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Warnings About Solar Flares and CMEs #PrepareNow, #NewNormal

On August 1, 2024, I experienced one of the most excruciating times since moving into my vehicle. Even though I had had several bouts of Vertigo, dizziness, and lightheadedness during the latter part of 2023, the Solar Flares that came in on Aug. 1, 2024, left me paralyzed. I could not tell you if they lasted for 3 minutes or 3 hours. I felt like I was in some type of portal or maybe even taken aboard a spaceship and worked on. The good news is I was warned about the Solar Flares. The Galactics told Skye Prince to warn us to prepare for **INTENSE** Solar Flares on Aug. 1, 2024. A few days before that date, I also dreamed about the Solar Flares. In my dream, the intense Solar Flares were hovering over my head as I was walking in what looked like a desert, trying to make it to a house. I felt if I could just reach the house and get in the bathtub and feel cool water on my skin, I would be okay. However, I did not make it. I passed out in the dream before reaching the house then I woke up from the dream. This was a warning telling me to prepare. I had thought about going to a hotel or spending the day at the Spa, or even being out on National Forest Land walking barefoot and staying grounded. However, because it was a busy week and I needed good internet, I just stayed in the city and forgot about the dream and incoming Solar Flares.

As I prepared to do my daily meditation session, the Solar Flares came in at the stroke of midnight on Aug. 1, 2024. It left me paralyzed with shooting pains from my ankles to the back of my calves up through the sides of my hips, through my chest and back area, straight through my nostrils up to my pineal gland. It was a radiating and continuous pain. As soon as my body started going through some type of convulsive state, I was able to tell myself that this is the Solar Flares that Skye was referring to, so I just allowed it to take over my body. The only good thing about the

entire experience was -- I did not have a headache from the shooting pain. I felt like it was targeting my pineal gland. I saw all types of shapes and pictures and movies playing in my head. I could not make sense of anything. Because of the pain and nausea -- all I could do was toss and turn from side to side in agony. However, when I woke up the next day, I felt like I could run a marathon. My head was clear, and I felt highly energetic -- so obviously, I had received major downloads.

The Difference in Real Sickness and Ascension Symptoms

Over the last few weeks since the Full Moon on Sep. 17, 2024, I have had a hard time resting. It seemed like every other day, when I laid down, I was tossing and turning in pain. It was the same type of pain I felt on Aug. 1, but much lighter, so I knew it was Ascension symptoms. I was sleeping for 11 or 12 hours a day for 5 or 6 days a week. Some days I woke up with barely any energy to get out of bed. For a moment, I started feeling so low that I made the statement, "If this is what it is going to be like then I might as well expire too." The next day, I called my daughter, the Shaman, and she said my Spirit Guide, Lia, had contacted her, and she was trying to reach me. Because my daughter has been Spiritual her whole life and is an 'Old Soul' StarSeed (lived many lives), a Shaman, Tarot Reader, and Reiki Master, she can bring in my Spirit Guides in seconds. I have yet to maneuver this tactic. Sometimes when I ask them something, they send me the answer in my dreams.

Two years ago, when I had hyperthyroidism, I called my daughter and asked her to bring in my Guardian Angels and Spirit Guides and ask them how to stop the pain. They responded immediately. She said they said I had something 'Spiritual' in my front seat that I could hang up and it would protect me. I looked around the front seat, and there sat a new 'dreamcatcher' that I had brought from Sedona, AZ, three days earlier. I had not hung it up yet because I was trying to figure out where to hang it. Once I hung it on my front mirror, the pain started subsiding, and I felt better. Once I returned to Texas and received the hypothyroidism diagnosis, and got on natural supplements, I felt wonderful. Always call on your Guardian Angels and Spirit Guides for help. I get so busy that sometimes I miss the signs

I know this transformation is painful, but you're not falling apart; you're just falling into something different, with a new capacity to be beautiful.

William C. Harris





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that they are trying to reach out to me. Remember, sometimes your thoughts aren't your own. They are your Guardian Angels and Spirit Guides reaching out to you, but you must pay attention. Lia wanted to say yes, I am having Ascension symptoms, but I also had another sinus infection, which I get a couple of times a year in this part of the country. Therefore, after getting back on the 5-day z-pack, I started feeling much better. Of course, I started engaging in even more self-care by eating better and drinking more water. My Spirit Guide, Lia, got me focused again and I was glad for the intervention. Read "How I learned 'Lia' was one of my Spirit Guides"

<https://cathyharrisinternational.com/wp-content/uploads/2023/12/LoveandLight-Vol.-15.pdf>

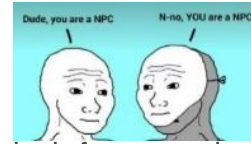
Many Are Leaving Jobs and Exiting Because of High Frequencies



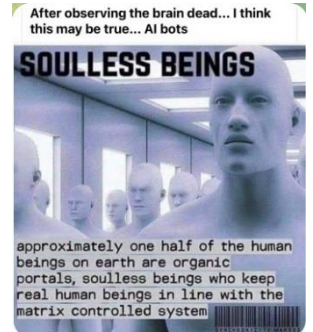
For years they said there were 8 million people on the planet, but no one really knows how many people are on the planet. We know that the COVID jab did cause many to expire. You can see all the cases of COVID sicknesses and deaths on Twitter (or X.com) at "**Died Suddenly**" and "**Sudden and Expected.**" Many are leaving their jobs, and some are exiting this world because of the high frequencies. Many are going to doctors only to be told nothing is wrong with them. Others are seeking out the help of psychologists and psychiatrists and ending up on medications. None of us knew what it would look like as we got closer to the Ascension process. We just knew that many would choose not to ascend and would exit instead. Eventually, everyone will ascend to the 5th dimension, but many might choose to expire and live a couple more lifetimes first. Dolores Cannon said it would be Seniors who will have the hardest time coping with the high frequencies, but young people are also exiting. When I was on TikTok for a month, I heard about ten suicides of young people. Dolores Cannon discusses suicides in her books, and she says they are not a bad thing. Some have completed missions, and they just want to go back home to their Star Planets. Everyone signed a soul contract before they came to Earth. They picked the time of their deaths. They even chose whether they would go out alone or with others in big events like Hurricanes and Earthquakes. Read

the blog post - "**Prepare for Ascension Symptoms**"
<https://cathyharrisinternational.com/ascensionsymptoms/>

Are the NPCs Exiting? Possibly



I have always gotten a strange look from people in this part of the country. At first, I thought it was because of my skin color, then, after COVID, I thought it was the reason. But after attending 3 large Van/RV events earlier this year, I have come to the conclusion that many are just NPCs. They can't think outside of the 3D Matrix. They don't even believe there is a Matrix, and they are quick to believe everything on TV and social media. Some even call them "**Normies**" or "**Sleepers.**" According to many Spiritualists, these **Non-Player Characters** or **NPCs**, which comprise up to 75% of the world's population (**some believe 95%**) and who do not have a soul -- will not move on with us to the 5th dimension. So, therefore, there will be fewer people on the 5D New Earth. It is possible that many currently exiting are the **Non-Player Characters** or (**NPCs**). They have been described as an unconscious 3D human incarnate that is disconnected from their soul. They have an unconscious head drive and do not realize they are in a game. They see only from a 3rd dimensional limited perspective, therefore, making a Non-Player Character or NPC. After a character connects back to their soul, they then wake up out of the illusion and begin to start co-creating as a player inside of the holographic simulation and eventually ascend out of the game. Non-Player Characters or NPCs are empty matrix holograms developed to fill and infiltrate the Earth construct. Even though their bodies look, feel, and sound real, they're just extremely highly programmed Artificial Intelligence (AI), so they appear undistinguishable from other beings. Non-Player Characters exist to test you and evoke your emotional energy. Many feel they are the ones causing all the chaos and turmoil. There are many of them. They may outnumber YOU or source characters -- 5,000 to 1. Dolores Cannon calls them the "**Back Drop**" people



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