



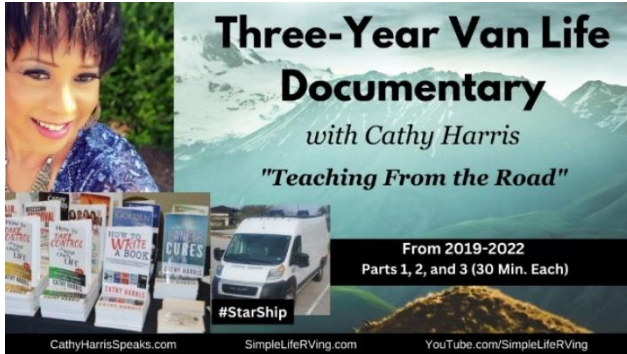
Love and Light Newsletter

Brought to You by www.AngelsPress.com
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<http://www.CathyHarrisInternational.com/VanLifeDocumentary>



I took a three-month break from writing these **Spiritual Newsletters**. I am so glad to be back at it again. I have been dealing with intense Ascension Symptoms such as Vertigo, lightheadedness, and dizziness, and with all the traveling I was doing with the three (3) big Nomadic events, taking my Humanitarian Project south, and completing the 3-year van docuseries, I took a break from filming as well. Hopefully, I am back on track, and I can continue educating you on what I have learned about **'Spirituality.'**

Many Seniors Won't Be Able to Endure the High Frequencies

According to Dolores Cannon, many Seniors won't make the jump from the 3D to the 5D New Earth. This is because they won't be able to withstand the high frequencies as the Earth ascends. I believe that because being in my 60s, I also had an extremely hard time myself even though I am very Spiritual. Since last Nov. 2023, I have had three (3) severe episodes of Vertigo and weeks of being dizzy with lightheadedness. Maybe if I lived in a home, it would have been easier but living in a small space, like a van, made my symptoms much worse. The Vertigo started on Nov. 1, 2023, when I was about to leave Flagstaff,

AZ to depart to Sedona for calmer weather. My second episode was 10 days later, and the 3rd episode occurred one week before Christmas 2023...about 30 days later, when I was in Ehrenberg, AZ.

The Vertigo episodes kept happening, so I had to just meditate, sit in stillness and ask my Guardian Angels and Spiritual Guides for help. I knew the Earth was located on an axle which means it is constantly spinning and since our bodies, especially our brains, were changing from a **'carbon base'** to a **'crystalline'** state, the symptoms were **'temporary'**. I just did not realize that it would be so tough for so many of us. I heard stories after stories from many online – who like me said they also ended up in the hospital trying to get help for their symptoms. Read the blog post **"Prepare for Ascension Symptoms"** www.CathyHarrisInternational.com/AscensionSymptoms



Have You Completed the 'Shadow Work'?

We are close to the 5th dimension where ETs exist. Many call it **"the veil"** or **"the other side"** -- so you might start experiencing some abnormal things. One lady on YouTube said her and her husband were sitting in a room one night and out of the corner of their eyes, both saw a blue being jet across the room. Another lady said she heard footsteps on her roof, and another said she heard noises out back that sounded like more than one, so they were probably having a party. Again, we are in **'uncharted territories'** -- where all of us might experience the unknown as we move into the 5th dimension.

When I told an advanced StarSeed that I am now seeing my Spirit Guides in my meditations and dreams, her response was, "Wow you have done a lot of work because they don't usually show up like that unless you have put in the Shadow Work." I told my Guardian Angels and Spiritual Guides that I only wanted to see the ETs in my dreams and meditations, so these entities are not just going to show up in your house or other surroundings even though we are close to the veil, which means they are all around us. Many have said it would be around 2040 before we meet the ETs, but others are saying it will be much sooner



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because they are all around us. There are Motherships hovering in the skies above us and ETs are all around us as we carry out our daily lives.

Sedona, AZ, one of the most Spiritual places on the planet offer UFO tours. When you put on the infrared Military night vision glasses, you can see all the UFO ships in the sky. None of this should scare you. The ETs (aka **"The Friendlies"**) are happy that we are transitioning into the 5th dimension, and they can't wait to meet all of us. The bad ETs – the Draco Reptilians and Tall Greys have been removed from Planet Earth by the Galactic Federation – so you are safe.



By Now You Should Be Engaging in DAILY Meditations

Now would be the time to reach out to your Guardian Angels, Spirit Guides and your Star Family and ask for help with clearing out your Shadow Work. By now everyone should be engaging in **daily meditations** and **grounding exercises** such as walking in nature, hugging trees, sitting with your back against trees, doing yoga, and sunbathing. You should be constantly raising your **frequency** and **vibrations** -
<https://cathyharrisinternational.com/frequenciesandvibrations/>



-Meet Your Guardian Angels Guided Meditation

Remember Guardian Angels never incarnated on Earth. They just work with you from the other side. They have been with you your entire life, so they know about all your past lives. I really enjoy Jason Stephenson's meditation videos at
<https://www.youtube.com/watch?v=UrcbK7zxTM>

-Meet Your Spirit Guides Guided Meditation

Because Spirit Guides are so familiar to people, these are probably relatives from a past or maybe this life that has crossed over. Again, this is a Jason Stephenson meditation video at
<https://www.youtube.com/watch?v=67KpGu2qINE>

-Meet Your Star Family Meditation

Check out the video entitled "Meet Your Star Family Guided Meditation"

<https://www.youtube.com/watch?v=ubrPcH09X6s> By now you should be engaging in daily meditations and meeting your Star Family. This blog post entitled **"Which StarSeed Are You?"**
<https://cathyharrisinternational.com/starseeds/> can help you figure out your Star Family.



Meeting Another Version of Myself

Check out this video "Quantum Jumping Guided Meditation"

<https://www.youtube.com/watch?v=A-sODkQj3r8>
Since we are moving into the new Quantum Financial System and the new 5D 'Spiritual' Earth, by now you should also be doing the daily meditations to meet your Quantum self. Remember you have **12 versions** of yourself out there and once you go into the 5th dimension, all 12 versions will collapse into one and that is how you will become powerful. If you are seeing these versions of yourself in your dreams, in meditations and in mirrors, then you are moving in the right direction.

During the summertime, since I live in a van, I have to wake up first thing in the morning and open up my windows and turn my fan back on because of the poor air circulation in the heat. Last July 2023, I was dreaming, and I woke up barely able to breathe because the fan had also stopped, which meant the power box had turned off. As I went to jump out of bed, I noticed there was someone behind me lying on my bed with me. However, I wasn't able to turn around to see who it was because I was gasping for air and literally could not breathe. As I started to jump off the bed, someone tapped me on my hand, but because I was moving to get out of bed, I did not look around. When I got up and looked around, it was me – another version of myself about 30 years ago. She said to me "Skye thinks she knows everything – doesn't she?" She must have been talking about Skye Prince from the Med Bed and Humanitarian Projects group because I had watched her videos before going to bed. When I turned away from her and turned back around, she was gone. That is my only recollection so far of seeing another version of myself.