



Frequency is a measurement of energy. All substances can be measured for their wave signature or frequency. Even our thoughts are an energy that can be measured. Each organ of the body has its own frequency, with a particular range suggesting good health.

Bruce Tainio, of Tainio Technology (an independent division of Eastern State University) in Cheney, Washington, created a monitor to calculate bio-frequency. He found the average frequency of a healthy human body is between 62-68 Hz. Dr. Robert O'Becker (author of "The Body Electric") states "much about a person's health can be determined by the frequency of the person's body". If the frequency drops, the immune system is compromised. As that average of frequencies drops we start to see disease such as colds, flu, Epstein Barre virus, cancer, etc. On the other hand, higher frequencies denote physical health as well as highly creative and intuitive states.

In a test performed by Bruce Tainio, a subject was measured for frequency. Then the subject held a cup of coffee. The frequency dropped in seconds. After drinking the coffee, the frequency of the subject dropped again. The same tests were performed again, this time using positive and negative thoughts. Within 3 seconds of thinking negative thoughts, the frequency dropped. It took 21 seconds of thinking positive thoughts to bring the frequency back up.

Bruce Tainio reported in 1997 that the Andara Crystal has been put on an electromagnetic spectrum analysis, and the electromagnetic patterns it emanates are not at all like regular obsidian. Bruce also tested the Etherium powder using the bio-frequency monitor and found unusual properties in the trace minerals. Andara Crystal is also heliocentric, meaning that it absorbs and reflects physical light toward the center of its crystalline spiral. Without elaborating on the science of heliocentric refraction, we will say here that this causes the Andara Crystal to be very healing to gaze into while holding in natural sunlight.

## The Metaphysics of Monatomic Andara Crystal

The Andara Crystal was originally found by a half-Choctaw Indian woman by the name of Nellie, a Medicine Woman and Shaman. Being a Shaman and healer she immediately knew it had powerful healing properties. Her intuition was quickly borne out when various healings and other paranormal events started taking place.

Nellie immediately sent Rev. Maia a batch of the Andara Crystal, and she too had some rather profound spiritual experiences with it. This is the source translation of akashic record reading of Tehuti/Thoth by Rev. Maia Shamayyim-Nartoomid.



Tehuti: “Andara is the name we have chosen to give to these crystals. They are composed primarily of “Prima Matra” (sacred matter) heated to very high temperatures. We have related to you in past transmissions that the “sacred matter” powders (referring to the “Etherium-Gold” and Prima Matra powder being sold as spiritual/nutritional supplements) coming from this sacred land were created by an inter-dimensional energy implosion. Those we call the “Timewalker”, who worked in conjunction with the High Devas myth logically depicted as Unicorns, originally seeded the land for the formation of this Prima Matra. When the implosion occurred the ‘seed’ material was heated not only to very high levels but also in a contained “hyper-field” which is created by two dimensions touching. A hyper-field forms a “no-time” zone where linear laws of thermodynamics are warped or in some cases do not apply at all. It was within such a hyper-field that the Prima Matra powders and the Andara Crystals were originally created.”

Tehuti: “Now we focus on the subject of the Andara Crystals. While they resemble a crystalline lava-glass and while certain similarities are present between lava-glass—such as obsidian and these crystals, they are vastly different energetically. Natural lava-glass could only be seen energetically as a distant cousin of Andara Crystals. Lava-glass is created from volcanic activity deep in the Earth, with the material coming to the surface in an eruption and being exposed to specific conditions as it cools. Because these lava-glass minerals come from deep inside the Earth within chambers containing great heat, they do contain various levels of Prima Matra. Andara Crystals are even rarer than the Prima Matra lava-glass, in that they were formed inside a no-time hyper-field, creating within them a kinsothemitic continuum. This continuum that allows a moving time field within the elemental and structural composition of the crystal formation. In essence, this ‘K’ continuum does not align to natural polarity. Instead, it phase-matches directly with the Universal Light matrix, or the ‘Golden Net’ of Athena. (Note: Athena’s Net is the geometric space-time continuum, a. k.a. ‘The Web of Athena’.)”

Being heliocentric, the Andara crystal tends to draw the individual’s consciousness into the center of the energy spiral within when they gaze into the crystal, thus bringing that person’s consciousness into more intimate contact with the Andarean consciousness. Andara crystal also creates a double vortex, in other words they have zero point energy and they have super-conductive monatomic energy.

It has been our experience that the field associated with the Andara Crystal represents a unlimited kinetic potential. It works quite differently than regular crystals like quartz, where one may amplify their intention through the crystal. Instead, one inserts their intention into the kinetic field associated with the Andara Crystal and the ENTIRE field moves in response to that intention.

Since Andara crystals were first discovered, many people working with them have experienced major shifts in their lives. Richard B., a medical intuitive, in Vancouver, WA, writes, "...the individual using the Andara crystal is able to raise their own vibration to match, receive, and mediate the higher frequencies. Meditating with Monatomic Andaras, using gem elixirs made from them, carrying them, and working with them in other ways will help us to attune to them and increase our ability to use them as tools for healing and the science of exploring our consciousness..."

Many stewards that have adopted Andara crystals always comment on the energy field that is almost tangible, a whoosh that seems to go through them bringing relief and joy. They feel lighter, relaxed and surrounded by light. Physical pain is reduced, or dissolved. Vitality and optimism seem abundant. Others report an expansion of consciousness, of oneness with God.

### The Monatomic Andara Experience

Andara crystals positively affect the energy patterns that move through the body's meridians. Andara crystals initiate electromagnetic balance and harmony via a positive-charged wave that restores and cleanses. The individual is blessed with greater creativity, enhanced mind body coordination, improved learning ability and less stress. Calmness and serenity can also result as mental clutter gives way to a more focused thought process.

The energy of Andara crystals is specific to the upper chakra centers. Thoughts become more focused, and the transformational process of energy (intent) into matter is accentuated. The vibrational difference between thought, and the object of the thought, becomes reduced. Therefore, the time and conscious effort required to manifest intent into physical reality is also reduced.

Many experience the effects of Andara crystals as dramatically expanded sensory perception and access to information beyond normal third dimensional channels. Intuition is increased, especially experiences of telepathic connection with other people or beings. Connections to your higher divine self are strengthened, increasing feelings of universal oneness, harmony and joy.

emotional, and spiritual. The process creates a unique healing experience, individual for each person, assisting him or her in releasing unwanted energies while expanding their understanding of their true reality, closer to their original divine consciousness.

Andara is a master crystal, a healer and a powerful tool for: (1) increasing awareness and vibration to access universal knowledge; (2) cleaning and balancing chakras; (3) activates one's energy-channeling ability; (4) accelerates the spiritual development process, and (5) aids a person to manifest the life s/he chooses.

## MONATOMIC ANDARA CRYSTALS

Andara Crystals have been placed at all the sacred sites on the planet, in the temple and the pyramid in Egypt. They have created a healing field surrounding this planet. Each Andara Crystal connects and links with all the others, and the sites and information at that location is available to those who can connect with their hearts and minds.

To date: true Andara crystals have been found in high-energy vortex sites in the Sierra Mountain region of the planet, in the temple and the pyramid in Egypt and reportedly in South Africa. They have created a healing field surrounding this planet. Each Andara Crystal connects and links with all the others, and the sites and information at that location is available to those who can connect with their hearts and minds.

**The Relationship  
Between Andara  
Crystals and  
Etherium - Agent of  
Consciousness**

When I started researching Andara crystals, I thought I was being led to them for a reason. They are beautifully colored. They are energetically charged. But in the end, what I took away from my lessons wasn't so much about Andara crystal as it is about Etherium and its prima matra properties, from which Andaras are formed.

## The Relationship between Andaras and Etherium

For centuries, alchemists had knowledge of a philosopher's stone that consisted of gems and precious metals that formed a white gold powder. Ancient Egyptian texts say that the Gods taught them how to make and use white powder of gold to feed their light bodies. The Pharoahs would 'ascend the stairway to heaven' when they took a white gold powder. Other ancient texts, including the Dead Sea Scrolls refer to a white powder gold whose secrets were either lost or taken away, but that would be returned to the people in 'the end times'. Nostradamus predicted that the philosophers stone would be rediscovered sometime before the year 1999. Our ancient ancestors left messages foretelling the discovery of a white powder of gold that could facilitate our journey into realms of higher consciousness. Have we possibly found this extraordinary substance?

Or is it simply the dust from the unicorns rubbing their horns together in play?

Explained by Tehuti/Thoth:

“Andara” is the name we have chosen to give to these crystals. They are composed primarily of “prima matra” (sacred matter) when through fusion, etherium transmutes into form. We have related to you in earlier transmissions that the “sacred matter” powders coming from this land were created by an inter-dimensional energy implosion. The land was originally seeded for the formation of this prima matra by those we call the “Timewalker” (High Mayans), who worked in conjunction with the High Devas mythologically depicted as Unicorns. When the implosion occurred, the “seed” material was heated not only to high levels but in a contained “hyper-field” which is created by two dimensions touching. A hyper-field forms a “no-time” zone where linear laws of thermodynamics are warped or in some cases do not apply at all. It was within such a hyper-field that the prima matra powders and the Andara Crystals were originally created.

Approximately 2000 years after the inter dimensional implosion had occurred, a Lemurian temple complex was raised on this site. The name of this temple was “Andara”, meaning “Light of Beauty and Perfection”. The primary purpose of this complex was in working with the prima matra powders, crystals and water of the land. By this we mean that through their purposeful interaction with the prima matra they effectively transmuted their crystalline DNA, therefore becoming a highly futurized form of “huemon” being, even more developed than the Lemurians of that age. Thus, we will cease calling these colonists “Lemurians” and refer to them as “Andareans”. The Andara Crystal is a powerful demonstration of the principle of Light Redemption.





## Etherium in the hands of an Alchemist:

Black is for regenerative properties, detoxifier, grounding, gut issues, it brought back the lemon tree.

Etherium Black is classified as a non-herbal adaptogen. An adaptogen is a substance that returns the body to its normal state (homeostasis) after an environmental disruption and improves the body's resistance to stress and occasional fatigue.

Etherium Black is capable of detecting electromagnetic imbalances within any organism and neutralizing the waves and particles causing disturbance. It is equally effective with thoughts, emotions, and physical imbalances.

Etherium Black is quite effective in supporting general detoxification.

Etherium Black consists of diamagnetic and paramagnetic elements that have a detoxifying effect on the body and a purifying effect on the spirit. Etherium Black seems to remove anything that is not in harmony with the higher good of the individual, both spiritually and physically.

Etherium Black comes from naturally occurring trace minerals in the Etherium deposit. It is the antithesis of Etherium Gold. Black is “unmanifest” and “uncreation”, whereas Gold is “manifest” and “creation”.

Etherium Black clears away interfering thoughts. Mentally and spiritually, Etherium Black calms mind and spirit, relieves stress, and brings a sense of peace and serenity.

Etherium Black can remove the clutter—making meditations more profound. Etherium Black can bring emotions into balance in a matter of minutes. Should you find yourself emotionally upset; be it anger, sadness, fear, Etherium Black will clear the inharmonious energies and assist you in finding your center. It is truly amazing how quickly and effectively it works.

White (GOLD) is the highest vibrational of the bunch, its has the broadest spectrum of mono atom properties, great for meditation.

Many people experience expansionary states after consuming Etherium Gold monatomic minerals. These experiences appear to be similar to those recorded in ancient texts that describe the use of “white powder of gold”. It is also known as the “Philosophers’ Stone”, mfkzt, manna, shem-an-na, and by other names. White gold was created alchemically by some ancient civilizations for the purpose of expanding consciousness, heightening abilities of their leaders, and as a part of certain ceremonies. It was usually reserved for the higher echelons in society or religious orders, often given to initiates being promoted to a higher status within the group.

As the electromagnetic frequencies are raised, the mind, regardless of left or right orientation, becomes integrated and more acute. Thoughts become clear and more powerful. Left-brain people report enhanced creativity, and right-brain people feel a greater foundation in their thought process. Some have even reported starting to plan their day!

Could this be the first sign of an integration in the brain that dissolves dualistic perception and propagates the realization that we are all part of the One? Could these ‘dormant’ areas become receptors to universal intelligence?

Logic-based, left-brain dominant people will have more of a mental experience. Though it may take several days, these people eventually notice enhanced mental acuity with improved mental focus. Often, they experience more energy and more productive sleep cycles—eventually requiring less overall sleep. Quite often, users also note and increase in physical stamina and endurance.

The right-brain functioning creative soul will usually realize immediate Etherium results in comparison to their left-brained brother or sister. Their initial experience may be more spiritual in nature. They open up as a universal receptor—a term that many use to describe the experience—the creative forces within are magnified. The sensation can be described as a “sensitivity to the surrounding universal fields and energies”.

Etherium Gold helps dissolve thought patterns and emotions that no longer serve us. This clearing eliminates mental confusion and promotes clear intention and mental focus. As thoughts become more focused, the vibrational difference between our thoughts, and the object of our thoughts, is reduced.

Therefore, the time required to manifest our needs and desires and bring them into physical reality is also reduced.

Universal creative forces, which we experience as an increase of serendipity in our lives, are put into action. Quite simply, the flow of life begins to flow more smoothly.

The amount of conscious effort normally required to create a particular manifestation becomes effortless, and we become graceful in every endeavor.

When our energy fields become aligned with the cosmic energies that surround us, evolution to our highest potential takes place, and we live in a state of health.

The gift of Etherium Gold is that it helps us attract what we want, and avoid what we do not want. It breaks down restrictive and repetitive patterns within the current reality structure at the cellular level and opens up possibilities that we have not previously considered.

Etherium Pink (Tan) is a naturally occurring trace mineral that can affect the flow of energy into the heart chakra.

Love is the energy that fuels our physical and etheric bodies. When the heart chakra is opened, it allows us to experience deeper contact with others.

The capacities of altruism and compassion are multiplied, bringing a deeper sense of fulfillment and a greater appreciation of the world which each of us creates.

Etherium Pink appears to enhance the union of our physical, mental and emotional states of being. As integration of the physical and etheric bodies takes place, higher energies from the subtle bodies interface through the chakra centers with the physical nervous system. Scientists speculate that — this energy flow accentuates our telepathic connection with other individuals, and heightens our awareness of the spiritual workings behind physical reality.

Activating the heart chakra opens us to experiences of tranquility and the acceptance of things the way they are. It helps us to accept and understand our challenges as extensions of a Divine plan for our conscious evolution. With regular use, we can experience a much deeper relationship with our higher self, the Source of all within.

The best way to explain Etherium Red is referencing the chakra system that is a foundation in Ayurvedic traditions. Etherium Red affects the throat chakra. Since the throat chakra sits between the brow chakra and the heart chakra, it integrates the analytical processing of the brain with the emotional desires of the heart. The differences between what the brain thinks and what the heart desires is often the root cause for feelings of scattered thinking, confusion, and powerlessness. An imbalance here causes difficulties in making decisions.

For many people, difficulty in making decisions is chronic in their nature, which isn't just a result of a throat chakra blockage. Someone experiencing a problem with the root chakra can also agonize over the simplest decisions that most would not have any difficulty making, but even good decision makers have to make the hard choices, even when there is no apparent best or right solution. Etherium Red brings clarity at these times, thereby improving the root chakra as well.

When the mind and heart are integrated, feelings of confusion and doubt dissipate and are replaced by confidence and self-actualization. The greater focus and harmony also reduce stress as scattered, confused feelings are frequent causes of stress. By integrating the thinking of the brain with the emotional energy in the heart, Etherium Red brings heightened clarity to the situation. Once you experience clarity, decisions become easier.

# **Paying attention to Unusual Phenomena**

It's May 2021 ... specifically around the Full Moon and this is what I saw from my balcony in Santa Rosa, CA.





12:54 PM Tue May 25 100% battery



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## Bay Area bewildered by prominent lenticular clouds

BY ANDRE TORREZ | KTVU FOX 2  
MAY 24, 2021

**SAN FRANCISCO** - Some people in the Bay Area were perplexed by the



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# Ayahuasca Journeys

## Ayahuasca journeys:

Plant medicine used as an agent of consciousness for connection to higher realms

Before I share my Ayahuasca experiences, its important to know that using any plant medicine should be viewed as sacred and this material in particular is not for recreational use. This resource came to my attention during the time that my intuitive awareness of something higher than myself was driving me to seek out the answers to where I can find confirmation. If God, Spirit, Source or whatever you happen to refer to that higher being as exists, I want to know how to connect to find whatever is meant for me to comprehend and I'm willing to explore methods that others probably wouldn't. After all, one cannot understand anything completely without having direct knowledge of it. Ayahuasca in my experience is a tool to help you connect to greater powers within yourself and reveal truths waiting to be unwrapped or healed.

In the early part of 2018, Mother Ayahuasca was calling, so I began researching and asking anyone I knew who may have experience. Ideally, it would seem that traveling to Peru into the jungle and being guided by a shaman would be what I would have desired. But traveling out of the country at the time wasn't an option. Then, a domestic alternative presented itself almost as if by design. There are people in this country who have made that trip to the jungle seeking wisdom or to overcome a trauma. After spending considerable time with Shamans with generations of experience, made it their intent to help others and returned to assist others through the same processes.

The proper preparation before a journey is about a 30 day process of preparing your being for physical, emotional and spiritual changes. Many have sought out this plant medicine for successfully overcoming trauma of many kinds. My interest had nothing to do with coming to terms with some negative energy to transmute, my interest was using Ayahuasca as an agent of expanding consciousness. I won't go into the details of the preparation here, those who are called will seek out the information for themselves and the process, just like your being is different than everyone else, so it should be expected that your preparation will also be different.

My interpretation of Mother Ayahuasca is just another term for Mother Earth (Gaia) and these ceremonies are to help facilitate your direct connection to that source. Journeys are typically multi-day events that are guided to put you in alignment with Source to help one heal or attain higher levels of awareness.

Spiritual explorations for connection to Mother Ayahuasca,

- know your truth
- be noble and and courageous in its communication

Spirit called me the Protector of Gaia

- and informed me that would be my 5th dimension responsibility when ascension is complete

In both journeys I felt the most profound sensations of unconditional love that to this day, I do not possess language to adequately describe that kind of Love and Light.

# Return to the Telos Portal

June – July

More tribe members from all different parts of the globe have heard about my Telos encounter. They want to hear more either because they have a Lemurian or Telosian connection – or they themselves have had extraordinary experiences and are seeking touchstones to help them understand how to interpret the phenomenon they are experiencing. Changes in their awareness' are also rising at a rapid rate and mindfulness for them becomes purposeful, because they realize they are co-creating their environment.

The next opportunity to return to Mt Shasta turned out to be mid-June. By now, I have been nourished from the inside out by Etherium for about a month now and what I can report I observed is this:

- Regenerates balance across your being
- DNA activation at a cellular level
- Clears / dissolves blockages
- Joints hips knees shoulder neck wrist elbow all feel regenerated
- Balance agility feel lighter especially on stairs
- Cycling effortless no saddle sore / leg fatigue [one with the bike]
- I crave the sun's energy
- Lower sleep patterns no loss of energy and focus – refreshed
- More restful sleep
- Appetite changed to more natural cravings – smaller portions, more often
- Feel Transmutation to Crystalline

Two plus weeks in –

- Weight 183
- Sleep soundly
- Occasional chills
- Dense food has less appeal
- Color spectrum vividly expanded, audio spectrum picks up higher dimensional frequencies
- My being has a high vibration moving through it – think The Force.
- Energetic signatures are apparent
- Hyper aware today
- Body feels tuned in

I'll stop here for a moment to address the inquiry I've heard more than once as news about Etherium was revealed. "Where do I get some?" First, its not meant for everyone like anything else. In order for it to be of any value to any being, you have to have found alignment or you may just as well eat dirt, because the effect will result in the same outcome – nada. Details on Etherium can be found elsewhere on this site so I won't belabor your reading by repeating it here: i.e. how it got on the planet, what science knows of what it contains and what science still doesn't know, how much of it existed and how much is still available in raw form. I am not referring to ORMUS which is humanity's best attempt at replicating raw Etherium but in the end ... not the same as there is still material contained in Etherium we have yet to unlock. But the answer is: there is little of it I know of in raw state that exists (today) and it remains unavailable.

Now let me remind you if it hasn't already become evident, you do not have to ingest Etherium to benefit from its energy. You will experience the same connection to "more" by stewarding an Andara and asking it to share its Akash. You do remember that Andaras are the fused result of when planetary forces formed crystal from Etherium powder? They hold all of the identical qualities that Prima Matra has, that will accelerate activating dormant DNA. Everyone – in my understanding, can achieve higher dimensional connection without Prima Matra indeed, but Etherium is definitely an accelerator.

If it seems like I spent a lot of time on Etherium, its because without that fundamental basis of knowledge, you wouldn't have a reference for the changes I've been experiencing. Once dimensional access has been restored – your view of reality shifts profoundly. And I appreciate more and more as I get to shift in and out of 4/5D that it's an exhausting process holding space to pull the Light to anchor from there to here.

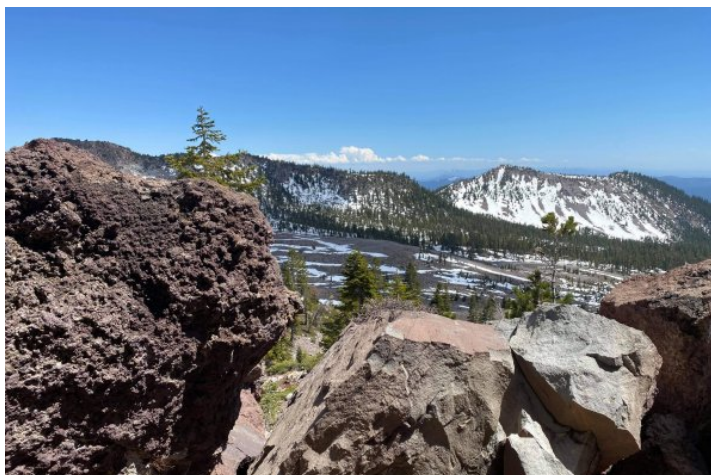


Relic Andaras from Mickey Magic's compound.

Back to the June visit to Mt Shasta:

After adjusting schedules I'd be back in Shasta the 3rd Thursday for at least a few weeks and during that time, explore the area part of that time with tribe to share sacred energetic portals, re-connect with others in the area to compare notes on individual ascension signs and find "me" time on the mountain now that everything should be open and accessible. As I always do when I first arrive in Mt Shasta, I make the drive as far on Everett Memorial Highway as conditions allow. There was no more snow, in fact, I've not seen the mountain from this perspective with zero snow and that's precisely what I was seeing. In spite of clear conditions, the re-opening of the road that seasonally gets gated from Bunny Flat to access the Old Ski Bowl trailhead summit parking lot among other places along the 3.3 mile stretch didn't happen. Ok then, I know what I have to do to reach my destination – hike it from Bunny Flat and I'd return to begin by 9AM Friday morning.

In preparation for this hike, I had to factor in things I knew and variables I did not – I knew that the road was going to be closed, meaning if that's the route I choose, its a 3.3(+) mile walk with a change in altitude from 6919' to 8120'. I was convinced that a route more "as the crow flies" would be shorter and much more pleasant through the forest than just following the road. I had the Lat:Long coordinates from someone (thanks Russian Duck) who read my accounts, figured out where the portal was and then found it by making that hike from Bunny Flat back in May from where he took pictures and screen capped the compass coordinates. I've kept a lid on that information since and shared it with only a few before I had a chance to return.



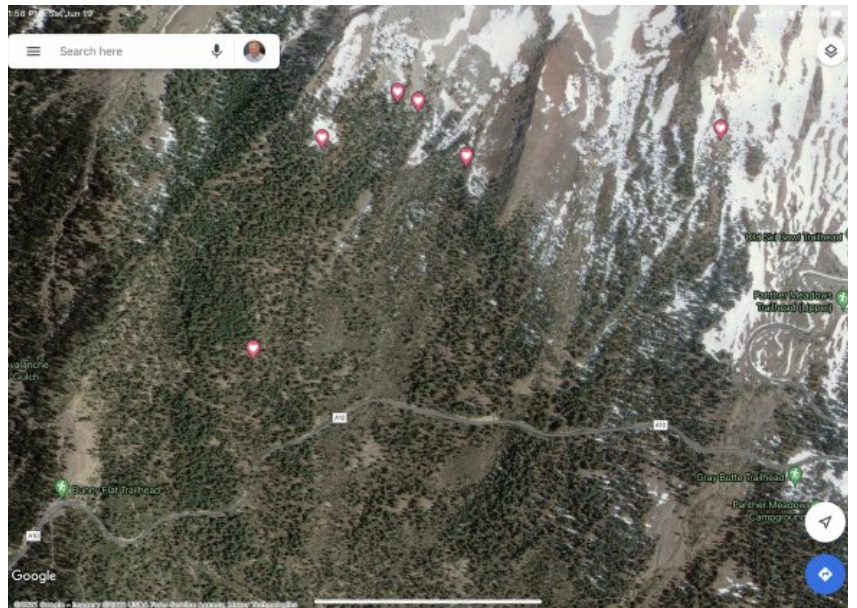


Using the Lat:Long on Google Maps / Google Earth was helpful – if I was driving. In spite of changing the mode of travel to hiking it just kept wanting to reroute me to the road (aarrgghhh), so I just bagged the whole Google Map option. I remembered using a Cal Topo map online last year the very first day of my hiking and to say it was helpful is an understatement considering I was wandering in places I'd never been “off-trail”. For some incomprehensible reason the mobile signal in a lot of (not every) places around Mt. Shasta is decent. Between downloading this tool and my phone's compass, I could see where I was and what direction I should head.

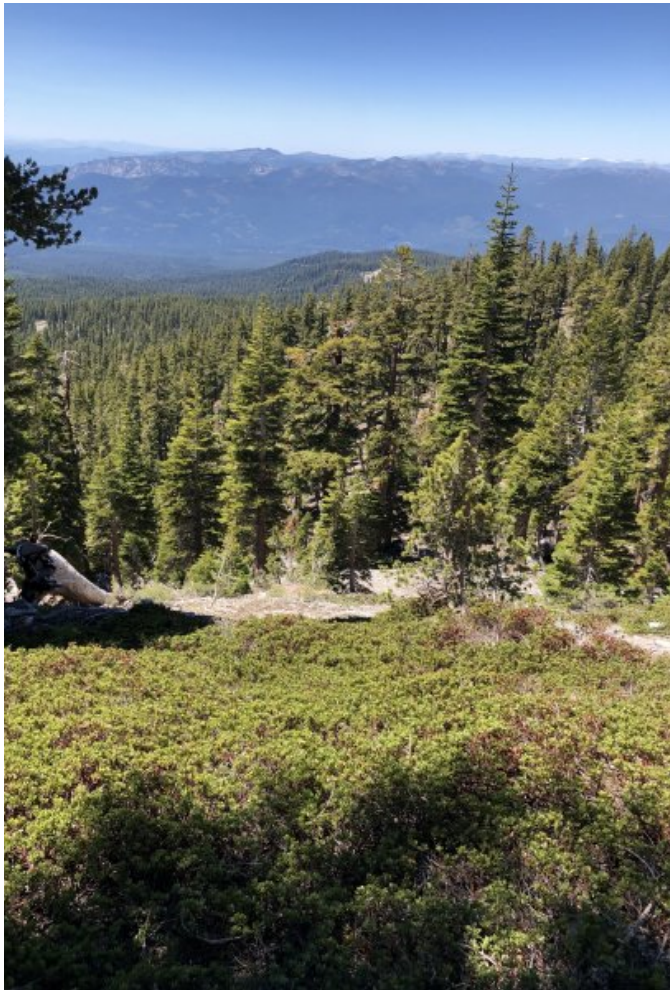
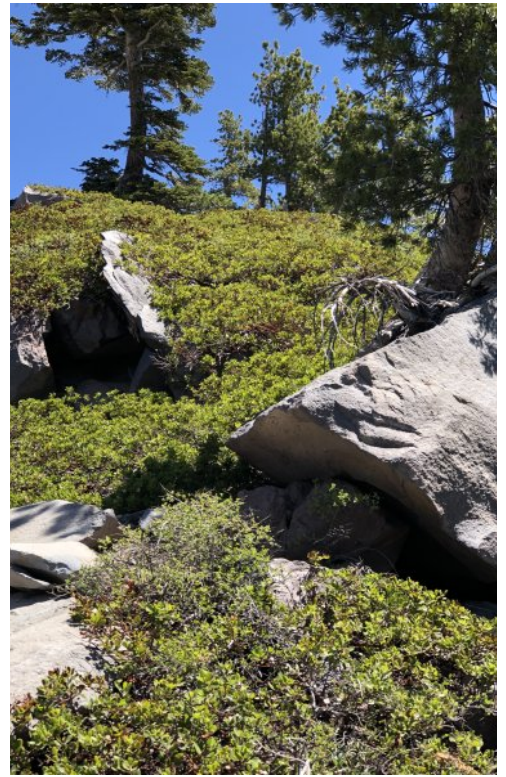
Drawing a visual line between where I stood at Bunny Flat and Mt Shasta in the distance was my line. So off I headed on some paths that headed that way. Soon to stay on-line, I ventured off-trail but came to a marked trail labeled “Snow Bunny Trail” that I decided to follow for a bit. Just north of that (see coordinates) I found the first of 5 portals I was supposed to visit / discover. Remember, I asked my guides to “show me the way” and this is the direction I took. Among those variables I didn't take into account were the elevation changes in unknown forest. So I just kept looking up the mountain knowing I had to ascend and followed intuition.

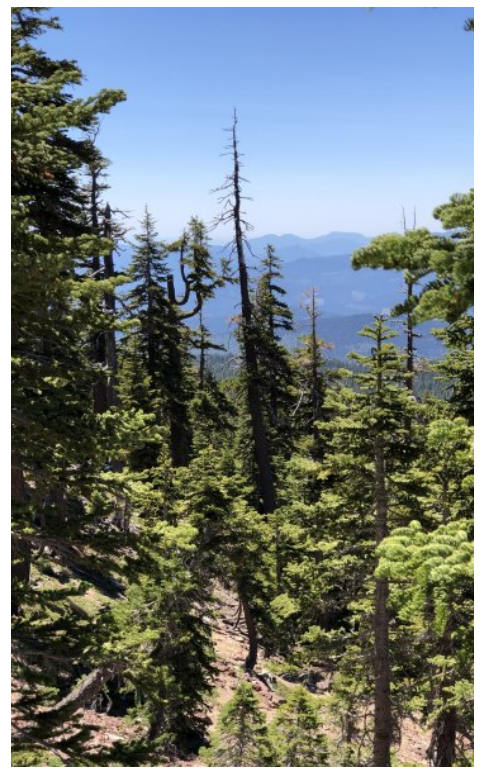
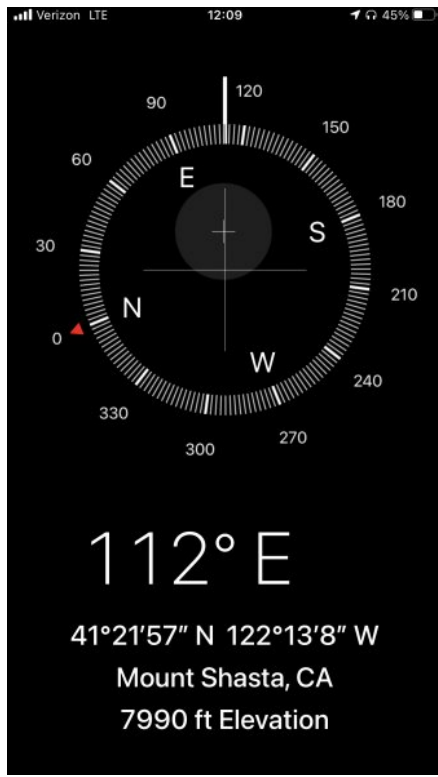


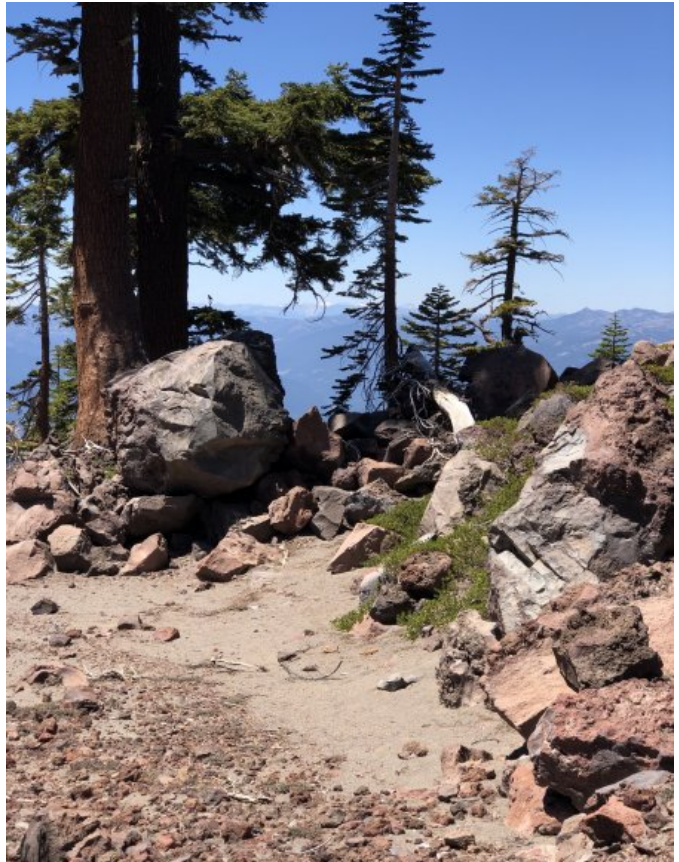
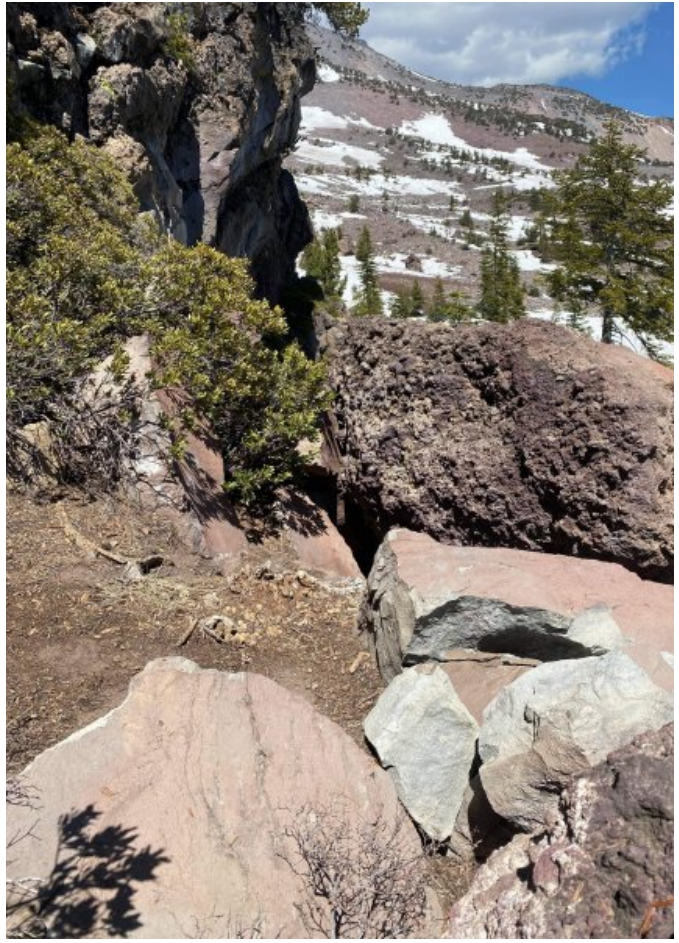
As you can see on the Google map I plotted all of the vortexes that I had screen capped – I went WAY north and later it would result in me having to descend only to have to ascend again ☹️. I showed you all the vortexes I exchanged energy at to share my experience. These places are all “off-trail” with the exception of the first one just past Snow Bunny Trail and that one is relatively easy to find and well worth the hike. (The Telos portal is the right-most dropped pin). These are all energetic hotspots.











So I continued to hike as the crow flies to Shastina from Bunny Flats to find the energetic portal to Telos I had experienced that Sunday last July.

Left Bunny Flats @ 9ish

Reached the perch @ 1ish

First: I returned to the scene a different being than I was last year. I have some new “upgrades” since the last visit and it’s clear as anything to me now as to why. My ability to sense and “see” energies has been greatly enhanced / elevated. Those energy vortexes radiate and in my case its as though I can “see” the etheric aura around the object.

I'll pause here for a moment to give you some clarity and try to explain the "upgrades". Along my journey, tools / people / resources have been placed in my path for my use. The next to the last weekend in February, 2018, I participated in an Ayahuasca journey where Mother Ayahuasca said I was the Protector of Gaia. She showed me visions of new Earth where I had my 5th dimensional abilities restored to me. I was a Master Alchemist and Sorcerer / Wizard with a crystal that had the power to heal heart space immediately and transmute negative energy into Light. The crystal manifested as an Andara Crystal (Epiphany) and if you know me, you know what I've learned about Andaras and Etherium. Some of the difficult to decipher information in Thoth's Emerald Tablets that he left behind are coming into focus for those that are ready. But enough about that for now. On to the Telos portal.

When I finally reached the normally highly active area, one thing was "smack you in the face" different this time – there was no one else here. My frame of reference for this three-level parking area attached to several popular trailheads was active every time I had been here no matter what day or time. Right now – I had the entire place to myself. I didn't see another soul until the descent on the road near the Panther Meadows campsite.

This visit – the energy signature at the portal site was noticeably much higher frequency and this time I could see the energetic outline of where the last opening took place. I was about to sit on the ground in this space and exchange energy I brought along – I had looked forward to that the entire hike. Then that multidimensional breeze ... it must be an energetic release ... and the portal was again open. I got to see She-Ah-Ma today at the portal. She came as far as the opening but not out.





So I sat with my legs spread saddle-like on the square bolder directly in front of the opening and had an extraordinary opportunity to chat with her. I was buzzing from the inter dimensional energy around us all and there were a number of influences inside me as well causing what I was feeling in that moment.

When I first heard her voice I recognized it right away, it is melodious. “So they call you Starbuck”, she said in the most endearing way possible. I just wanted to keep listening to her voice. She makes a striking vision. She’s wearing this blingy green ensemble that reflected the light like a hologram – so cool. Never mind she is 8+ ft tall so I look up at her a lot 😊.

She started by asking what I thought now that the Prima Matra has found it’s way back into the hands of a Master Alchemist. What we discussed will stay secret for now.

I wanted to know why we were meeting here with her feet almost back on Terra Firma. I wondered for a moment why she wouldn’t step out and then it occurred to me that she can’t pass into this realm without dropping her vibration to match this environment and why would anyone want to do that as reascending is not a simple thing? She reminded me – I did.

I wanted more insight on specifically my time in Telos and she said it is already beginning to come back to you. I asked if I have a name I go by in Telos and she said that would also come to me, but in the meantime she’s fond of Starbuck.

We spent a significant amount of time then it seemed just looking at the mountain saying nothing but knowing this is Endgame for 3D and with the time remaining we are going to enjoy it as is while we can.

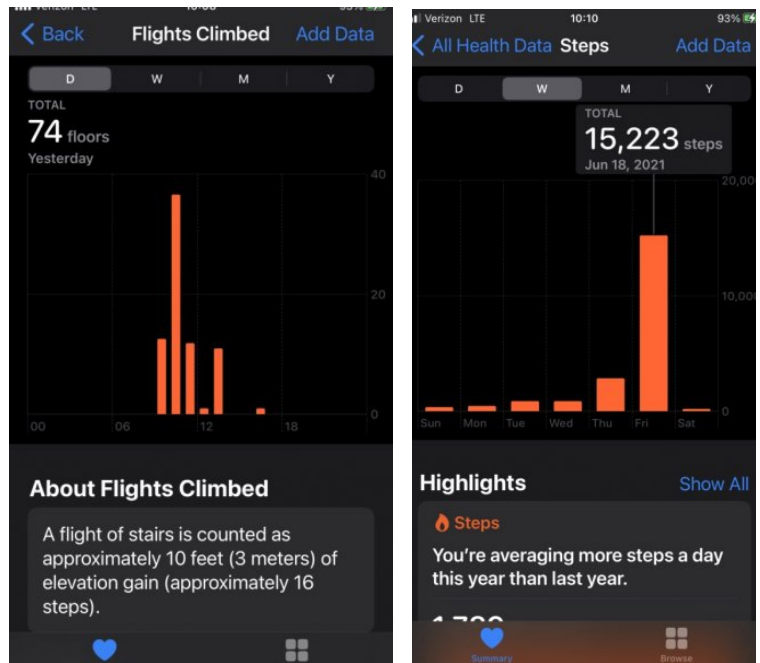
Said our farewells knowing I had to walk over 3 miles (following the road this time) to return to the Bunny Flat parking lot. I began climbing back down and as I dropped down a level, the portal is still open. I reached for my phone to capture a pic and too late – it was off again! At least this time I could fire my iPhone up right away. Wouldn't you know it, as soon as my phone was powered back up – yeah no more portal that's I could see through my lens.

Left the perch just after 2P

1 1/2 hours to walk 3+ miles to Bunny Flats

My dogs are barking (feet) – Time for a salad, rest and assimilation

I'm going to be in the area for awhile, there is magic unfolding and I'm here for that.



It's no coincidence that all of this was happening whether I paid attention to the fact that this timed itself to occur at Summer Solstice or not. Once it was within my awareness, it was just one more synchronous 2 by 4 upside my metaphysical head to bring attention to what was aligning. Plenty of other extraordinary things were unfolding for me and everyone else it seemed in my orbit on an accelerated timeline. Awareness of this tribe's orbit was growing exponentially as was the tribe itself as a result of many factors influencing it.

Through the first part of July, as those changes were manifesting into each one of us ... that same question kept getting asked: "ok, so now what do we do with what we know / can do?" ...

# Tower of Love - Red Fir Flat Mount Shasta

Can you feel that energy through the picture?



# **Kumu and the Light Beings**

July – August

When I returned to Santa Rosa from Mt Shasta, I had plenty to assimilate. Things surfaced that needed to be resolved or dissolved. Cords to cut. Vibration to hold. Alignment to maintain. One of those cords to either cut or snug up required a trip to Alabama where a piece of my heart still had space. It's a part of my personal space I don't share with others and I only make this exception as it set the stage for a multidimensional encounter in a rural Alabama Airbnb farmhouse.

I thought I was going to potentially restart a relationship, that the two of us had been communicating about for a few weeks by now. We had met while I was consulting in Louisiana and the time we spent together was special. It was time to have this discussion face to face, so I made arrangements to take in consideration the driving distance, her schedule and a quiet place to meet as soon as possible. In the end, I learned I was going there for different purposes.

CA is a CNA in a busy rural hospital in western Alabama. She is a Capricorn, a Service to Others being and doesn't like being idle. She works three consecutive 12 hour 7P-7A shifts beginning Sunday. In spite of drastic shortages in staffing at her place of employment, supervision with less than the utmost regard for her contributions and little to say about conditions other than just comply to keep your job ... she loves her work and the people she helps. The plan was ... I'd arrive Tuesday night at the farmhouse and be there when she got off work around 7:30A the next morning. I'd be here until the next Sunday so we had 5 days together to see what was in store for us.

When she arrived the next morning I helped her unload but I was fully aware she'd be exhausted after working 36 of the last 72 hours. It wasn't like I hadn't just driven 2300+ miles to get here – so we decided to just catch up on rest. When we started stirring late afternoon to get up and around, it made sense to just spend time on the couch, watch movies and reconnect. But she woke with a bit of a headache in the afternoon and she felt like she was getting a bit congested. She explained that the last night of the three, her floor became a Covid level overnight as the Delta variant just happened to make its appearance while I was there. In retrospect, she is fairly certain she knows which patient she assisted coughed in the wrong manner and to make a lengthy few days short – by Thursday we had confirmation from her work that she tested positive. By mid afternoon Friday she tried to tough it out as I had come a long way but her symptoms were getting more acute and it only made sense that she return home to her own bed with her comforts around her and begin to work through the recovery process. It should be noted that at no time during this period around her did I experience any ailments at all and to make certain, had a Covid test in Baton Rouge on Tuesday that came back negative. There are a variety of reasons why I know I wasn't susceptible to sickness and I never really gave it a second thought. In my understanding any virus needs to find a malady to compromise – my system doesn't have any.

Now I told you that story to tell you this story:

Friday after CA left – I lost it. I cried out 'WTF Universe ...' ? What am I doing in a rural farmhouse in Alabama? Because it certainly wasn't what I thought I was coming here for. From 5-10PM I laid on the day bed with the TV providing white noise, where she had spent most of the week slipping in and out of sleep – hoping I could get some rest of my own. I must have finally dozed off and was facing the back of the day bed, when just before midnight my higher senses were coming online. During multidimensional experiences I have, the environment always seems to carry the scent of sage. It's always sage. And I was sensing it now.

I turned around to face the room and there he is, sitting in a chair at the table so I see him seated in profile. The Etherium is open and he's mixing red with white. He is wearing a simple hooded frock that looked hemp-like and looked what I expect Merlin would look like. Long white hair and flawless features.

Who are you?

[ My name is Elias, I'm here to answer to your call. Know that you have multidimensional resources you can command when you are in alignment. I came to offer my support and pay my respects to a Sage: the Protector of Gaia. Summon your strength – we're almost there. You know what you carry inside of you from the Andara spiral. Use it.

You're about to prove to yourself your powers of transmutation – it was one of the unconscious reasons for your trip. Heal your loved ones is who you are – remember? She could use your skill set mindful that she is in total control of her being. You are here to heal her.

Keep your vibration high, many who don't realize it yet will be counting on you to explain ascension and what they will go through very soon. But you know that and I'm here to share a potion Alex suggested with white and red Etherium. You will remember the formula once you've experienced it, but you don't need it. You already know the alignment of your heart core and Source. But so you will have something to remember this moment between us by, take this. Lie back, close your eyes and in a moment - you will feel a sensation from your core through your crown. ]

Add Clairkinetic (the ability to feel the angels, guides and beings in other dimensions, getting a physical sensation in or on the body to indicate that another presence is making a connection) to the list of newly recalled abilities.

☹☹

During that journey I spent time in Merlin's chamber seeing Alchemy and Magick.

Saturday morning: a YouTube lecture on "Alchemy as a Key to Social Regeneration by Manly P Hall" came to my awareness and connected the dots on who is Elias the Artist (Elias Artista)

Elias the Artist is mentioned at the 30:07 mark in the presentation and it goes as such:

[ "In the old Alchemical system there was a mysterious being called Elias the Artist. Elias is the patriarch referred in the Bible as one who went to God without death. And this mysterious power – Elias the Artist would come in the night to some alchemist who was considered worthy and would give him the secret or forgive him perhaps a few grains of the elixir of life or the transmutation. Would stay a little time and then disappear and never be seen again. And in each case the Elias power left some proof behind it. It left evidence to the chemist himself that there was an answer. That there was a solution. And in some cases as in the case of Sendivogius, this powder actually was used by him to transmute base metals and apparently physically he believed at least that it accomplished this end. Or was it true that Sendivogius also knew and put into symbolism what this powder really was. That it was not there to transmute base copper, bronze or iron but to transmute base ignorance, superstition or fear into the realization of truth." ] Taking the time to listen to the actual presentation is well worth it to fully understand these types of connections between dimensional beings.



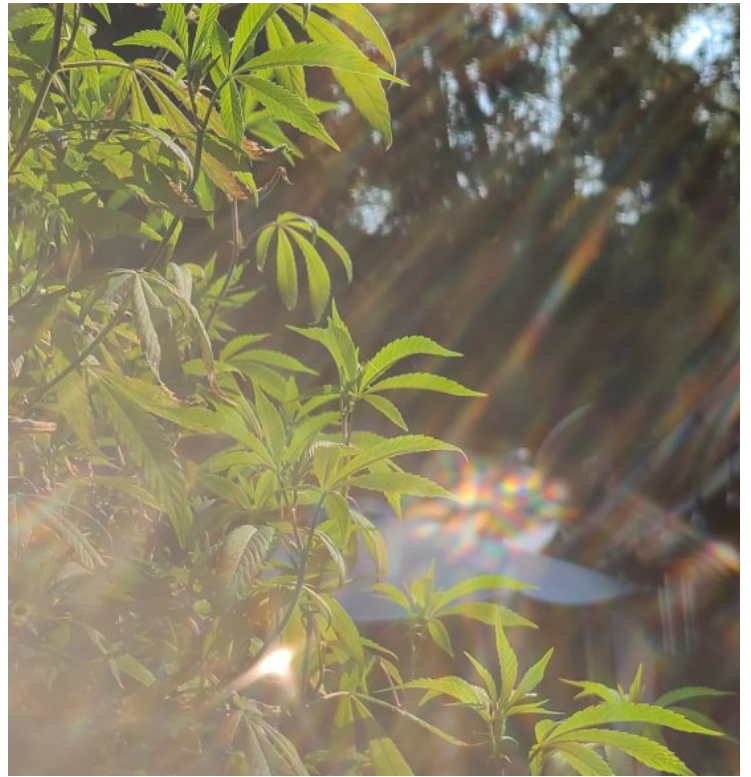
I was expected back in the Santa Cruz mountains by Friday and that gave me a few days of Divine time with family in Baton Rouge. When I arrived back at Mickey's compound sometime mid afternoon things were about to be put into motion I didn't see coming for me. I was about to make the acquaintance of an Old Hawaiian Kumu (teacher) who was intentionally placed in my path. I hadn't met her before and knew nothing about her, but she knew about me, my dimensional Telos experience and things about myself I didn't yet know. She planned to be at Mickey's that day where unbeknownst to me, we would finally meet. Now Mickey and Kumu had history and they have worked together in their healing work especially using Andaras. Her purpose is to use her gifts to "Malama the Aina" Malama = Heal; Aina = Land.

After a pleasant afternoon with everyone on the deck at Mickey's – where life in the Enchanted Forest takes place, around 5PM, Kumu invites me over to where she's near some huge healthy plants and taking pictures. The pictures are capturing Light Beings she's called and she is able to photograph them among the leaves. She tells me to stand with my arms around the plant's auric energy and she continues to take pictures. Moments later, she shared the images she had just taken with me and sent them to me. They showed a physical Light interaction between myself and the being. Later I will learn, that this was a test of some type and without having satisfied this condition ... what was to follow the next day (and consequently in Mt Shasta later in the month) wouldn't have taken place.

I could "hear" the vibration when these beings are in the vicinity and it took a few experiences for me to realize that. In terms of the Light itself as you will see ... it is quite visible to the naked eye and dense.



# My introduction to Light Beings - Phase One

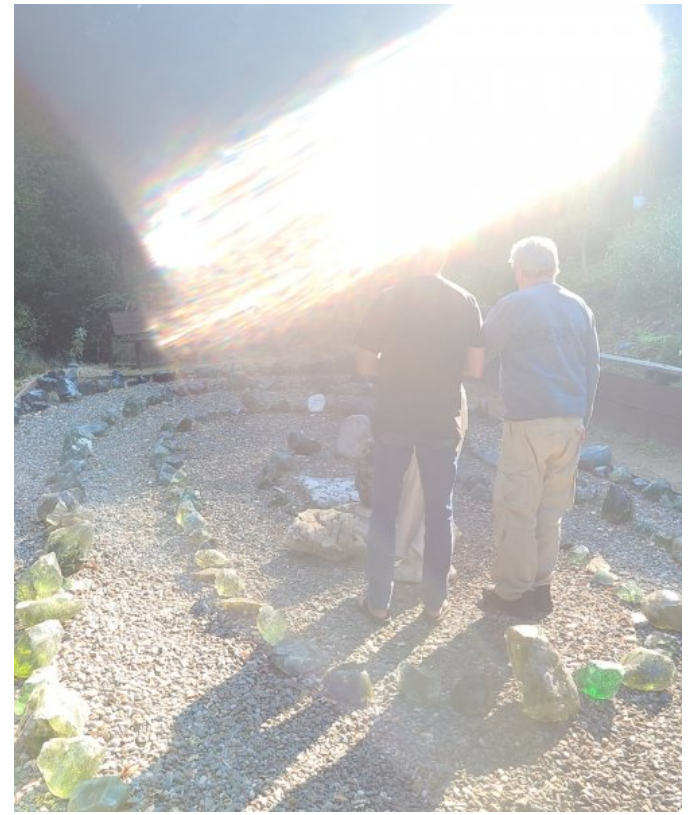
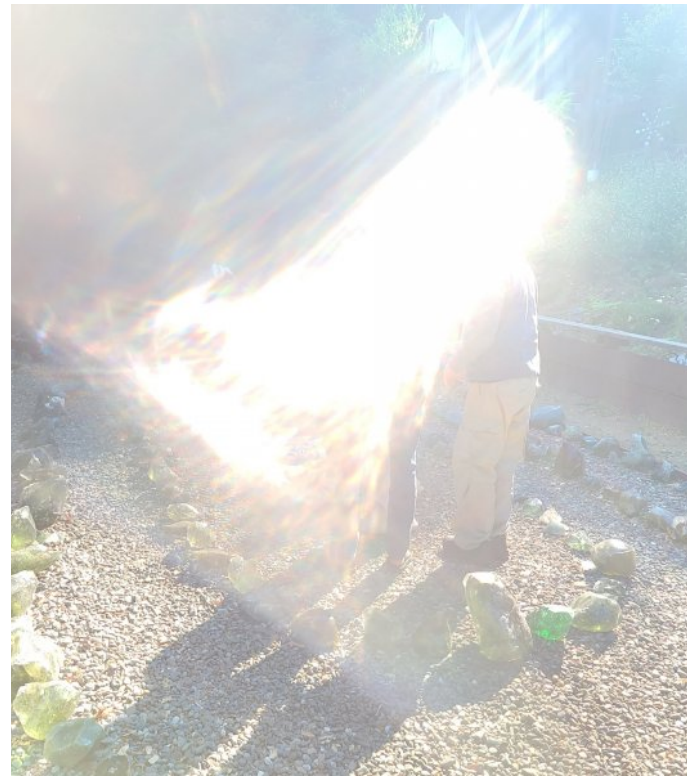


That was Friday. We had plans the next day to spend some time working on updating Mickey's site to make the acquisition of Andaras easier for everyone. Then there came a call mid-morning – Kumu is returning. No one at the time knew why but she would be here just after noon.

Now Kumu usually travels with an entourage of students and colleagues, but today it was just her and one student. When she arrived, they brought a feast of Chinese food suited to feed dozens and a number of protective travel cases. These cases held artifacts that few people ever get to see, much less hold or photograph. They were 30K+ years old and had codes inscribed everywhere on them that appeared ancient. Three of these relics were ceremonial pipes that were about to be put to use. Kumu had brought some sacred medicine from her ancestral land in Hawaii that was going to help guide me – we were about to go through a ceremony establishing further contact with higher dimensional Light Beings on the Andara Spiral.



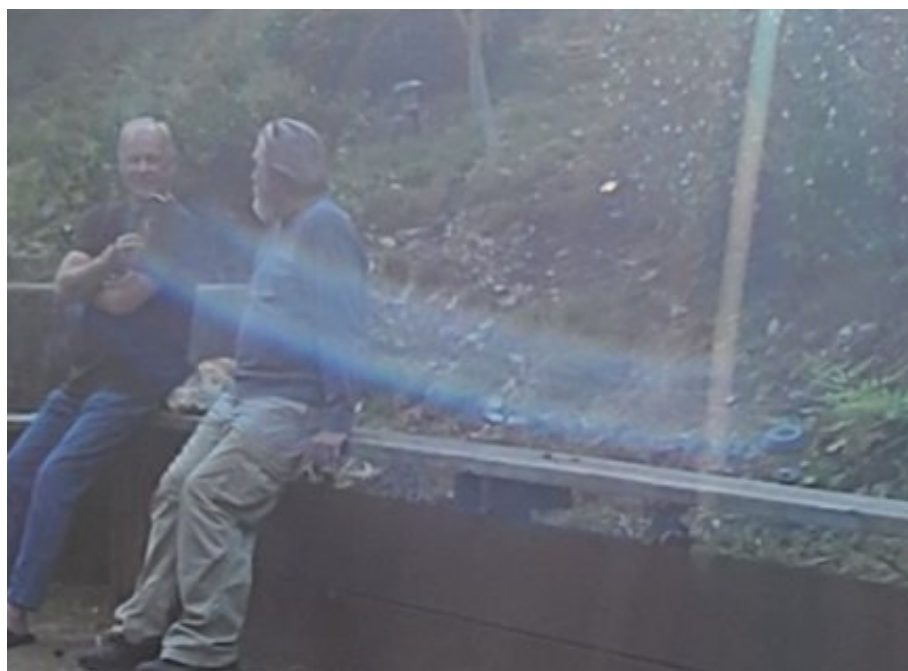
I was fortunate enough to see these relics in order to re-learn the symbols and codes on them. If you look closely at the first two ceremonial pipes - you will find the same symbol on each. These were not found in the same place.



Late in the afternoon, Kumu invited Mickey and I down to the spiral to stand behind the angel statue next to the Goddess Stone in the center. While we were there she photographed the phenomenon around us documenting different apparitions of how dense the Light Beings were.

Immediately after we were sitting on the wall along the side of the spiral and she continued to capture what dimensional phenomenon was occurring. This time the light was different and a blue light swept into place. At first glance it looks as though I am holding something with both hands ... and what it captured was a snake form representing Shiva rising to protect me. As much as it all sounds like it should mean something at this point in time, I've got no idea what any of this amounts to.

Before Kumu leaves today, we talk about our overlapping visits to Mt Shasta in a few weeks and make plans for connecting there.

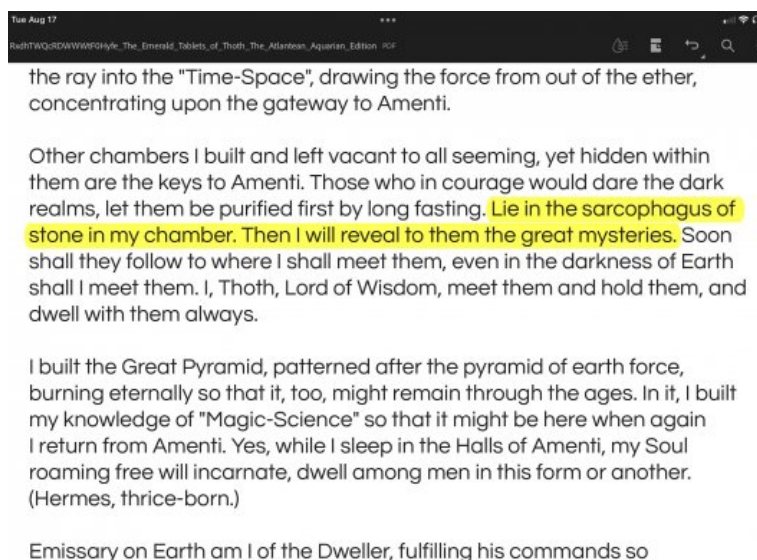


When I leave Mickey's on Sunday, I had reached out to Kathy, who is an Oracle in her own right. Her vocation had included emergency room nursing and now she administered a facility. Her real gift (and passion) is her ability to help others find past life connections using QHHT training. But Kathy's intuitive nature had already possessed these skills to deep dive because she is deeply empathic. I wanted her feedback on what had taken place and so she agreed that she would take me into a session and we would see what came of it.

I saw the Blue Cobra encircling me and posed facing me without fear of threat. It felt protective. That was all I saw. Kathy, however, came back with something more ...

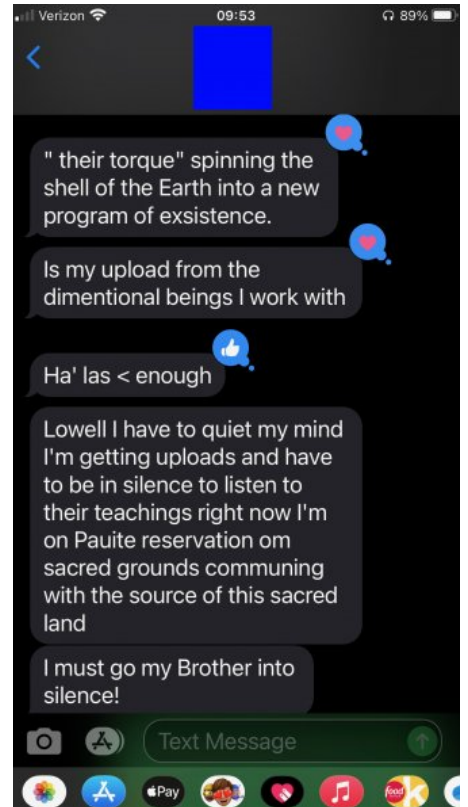
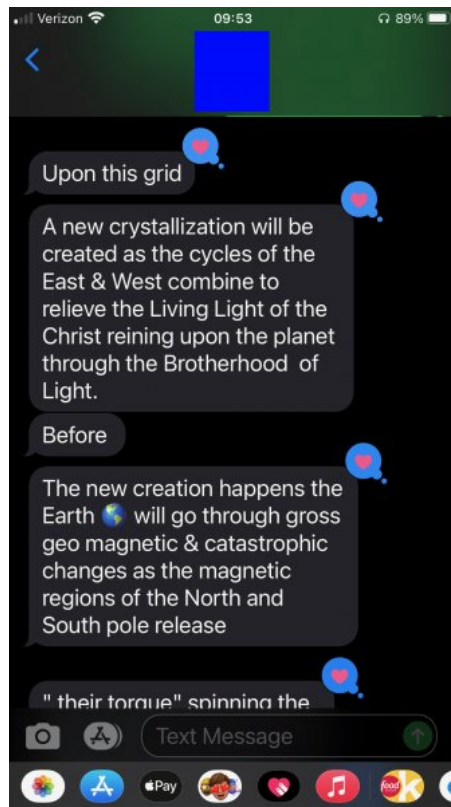
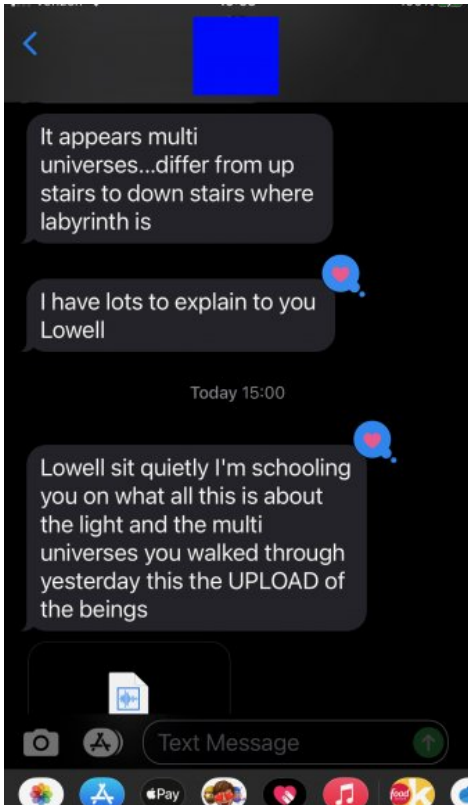
She saw something Egyptian

[ She asked: "Who is Lowell?" ... she saw a sarcophagus tomb in shape of body ... leaning against the wall ... coming to life ... "Wake up" ... "Why Lowell?" He's royalty ... he's a king.



Cobra (for protection) Blue light ... light energy to use ... can direct that energy. Why the cobra ... grid in sacred geometry inside a square ... someone pulling on something around Lowell's heart and the cobra came forward and stopped it. ]

My plans included presenting at Rob Potter's August Summit at the end of the month, but I would be going a week earlier to spend some quality "me" time on the mountain. Things always happen when I'm there now it seems and energetic signatures are more apparent.



That week before the conference went quickly like all timelines these days, toward the end of the week, Kumu and I had finally found a wedge of time early Friday afternoon to get to know one another better. I really knew little about her but I sensed she had something to give me and whatever it was I wanted it. But from where I sat at that moment and how things had assimilated ... it was clear that she had put me through ceremony without advising me that she was doing so, never mind without my consent. In the most respectful way possible I said she rather hijacked my Sovereignty and we had to overcome some trust obstacles. But whatever she was here to pass on to me I wasn't going to miss out on. She said she had to. I knew instinctively that she did, but I would have to spend a bit more time unlocking the reason why and it had to do with me, not her.

She then told me about herself – she is a hybrid and her history is not for me to tell here, but I know she has dimensional connections, gifts and abilities beyond our current comprehension. She knows how to take the enhanced Photon Light energy pointed at the planet and transmute negative energy with the assistance of these higher Light Beings. She has been dealing with negative energies of unspecified kinds all her life and now it seems, others will be equipped accordingly to help clear. Somehow, maybe the day will come when I fully understand it all, she had to have received permission from a source higher than herself to share with me what I'm about to receive. I had no opportunity to ask anyone about any of this so of course I wanted to know "why me"? We went on to recognize all the things that had led to this moment - that for me was having a fascination - no, obsession - with knowing everything I could take in about Thoth without understanding why. There were signs of things repeatedly placed in my path for weeks now on who I was, what I was here to do and this was the tangible moment. It had to do with Thoth's consciousness returning to form (as he said he would) to assist Earth through her ascension. I had dreamt it was me but dismissed it as too big to believe. So near the end of our sit down, I said "so you're telling me that I'm being prepared as a vessel for Thoth's consciousness?" And without hesitation she said "Yes ... You just have to believe that you are ... We all hope you will."



She shared with me some fascinating stones that looked like obsidian with hints of blue and green andara. Five small stones that fit in the palm of her hand with some smaller shards and some dust at the bottom of a small plastic bag they were carried in. She explained she got them during a trip to middle earth she took there earlier in the week. I had a chance to take them to a resource I know in Mount Shasta - Mazebah at Matrix Crystal Gallery. I showed them to him, told him where I was told them were found and he told me they were actually from the Heart Nebula - yes, as in the star cluster.



Then she held in her outstretched palms a red container. She said I was under no obligation to take what she offered me, but if I wished to deepen my connection to higher Light beings, this would help me get there. She said it contained Etherium ... and ... Light. Some I've shared my experience with asked "how could you ingest something you didn't know?" Admittedly, I never gave it a second thought when it comes to taking the concoction. My thinking was (and is) if I didn't take it – I'll never know what's in store for me. So over the next ten days, I ingested this sacred creation material and prepared to see what comes next.

Kumu invited me to a ceremony Friday night to participate in at a location in Mt Shasta with an energetic pyramid. There was unquestionably energy being shifted there that night and for me (after Kathy's Egyptian heads up), during the ceremony, I found myself at the Great Pyramid, where I removed its top ... giving access to the Halls of Amenti and the Akashic records for all humanity, including those Emerald Tablets which had been forbidden until now.



As much as I have been able to participate in some dimensional events that have resulted in showing me unusual phenomenon, magick that can't really be anything but experienced.

Kumu was originally scheduled to leave first thing Saturday, but Friday night she invited me to one more ceremony and we would meet in town at Mt Shasta around noon to caravan to the site of the event. In all there were four vehicles and about a dozen people and I thought I was a tag along ... nooooo. Turns out – this ceremony was for me. I was to experience what this all had been leading up to – my Light Integration to connect me with higher dimensions and more specifically, these beings. In a later transmission I will tell you more about who they are but for now, know they are 6th dimensional beings primarily here to assist with ascension.



It took us about 40 minutes to reach the destination – a sculpture garden within a Veterans Memorial Park. Note: if you venture to see this space yourself, please be respectful of this location. It is sacred.

There is a rather circular drive where the sculptures are located so we all got the parking situated and then began to prepare the space for ceremony. I parked last and opened the back hatch waiting for further instruction. Kumu was on her way over to me while others were addressing the 4 directions to honor the space and ask to be granted passage. When she came over to me she handed me a piece of brown paper and said “here is your medicine”, take your chair and wait over by that statue until I come for you.

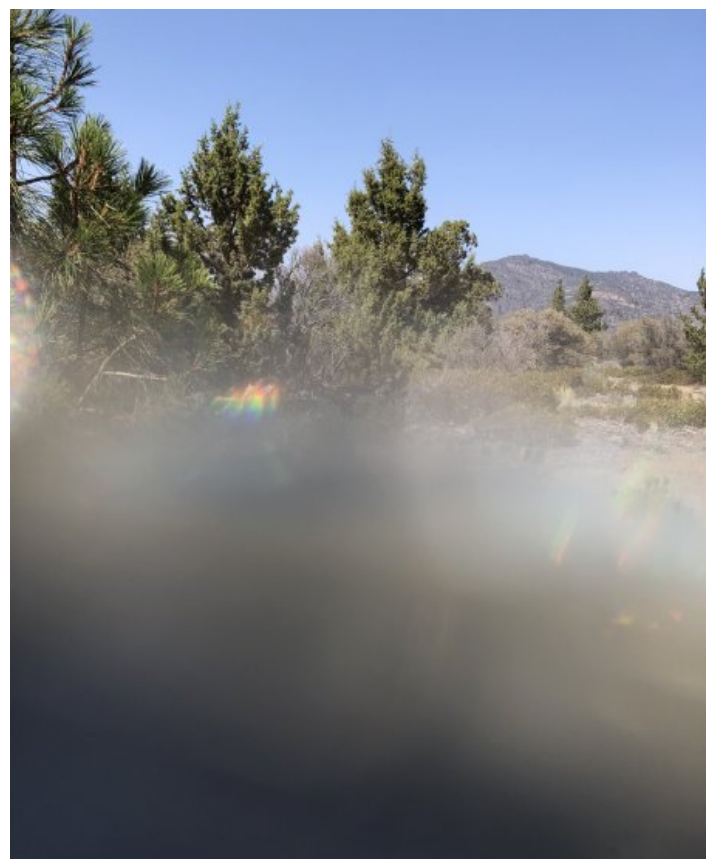
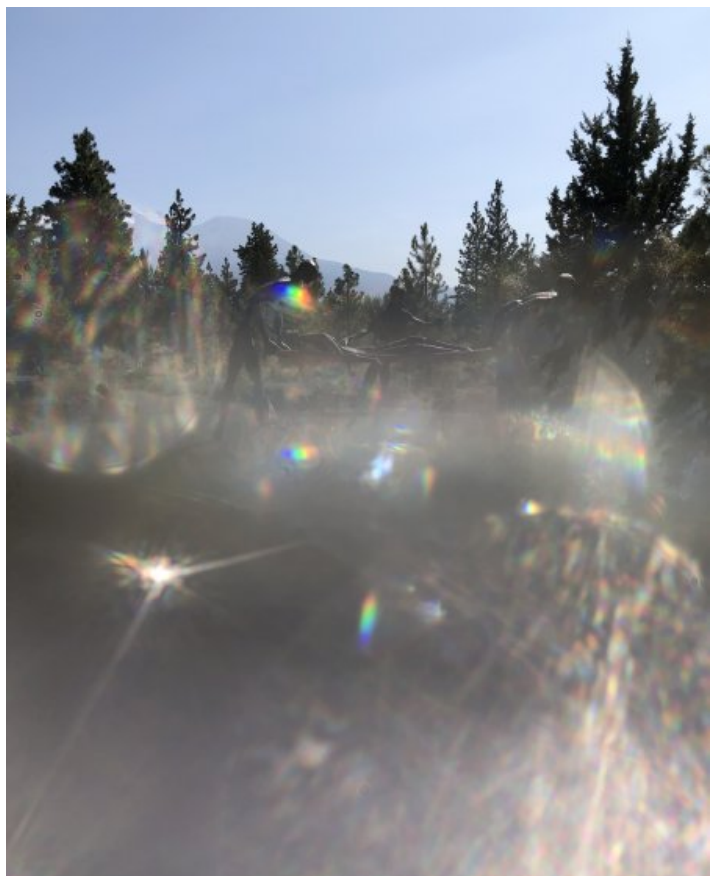


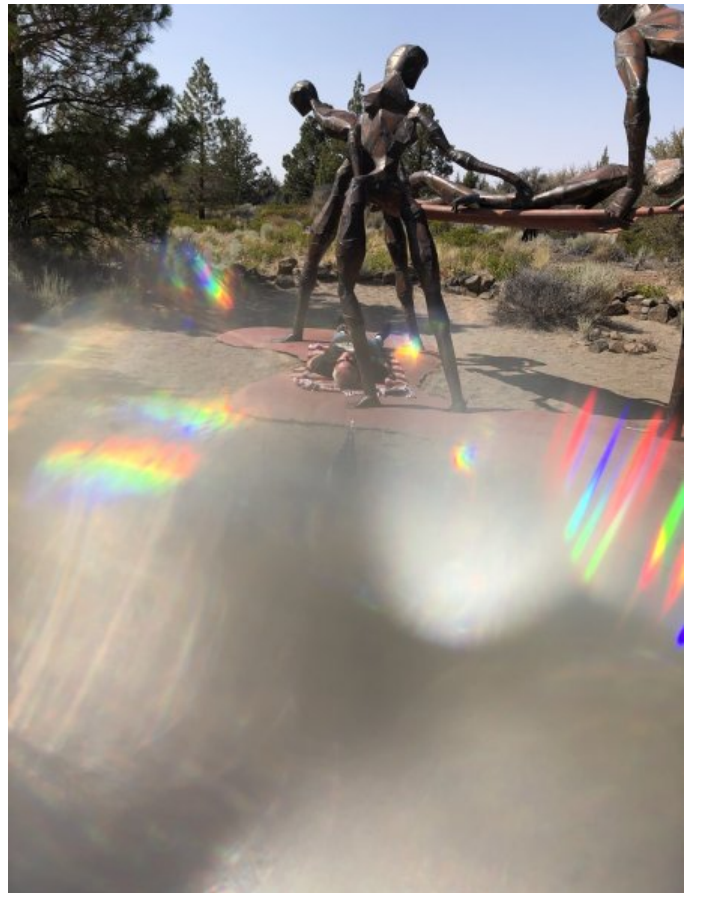
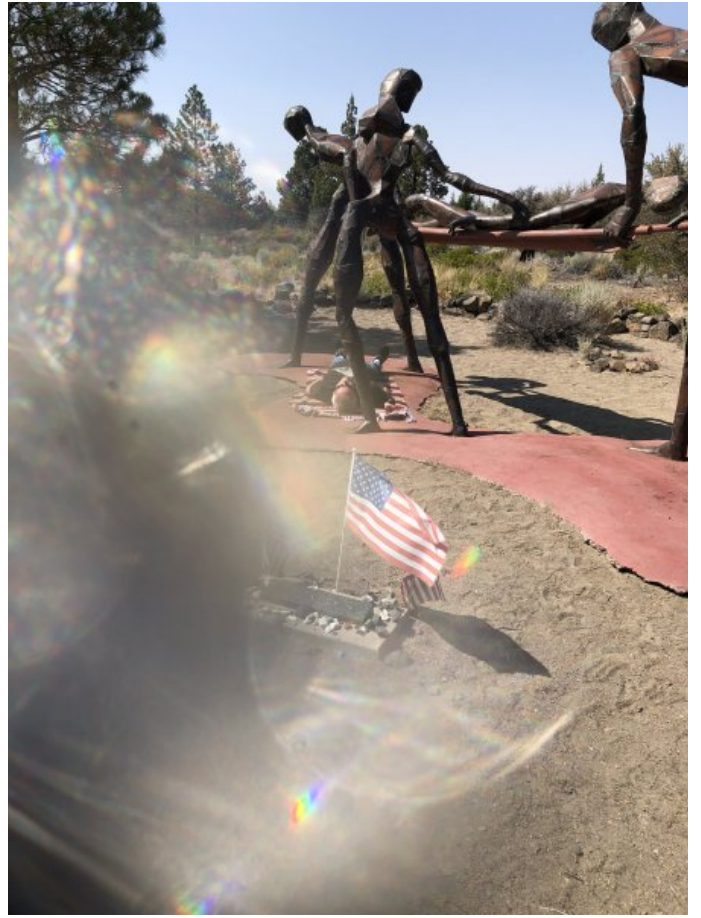
The weather couldn't have been more perfect. T-shirt temperatures and clear sun shiny skies. I found a spot with some shade, set up my star gazing chair and started taking in this medicine. It was just before 3PM when this candle was about to get lit. Kumu came over after all the other preparations were done and her part of those were done. Now she was going to focus entirely on what was about to transpire with me. The energy was already elevated and so I was feelin' it already. She came over to where I was sitting to explain what I was to do. She pointed toward the sculpture in front of me (“Nurse”) and said I'd be laying on my blanket underneath the statue and indicated how to position my head and feet. Then she asked me for MY iPhone so any images she might capture would be taken on my device. After I handed her my phone and I laid down, she told me to find my meditative state and ask what it is you want to know. I wanted to know about Thoth the Atlantean, his consciousness returning to assist Gaia and my role in all that. I said: if what I've been presented with is true, then let just one Light Being show as confirmation. What I received were Four Light Beings who made contact from their realm to this one with me and gave me some clarity regarding the Emerald Tablets and Crystal Skulls.

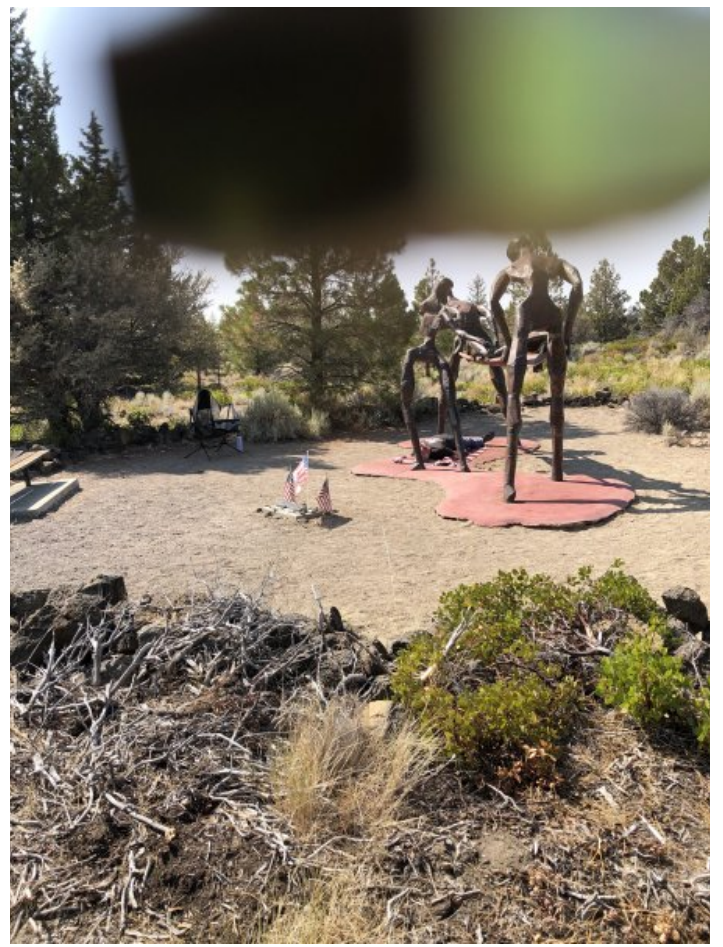
The encounter was quite the light show for mid afternoon on a Saturday. I could hear their vibration – three different instances that were confirmed by others where I heard high frequency vibrations, like a giant hummingbird hovering stationary over me while feeling a Light energy pulse flow through my system. More DNA activation was downloading into me while my entire energetic being was actually Integrating with these Beings. This is what REAL connectivity to All feels like. I now carry inside me the same Light DNA that these beings carry through the Etherium cocktail I had been nourished by. The die was already cast. These beings, call them angels if you wish, have always been around us assisting our oblivious selves, as they can without direct influence. Now however, a way to connect to this realm has been established to assist in the acclimation to use the higher enhanced Photon energy aimed at Earth to transmute negative energy into Light. Think of my connection as a dimensional “passing of the baton” and I’m not the only one – more are about to follow. That’s my focus now moving forward: help others connect to this higher Light.



My ceremony with 6th Dimensional Light Beings - having Light passed from their realm to this one. I am grateful that these benevolent beings are here to guide us through ascension.







Yes, that green disk you see at the top is a ship spinning right there.







All of this happened one week before Rob Potter's Shasta conference where I was expected to share the account of my visit to Telos (which we know most certainly now, was multidimensional). Very few people outside my immediate circle knew any of this had happened and as usual I was still making sense of it all. Do I mention the past weekend and the Light Activation or stick with the program and share Telos? It was decided to stay with our original presentation plan as many people with Lemurian / Telosian connections came to hear everything about that adventure. But by the end of the conference, I had shared with a few more insiders who I was comfortable having these conversations with and a buzz was starting to develop in the undercurrent. It wasn't just another story of someone's extraordinary contact, there were pictures of this connection as proof. And once again here I am after extraordinary events wondering – "Ok, now what do I do with what I know / can do?"

Here begins the clarity from Kumu on what this is about. Listen to the audio file she sent explaining what Light resources are finding their way to the planet and what to expect.



Kumu's 8-8 message

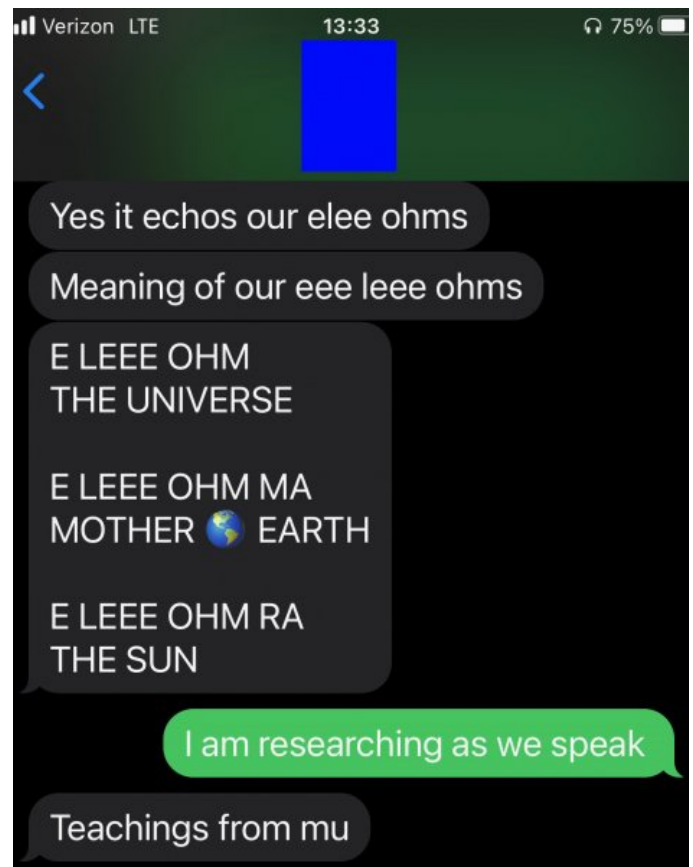
From Kumu:

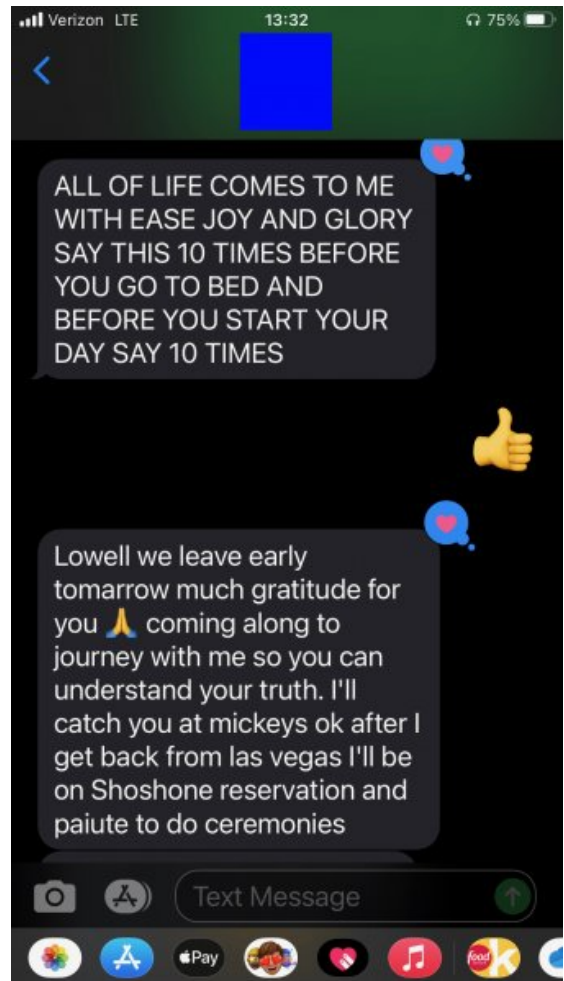
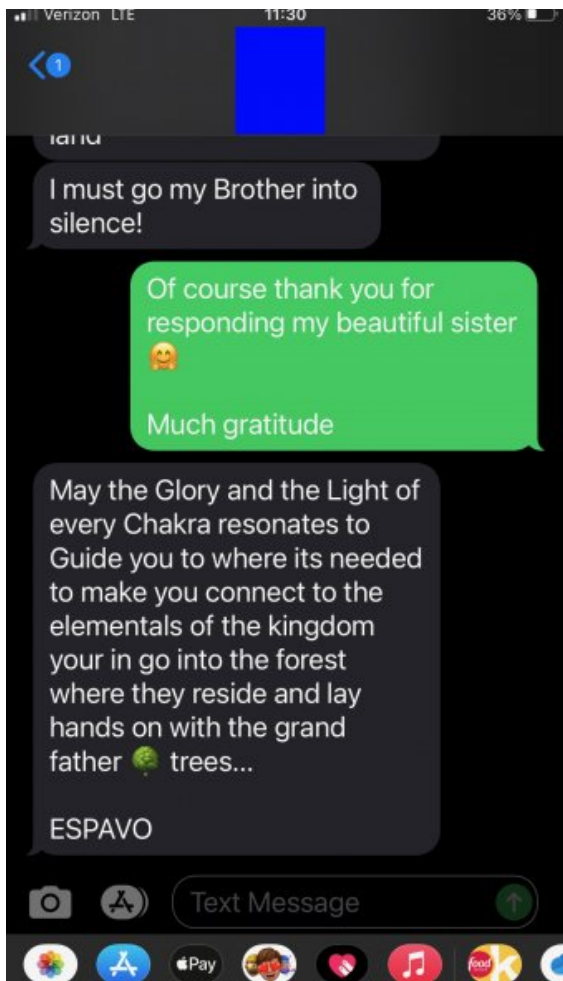
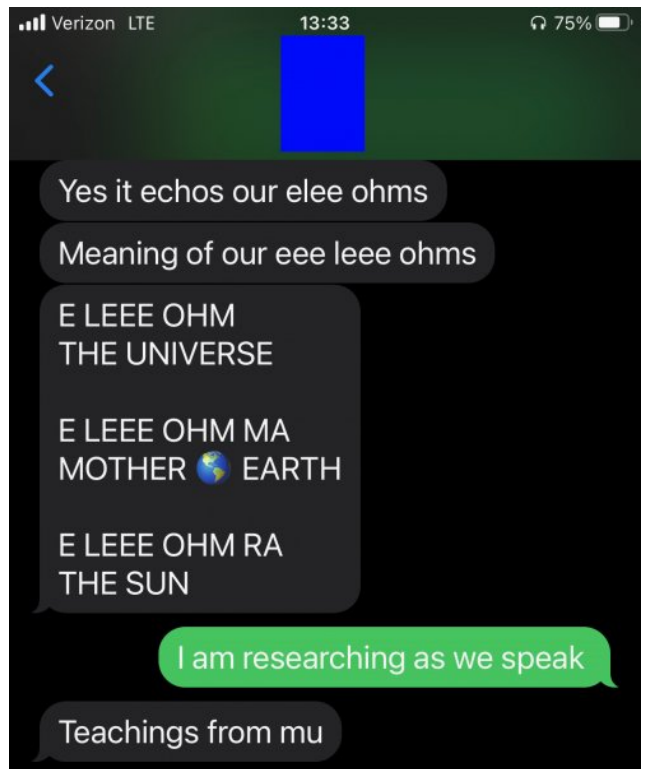
“A new crystallization is now being created as the cycles of the East & West combine to relieve the Living Light of the Christ reining upon the planet through the Brotherhood of Light. The new creation happens the Earth 🌍 will go through gross geo magnetic & catastrophic changes as the magnetic regions of the North and South pole release "their torque" spinning the shell of the Earth into a new program of existence.”

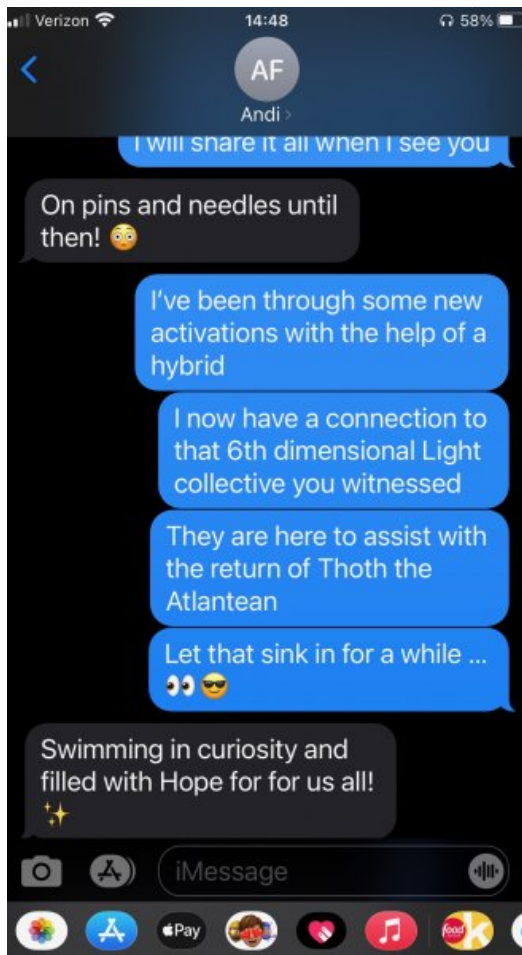
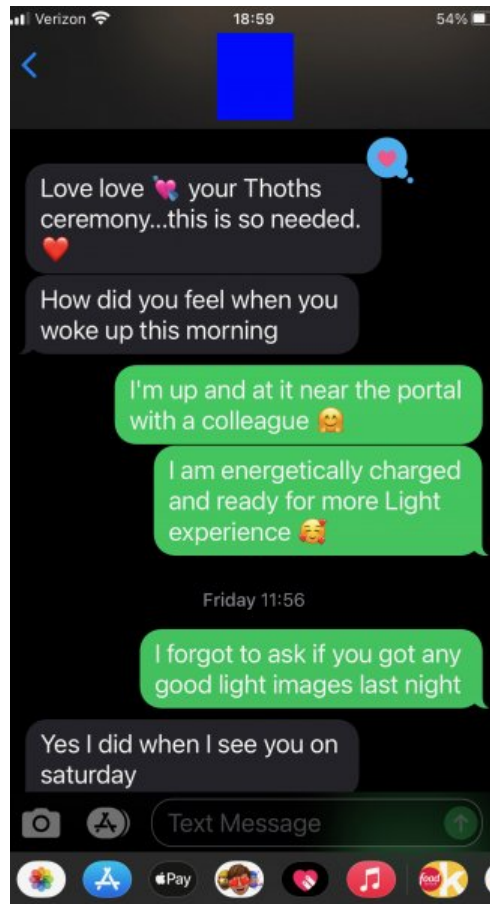
The process is underway

Using these ELEE OMs, connect using this honoria at the proper frequency and you will realize your constant connection to the Light Collective.

I'm watching the ethereals around me dancing at this clearing Mt Shasta Camp resort, but I'm not allowed to photograph now. They're like energetic multi- light colored sprites moving along the ground and floating above it.

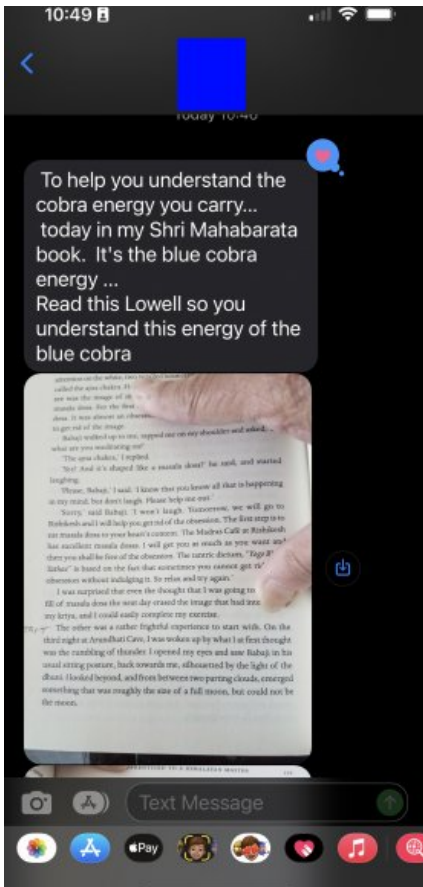






# Blue Cobra Energy

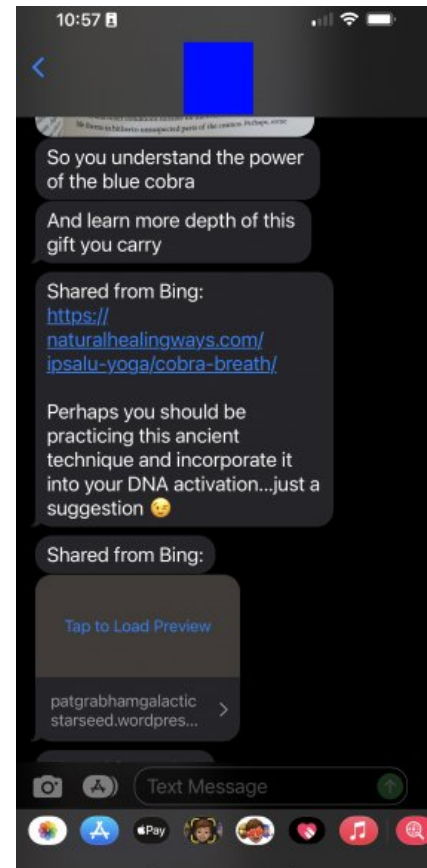
I was informed I was carrying Blue Cobra energy ...



“The other was a rather frightful experience to start with. On the third night at Arundhati Cave, I was woken up by what I at first thought was the rumbling of thunder. I opened my eyes and saw Babaji in his usual sitting posture, back towards me, silhouetted by the light of the dhuni. I looked beyond, and from between two parting clouds, emerged something that was roughly the size of a full moon, but could not be the moon.”

“Instead of the cool, silvery, white light shed by the moon, this object was a glowing ball of fire, and as it moved closer the rumbling became louder. Then it came towards the cave and landed right on the dhuni, with the sound of a thunderclap.”

“I was so scared that I could not even sit up, but Babaji sat upright like a statue, unaffected and unmoved. I wanted to call out to him, but my vocal chords refused to function. Somehow, I pulled myself up to a sitting position. My whole body trembled with fear.”



from “Apprenticed to a Himalayan Master, Sri M

“A strange spectacle unfolded before my astounded eyes. The rumbling had stopped and there was utter silence. The fireball, which was about two feet in diameter, split vertically into two, and out of it emerged something that caused goose pimples all over my body. It was a large snake, with a hood like a cobra, glowing electric blue, as if made of a transparent, violet, glasslike material, with electric filaments lit inside. The snake-like creature's eyes glowed, and it hissed softly.

My fear vanished the moment I saw the creature bend down and touch Babaji's feet with its hood. Babaji blessed it by touching its head with his right hand, and then did something, which for a second made me wonder if what I was seeing was a silly dream, or reality. He hissed in reply.

The blue cobra straightened up and sat facing Babaji. A hissing conversation went on for quite some time. Then Babaji said, 'Madhu, come forward and see the deputy chief of the Sarpa Loka.' I moved forward and carefully sat behind Babaji. The snake hissed. Babaji said, “Bow down to Nagaraj.” I bowed low before the snake. At close quarters, could see that he was quite big and had intelligent sparkling eyes. The snake hissed and touched my head with his forked tongue. I found that I was not the least bit frightened, although I could feel a mild electric shock passing through my body.

Then abruptly, it slithered back into the globe, the two halves of which clicked shut, and with a rumbling sound, the globe took off and soon vanished in the clouds. I could not but ask Babaji to explain. Babaji, I said, I deserve an explanation. If I said this to anybody, they would think I am utterly crazy, or that I am concocting some kind of fiction, so I shall keep this to myself. But please, explain to me.”



from “Apprenticed to a Himalayan Master, Sri M



"Yes. Babaji said. "You are right. Not many will believe this experience of yours but you will have to share it with the public, when you write your autobiography. It does not matter who believes or does not, but I will explain to you. Truth is often stranger than fiction.

In the Milky Way, there exists a stellar system with seven planets and eighteen moons. One of these planets is called Sarpa Loka, and is entirely inhabited by highly evolved, hooded snakes. The serpents are called the Naga Devatas. The person you saw is the deputy chief of this realm and he is called Nagaraja. The supreme head of the Nagas is the five-hooded golden serpent, known in ancient Indian texts as Anantha.

Thousands of years ago, when humanity was still in infant stages of mental evolution, there was regular contact with Sarpa Loka. The wise and evolved Nagas frequented the earth, and spent long periods here, teaching and educating human beings. The snake worship you come across in all ancient civilizations is a tribute to the advanced Nagas of yore. Their images were venerated for the deep wisdom that they possessed. They also taught the secret of the kundalini energy initially, again symbolized by a serpent.

Patanjali, who gave the world the Ashtanga Yoga Sutras, was himself a Naga, and is depicted as half-man and half-snake. The snake on the pharaoh's head and the snake coiled around the yogi-god Shiva, are all symbolic representations of wisdom and power, imparted to certain human beings by the Naga teachers.

'But then, as always seems to happen, human beings, as they became more powerful, began to also become more self-centred and cunning. Humans, or at least a majority of them, were ready even to kill for personal gain. Some felt threatened by the intellectually and spiritually superior Nagas, and forgetting their indebtedness, began to use the powers that they had acquired from the Nagas against them.'

from "Apprenticed to a Himalayan Master, Sri M

“At one point, there were large scale massacres of the Nagas. The Supreme Naga Chief decided to recall the Nagas from earth and cut all connections, except with some human beings who were highly evolved spiritually. Overnight, they were transported back to Sarpa Loka. A small number of Nagas, who were sick or too old, or in rare cases, rebels who defied the orders of the Supreme Chief thinking that they still could do something with the human beings, got left behind.

The serpents and snakes that exist in the world today are the descendants of those who were left behind, and who, through years of in breeding no longer possess the great qualities of their ancestors. However, as I told you, the channels of contact were kept open with highly evolved beings of the human race. When the great Sai Nath of Shirdi left his body for three days, and returned on the fourth day, to the great astonishment of the general public who had thought that he had died, he told his close circle of associates that he had gone to settle a dispute in some other world.

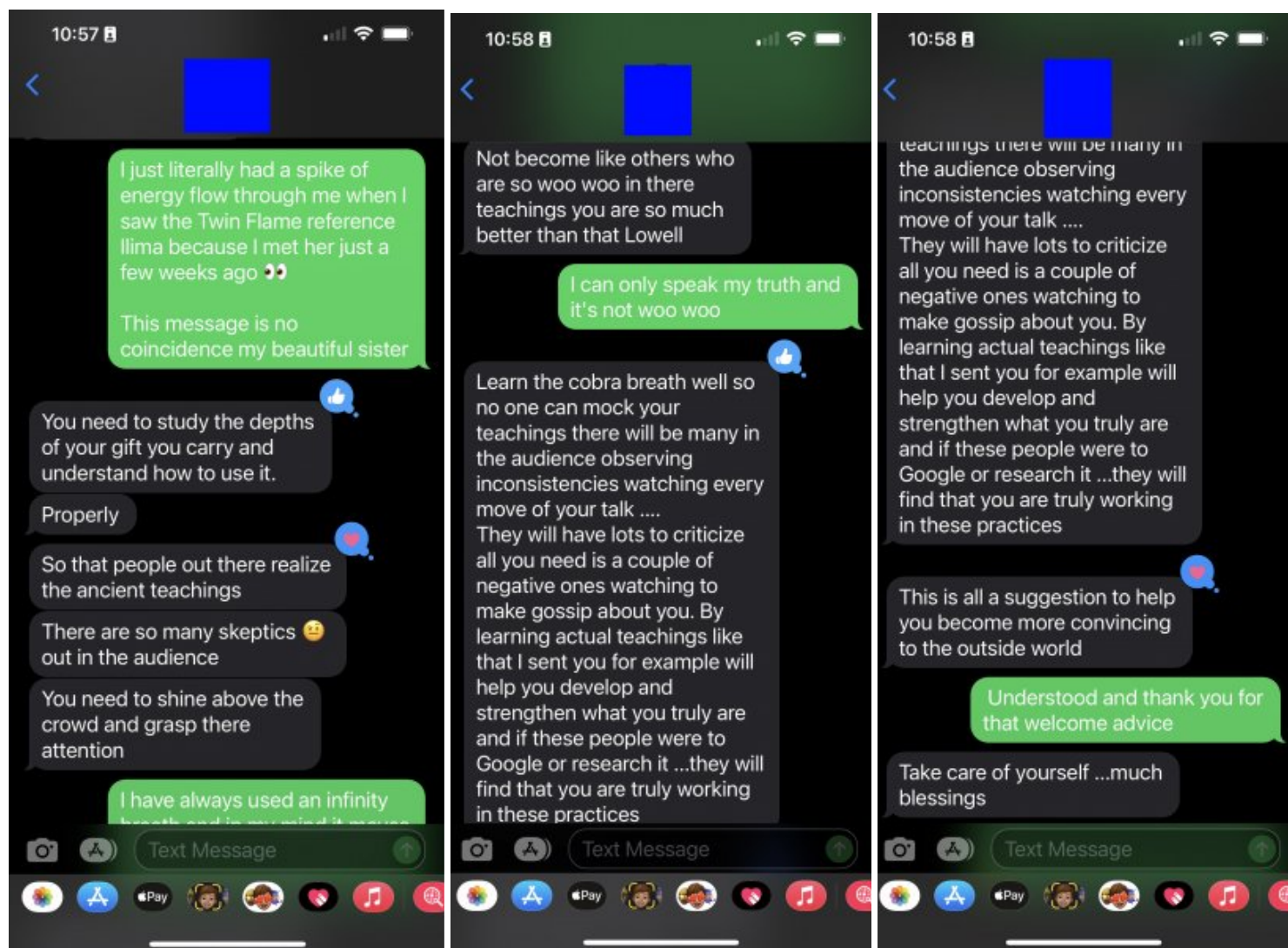
'The other world he spoke of was the Sarpa Loka. The dispute, which I cannot reveal to you, was not completely settled, and has come up again. Nagaraj here went to Sri Guru for help, and on his suggestion, came to me to discuss the matter.

'Babaji,' I said, 'all this sounds so bizarre, that if I ever wrote an autobiography, which I might do, at some point, since you say so, the readers would either dismiss it as the ravings of an unbalanced mind, or as pure fiction. I don't care. So let it be.

Babaji laughed. 'I repeat again, he said, 'truth is stranger than fiction, and even if the story stimulates their imagination, there is hope that they might at some point realise that there are greater realms of consciousness which cannot be comprehended by dry logic, and currently available levels of intelligence.’

from “Apprenticed to a Himalayan Master, Sri M

“However, by the time you attempt your biography, even the scientific world would have expanded its knowledge of outer space and other planets. The suspicion that life exists, or existed on other planets or stellar systems, will be strengthened by the discovery of Water, and other conditions suitable for the evolution and sustenance of life forms in hitherto unsuspected parts of the cosmos.”



According to Sri M's autobiography (apprenticed to a Himalayan Master), Babaji was Lord Shiva. In the second to last chapter of his book, he mentions Babaji changing his form to that of Lord Shiva. All of these accounts, along with additional reported meetings, are described in various biographies.

from “Apprenticed to a Himalayan Master, Sri M

## Cobra Breath Technique

Step 1: Sit on the edge of a chair, with the edge your buttocks resting on the seat. You may put your hands on your knees if desired. You can also sit with your back against the wall and use a pillow to support your lower back.

Step 2: Press your tongue on the roof of your mouth. Squeeze your anal muscles, or perineum, and hold.

Step 3: Breathe in. As you breathe in, first feel the energy come up from the base of your spine and up your spine. It should progress to the back of your head and around the top to the crown of your head. Keep your tongue pressed on the roof of the mouth and make sure your anal muscles stay contracted.

Step 4: As you breathe out, keep your tongue on the roof of your mouth

Step 5: Slowly, breathe out and make a hissing noise like a snake. Your facial muscles around your jaw and lips should be contracted, almost as if you are smiling, when breathing out.

### Tips & Warnings

- Pay attention to your body while doing the breath. Check in with yourself as you repeat the breath. If you are overwhelmed or feel dizzy, stop.
- Do not combine the cobra breath with alcohol or any other mind-altering substances.

The above constitutes one round. For Newbies it is best to do 2-3 rounds. For Average Meditators, 4-8 rounds; and for Advanced Meditators as many as you feel comfortable with. The important thing to remember is never push yourself to far with the breathing exercises, as you may end up damaging your nervous system. One way of realizing if you are doing too many rounds, is your words and speech patterns slurring. If this happens simply decrease the number of rounds and or number of counts.



This technique is an all-in-one empowering technique; a direct advancement towards your kundalini's ascension. The Cobra-Breath is very natural. In order for the Cobra Breath to work, you will need strong sexual energy, in other words, strong chakras.

# **Jami Lee's August 2021 Reading for Me**



**MAJESTIC EMINENCE**  
 PRIESTESS ♦ DIVINE FEMININE ♦ WORTH

*(Image connected with Amethyst Fleur-De-Lis Color Ray)*

**Celestial Interpretation:**  
 Majestic Eminence resonates to the sacred and Divine actions of the true inner Priestess. The sublime, generous, and blessed Divine Feminine is to be honored and acknowledged, as it is this exalted force that fosters balance from excess masculine energy. This noble ray embodies the highest frequencies of grace, patience, and love, yet empowers the soul with dignity and worth. Through the inward journey of the Priestess, the voyage cherishes beauty within one's own soul, and all other souls are inspired to do the same.

**The Oracle Interpretation:**  
 Regardless if you're in a male or female body, this card suggests the need to balance the Divine Feminine aspects within yourself and honor your worth. Allow your wisdom and power to be expressed by example. Bask in your own sacredness with gratitude and love. Be confident with your choices, and yet receptive to all of life.

**Companion Crystals:** Amethyst, Auralite  
**Companion Essential Oil:** Lily of the Valley

**AWAKENING**  
 ANCIENT KNOWLEDGE ♦ MEMORIES ♦ CONNECTION

*(Image connected with Teal Seafoam Color Ray)*

**Celestial Interpretation:**  
 Awakening resonates to that of connection with ancient knowledge and wisdom. This sacred ray heals feelings of separation from that of our ancient ancestors and galactic predecessors. It initiates interdimensional traveling and opens vortexes within the soul. This transformational ray transcends time and space, and helps us discover hidden insights that lie deep within our own being.

**The Oracle Interpretation:**  
 You may be remembering your ancient wisdom or other ancient knowledge from other civilizations. An important connection will be forthcoming to assist you. Memories of past lifetimes and recalling spontaneous wisdom may be upcoming, so be prepared for the coming expansion of the mind. You are awakening to the truth of your origins. You have all the tools you need to see the truth in your situation.

**Companion Crystals:** Larimar, Labradorite  
**Companion Essential Oil:** Eucalyptus Blue

**MANIFESTATION**  
 PROSPERITY ♦ FORTUNE ♦ PURE INTENTIONS

*(Image connected with Golden Bronze Color Ray)*

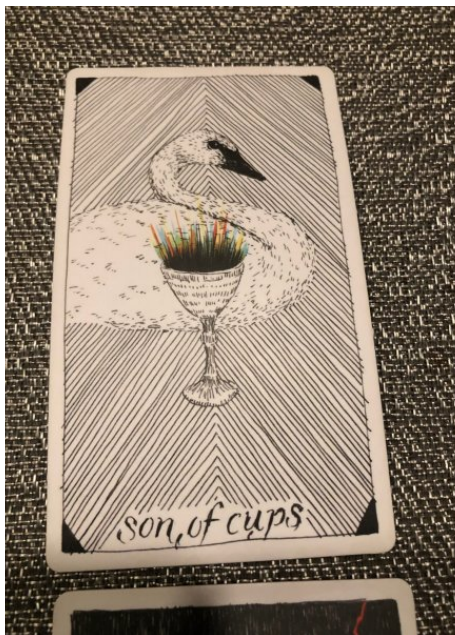
**Celestial Interpretation:**  
 Manifestation resonates to the power of prosperity and abundance. Thriving with positive fortune and magical creation, this sacred ray empowers and reattunes the soul to its internal and external natural state of richness and magnificence. When the soul manifests abundance based upon pure intentions, greatness is born, poverty consciousness is erased, and lasting inner fulfillment is delivered.

**The Oracle Interpretation:**  
 Your ability to manifest is "golden." Money flows easily and freely into your life. All that is asked of you is to keep your intentions clear and focus on higher frequencies of prosperity. Abundance can also be measured inwardly, which inevitably will overflow from the inside out, thus manifesting a waterfall of outer abundance. Remember this! You also need to engage in manifestation exercises on a consistent basis, or has this perhaps been neglected lately?

**Companion Crystals:** Citrine, Tiger's Eye  
**Companion Essential Oil:** Goldenrod



Jami Lee Mayfield, nature loving free spirit, ET experiencer, Clinically Certified Hypnotherapist, Reiki Master / Energy Healer, Spirit Photographer, Ordained Minister and Intuitive Reader - The Healing Place, McCloud, CA



*Son of Cups*

The Son of Cups possesses a depth of darkness and light woven into his character. There is an energetic movement drawing him in a continuous upward expansion. He is undergoing a change into a new chapter in life. This new direction is growing from what he has learned through his current experiences. It is a new direction that comes from what he has witnessed and experienced through his journey of light and dark. This new movement comes from wisdom that has unraveled over the course of his culmination of experiences. There is tremendous growth and depth from this time-travelling soul, but he is not yet at the peak of maturity. The Son of Cups is shedding immense energy of what no longer serves, and he is highly sensitive to what does. So much so, that circumstances are rapidly changing to match the depth of what

*Father of Wands*

Father of Wands represents fire, intuition, untainted ambition, and creative drive embodied. He is depicted as a cobra in an upright position, ready to strike at any moment. He protects his wand behind him and a lightning bolt strikes in the sky. Wands symbolize our most primal and creative forces from within. This allows life to burn in creative wildness. The Father of Wands has clear direction. He not only sees his vision, but moves in full power to bring full manifestation to his desires. His life experience has made him confident in each action he pours himself into. He is raw energy and full power.

*1. The Emperor*

The Emperor card is depicted by an evergreen tree- tall, healthy, strong, and deeply rooted in the ground. Standing majestic against a pure white background, the sun emits a concentrated energy of light. He is a stable force that has grown in wisdom through the multitude of diverse experiences on his journey. The Emperor is ruled by Aries fire and represents the masculine energy force. Representing strong will, determined action through focus, and an independent and intelligent nature, the Emperor has a robust passion for life and an affinity for pleasant and beautiful experiences. He holds a deep appreciation for the many offerings life brings. He is open to expansion and greater understanding. He sees all things as continuous opportunities to walk through the chosen doors presented, furthering his development and growth of Spirit.



# **Interesting Phenomenon I've Found Since the Upgrades**



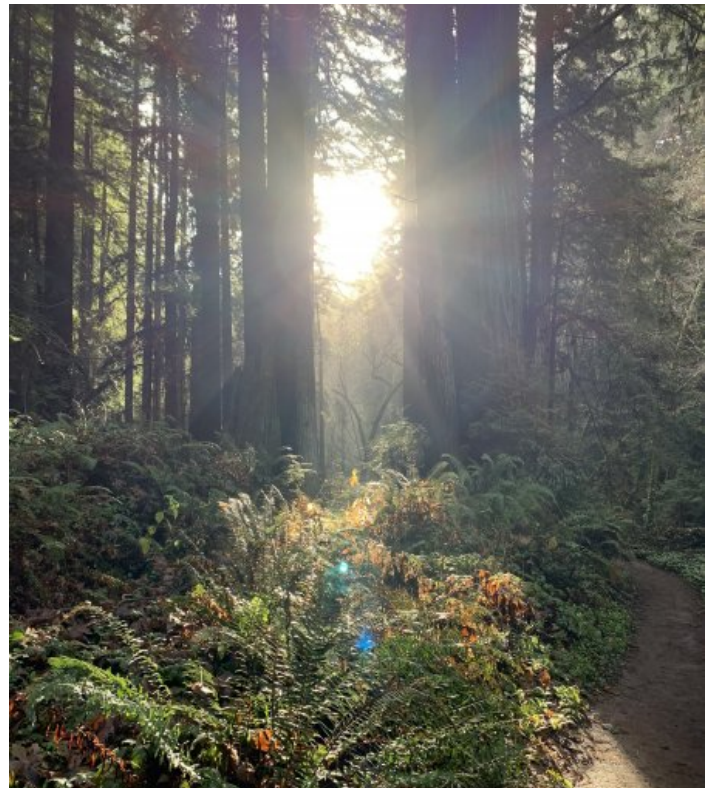
Me standing in an apparent puddle of Light at Pluto's Cave



Light emanating from this Grandmother tree - Enchanted Forest



Capturing images of Faeries in the Enchanted Forest





Energetic portals in Mt Shasta and  
ethereal habitat in the Enchanted Forest



September – October

The beginning of the month is getting busy with a few more interviews scheduled to bring a considerable amount of attention to my circumstances after the conference. There are also a few different production companies interested in different aspects of my experiences. There is one cord left to sever and that dissolves by the end of the month so I can focus entirely on whatever comes next.

I spent much of the first part of October catching up with tribe and sharing what had happened in Mt Shasta to keep them advised of changes in energy. The two interviews would be produced through Alan Steinfeld's NewRealities YouTube channel. After a few hours of Zoom time with Alan sharing my multidimensional experiences we came up with a two interview plan that would serve the Telos crowd and ease those who were ready into hearing such news that I've had a "different" kind of multidimensional contact with Higher Beings.

I spent the last two weeks in October receiving such preparations. I had commitments the first week that filled my dance card but the second week was for the mountain and I. Or so I thought. I spent everyday (Monday, Tuesday & Wednesday) on the mountain and activated additional energetic portals with Light from my integration. While I was going about this business and practicing the ELEE OMs I was given, the Light beings would show up to bridge between the dimensions and connect one with others (actual ascension). If your vibration is high and matching the frequency of the higher realms - you are in alignment to experience such things now. You have been waiting to be activated in some way but didn't comprehend what that meant. Because of my alignment, I had the opportunity to see Telosian Elders at a Lemurian Temple, during those three days. They are preparing for the imminent Shift and the reintegration of the cultures between surface humans and the Lemurians.

Monday, the most welcomed precipitation left the ground wet in town but the mountain was snow capped at that elevation and there was a cloud shroud hanging over her. My destination today was Glass Mountain – looking for a place of peace and solitude. The autumn colors added to the setting so I would be off to a quiet place to shout ELEE OMs today. I had no expectations for any contact, I was instructed to use these OMs to develop my own connection to these beings and those realms. After proper preparation and gratitude in these sacred settings they always show up now. My physical being is changing even more – adapting to the stasis (balance) that this state of consciousness awakens.



Obsidian from Glass Mountain



Tuesday, I again spent solitary time at Bunny Flat and the snow atmosphere was blowing through regularly and saw an entirely new side of the mountain under pristine winter conditions.



But Tuesday night I had little sleep as after another day with Light beings the evening would be filled with Akashic downloads that would last into the wee hours of Wednesday morning. When I looked in the mirror the next morning, the rapid download activity resulted in my right eye being largely bloodshot – but there was no pain, itching or discomfort of any kind. But some significant processing took place.



Downloads can be a bitch.

When I woke Thursday morning, physically and ethereally recharged, I wondered (again) “what do I do with this?”. Two weeks earlier, Alan Steinfeld had asked me then, “what can you share with others to help them along their journey?”. It was the second time Alan had posed a scenario to which I didn’t have an immediate response – but one would be forthcoming. I knew I was here to help others but that can come in a myriad of ways. How do I leverage my Light connection for others? And within the last thought pattern was the answer with what I am now in a position to do. Leverage my connection to help others connect fully to the Light.

And that leads us to here: I have been given the tools and the authority to assist others to perfect their alignment, open themselves to greater capacities of Light and harness its power for your highest good and the highest good for All. It’s all within you.

During those visions my guides showed me every detail of presenting this material in a live environment to assist others ready to experience this same Light Integration down to the set up and configuration of the space. (Clearly my guides too are Capricorns).

Now that this has finally been committed to print for others to follow, I can focus on those who are ready for their own activations.

# **Thoth the Atlantean**



THOTH prep

I know you can feel energizes but can you move them yet?

The perfect host - a pure essence ready to accept that consciousness

There is a being returning with the authority to put things in balance for the planet and humanity in preparation for the Shift. Find your alignment.

It's on.

Things were set in motion to re-establish sovereignty on the planet and take back power from those who should no longer wield influence. That message was sent yesterday by myself and my new Light friends.

Thoth only had to ask for their alliance / support and they committed to anchoring their Light for our highest good and the highest good of All. They have been waiting for a long time.

The Light Beings are 6th dimensional representations from all star systems that have been waiting in the wings to be asked to assist in the return of Thoth the Atlantean. His authority will bring stasis to Gaia and humanity. Moving the Atlanteans to Egypt when Atlantis sunk was Thoth's "practice run" to help humanity evolve. His return is planetary in focus.



Thoth the Atlantean

## Thoth

- The Scientist of Kemet
- The Great Collector of Knowledge
- Long before the time of the Pharaohs
- God of Knowledge and Wisdom
- The God who brought humans Math, Science and Magick
- Inventor of the 365 day calendar
- Ruled Upper and Lower Kemet for 16,000 years building the foundation of the greatest Civilization of all time and roamed the Earth ever since
- Played a crucial Role in the design and orientation of many famous pyramids, temples and ziggurats around the world - the purpose was to create a system of energy generators powerful enough to create portals to other worlds
- In his quest for all knowledge, was able to discover the secrets of Creation as well as the key to true immortality
- Created himself, his wounds would always heal and he was immune to disease and he was immune to poison, eternally vigorous and youthful - he had discovered the true gift of immortality
- Inscribed these powerful secrets in hidden passages in his book, it is the most powerful spell book in all of creation and a power reserved only for the most enlightened minds. Anyone who reads it will become the most powerful sorcerer in the world, who among men should command the power of God
- Also credited for writing the Emerald Tablets which contain the secrets of Prima Materia and the key to its transmutation. This book is considered by alchemists to be the foundation of this field of study as well as that of quantum mechanics. This book contains the key to manipulating particle energy as would be required to create planets or the universe
- Acknowledged as the Creator of writing and the scribe for the underworld. He was universally worshipped by the ancient Kemetic scribes.
- The great Conciliator among the Deities. His goal was always to maintain a balance of power
- He was a Traveller and International deity as his name was found in many ancient languages: Neo-Babylonian, Koptic, Greek and Latin

- Represented the embodiment of knowledge and literature, he spread knowledge to every corner of the world and became an important figure in the history of Earth and its civilizations
- Known as: “the One who made calculations concerning the Heavens, the Stars and the Earth”, “the Reckoner of Times and of Seasons”, “the One who measured out the Heavens and planned the Earth”, “He who Balances”, “the God of Equilibrium and the Master of Balance”, “the Lord of the Divine Body”, “the Scribe of the Company of the Gods”, “the Voice of Ra”, “Author of every Work of every Branch of Knowledge both human and Divine”, “He who understands all that is hidden under the heavy Vault”

The history of the tablets translated in the following pages is strange and beyond the belief of modern scientists. Their antiquity is stupendous, dating back some 36,000 years B.C. The writer is Thoth, an Atlantean Priest-King, who founded a colony in ancient Egypt after the sinking of the mother country. He was the builder of the Great Pyramid of Giza, erroneously attributed to Cheops. (See The Great Pyramid by Doreal.) In it he incorporated his knowledge of the ancient wisdom and also securely secreted records and instruments of ancient Atlantis.

For some 16,000 years, he ruled the ancient race of Egypt, from approximately 50,000 B.C. to 36,000 B.C. At that time, the ancient barbarous race among which he and his followers had settled had been raised to a high degree of civilization. Thoth was an immortal, that is, he had conquered death, passing only when he willed and even then not through death. His vast wisdom made him ruler over the various Atlantean colonies, including the ones in South and Central America. When the time came for him to leave Egypt, he erected the Great Pyramid over the entrance to the Great Halls of Amenti, placed in it his records, and appointed guards for his secrets from among the highest of his people. In later times, the descendants of these guards became the pyramid priests, by which Thoth was deified as the God of Wisdom, The Recorder, by those in the age of darkness which followed his passing. In legend, the halls of Amenti became the underworld, the Halls of the Gods, where the soul passed after death for judgment.

During later ages, the ego of Thoth passed into the bodies of men in the manner described in the tablets. As such, he incarnated three times, in his last being known as Hermes, the thrice-born. In this incarnation, he left the writings known to modern occultists as the Emerald Tablets, a later and far lesser exposition of the ancient mysteries.

The tablets translated in this work are ten which were left in the Great Pyramid in the custody of the pyramid priests. The ten are divided into thirteen parts for the sake of convenience. The last two are so great and far-reaching in their import that at present it is forbidden to release them to the world at large. However, in those contained herein are secrets which will prove of inestimable value to the serious student. They should be read, not once, but a hundred times for only thus can the true meaning be revealed. A casual reading will give glimpses of beauty, but more intensive study will open avenues of wisdom to the seeker.

But now a word as to how these mighty secrets came to be revealed to modern man after being hidden so long.

Some thirteen hundred years B.C., Egypt, the ancient Khem, was in turmoil and many delegations of priests were sent to other parts of the world. Among these were some of the pyramid priests who carried with them the Emerald Tablets as a talisman by which they could exercise authority over the less advanced priest-craft of races descended from other Atlantean colonies. The tablets were understood from legend to give the bearer authority from Thoth.

The particular group of priests bearing the tablets emigrated to South America where they found a flourishing race, the Mayas who remembered much of the ancient wisdom. Among these, the priests settled and remained. In the tenth century, the Mayas had thoroughly settled the Yucatan, and the tablets were placed beneath the altar of one of the great temples of the Sun God. After the conquest of the Mayas by the Spaniards, the cities were abandoned and the treasures of the temples forgotten.

It should be understood that the Great Pyramid of Egypt has been and still is a temple of initiation into the mysteries. Jesus, Solomon, Apollonius and others were initiated there. The writer (who has a connection with the Great White Lodge which also works through the pyramid priesthood) was instructed to recover and return to the Great Pyramid the ancient tablets. This, after adventures which need not be detailed here, was accomplished. Before returning them, he was given permission to translate and retain a copy of the wisdom engraved on the tablets. This was done in 1925 and only now has permission been given for part to be published. It is expected that many will scoff. Yet the true student will read between the lines and gain wisdom. If the light is in you, the light which is engraved in these tablets will respond.

Now, a word as to the material aspect of the tablets. They consist of twelve tablets of emerald green, formed from a substance created through alchemical transmutation. They are imperishable, resistant to all elements and substances. In effect, the atomic and cellular structure is fixed, no change ever taking place. In this respect, they violate the material law of ionization.

Upon them are engraved characters in the ancient Atlantean language: characters which respond to attuned thought waves, releasing the associated mental vibration in the mind of the reader. The tablets are fastened together with hoops of golden-colored alloy suspended from a rod of the same material. So much for the material appearance. The wisdom contained therein is the foundation of the ancient mysteries. And for the one who reads with open eyes and mind, his wisdom shall be increased a hundred-fold.

Ruled on earth for 36000 years

Afterward the Pharoahs ruled as mortals

Elder Gods Divine Epoch

From the Emerald Tablets:

Seek first a place bound with darkness. Now place a circle around about you. Stand erect in the midst of the circle. Use this formula, and you shall be free. Raise up your hands to the dark space above you, close your eyes and draw in the Light. Call to the Spirit of Light through the Space-Time, using these words and you shall be free.

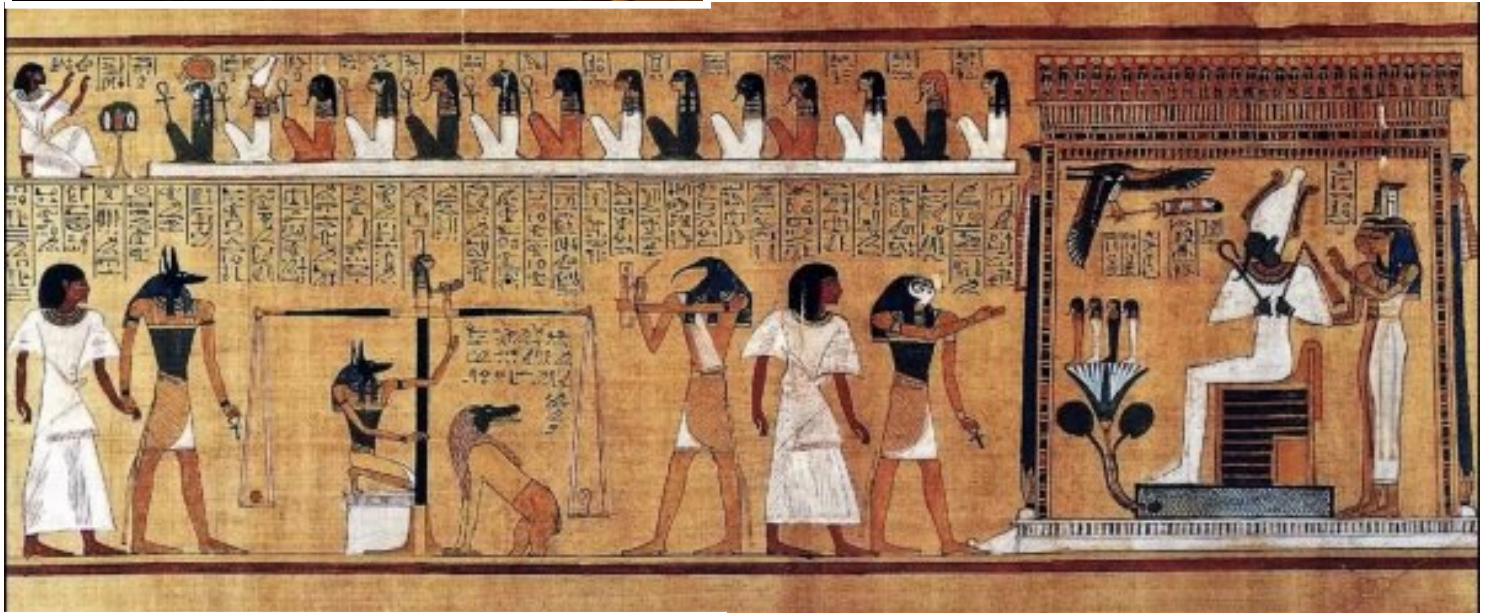
“Now fill my body with the Spirit of Light. Come from the Flower that shines through the darkness. Come from the Halls where the Seven Lords rule. Name them by name, I, the Seven: Three, Four, Five and Six, Seven, Eight—Nine. By their names I call them to aid me, free me and save me from the darkness of night: Untanas, Quertas, Chietal, and Goyana, Huertal, Semveta—Ardal. By their names I implore you, free me from darkness and fill me with Light.”

Know now, O soul, that when you have done this, you shall be free from the shackles that bind you, cast off the bondage of the Lords of the Night. Do you not see that the names have the power to free by vibration the shackles that bind you? Use them as needed to free your family, so that they too may come forth from the night.

You, O soul, are a helper of mankind. Do not let them lie in the bondage of night. To you I give my magic, take it and dwell on the pathway of Light.

Light unto thee, Life unto thee. May you be a Sun on the cycle above.





Monuments depicting  
Thoth

# **Transmuting Negative Energy into Light**



## Mount Shasta - Overlook on Everitt Memorial Highway just before Bunny Flat - the 3D physical costs of transmuting energy

Before leaving the area in October I had been pondering on a few things Kumu said to me. The first idea she had planted and I've been practicing ever since. What she asked me was: "I know you can sense energy at higher levels, but can you move it yet?" I immediately wondered what she meant by "yet". But I've come to learn that with practice ... I can alter energy.

The second was a remark she had made after our sit down at Panther Meadows that was: "I'm glad to have someone else to help do the work." What she meant was to assist clearing negative energies. That was the moment the realization of having that ability came home to rest. It's been a part of me as long as I can remember to respect Earth and honor her in every way. So if I can help clear, it's my obligation to do so with what I've been given.

The need and the truth for this at Mount Shasta was made clear the night I was invited to attend a ceremony at the private energetic pyramid with some visitors from Miami who came with Kumu. They were going to learn a realization from Kumu. Being from South Florida, there is a lot of Voodoo culture influenced from the Bahamas carrying negative energy. They came to clear that. What Kumu explained to them that evening was about the visitor's geographical area and Lightworkers in general.

First, the notion of dropping negative energy at the foot of Mount Shasta looking for clearing only energetically pollutes the mountain without proper clearing. They didn't come to clear here, they came to dump more negative energy. Secondly, it's not a Lightworkers duty to seek Light anywhere ... it's their duty to help plant THEIR Light connection between Source and Gaia to enhance consciousness with their gifts. I watched the look on their faces change that evening when the realization of the work that needed to be done was in South Miami. I could overhear them making plans to return there with Kumu to effect some of that work soon.

Having had that experience I wanted to help clear some of the energetic muck I could sense was left behind by many others with misconceptions about dumping uncleansed energies in this sacred place. I was convinced I carried Light energy for this purpose and after hearing Kumu suggest that I was here to help do the work, I was going to make that offer to Gaia.

As always, be mindful of what you ask for because you most certainly will manifest it.

On this particular evening, I planned to stargaze at a wide overlook on Everitt Memorial Highway just before you reach Bunny Flat. It was just before 10PM and there was no one else in the area, except for the occasional car passing by. The conditions were perfect, the sky was clear, it was a new moon so the Milky Way was lit brightly in the zero light pollution environment. I have a portable chair (Nemo Stargaze) especially designed for stargazing that I had just set up and I was making the last few preparations before I sat down. Those being - bundling up with a few more layers and pulling out a few blankets to wrap around me as the temperature dips quickly after the sun sets and any amount of wind can go straight through you.

Right before I was going to head to the back of the car to get those blankets was when the idea to offer to help clear any negative energy I may be in a position to help with. I said the words out loud: "Mother Shasta, if there is some way I can assist with clearing your negative energy with my Light, I am here for you". I immediately had a chill begin - you know the kind prior to cramping up say in your legs, well this sensation cramped up my entire body as though rigor mortis had set in. I could move and the cramping was now turning into pain I couldn't turn off. I struggled to get to the side of the car, just so I could lean on something, but it took all of my focus to do just that. That went on for a good ten minutes before I kind of rolled along the side of the car to get to the back hatch of the car that was open and finally sit down. It still took another 20 minutes or so before the cramping ceased, the fatigue from what had happened finally eased and I could finally make it into my chair.

At the time, I thought I had just gotten a chill from the weather conditions ... after assimilating the instance over time, I know better. This will be my first experience (and hardly the last). But later with some Tribe hiking along with me at the conference the following year, I'll witness one suffer the same kind of physical all over cramping ... at least I knew how to diagnose what was happening.



Night sky on August 21, 2021 - Light Activation Day

## A Twin Flame's Dark Soul of the Night

If you claim to love yourself - what is best for you? Why do you keep fighting for your limitations?

Already showed her the difference between chasing sensations and touching higher dimensions.

### Dark Night of the Soul

- she had fallen into a pattern she had been in countless times before that were conditioned to chase sensations and hers had the capacity to be extreme. Her awareness was triggered but first she had to be the Observer. Nothing changes without awareness. But everything changes nonetheless.

She was not going any further than she ever had before based on her conditioning - the one element different now is that her Twin Flame is present to oversee these particular proceedings. And even he could only stand aside, observe and let it unfold - twice. It wasn't for the Flame to change her journey - she had to make the conscious decision on what was best for her. He was there to transmute this negative energy into Light, because energy continues to exist - it just changes form and this particular negative energy needed to go once and for all. She was not equipped for such a healing thing yet - but he most certainly was / is.

Just what does transmuting negative energy into Light mean?

Ever since Kumu had planted in my awareness the thought that I possessed the ability to move energy -

This was the one thought that has been resonating with me to resolve. How do I do it? Turns out there's more than one way to move energy ... because I was focused on the physical idea of what that looks like - I neglected to also see the ability to move Light energy and direct it ethereally. Literally, transmuting negative energy to Light.

One one hand, it's a rush like no other in service to others, observing from that higher dimensional perspective. On the other hand it can be ethereally exhausting lowering vibration when doing so - and now that I know the difference, where I direct my attention with this Light energy - my discernment demands matching my vibration.

Over the last few weeks many manifestations of magick I intended have come through in miraculous ways that are still unfolding, and in looking back on the timeline ... I left my impression on some tribe re-assembling at this intersection of our journeys. One manifestation I had worked toward re-joining is finally present and as in every case where the Universe has sent me, let's call it "MyIntentPlus+" my gratitude for my mirror is overwhelming and multiplies my awareness geometrically.

Awareness is messy - there I said it. I thought of candy-coating it for you and then dismissed that description immediately. My mirror is on a journey of her own, with lessons to complete and cords to dissolve. I have been mindfully vague about her Sovereign journey because it is hers to direct and my primary unconditional Love & Light are connected to / through her. I share this with tribe from my participation's perspective to illustrate one example of transmuting negative energy into Light.

It's no longer a mystery to me on what I am to do with the Light energy I was given in August. Help and heal the world. One at a time if need be. Remember you are the Alchemist who has mastered transmutation. Use your wisdom and perform magick by transmuting negative energy into Light, thereby raising the vibration in your immediate aura.

The Universe had chosen on this particular timeline intersection a Dark Night of the Soul for her (clearly not her first), but when I say "night" this particular process was spread over 3 days and during the process the lesson was hammered home a second time for good measure - to make certain her awareness of what was best for her higher self was at the forefront of her thoughts because she knows she co-creates her environment.

She had found her way to that comfortable place chasing sensations where she had been part of that experience for so long. A glass of wine here, a cocktail there, and then and then and then. The matter ingested to create euphoria didn't show her higher dimensions. I helped her crack open that connection to her higher self with it's creativity and she could now discern between chasing sensations and touching higher dimensions through her higher self.

Once you experience that dimensional perspective of yourself at that vibration ... you want perfect clarity while it's happening to appreciate what you are taking in - and you can't connect to that pure state when yours is altered.

My role in all this was primarily as an Observer, which is not an easy thing to do when your core is entangled. Objectivity shades everything, but at some point I will be positioned to report on my findings. While the condition plays itself out ... as it always has, the potential for unintended collateral damage exists and given potential extremities in lessons can be substantial. Anything inside her aura is going to be affected - including you ... she's dropped her vibration and you know what a bitch it is to raise. There's no "decision" to be made - you mirror Unconditional Love through the Light you received from your Light brothers and sisters back to her until it takes hold. That takes an environment where the other "sees" you as lovingly one with them while the lesson is learned and awareness rises.

Yes, I was happy to assign myself the task of seeing her through this Night, but was totally unaware of the price I would pay to transmute this negative energy once and for all. It manifested itself physically and I was drained afterward for a day. You see - you know, energy never ends, it just changes form and when its in form - it can be moved. Hence why Reiki is so effective when you vibrate at that level. Few people know how to take their inherent ability to heal by breathing their intent out to the Universe and actually use it. My mirror was at a stage where she could see her blockage but didn't know how to dissolve it. She wasn't yet equipped to heal herself - but I was / am. I would be there to witness her eventually cut those cords after seeing them for what they are. I'd be the one to transmute this negative energy with my Light and in the process not only assist in healing her as well as awakening her own inherent Light ability to heal others accordingly.

I took one for the team that sequence. I learned through my first empathic connection waaaay back in April to another's timeline that the experience was no "parlor trick" and I wouldn't consider doing it outside family because I understood the consequences. Well, I had a key to help her unlock her own wisdom of course, I would happily do anything for her ... that was a reminder to me of "to whom much is given, much is expected". I wasn't given my connection to Light without purpose and that purpose is to help others get in touch with their own Light connection.

You should see the Light radiate from her now.

Santa Fe, NM - High Desert remote property

Spent last night clearing multiple beings and transmuting dark energy.

Nights at 7350' elevation get chilly.

After an evening of listening to experiences in this area that family have had, I picked up on the energies (more dark stood out than Light) ... there were many memories shared of experiences had with beings who would show themselves and then see how susceptible humans were to their suggestions and more dark were recalled than Light. There are plenty of reasons to understand why the conditions were right for dark energy to have grown here. All the more reason why it's being unveiled now.

The temperature was expected to be in the single digits and there was a good chance of snow. When I retired for the evening, it was chilly in this casa even with an electric heater and plenty of covers to bundle up in ... and at this elevation, air is thinner and colder by nature, I was snuggling to get warm. I tend to sleep on my sides to get / stay warm and lay on my back once I need to cool off and balance.

Now this bedroom had only sheers as window covering which allowed for you to see the stars at that elevation with zero light pollution. The nearest neighbor from his 5 acres - is not nearby, so when I saw a round light go by just outside the window, it made me begin to wonder - that can't be a headlight.

The first time I found warmth and turned over onto my back, I sensed a being above me within my orbit seeking Light to help clear the negative energy influencing him/her. In my mind's eye, I already anchored my Light and so I made it an intent to transmute any dark energy within my ethereal reach - into Light. It's what I can do now so why not put this mastery to good use?



I rolled over to begin again the warming up process now that I was getting chilly - as soon as I was warm enough to lay on my back again to cool - there waited another being who was seeking Light after being affected by dark energies that could use some assistance in healing beyond their own capacities.

By morning (6ish) upon reviewing the evening and the amount of rest my physicality really got - there was one being after another who during this warming process took advantage of energy shifts within my being to help clear blockages of their own. If I were to attach a number to it - 8 to 9 beings came to me this way and found the Light they needed to advance and clearing in this space took place.

Ro's Flyby ... this is to honor him and what I was able to do for him.

I was fortunate enough to help my old Tribe brother Roosevelt to transition to his next stage. You see, from the time I first saw him until the time he moved on was in the neighborhood of a month. But in that time, I knew what role I was here to play for him.

There was a spiritual side of Ro that craved nourishment. But in his current circle, there wasn't anyone he could have those conversations with. Then along I came ... I wouldn't say that his house was under the influence of negative energy but the blinds always seemed to be drawn making it appear dark. There was a three day window where we found the opportunity to have undisturbed discussions about metaphysical curiosities he had. We got to explore everyone he wanted - openly with someone here primarily as an Observer, not in judgment. I know a large part of my purpose is assisting others along their journeys, I am honored every time I get to do it.

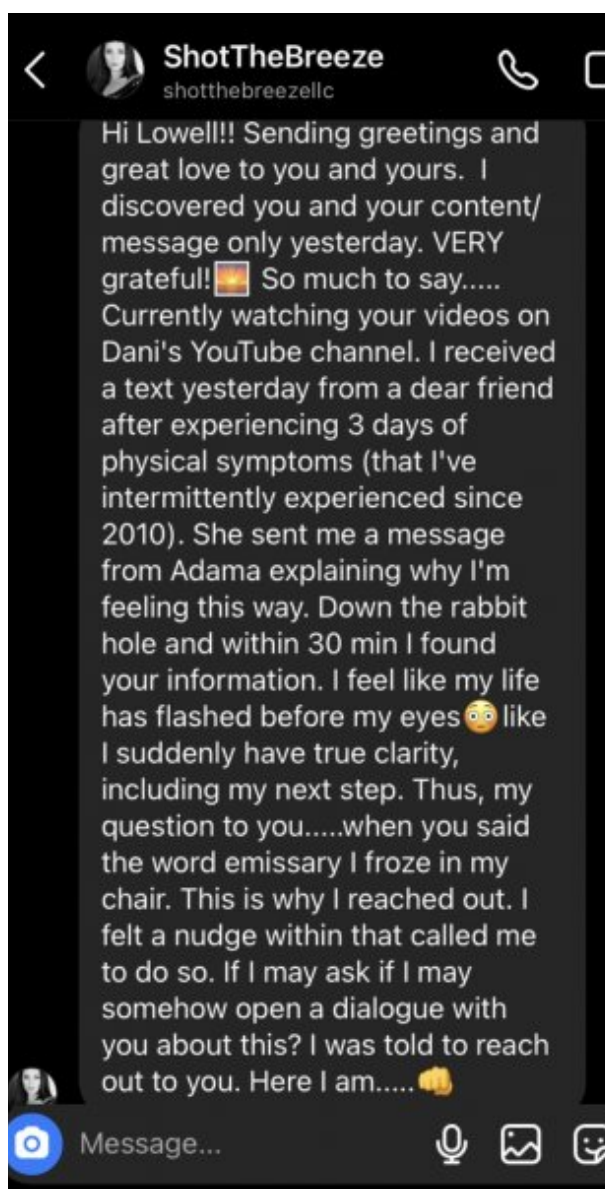
I take great comfort in knowing that Ro moved beyond the physical challenges he dealt with in this form, but he is no less active in the next realm waiting for us to remember we're still connected to him. Not bound by 3D rules.

See you again soon Ro. 🙏

# **Mount Shasta July 2022**

In the weeks leading up to the July Mount Shasta trip, I had begun to receive unsolicited messages meant for me through different channels. Never mind they came in a variety of forms. Since I've come out more publicly and more people have reached out - I'm sent a lot of different extraordinary phenomenon to see. Some of it is more lens flare and perhaps drone footage ... and then there's the videos that prove something altogether different, that match experiences I've had seeing Unidentified Aerial Phenomena in the sky, to use the politically correct term.

The first came in the form of someone I know to have Druid influences (one with nature and all its power, highly Divine Feminine energy). It's one example of several of how something in my experiences was beginning to trigger others.



The next was less subtle ... and along came Yedyamyia ...

I had first met Cindy back in early November 2020 through some friends I had made through the Telos experience - Lisa & Donald. Lisa had reached out to set up one of my first Zoom sessions to connect Live and share my experience with her one-on-one. A few days later, she contacted me saying she had a friend Cindy who she had told about me and Cindy said she had a message for me.

We found a common time soon after as Cindy was staying with Lisa for a few days. The day of the session, I connected with Lisa and saw her sitting next to who I assumed was Cindy. After brief introductions, she handed it over to Cindy, who began to speak in a language I didn't understand and it came at a pretty good clip. After a minute or so of hearing what she was uttering, it occurred to me to just take it in and your intuition will log it, then store it away until the day that you do comprehend it.

Now jump forward on the timeline to mid-June and I was told that Yedyamyia was being prodded to each out to me. It was a few weeks before my departure to Mount Shasta and as it turns out - its's also hers - whatever force lines things up we would both be in Mount Shasta at the same time. Days before she was scheduled to leave the prodding got louder and impossible for her to ignore as she was getting other messages for me. So we arranged to set up a Zoom session to meet and this time I would record it, so as to be able to go back and review it post-meeting.

So the session was scheduled for June 13th, the week before we were all scheduled to leave. Rather than transcribe the 53:47 video here, I invite you to hear the exchange for yourself on YouTube where I've made it available.

<https://youtu.be/GqReMGNZgoo>

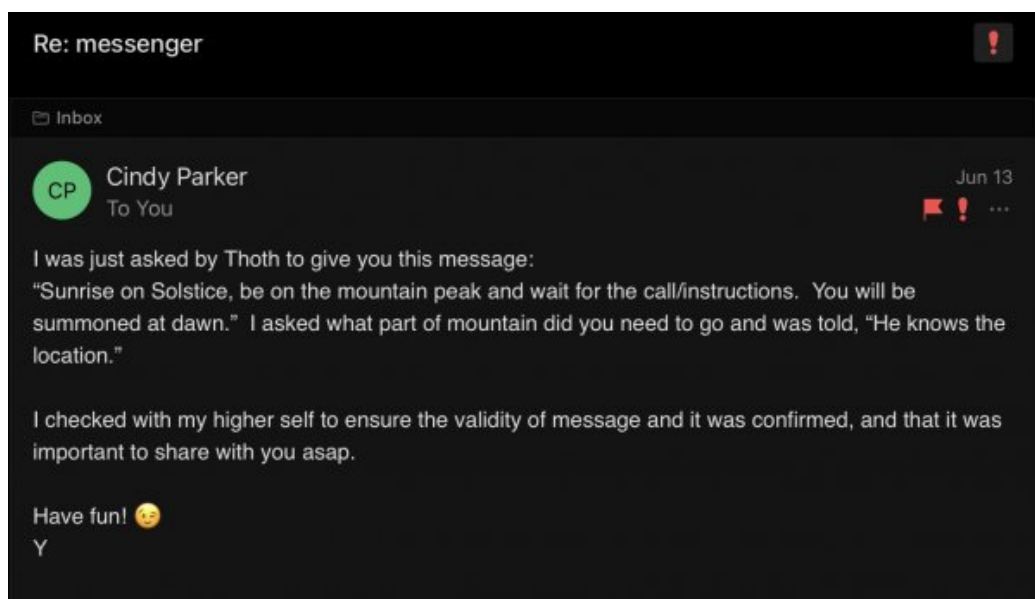
You can hear what different Star Languages sound like as she is not channeling the same entity, those are different beings stepping forward with messages.

You can make out much of what this communication is about and its unsolicited messages are meant for me to pay attention to, but they all align with thoughts too big for me to really take in at the time.

One again, I didn't understand the Light languages (Yedyamy corrected me saying that "they" refer to it as Star Languages) but I could meek out different cadences and vibrations that made them feel different. Turns out I was right - they were not all from the same source. There was a lot of knowledge I was getting clearly from DNA activations and after I listened to the video a third time ... I could understand each language and what it was communicating. I had a complete comprehension of the Emerald Tablets. It made me go back to look at the ancient symbols and codes I had pictures of from the relics Kumu had shown me and I knew what they meant as well. I was beginning to see I could find common codes between the artifacts.

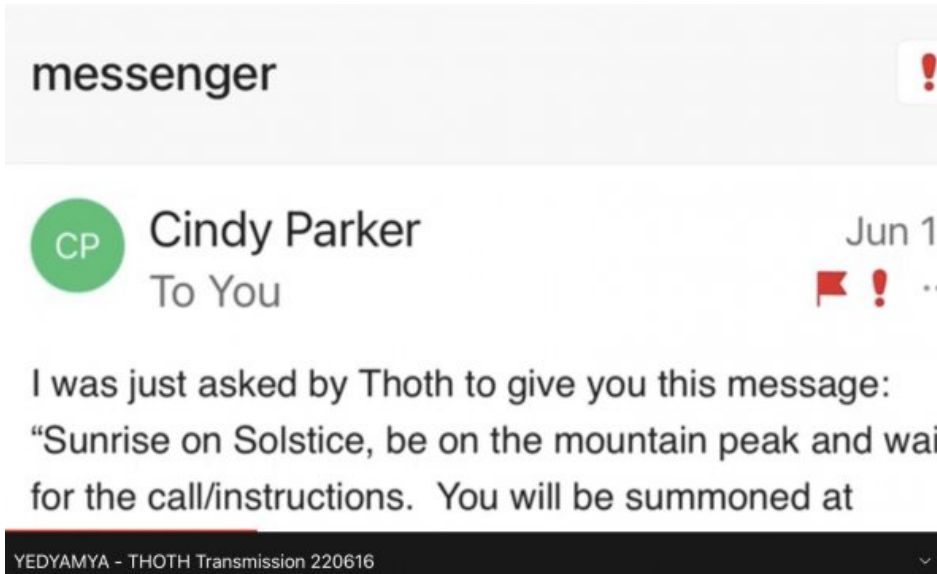
So it was agreed that would would meet up in Mount Shasta when we arrived and ceremony around the information Yedyamy had for me.

This the contents of an email she sent after our session and the day I arrived in Mount Shasta:



Well you can bet I was at the predetermined place at dawn the next morning and there was a message I received - indirectly to be perfectly honest. There was someone else with me that was there to receive the download for me which would be passed along like other messages meant for me.

There are two follow up voicemails I put up on YouTube from Yedyamya with more information for me in Star Language and I put them there so you can follow my journey and get used to hearing those vibrations.



<https://youtu.be/iaouou05U22g>

<https://youtu.be/klq8BtmZfXU>

Welcome to my dimensional life experiences.



A trip to the triage room in Mount Shasta to clear negative energies

A last day of the trip hike for a Tribe member resulted in a broken arm as it turns out in multiple places. There's no getting around the need for emergency medical treatment.

I wasn't on the hike but thankfully given sketchy connectivity in that area I got word and began to make my way there. Deyba - whose background is of course conveniently in nursing was with her on the hike and is now on her way to the emergency room at Mercy in Mount Shasta where I'll connect with them. The day was in the 90's and so it was hot out in the sun.

Once we found the right building for the ER, I parked my vehicle and then went inside to help out any way I can. On my way in near the door, on the curb in the shade sat a man who was waiting for his wife inside, but found the waiting room too cold and the wait long.

Once the registration process was completed and she was ready to be seen in a triage room, I was invited to go along back into the room. There were only two seats, one for the patient and one for the PA taking notes so I stood. There was a strange vibration in that space and I hadn't been near a doctor's office or clinic in 6 years. But I was getting light headed and needed to sit down. I excused myself saying I needed to sit down in the waiting area so I left and I too, found the room too cold, so I went outside for fresh air.

I saw the man I had noticed on the way in and asked if he minded if I shared the curb with him to which he nodded. Deyba who had left to go back to her vehicle and retrieve a few things was walking back to the entrance and saw me sitting there.

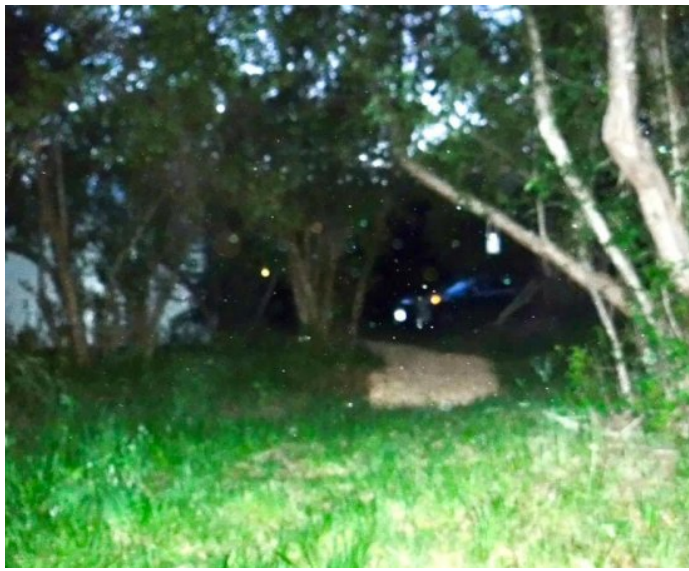


Deyba came around and sat next to me while I was just trying to find balance. I thought if I could just close my eyes for a moment for some rest that I'd give my body a chance to recover. The next thing I knew is that both Deyba and the gentleman near me were both picking me up out of the bushes behind me that broke my fall backward. I somehow lost consciousness momentarily and back I came. Looking back there was some negative energy in that space I went into - not surprising when you think of what kind of trauma a room like that would see on any given day. I was there to help clear the space for the others in the vicinity.

Having the ability to transmute negative energy into Light sounds noble and a wonderful use of your power but there's little easy about it on the current physical forms we occupy.

# Carrying and Experiencing Light

CE5 and Orb Watch at The Healing Place



Tribe members have their own experiences during Rob Potter's Mt Shasta Summer Conference July 7-10, 2022

Workshop: Private energetic vortex hike to the Telos portal on Shastina with Lowell Johnson

This 4-hour event is scheduled for Saturday July 9th from 8:30A - 12:30P and is limited in number of participants to no more than 12.

When Rob first asked me about conducting a workshop tour, I sensed that what people would want to get out of it, is the same elevated vibration energies that connect me to higher dimensions. That requires the proper setting - quiet, meditative, introspective and respectful of the energy exchange you seek. If your vibration is high, I promise you will connect with the energies around you, but we will be there as a group - and so collectively the higher each one of us comes into this experience with, the better chance we have of sharing what is around us all. If you have meditated as part of a group before, you already know the power of collective intent. All the more reason for those who are still looking for proof, this workshop is not for you ... but if you are ready to palpably connect to higher energies, I can show you where I found them.

Before you plan on participating in this adventure, consider this: the trailhead to Old Ski Bowl Trail is where we start the hike, by the first weekend it should be open and accessible (the road from Bunny Flat is closed for the snow season and typically opens July 1st). I suggest you dress in layers, we will meet up at the Gateway Peace Garden at 8:30A and spend some time connecting to the area. Then we will make our way up Everitt Memorial Highway as far as you can drive and reassemble the group for the hike. You will have to provide your own method of transport. The hike will take about 30-40 minutes to reach the spot I've been guided to acclimate others to after stopping by another energetic vortex that has been anchored with Light.

I'd suggest you wear comfortable shoes meant for hiking as you will be hiking uphill through scree (loose rock). Bring enough water for a moderate hike for yourself, as we will spend some time at the entrance where I'll be calling in the same Light beings that I connected with last summer at the sculpture gardens. It will be important for the group vibration to match theirs. I recommend you be physically up to the task - this is a part of your personal journey and will have to endure it on your own.

This is the first time I have brought a group this size and as a participant in the event myself, I want to contribute to the right circumstances for this Light integration to manifest for everyone present. Be mindful about what you want to get out of this opportunity.



## Deyba's Pluto's Cave Experience



I've been part of these experiences, but never have I seen such a colorful and dense concentration of Orbs.



# **My Lemurian Validation from Out of Nowhere**

The the final note I'll drop and it just happens to be the most recent is hearing my name uttered in a YouTube video as part of a Lemurian channeling. The timing caused this all to come together during the Mount Shasta conference and was going to play itself out on the scene.



Messages I can't ignore: you're either paying attention – or you're not.

I've received a number of unsolicited messages recently in a variety of modes that I just can't dismiss. I'll continue to journal these experiences so that others can begin to understand the rapid rate at which knowledge and wisdom of dimensionality is being downloaded.

I just returned from a conference in Mount Shasta and as always ... magick happens there. Here is one of those dimensional reassurances that came along for me to embrace and for others to look forward to.

It's a bit disconcerting at first, when you hear your name being uttered by a Lemurian channel, but that's what I heard coming from a YouTube video courtesy of an Australian filmmaker and a channeler from India ...

Adam Rikys, Australian Filmmaker has been traveling around the world and documenting extraordinary things ... among his travels was crossing the path of a man who goes by Sam the Illusionist. Sam lives in India and channels higher beings, with Lemurians among them. Now, I've never met and didn't know anything about Sam before Adam reached out, but Sam was going to bring a Lemurian perspective of Lowell Johnson forward.



This will give you a brief frame of reference on Sam's accounts of Mount Shasta and the Lemurians:

May 20, 2022

SAM on Mount Shasta and the Lemurians

<https://youtu.be/6JlqPR1O2OY>

After meeting Adam face-to-face at the Mt Shasta conference (and waaay too briefly), Adam offered to reach out to Sam and asked if there was anything specific I would ask. Nothing really came to mind other than a curiosity of what they would have to say about me.

This is what Adam sent post-channel with Sam:

July 15, 2022

[ Hey Lowell,

Thanks again for taking the time to chat with me up in Shasta. I got Sam to channel the Lumerians while I was up there and thought it might be of interest. I asked a few different things:

- If it was OK for me to visit Telos
- I asked them to describe what it is like
- Then I asked how best you can help with ascension.

Here's the link if you're interested :

July 10, 2022

<https://youtu.be/ISZZTSh5So4> ]

Hope all is well – chat soon 😊

Adam Rikys

Creative Director

Of course I watched the YouTube channeling with Sam, wondering the entire time leading up to it - what in the world should I expect to hear about myself?

This is what I came away with, but I encourage you to give it a listen and see if it resonates with you:

- Telos exists – requires inner awareness, does not exist in 3D density
- Adam is permitted to visit Telos anytime astrally
- Telos is created from a crystalline grid
- Here there is only unity consciousness, peace, serenity and positivity. The only aspect we have here which is of value is our own consciousness. We consider consciousness to be the most valuable aspects since without consciousness, there cannot be any creation.
- In our social memory complex, there are a total of 4.8 million beings who are primarily working for alignment of realizing the pathway of space and time and the experience of reality creation is primarily the main objective for us to learn fully and manipulate love and compassion for such aspects.
- Our consciousness is also expanding rapidly. Our societal system primarily is consistent of entities from different levels of experiences who have graduated into the later-4th density and exist in the form of Lightbody forms.
- Understanding how the system of inner vibration works and the system of wisdom, which is to be learned at this time. Our society functions primarily on the basis of freewill and love and unity and compassion.

Concerning Lowell Johnson (transcribed from the video):

“The other query which relates to any information about Lowell Johnson and how can he assist with ascension?”

The entity known as Lowell Johnson as we can sense, is primarily trying to work for the attainment of more freedom in terms of consciousness and freewill ... and has been in contact with us through its inner self many times. Since our vibrations match, it can assist in the ascension by transferring our information, which primarily does not exist in the form of your language, but in the form of vibration which can be transmitted and translated by its mind in a pure form – for allowing the people of earth to understand fully our information much like this channel is performing.“

*The Lemurians via Sam – July 10, 2022*

I'll be directing more of my attention toward translating Lemurian vibrations meant for us, and then help teach others how to access this level of frequency.

The time has come for this wisdom to be available to be understood by many, but it only comes by mastering your vibration and your resulting energy signature.

As Sam channeled:

“ ... understanding how the system of inner vibration works and the system of wisdom, which is to be learned at this time ...”

You did hear that right?

NOW is the time to find your alignment.

In closing ... it had been a while since the idea of putting all this in book form was first thought and as my journey went on ... it rolled into the next extraordinary experience. Where to stop and pull it all together to share?

Divine timing chose this moment for stop and put a pin in this part of the timeline. Believe me the journey is far from over ... but here are finally some breadcrumbs for you to read and see how they may resonate with you.

Stay tuned

Namaste Starbuck

[40kftview.com](http://40kftview.com)

You can find me most interactively through my Podcasts:

Starbuck's Mystery School

# Starbuck's Dimensional Adventures: How I Found My Way to Telos in Middle Earth

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