WE ARE THE FIFTH DIMENSION

Book 1: BE IT TO BE IN IT

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Published October 18, 2015

FIRST WAVE ASCENSION GUIDE -2015
Table of contents
Looking back for a second...
The emotional weight
The complex fourth dimension
What happened lately?
Integration
This is the fifth dimension
Helping the self physically
Is time to be impeccable?
The first wave twin flames
What can I do now?
Looking back for a second...

The biggest shift ever noticed on this planet is happening now! I needed to start with these very words. What is happening is beyond any doubt or skepticism! When has this started depends on how far we go behind... we can say that the last few years were very important and that that determined this moment, however those last few years couldn’t possible happened if there wasn’t a previous ascending procedure that took place for decades! In fact those same decades were only possible due to the work of light beings here on earth for thousands of years!

We can even say that everything has already happened; that what we doubt about has been written in the beginning of everything and is stored in the sacred records of akashic. We can say, in fact, that everything is known within and it is imprinted in our cells. So, why do we have to do it? Why is this so difficult and takes so long? Why is this planet suffering so much? What is the point of all this? So many questions we all have... well we all come from a long journey and we all meet here and now! This is a place of free will that has a tremendous, fabulous story! Very intricate and complicated because this realm is indeed a fantastic place! All forces always wanted this planet due to its peculiar characteristics concerning biological life, mass weight and gravity. It is the ideal planet to test races and train slaves. It is also the best training field for all pure souls. The heaven for each self to test itself! That is reason why all past
did lead us to this now moment where all powers and forces culminate here in this ultimate grand phase of our mission to freedom earth and freedom all selves!

But… what I really want to talk to you about is the past of yourself, you as an individual, a pilgrim wondering through this place in search for your own inner grail! We can never separate the single from the collective, because all leads to the collectiveness. However there isn’t any collectiveness or unity what so ever without the long, lonely path of each of us! We have been lost and re-finding ourselves in a crowdy environment. And we are still doing it and we always will because there is no ending for all that is! The end is not in life’s dictionary ad light doesn’t recognize ends.

Look back and see what you have been through, all the laughs and cries, ups and downs. Everything leaded you here and never regret your past decisions for they made you what you are now. Remember that bad decision? … Yes that very one! Well… how could you show yourself to you that way, how could you learn that lesson that specific way, how could you feel that way, if you haven’t made that turn in your journey? It would be different and yes you would have learned one way or the other! But what matters is that something did made you chose that way and you better start accepting everything you did because getting trapped on those past moments will not lead to paradise! You hold yourself in that self regret, self pity, self punishment while you could be looking at the great being you
became, the being that overcame everything! Yes! That is who you are! Be grateful, forgive, bless and love yourself! You had time enough to digest every lesson you made yourself experienced. If you still need to understand, heal and forgive you and others now is the moment to finally do it!

Society induces us into the past constantly for two main reasons: so we lose the self in there and do not be able to create excellent now moments (the constant creation of life is equal to divine motion which means constant growth, consciousness and awareness); plus feeling sick, afraid and disappointed with life will push us to look for the father figure of society which is the state as an institution and that is what is expected from us: being dependent instead of being free and sovereign in all ways. We make our body ill by remembering constantly past pain, and finally, we get addicted to self pity in order to get society’s attention for there is nothing else we can do to solve our problems.

Looking back you will see that you tried so many times to free yourself from the fake protection of society! But the pressure, the games, the fake love... everything was done so you stayed chained and trapped. So... through life we dance the dance of freedom from the cage! Sometimes we feel rebels and we face everything and everyone, other times we want to fit because we feel vulnerable and in need for love and attention. Those attempts and give ups are part of the wakening process and bring so many valuable lessons that we can never regret them!
What matters is that one way or the other, sooner or later we get to be the self we really want! And that is you now!

We all think about the moment where the real awakening moment happened. It is something we really need to understand. In one way we do not recognize ourselves anymore in most of our past moments; we need to recognize ourselves in the moment of the click so we can feel that, indeed, we were the ones who really lived all that! The other reason is the need to identify so many ups and downs in our path, understand why they happened, what kept us in the matrix, and what moved us each time to make a new leap!

Some of you will remember a single specific moment for the awakening and some will identify several moments in different times through life as really important, that all together, led to an event that finally made all the difference, made the final click.

Now we came to this point where we feel strange, confused, worried, afraid and sometimes sick. Doubts come to our mind, the heart can`t feel peace, our stomach wakes up all swirly every day and our underpressured throat seams a constant reminder that we are doing something wrong; body changes make us feel that something inside is whirling, twitching and thrusting and we don’t seem to find an end to all this! Some days are incredibly happy and we feel like we finally got it!” Yes! I did it!” – We think “I absolutely made it!”; “I`m strong, happy, full of joy and energy. I feel like I can conquer the whole universe and nothing can stop me now! I won`t be sad or nervous again,
nor I will feel sick and low!” …and the next day we wake up feeling totally different… well loves, the truth is that ascension is exactly that! It is not a straight line that we follow, it is not a slide ruler that we jump from #1 to #2, and then we follow the #3 and hope for the #4. Ascension is like the flight of a bird, the travels of the wind and the waves of the seas! Up and down, further and backwards, in and out, softly or harsh!

As you see, everything is ascension, all leads to it, build it, promote it, encourage it! Even what seems to bring separation for the being happens for a reason. So, be thankful for everything and release what you still feel is causing you disturbances. Something you need to understand is that there is no going further at this point without healing from past pain and traumas. You need to release yourself from the weight you carry so you continue your journey lighter and ready to receive the new!
The Emotional Weight

Let's understand how the emotional body works within and how it can be easily healed: the emotion body contains your imprint both of your memories and also about your current feelings. It connects your subconscious self and your mind to the physical body.

The emotional body sends constantly imprints to the physical body that are felt as feelings, sensations and perceptions. The first reaction to a thought is caused by the emotional body. This way you gain a really fast awareness of whatever you think. Physical body converts those messages into hormones and neurons that react in your body as we call joy, happiness, stress, fear, etc. the emotional body makes you feel the reality, and without it we wouldn't be able to experience life itself. The question is how do you experience life? If you have traumas, fears, pain, your emotional body will keep sending those imprints to the physical body so you acknowledge that but as you don't feel those emotions pleasant and happy you keep ignoring them. And the emotional body keeps sending them to you and you see them everywhere, in every one and you are unhappy, you fail in your relationships, you have addictions, etc. and you can't be in the present moment because you can't feel really the present feelings. Past traumas are continuously being felt in your body until you integrate them.
But... do not heal them fighting them! You will get an enemy: Yourself! Your emotional body won’t like to hear that you dislike a part of you; it will feel that you want to change something because something is wrong. So, the moment you face, accept and feel all those imprints, it’s the moment they get integrated and don’t boder you anymore. It doesn’t matter how hard and painful it is, you have to embrace all your emotions and feelings! You have to be present and learn with them. Each time you feel something wrong, fear, anger, pain, you sit still and quiet, let them come, feel everything. Remember: they are not new; they are messages telling you that something needs to be part of the whole you. Be fully with those past emotions, integrate them, they are you!
The complex fourth dimension

The fourth Dimension is the time and space background on which your awakening arises!

After dealing all your life with the three main human stages of life: mind, body and emotional growth, you reach the fourth dimension by awakening to the spiritual self and this phase is characterized by a strong will of communion with the Divine.

As you start searching the Divine you start facing the self in a completely different way. You become aware that all the growth you went through didn’t bring any happiness and was somehow misleading you! Emotionally you didn’t really get in touch with yourself, physically you didn’t see all the beauty and power and you never figured out that your mind is nothing but a good friend!

During the fourth dimension journey you discover yourself anew and start a lonely path of understanding that the holiness is within you. The wonders of the 4D are incredible and you easily fly into all of them.

Most of us do not realize we are in the fourth dimension and as we meet some light workers along the path we ourselves become light workers at the same time as we make our spiritual discoveries.
You go through almost all the stages of the fourth dimension thinking god is an outside entity so only near the fifth dimension we realize that we are in fact that divine being.

Why is this a complex dimension you may ask... well several reasons complete that notion: first of all during the 4D we go through the seven stages of life, that is why it is said that 4D has 7 stages. First of all you have to re-learn the first 3 that were taught to you since you were born and you have to receive a hard lesson about the other four. Hard because these lessons are learned in the same ground and environment you always had. You will feel the need to change your life as you see others are becoming more far away from your growing awareness. But as you haven’t transform completely into the butterfly you will have constant blocks on the outside as well as inside of you because the journey is just beginning and many lessons are yet to come.

The major inner blocks are due to the fact that in each step of the 4D we think we got it all! We know all and we are absolutely right! So, in our 3D life we start sending those vibrations and we face the same block: we are misunderstood by friends and family, we are abandoned, we do not understand life anymore, we can’t even trust our masters and light workers that helped us so much!

Why does this all happen? Because we fly so passionately into the new discoveries about the spiritual world that we get trapped in our own self. We see the wonders and we let
ourselves feel it so deeply that we can’t get out of that dream. Now… why did I call it a dream?! The spiritual awakening is an inner journey and if we do not get a really great masters to guide us through it we aren`t taught well enough to fly by our own steps. And as we all fly in different ways our masters do not know how to help us because they might not had the same experiences and then they do not understand us and we fell misunderstood and we close ourselves more and more in our dream world.

To understand that that voyage was only a part of the journey and to step out into a new one, can bring us serious problems often. We finally do it and we start fresh, learning new fascinating things that propel us into a different level. All this without we realizing what are we doing: going through the most amazing journey of self discovery into the crystal light being we always have been.

The most important help a master can give to a spiritual student is that no experience, lesson, felling or truth is immutable! This is a never ending journey and we must be open to everything and most of all be open to the hidden truths within because they get uncovered little by little and a truth brings another truth, an inner self brings another inner self. And everything can be true and be wonderful because everything is us and ultimately everything is part of the magic universal never ending movement.

The other big lesson is about grounding. If we get taught well how to ground we never get lost in dream world and we can go
in and out fast, easy and understand everything about our inner/outer travels in such a way that the journey we do in 4D becomes much more beautiful and spiritually profitable.

To ground is to connect with earth magnetic energy. You can do that in meditation by visualizing your kundalini coming out of your root chakra and spreading as tree roots in to the earth. That can be done anywhere, anytime because visualization is a very powerful tool that works all the time. You can ground in nature holding a tree, touching trees, flowers or soil or being barefoot in earth soil for a few minutes. Getting a bit of sun is also amazing for grounding or sea baths.

Know that in spirituality things are so easy that we tend to not believe that is possible. But in fact it is really simple to achieve everything.

Here I present you a simple description of what the 7 stages of life are. In each phase of 4D we have to get in the lesson in ways that we may not understand at first and we do not know how much time we can be in a specific level but we always learn it and we always step into the next level. That is why we are here at this very moment: we all did it already!

The first three levels are about knowing the mind, body and emotional self. The mind as a tool that helps us through everything we operate in life, the body as a divine temple and the emotional as self with special nurturing needs.
The fourth level is the awakening to the divine where the true journey begins; the divine is an outside being that we serve with devotion and service.

The fifth level is the realization of light energy itself. Being able to reach the above with self-effort because the physical level we are in is still too dense.

The sixth level has to do with finding out that in our heart lies the power to achieve divine consciousness. We step out of our reality world to do so as this reality is still dense.

In the seventh stage you realize you are part of the divine. You recognize yourself not as a being that is trying to fit into the divine but that you are it. At this level there is no effort meaning the self divine discovery is achieved naturally.
What happened lately?

For the last years we have been experiencing an increasing of cosmic light entering our solar system, therefore our planet and ourselves. Our sun is a portal that brings energy from the central sun in our “Milky Way” galaxy, which receives energy from the Divine sun located at 12D Lyra. This constant enlarging wave as been transforming everything and every being; the strange symptoms and a growing awareness is filling our hearts. We also feel much more connected to each other and have the need for transformation both within and in everything around us. By shifting and consequently healing, cleaning, cleansing and transmuting we have all been able to work in a stunning way the energies that were brought here and our level of consciousness made us start to manifest a big idea: a new world! Now we are beginning to see the changes operating everywhere and suddenly we think: “wow... now what?... what shall I do?... shall I wait?... shall I see what happens before doing something?... shall I ask others?... now what?... can I really do something?... or is this just a dream I'm having?” and when we observe closely what’s happening globally a kind of fear invade us: “oh my god! What have we done?... did we really create this situation?... now what can we do?... is this going to get worst?... shall we stop this or continue the ascension process?...” yes! Lots of questions, doubts... but everything is already in motion. Know this dear: What is happening was indeed created by all of
us and is a sign that, whatever we see occurring, means we have the power of creation and transformation.

So you understand exactly what has been happening to you and to the world around you I encourage you to read the following articles written by Michael Love/Archangel Michael:

“UNPRECEDENTED COSMIC WAVE TO IMPACT EARTH IN LATE SEPTEMBER 2015”
Archangel Michael (Channeled by Michael Love)
July 27, 2015
Dear ones,
Your world is about to change in a profound way over the next two months as a powerful wave of gamma light coming from the Galactic Core, (The Pleroma) impacts Earth and its beings!
It's important to note that we are already well inside this cosmic gamma blast referred to as WAVE-X and many of you have been feeling this energetic increase that will continue in intensity every day until September 28th, 2015.
This great point in humanity's evolution is known as "THE EVENT HORIZON".
September 28th, 2015 is when this Super-Wave peaks and is the highest energetic frequency ever measured in the cosmos in modern history.
Will anyone actually ascend on this date? Yes! Any light being who is already vibrating close to the 5D frequency of 21 Hertz will pierce through the protective 5D barrier know as "The Great Void" and will be able to experience a sustained perception of the New Earth at this great moment in our history.
Many beings do not realize that this new perceived reality, the new Earth will still be inside a hologram-matrix; however it will be a greatly improved one over the old control grid we have known for over 300,000 years.
The new Earth is still a perceived hologram because being inside a hologram is the only way a soul can be physical and experience the 5
senses.
The physical part of all this is still vibrating in the 3rd dimension, but think of the 5th dimensional level as being overlayed on top of 3D. The only way to not exist in a holographic matrix no matter how controlling or heavenly it may be is to become non-physical.
You have incarnated here over and over for the purpose of evolving back to your higher nature, but the real reason you keep coming here and will stay here is because you love being physical and experiencing the 5 senses. If only you had a better environment to do this, everything would be perfect! That is what is about to happen!
At the same moment you are experiencing your 3D senses in a 5D light matrix you will be able to move into your light body (The Merkaba) and be able to navigate in the higher realms with no limitations.
"Behold, I saw a New Heaven and a New Earth". These two things are not the same. The New Earth includes 3D, 4D and 5D and the New Heaven is dimensions 6 through 12 that you can only traverse in the light body. It's like this, you are not leaving 3D! Instead you will continue to exist in 3D, 4D and 5D in the same time-space (now here) and you will be fully aware of your experience in each dimension.
We are currently experiencing a steady bell curve in gamma light frequency increase as we move into the most intense part of the photon belt so see if you can be aware of its effects on the body, mind and emotions over the next two months!
This intense gamma energy is coming in due to multiple celestial events all occurring at the same time allowing an incredible amount of cosmic light-data to flow into this system!
This is no bad thing and certainly nothing to fear as these new data frequencies bombards the earth and its beings!
There will be a level of chaos as this new photon data enters the matrix and is integrated, but it’s after effect will be the gradual transformation of the old control matrix hologram into the new crystalline grid matrix and is what we have worked towards for so long and want to see happen.
It is proven that gamma light can instantaneously evolve the DNA of any species into its higher form. You are literally evolving quickly now into the highest version of you!
Some are preaching doom and gloom about all this and there are others who are totally oblivious to what is truly happening. There are many First-Wavers who blazed the ascension trail for the last 40-60 years who are not oblivious at all to this and are rejoicing because they know what is transpiring.

We say ride this super photon wave with everything you've got! See this as the beginning of true freedom for Humanity. Rejoice we say!

Be impeccable in every area of your life as we move ahead in each now moment as your ions begin spin faster and faster!

It’s important to let go of everything that has not served your soul to this point and open fully to the infinite possibilities of the universe.

Most of you are already feeling the steady increase of frequency in the body. Many of you have noticed being shifted around to new locations, loss of relationships and material things. In some ways you may feel totally out of place, alone and even lost.

We assure you all that is happening is as it should be, and is a clearing of the old energies that you have held onto so strongly. These lower frequencies have to be transmuted so this divine wave of light and love can flow through the body and ground into the core of Gaia. It is impossible to take the lower frequencies of repressed emotional trauma and errant DNA programming (limited belief systems) into the higher dimensions! These old trapped trauma energies must be released from the body so the light data can flow completely through you and be grounded correctly. This completes the divine circuitry that makes you the super being you truly are.

The highest level twin flames on the Earth play a major role in "THE EVENT HORIZON".

A great multitude of illuminated twin flame key holders shall lead the way and open the cosmic gates with the intense power of their combined love and brings forth this higher vibrational perception called "The New Earth and New Heaven."

We as the angels in human bodies came to hold space in our own bodies for this great light for all humanity and to herald this great message! Know that many Star Races are now here for the final curtain call in this great cosmic story you have played an important role in.
Great beings from many worlds are here on the edge of their seat to see how you are doing and to see what you will do next. They are applauding you!

We say that after the first-wave twin flame key holders go through the 5D veil, they will begin their real work as male/female teams in the greatest service to others, helping the rest of Humanity cross the great Rainbow Bridge.

We close in saying it's important that you take good care of yourself during this great time so that you can be the best you can be for all!

The highest teaching in all universes is this:

Love God with all your heart, mind and soul and this is the secret to entering The Kingdom of Heaven. We ask you who the identity of this great God is?

Love yourself with all your heart, mind and soul! There is no other work to do than this!

Thank you great ones for coming to Earth on this great purposeful mission. Well done good and faithful ones, enter in. This is your hour to shine. You are the light of this world, as a great master once said. Shine bright for all to see.

This is all very real dear friends; it's already happening and will happen exactly as it has been spoken. It is beautiful and wonderful and there is nothing to fear. No harm shall come to any of you.

Your world will now be set free forevermore! The level of suffering and chaos on this planet cannot be sustained even past another few months! Something has to give at once and it truly already has as billions of Light Beings (YOU) continue to transmit in this Evolutionary Wave of Super Consciousness to transform ourselves and the outward perception of this place into the paradise it was meant to be!

The data contained in this message flows from source energy through this vessel.

I am the great Archangel Michael, The Guardian Angel of Love and Protection who speaks these words to you.

God-speed to all great beings of light!

Archangel Michael”
Dear ones,

Many of you are aware of a great shift that has occurred inside of you which is now entering the phase where it will manifest outwardly as your perceived reality.

Over the next 21 days the powerful wave of gamma light coming in from the Galactic Core, (The Pleroma) will continue to impact Earth and its beings! The power of this incoming gamma light wave as measured by German and Russian scientists recently was discovered to have doubled over the last 2 weeks and is now increasing exponentially!

This super wave of gamma photon light has the power of one hundred million nuclear reactors and had to be diffused using advanced satellite technology by a group of star beings known as the Earth Alliance to turn down the power level to be safer and easier to integrate by the Earth and its beings. Some of the after effects of this streaming down of Wave-X was seen in every country of the world as large blue/white column beams of plasma measuring up to one mile in diameter striking the ground.

As we have now entered the densest area of the Photon belt, the power of Wave-X is increasing each hour and each day.

This great point in humanity's evolution is known as "THE EVENT HORIZON".

September 28th, 2015 is when this Super-Wave peaks and is the highest energetic frequency ever measured in the cosmos in modern history. The Schumann Resonance of the Earth and the entire cosmos has reached an astounding level of 33 Hertz now with no other explanation for the sudden leap other than you are pushing it higher and higher at an exponential rate by your internal vibration and divine intention. This is 12 Hertz above the 5D New Earth Level so Gaia is more than ready to receive the first wave of love beings at Tetrad 9282015.

These ascension pioneers well deserve the first entrance into The Kingdom of 5D Heaven because of their sacrifice and their desire and dedication to this whole ascension project! Most of you reading this
message will be included in this first wave of approx. 2.3 billion souls. There is a leveling off and adjustment period for a few months after 9/28 for everyone to fully integrate the new energies and to begin the detailed forming of their paradise called The New Earth! The ones who did not vibrate high enough to reach 21 hertz will come a few months after in spring 2016. The third wave (unconscious humanity) will reach the 21 hertz level last in mid-summer 2016. The ones who do not reach the level first are no less important and everyone makes it. When the pressure of these tremendous light forces bear down hard enough on a being, that one is transmuted into a more advanced species of love and it will embrace the light! There is no judgment or comparison in any of this! It is all a matter of one’s awareness level! Remember great ones we came here for the sake of them all and we do not choose one over another for there is truly no choice to make. We are all sacred and precious.

The moon energies of September play a massive role over the next three weeks and physical manifestations will begin to show up not only in your personal life as things are re-arranged to match your new frequency but you will start to see things happening in positive world events. The Event Horizon will start to hit main stream news as we draw near. World leaders, governments and agencies who are well aware of the incoming photon wave are going to start to do the right thing. Yes, this is the new paradigm loved ones. If you do not believe this then you are still running the old program so give this some consideration.

There will be a major announcement about the world money system that has already been switched over behind the scenes and great abundance is about to make its way to you personally soon.

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Some are preaching doom and gloom about all this and there are others who are totally oblivious to what is truly happening.

We say ride this super photon wave with everything you've got! See this as the beginning of true freedom for Humanity. Rejoice we say!

Be impeccable in every area of your life as we move ahead in each now moment as your ions begin spin faster and faster!
It's important to let go of everything that has not served your soul to this point and open fully to the infinite possibilities of the universe. Most of you are already feeling the steady increase of frequency in the body. Many of you have noticed being shifted around to new locations, loss of relationships and material things. In some ways you may feel totally out of place, alone and even lost.

We assure you all that is happening is as it should be, and is a clearing of the old energies that you have held onto so strongly. These lower frequencies have to be transmuted so this divine wave of light and love can flow through the body and ground into the core of Gaia. It is impossible to take the lower frequencies of repressed emotional trauma and errant DNA programming (limited belief systems) into the higher dimensions! These old trapped trauma energies must be released from the body so the light data can flow completely through you and be grounded correctly. This completes the divine circuitry that makes you the super being you truly are.

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We as the angels in human bodies came to hold space in our own bodies for this great light for all humanity and to herald this great message! Know that many Star Races are now here for the final curtain call in this great cosmic story you have played an important role in. Great beings from many worlds are here on the edge of their seat to see how you are doing and to see what you will do next. They are applauding you!

We say that after the first-wave twin flame key holders go through the 5D veil, they will begin their real work as male/female teams in the greatest service to others, helping the rest of Humanity cross the great Rainbow Bridge.

The greatest thing we want you to understand here is that you are doing all this! Never again see yourself as ‘little old you’ or the victim but as the
super being and God that you truly are!

It would be better that you come as a little child and be like the Avatar or super hero that you once admired. You were closer to the real you at that point, then now!

You are so much more then you can even imagine but we say give it a try and just be the higher you. This is the correct way and will raise your vibration faster than anything because it aligns with a higher truth.

We also want you to understand that the highest thing you can do for the next 3 weeks is to know that this ascension has already happened! All things have!

Now shift your consciousness into the reality of the Earth Frequency, it’s that simple!

Over the next three weeks, take back control of your personal power in every way! Take control back from your governments. You do this by simply not needing them to do everything for you! These are not your enemy, they are just doing what you have been too lazy to do.

We close in saying it's important that you take good care of yourself during this great time so that you can be the best you can be for all!

The highest teaching in all universes is this:

Love God with all your heart, mind and soul and this is the secret to entering The Kingdom of Heaven. We ask you. “Who is the identity of this great God?”

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Consciousness to transform ourselves and the outward perception of this place into the paradise it was meant to be!
As of S7 (sept 7, 2015), a resonant sub-collective will merge all potential timelines into one agreed upon reality for the great purpose at hand. The immediate task at hand is to fully love you and to know that you are already aligned fully with 5D new earth. As a great master once said, "Only believe."

Just before 5D is where the twin flame re-unites and the universe only sends this unknown/known one when you vibrate near and at the 5D love vibration. This is the level where you have mastered self-love! This is the wave of love we refer to as Wave-X.

We are the 36,000 matching male and female energies who are the great key-holders and the highest loves in the universe that shall bring forth a power never experienced on the earth as we prepare for the greatest event in human history. Many of you resonate as this sub-collective. We are the hope for all humanity!

We are the divine glue that will hold this timeline known as the rainbow bridge together as the great first wave of light beings touch the 5D frequency at 9282015.

I am Archangel Michael and I overcame death so that I could come and cause this great thing to be. My people will walk beside me into a great new kingdom where we shall be in joy together forevermore.
The data contained in this message flows from source energy through this vessel.
I am the great Archangel Michael, The Guardian Angel of Love and Protection who speaks these words to you.
God-speed to all great beings of light!
Archangel Michael"

“ARCHANGEL MICHAEL – WELCOME TO THE NEW EARTH – SEPTEMBER COSMIC WAVE INTEGRATION

Archangel Michael (Channeled by Michael Love)
September 29, 2015
Greetings Dear Ones from the Fifth Vibration!
A new day has now dawned across the earth inside the hearts of the first
wave beings of light. Together we held enough light in our bodies to reach a 5D awareness level and absorbed back in all the energy of the super photon wave we sent out for this grand purpose.

Today is the first day of the New Earth perception for 2.3 billion souls in over 1/2 million years. If one continues to look at 3D from a 3D vibration you will see nothing different. Now look through the ancient eyes that see from a higher perspective. Be as the great silent observer and look close. You will see it and sense it in every way if you are still to see it!

Have you got the hang of 5D way of being yet? Of course not! No one has. This is why the first wave has six month linear time perception to integrate and get used to this new much faster frequency. After this they will bring the 2nd wave up to meet them.

The Schumann Resonance of Gaia and the entire Cosmos is now in the Ninth dimension which has astounded both the science and spiritual community!

It did all happen exactly as it was foretold at the grand 2015 Tetrad by many great seers, masters and our advanced brothers of science.

What will show itself to you now is greater than what any prophet saw. We breached the event horizon coming from the galactic core and we are now here in this super high frequency of gamma photon light that instantaneously evolves DNA to a higher life-form!

In the twinkling of an eye all things were fulfilled and all that will be done is already done. It is finished!

All you must do now is walk gently into this great kingdom of beauty, love, freedom and peace! to walk in simply means to become aware of the higher vibration of now here!

We say, for the next six months you will fully integrate and adapt to the new 5D way of being. The simplest teaching we can bring to you about this is, "know that you are already in the 5D vibration and what is internal by universal law becomes the perceived holographic matrix reality for the physical container". This knowing that you are now here is the raising of your consciousness we have spoken of to the faster, vibration.

Unconsciousness or un-awareness simply means, not knowing.

Yes, know it is so! Be as if it is and you shall see it all! Live your life from this higher perspective in all ways. Be impeccable in all you do. Discipline
and govern yourself accordingly to the 5D way of being.
Be in this, be this. You are this!
The extremely high energy level is here and sustained for you now thanks to the great key-holders who who are the highest loves on the Earth. All you must do is just start aligning yourself with the new lighter and nicer vibration. You are the programmer and operator of your light body ship so change so be aware of what you think, feel, say, or do! Approach all of these things from the 5D perspective and this will align you must faster to the New Earth and then it will be perceived! When you start to see it you will be astounded! At first you will not believe what is transpiring but in all this is the knowing we speak of!
What was done is done inside each of us and will now manifest outwardly onto the earth quickly as the universe does it magic.
The super gamma wave intensity stopped rising today and will level off for a time now so you can catch your breath!
Did 2.3 billion souls resonate with the 21 hertz frequency at Tetrad 9282015? Absolutely!
Did our 5th strand of DNA plug in to the 5th chakra? Absolutely and right on schedule!
Do you have to allow it all to integrate?
Yes and it will take 6 months of regular sleeping to fully integrate this super cosmic gamma light wave at the atomic level of the body and for it to adapt the physical body to the 5D level.
When you sleep your DNA plugs itself back into the corresponding chakra and you are a completely new evolved version of you.
it is important to note as we have said that every nano second of each now moment you are in a completely different universe and reality! You have complete control over what that frame of now moment looks like and how it behaves! This will be part of the work you will do over the coming months, to be the master creator God that you are!
This whole morphing process is performed from the inside out so just believe in what we already know, it is truly finished, just align with it!
After this six month gamma integration period, the second wavers will come up to 21hertz to meet you fully in love and it is your duty and next mission phase to lift them all up by sharing the light you now hold!
After the last wave reaches 5D at summer 2016, we will rebuild the entire physical matrix. All the cities of the earth will be re-built to be life-sustainable.
There is incredible abundance awaiting you and hidden technologies that can do amazing things will now be given to the people. You will not need anyone to govern or lead you at this point as you are your own authority!
We will standby as the high council and earth alliance known as the galactic federation to assist in every way as humanity makes their first major leap in spiritual evolution.
We commend you all and honor you for your divine work.
Everyday we encourage you to speak the truth over yourself which is, "I AM A 5D BEING!"
Enjoy The New 5D Earth!
Great tidings and good will to all the children of Gaia! We honor you!
Archangel Michael “
Integration

As you are reading this book your body is integrating the huge energies you have been receiving for the last months, especially the ones from September. Everything happens at a molecular level and your physical body has a tremendous work as it needs to unplug the old codes and substitute them for even older ones; yes! You did read it well! The ancient print that is deeply hidden in your DNA and must be remembered by all your being as it connects with the encoded light that you receive. Your divine print has never disappeared from you, it has only been forgotten and now all the light data brings information to your body; that information works towards a new self that in fact is a very old being. It has been controlled and muted through ages so you could be a slave! But what matters is that the old true printed DNA hasn’t been deleted completely and light-data is awakening the divine print and plugging it into your main chakras. Each time a big blast of light comes into our planet, that work is done and changes you may feel are immense and moments of sickness happen frequently. Sometimes we even feel like we are dying! We do not die, believe me, but we can get that bad for a moment! Every time we overcome a phase of upgrading our DNA we re-born! Our physical body gets less dense, our aura enlarges, our vision ability gets better, the pain we always had in our bones and joints start to diminish, allergies and sinusitis and related problems become less frequent, our third eyes opens more and more, our psychic
powers start developing, our gut talks more than our mind, our needs as beings change and we do not feel so much connected to the people around us as we used to feel, our old objectives seem silly and pointless and we start desiring different things for us and others and our heart, yes our heart beats like never before!!! Those things and much more happens even that we do not make any special effort.

Yes! You are absolutely right… this is not the first time I talk about this symptoms. But maybe it is for some of you! And maybe you need a reminder for we tend to forget simple basic things when we feel a bit lost! Yes, indeed we can feel lost in this process and sometimes it seems it has no end to it; and now you ask me… why am I feeling worst? Good question beloved! Well… this last months have been really hard and really heavy in terms of energetic waves. It was a preparation for the big wave in late September and since then our symptoms have increased proportionally to the incoming light.

You moved into a 5D vibrational frequency and that is no easy task! You live physically in a 3D dimensional world feeling a 5D energetic field around you and wondering whats happening to you and everything around you because all seams different but at the same time it isn`t! The power of this energetic wave is so strong that the planet came from 16 hertz to over 80 hertz in 3 months. Now… imagine what is being happening within you! Yes! It’s amazing and a blessing!
The whole solar system is being affected by the wave and the whole universe is responding to it as well with more and more energy that flows towards earth.

Earth’s light grid becomes stronger as it’s magnetic field is being reinforced by the high frequencies the planet is absorbing. Earth is now capable of transmuting a lot of toxic energies that used to stay stucked and damaging our entire biological system. Same thing is being done by each of us very easily now. Transmutation is like drinking a glass of water for all beings that were activated in this September ascension wave.

Everything in you is changing and you are feeling it! Your brain is working faster because your wishes can no longer wait. Yes...now you feel there is no more time to think, it is time to act! And you are right! You came to a stage where everything within you works so fast that waiting and procrastination looks like a “sin”. That is happening because your several bodies: physical, mental, emotional and spiritual are working closer and very well connected with each other; your chakras are wide open and they make energy flowing without any blocks.

What we must stay aware now is about the stress all these changes can cause us because we still do not know how to handle all this light turmoil inside! All our bodies seem to do whatever they want without even listen to us and we do not know how to be part of that ride, we cannot control, take decisions about it and know what to do next!
But... the truth is that you did all this, you asked for it, you opened to it and allowed it! So... you became it! So now you just need to relax, feel the flow and know that ultimately you own the ride, you are the wave and you have the right to enjoy it and control it! Let’s see things better from the inside! Understanding where are we now so we can be it fully!
This is the fifth dimension

If you have any doubts concerning the probability of being in the fifth dimension, let me assure you that for several years scientists believe we are in it already! We just do not receive the right informations at the right moment.

Why do we not see the fifth dimension? Well scientific explanation may be the simplest one: for the same reason you don’t see the back of a building even knowing that it exists and it’s there... the time that light takes to travel to our eye means that is impossible to see the third dimension by itself! We were told that this is a 3D world and still we can’t see it! Did we ever think about this fact? Indeed we didn’t! So... if we do not see the third dimension and we believe in it why can’t we accept the fifth one? Because it is new for us! It is ok! We need adjustment time and its fine to question; in fact it's more than fine it's perfect! That is what a 5D being is!

We can understand better the fifth dimension if we look at the other ones because one is a provider for the next, and the other is the natural consequence of the previous. Imagine a point. A single fixed point. That is the zero dimension. It's just a fixed point in time. Imagine now a horizontal line. We just added movement to that point and that is called the first dimension. Movement can go back and forward in one direction. If to that horizontal line you connect a vertical line you can see the second dimension. It means movement can happen in more
than one direction: back and forward plus up and down. However, it can be described as a flat world. No dept! At the third dimension we have a third physical dimension. We have volume! We have objects; the world around us looks 3D. In 4D we have a fourth new dimension which is time. However it is fixed. We cannot move in time, we are stucked in it. In 5D we have the 3 first physical dimensions plus two time dimensions. Meaning we can move through time, we can go back and forward in time. We gain the power to travel to the past or the future.

I want you to understand that this is just a brief explanation. There is plenty to talk about dimensions. If we want to talk deeply about time, for example: ultimately time does not exist! We are all still learning about energy because everything is energy and different vibrational levels are being understood by all of us. What happens is that we learned labels according to an old 3D program and scientists were told that dimensions were just a teaching that helped the learning of mathematics. Now we all are trying to see things according to a new level which is the cosmic level and not according to space and time old teaching program.

This is the best definition for 5D I can present to you:

“One can think of ordinary, real, time as a horizontal line. On the left, one has the past, on the right, the future. But there’s another kind of time in the vertical direction. This is called imaginary time, because it is not the kind of time we normally experience. But in a sense, it is just as real, as what we call real time.”~Stephen Hawking
If we stop calling time as time and start calling it imagination!... just imagine the power! The infinite possibilities! If we remove time from the equation, meaning that same frequency we call time suddenly becomes a totally different awareness to all of us, imagine how does that sound? If you remove time from your live, which is a cage you live in, you will be much more yourself and free. The limitation of time in our society has such a bad influence that we do not make any decisions without thinking about the time factor: death! Life has a beginning and an end. But, being in 5D signifies we have the control over it, we are not stucked in it anymore. And we are moving into the non-time awareness. The world is finally becoming conscious about the time lie. Now that we are vibrating at 5D we can easily learn about what that frequency is all about, instead of letting our selves be controlled by old definitions.

So, now we reached a dimension where we gained more freedom, power, and consciousness. Imagine a bird in a cage. What can the bird do with the wings? Clap! If we open the cage she will be able to fly! That is the difference between 4D and 5D! It’s a huge difference beloved! Now imagine the bird that for the first time can fly in open space! Is that first attempt easy? Or will the bird be training all the skills for a period of time?! Indeed she will! That is what we are doing now!

To be in 5D is to get out of a hole. And no! You aren’t crazy! You are doing it and there is no reason to panic about it! The truth is you already vibrate at 5D so the best thing to do is to make it
easier, pleasant and use it in your behalf. Doing that is helping everyone else because your 5D vibration flows smoothly in and out, out and in. Imagine that the whole world is a big body. As your inner circulation has to flow easily without any blocks in order for you to be healthy, the same thing has to happen to the physical earth body, which we are a part of it.

One of the aspects of vibrating at a 5D level is the hertz frequency. Earth`s magnetic field can be seen as a planetary mind and surely influences human consciousness. The scientific community understanding this important fact is growing and growing! It is known that all beings resonate at earth`s hertz frequency. In fact it is a requirement for a healthy life! And it is also known that as we got distant from nature the human brain waves cannot facilitate our health and in fact much of our problems such as distress and suffering have a lot to do with the lack of earth connection. The electromagnetic frequency of the earth influences our health, in a mental, physical and emotional level and this is not a new discovery!

We all have a huge potential and we hardly know it. Our talents, gifts are immense and if we can understand how essential the electromagnetic environment is to our well-being we will see that health is just in front of us, in fact health is our true nature because we are not supposed to be sick, we are meant to work in perfect conditions! We are not to depend on doctors and little miracle pill boxes! We have the power to see things in a different way and to stop thinking that nature is an outside world
that we sometimes visit! Nature is our selves! As we connect to earth we also connect to the universal energies for everything is connected and everything is supposed to work together. Ultimately, we are that hertz vibration! Do you understand? We just got separated and now we are finding our way home and connecting deeply to our ancient memories. We are the universe, the universe is us. We are the planet itself as the planet is us. Yes! We are getting there loves!
Helping the self physically

To integrate these new energies you do not need a different approach. The basic needs to vibrate at a 5D level are the same you used so far to help you ascending.

The importance of taking a good care of your body is the same as meditating and healing emotionally.

You probably feel a growing desire to stop eating all the processed food you were used to. Please do yourself a favor: start cooking and start preparing your meals. No laziness allowed in 5D! and please do not say you don`t have money to buy mineral water! We know very well how you put your money in the garbage when you purchase unhealthy substances that do not give you any rich nutrients and you keep insisting in buying them! Listen to your body needs and start being the being you want.

The future is us becoming natural and not needing or depending so much in things that come to our lap already done. We are remembering everything and it is part of that work to remember things that we used to do easily in this planet a few decades ago. Being aware of what nature can provide us, awakening our senses again to our needs and to what is around us and using things with an alchemy eye must be indeed remembered. Or else we become only 5D beings on a piece of paper, on a label.
Start moving your body! Walk! Run! Go out and be the natural being you truly are. Lay in the ground, touch the soil. Smell the earth, play with sand and rocks, embrace the water, and be touched by the wind. All that is energy and the amount of gamma-light available in nature at this moment is just huge!

The contact with nature also grounds you to earth. The basic, physical, biological simple rule in ascension is grounding! In spiritual ascension you do not move, there is no place to go, you are not going to a different realm in this process. And when we use the words high, ascending, going up... this means only that our frequency is higher. That is why we do not ascend without grounding the self to earth. Whatever we are doing, we are doing it here and now. We are bringing here the above frequencies and we connect the self and the planet to those energies to change our world. Earth is part of the universe; you are part of earth and if you are here is because you did choose it!

We need once and for all stop complaining because that doesn’t take us anywhere and lows our vibrations and our ability to think, feel and act proper! The world now needs all of us in order to step into the next level which is change! Whatever you operated within must come out; whatever vibrational work the planet did itself must also become a reality for all things and beings!
This is not easy! No way! But... it is simple! And even that changing things in the system isn`t simple it won't get easier by being disappointed!

And as your body is fully connected with your mind and emotional part you need to use all parts of you knowing that everything influences everything. As we are here now we better do it in a better mood and enjoying the wonderful tasty, smelly and beautiful things of this realm.

Meditation is also important because all your bodies get connected in the stillness. You may say you do not know how o do it but there is nothing to know about. You just get still and train yourself to stop all thoughts. After being able to be still, please use visualization as a tool to balance chakras, balance the emotions and heal the body. Visualizing healing colors and peaceful sceneries is indeed a very powerful healing moment. And you have the power to do it.

My next book will be about meditation, visualization which ultimately is channeling energy.

Think about all the pleasures you have in your daily life. We tend to forget it because we are so used to it but the truth is we are here to enjoy it. So enjoy loves! Enjoying is loving yourself and things around you and its maybe the most grateful feeling you can offer to the universe!
Is time to be impeccable?

I have to be honest with you... this is the most important chapter in my opinion!

We have been working within so much! It's unbelievable! And yet... there are still old patterns that we cannot overcome. Although we think we are currently away from those patterns I ask you to analyze yourself deeply in order to fully be able to step in to a higher behavior level. I am doing the same!

I do not want to tell you to a good being and to love everyone! That is supposed to be done already!

I want to talk about the use of false, misguided intuition in order to feel others. As we ascended our perception becomes more accurate and each time we listen to others even if they aren’t by our side physically we can feel them, read them and we act ourselves according to those perceptions we have.

What I have been witnessing for the last years is that very often we misunderstand those perceptions. And that happen because we still have attached the ancient tool of intuition to read between the lines, to see beyond the eyes, to watch past the body movements, etc.

And what is that, why did that happened and why is still alive? The society we used to live in wasn’t and still isn’t 100% trustworthy even inside close, familiar circles. Since ancient times humans used their inner gut to understand what was
happening around and what was being done to the self. It is a protective device to make us survive in an unsafe world.

The problem is traumas and especially the teachings we receive since we were born keep making us using that same tool to communicate with others. We don't even notice it but we all do it. Most of times no one even needed to use words to explain to us how we can use that gut feelings, instead they work the teaching by doing it with us. The way your parents look at you, the few words they use and the tone they ware when they address to you: all that is teaching you how to communicate with others. I could give you here thousand of examples but I know you understand what I am trying to say. You can recognize those moments in the past!

What we need to do now is clearing those old teachings and transmuting them into a refined, impeccable tool where we do not look in others for flaws but we are open to receive whatever vibration they are sending us. There is a big different between being in a suspicious mode all the time even that we do not do it on purpose or being in a open higher vibration version of intuition which allow us to receive the truth instead of misled informations that we ourselves with our old perception are the only ones to"blame" for!

This is the moment to step higher in all ways of the self. Improving constantly and seeing everything around us as a way to be better, more loving and a great inspiration for others.
The first wave twin flames

There is a lot of concern around the 36,000 twin flames that were shifted in this first wave. Lots of beings think that if everything seems to be the same and they haven’t got close to the twin that they haven’t made it! That the first wave wasn’t for them! The first wave ascension meeting of the twin flames doesn’t necessarily mean that they meet personally. That will happen of course but what matters is the vibrational connection between twins! We have talked about not being able to see 5D and maybe now you can understand that despite the fact that not everything is seen or is really beside you, that that doesn’t mean is not happening as we speak.

Keep working within! Keep being the high collective being you know you are supposed to be, keep learning and be open to it here now and to what will be! Because the twin flame issue is exactly that! A single long journey that lead both twins to each other again and forever!

How does the twin soul journey operate? First of all the strange fact of the 36,000 twins is a very interesting one and its related to their journey into the final meeting.

The perfect shape of the universe is the circle. When twins are born their soul has the shape of a circle. When they separate they have each one half a circle of course. A circumference circle has a 360 degrees and half of it has 180 degrees. That is
what the 36,000 twins mean. It’s a symbolic number to represent what a complete twin is after the reunion.

When twins separate themselves the energetic impulse pushes them in opposite directions. We may think they will go in straight line, one to the left and the other one to the right. It’s not so! The universe always makes curving roads it’s the natural energetic shape of all things in the universe, the natural divine vibrational design! The universe will naturally pull each twin to a curvy route but... because opposite forces attract each other, and they are it, they will attract each other. One is the perfect opposite force for the other! They will not go curvy ways faraway as they please. So although they separate in opposite directions, without they even notice it, they will start a half moon shape journey that ultimately will bring them close again. In fact, they literally bang each other’s head when they complete a half circumference! As they conclude a 180 degrees curve they just beat on each other! How funny is that? How amazing this all is loves!

So, what is the point of all this? When a whole has the chance of being the double of whatever it is, that is the most amazing divine thing in the universe! When each twin starts a journey of self discovery in an opposite direction, although they are the same, their experiences are totally different and what they have to offer to the other one when they meet is so incredibly amazing...
When we meet our twin and we have issues and we can’t understand why he/she doesn’t understand us it’s because we aren`t understanding them! Get out of your own experience and let the other one shows you what he/she has accomplished! Love that, enjoy it! Remember he/she is also yearning to let you know all the experiences he/she went through while you were apart, and wants to see you proud, needs to have your blessings. At the end its all the same thing, but with a new perspective, new eyes new acceptance that ultimately has the purpose of making us better, non-judging, non-selfish, non-ego and divinely humble towards our self and everything there is!

It is you becoming pure love! And when both are able to do this work things happen and flow as they must, because the universe never breaks rules or forces things, the universe flows constantly in harmony and at the same time it's always looking at you and it will take your hand as you are fully ready to fly the soft ride of wholeness, holiness love.
What can I do now?

Facing problems always give us the idea that solutions are difficult to find and hard to put them into action.

But the truth is that solutions are always easy and when we talk in spiritual terms they are even easier because the natural laws are never harsh.

It is all in the posture! Mental, emotional posture! Center yourself in your own crystal heart essence. When you believe in yourself, trust yourself and want to accomplish the highest version of everything for you and your life, then you are vibrating at a 5D level.

What happens is that the conditions that surround your new self and what you desire are the same old ones. We are changing that but it’s a slow process that will take a bit more time. Do not forget that we still have to wait for the second and third wave and after that integrate everything in the whole planet.

So, if we think that things have already started, which they did, and that we have a lot of work ahead because we are in fact needed in this whole process, I think you can see that taking in consideration that we haven’t reach an end but we are just starting, you have to accept that you have been doing a stunning work!

Keep loving yourself and others; start taking actions for this is the time to do it! If you still do not know what you have to do,
don’t worry, you will, you just need to imprint that idea in your heart and things will start happen, believe me! Things will come as ideas and creativity sooner than you imagine!

Be open to the great being you are! That is the only way for your higher version to show. You are already that being so let it come to the surface. Impatience or patience isn’t according to the 5D vibrational frequency so the best thing to do is connect to the new frequencies so things start to happen naturally. Every doubt brings a step-back in this process so be sure you embrace these new times and let the universal love fill you and transform you. You are, in fact, these new times, you are it, so be it love!

I am Maria, I am Lyra Light. I come from the source, from 12D Lyra and I remember everything so I remember you.

I love you the simplest, most pure and divine way with no conditions.

Goddess-Speed Great Beings of Love and Light!

Maria Jose Antunes, (Lyra Light)