



Love and Light Newsletter

Brought to You by www.AngelsPress.com
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Contents

- 01:** Visitations from the Other Side – Hello Danny, Hello Mark, Hello Brian
02: Ascension, Solar Flash, Reincarnation, and Near-Death Experiences (NDEs)

Visitations From the Other Side



We have lived thousands, if not 10s of thousands of lives before. Many of us were also ETs. As a **Blue Ray StarSeed** (aka '**The Black Sheeps**') and **Indigo Child** (aka '**Warriors**'), I have had very few visitations from beyond -- from my ancestors. Most of my visitations seem to be from male friends who have transitioned. I grew up with 5 brothers and many male cousins and eventually ended up in the Military and Federal Government working with mostly men, so having mostly men as friends -- just made sense.



The pain will leave once it has finished teaching you.

Saying goodbye to anyone is not an easy process, but know that you are carrying them in your heart forever. I take comfort in the last visitations I had from three (3) male friends after they transitioned to the other side. This is what happened:

-Hello Danny: Danny was a friend of mine from U.S. Customs in Miami. After Hurricane Andrew, when 80 of my co-workers lost their homes to Hurricane Andrew, we did a roll call, and none of my co-workers had seen Danny. Danny was in my section and was kind of a boss of mine, so he should have been one of the first persons we thought about. However, many of us were off work after the storm, so we were just trying to account for everyone.

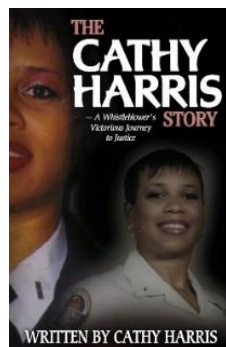
Once everything settled down and everyone had been accounted for, we all heard Danny was in the hospital, and it did not look good. I believe he had HIV. Because my nickname was 'Ms. Hallmark,' I went to my locker where I kept a combination of all types of greeting cards and started sending around a 'Get Well' card for Danny. Danny was loved by everyone. You could not be sad around him because he had this 'infectious' and 'incredible' laugh, and this is why he was loved by so

many. Weeks went by, and I kept sending different 'Get Well Cards' to Danny in the hospital. I did not have the chance to go by and see him. Many had told me that even if I went there, he would not have recognized me anyway, so I just kept sending the signed greeting cards from everyone.

One day after I had been off work and returned the next day, they told me Danny had passed. They said they all had gone by the hospital to say goodbye. I was so upset that no one called me to tell me this news. I would have also gone by the hospital regardless of it being my day off. I felt so much guilt because I never went by the hospital to say my final goodbye in person. I was so heartbroken!

That night after Danny passed, when I laid down to go to sleep, I saw a bright white light – a circle coming toward me, and Danny appeared. He was standing in a small booth at work laughing up a storm. In the hospital, he had lost weight and had become frail, but when I saw him, he was wearing coveralls with no shirt, and he looked so strong and healthy as he laughed and looked into my eyes. He was telling me that he was fine on the other side. He was telling me that he was strong and healthy on the other side and that there was no sickness on the other side. I needed that closure so much and I thank my Guardian Angels and Spirit Guides for allowing me to have that experience.

-Hello Mark: Mark was my supervisor in Customs back in 1986. I believe the reason our bond was so tight is because his wife also had the name 'Cathy.' After being a secretary for a few months, Mark was the reason I moved up in Customs. He was kind of a mentor to me. After working with him, we would lose touch for years, and then out of nowhere, he would call me to see how I was doing. Later, I could not believe it



when Mark, like me, "**The Cathy Harris Story**" – blew the whistle on Customs. By then, he was a GS-14 Supervisor with Internal Affairs. He exposed that Customs in Houston was allowing tons of drugs to get on the streets in order to arrest the top guys. Working for Internal Affairs, Mark knew where all the skeletons in Customs were buried. He was always a wealth of knowledge and had such an awesome, caring, and honest heart.



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After blowing the whistle Mark retired, went to law school, and started representing many Customs and federal employees that many lawyers were afraid to touch. When he heard about my troubles in Atlanta, I got a phone call from him, and he represented me, too. After I was fired by Customs in 2005, as an EEOC attorney, Mark worked with my Whistleblower attorneys, Government Accountability Project (GAP) in D.C., on my lawsuit when I had 10 EEOC.gov cases, a Sexual Harassment, and a Whistleblower case. Mark told Customs if they did not settle my case favorably, he would expose where all the skeletons were hidden in Customs, so I won my lawsuit. They settled my lawsuit the next day, and I retired at 48 years of age.

A few years later I heard that Mark had passed away in his home in Houston. He fell and hit his head, but it could also have been foul play because he was speaking out against darkness. I went to the funeral and met his former wife, Cathy. He was one of my heroes, and another reason I named my company www.AngelsPress.com is that there are truly 'two-legged' Angels all around us.

Just like Mark had come to check up on me in life when he was alive, he did the same thing in death. A few months ago, when I was lying on my cot in my van, I was multitasking, watching my tablet on my right, and listening to news stories on my phone in front of me. It was late at night, and suddenly I saw a bright white light like a round circle in front of me then I saw Mark. He bent over to look at my face, and then he said, "Oh, You Are Okay!" He wanted to check up on me even though he was no longer on the Earth plane. He will always be my hero and will exist in my heart forever.

-Hello Brian: On the Saturday morning before the Super Blue Full Moon on Aug. 19, 2024, a good friend of mine, Brian, was found by his wife after committing suicide. He was 57. My heart breaks for Brian. He was a beautiful soul. For the past five years, he was one of the fixtures that I looked forward to seeing when I came to this part of the country. I will continue to say his name because I know his spirit will live on in the beautiful Arizona mountains. Sleep well, my

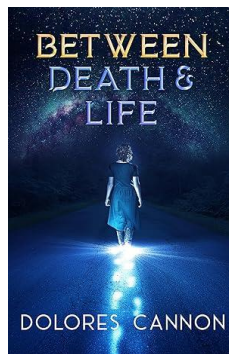
friend... That night, when I found out Brian had passed, I asked Brian to show me that he was still here with me. At 4:00 a.m., my phone that I forgotten to turn off,



which was lying by my power box in the front of my van, went off. A video just popped up and started playing. It was a video by Suzanne Giesemann, a Psychic and Medium, with a podcast called "**Messages of Hope.**" I heard the words 'Sacred Geometry.' I relate that word to the Arcturians, who are part of my Star Family, because they are very good at 'Sacred Geometry.' I believe it was Brian's way of telling me he just wanted to go back and

work with his Star Family, which is probably also the Arcturians. I felt great when I had that interaction with Brian, letting me know he was okay on the other side and he would always be with me. Read the blog post entitled "**Which StarSeed Are You?**" <https://cathyharrisinternational.com/StarSeeds/>

By the time I received the visitations from Mark and Brian, I was 'Spiritual,' so everything in my life made sense. Back when Danny passed away, I was still trying to make sense of how life really worked. I really did not know how to deal with death, but since my 2nd awakening in 2023, I am in a different head space now. After watching months of 'Near-Death Experiences' (NDEs) videos <https://cathyharrisinternational.com/ascension/> and reading Dolores Cannon's book entitled "**Between Death and Life,**" I realize that death is a part of life. I also believe many will have a hard time transitioning into the 5D New Earth until they understand this. For those of you still trying to find the answers to life, it's essential for you to study '**Spirituality,**' which provides all the answers you need about life.



Ascension, Solar Flash, Reincarnation, and Near-Death Experiences (NDEs)

Read the **blog post** and watch the **NDE videos** at <http://www.cathyharrisinternational.com/ascension> - so you can understand what happens after you transition. Also, I broke it down in this Spiritual enewsletter - <https://cathyharrisinternational.com/wp-content/uploads/2023/12/LoveandLight-Vol.-14.pdf>