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My New Normal is Not A Walk in The Park **#MyNewNormal**



My goal as a Spiritualist is to learn Spirituality and then break it down into layman's terms, so I can teach it to others. You have heard of the phrase "I am taking it day by day." Well in my case, I am saying I am taking it hour by hour, especially with all the back-to-back Solar Flares and CMEs coming in. One minute I feel great, productive, and creative, and the next minute, all I want to do is dive into my bed.

Sometimes I am warned ahead of time that the Solar Flares and CMEs will be intense, but not always. The Galactics warned us on Aug. 1, 2024, that there would be intense Solar Flares, so I ended up passing out when I was experiencing the symptoms at the stroke of midnight. My birthday was on Oct. 6, 2024. I was 68. I had seen in about 3 different places that on Oct. 5, 2024, the day before my birthday, there would be intense Solar Flares and CMEs hitting the Earth. My first train of thought was that it is so close to my birthday, I hope it doesn't affect me because, like always, I wanted to check into a hotel and film on my birthday, especially since it was also my #VanLife anniversary. I use this time of year to discuss how grateful I am. Not only do I look back over my life for the past year, but I look back over my entire life. I also discuss during this time how grateful I am to still be able to experience #VanLife on the opened road. However, this year was the first time in years that I did not feel like getting on camera.

On Oct. 5, 2024, I completed and published one of my best enewsletters, so I know the Solar Flares and CMEs did not come in on that day as reported. However, on my birthday, Oct. 6, all I could manage to

do was take several bubble baths and pass out in my hotel bed for a couple of days. Because of the constant Solar Flares and CMEs, setting short-range and long-range goals now seems impossible. To feel normal now, I am sleeping up to 11, 12, or 13 hours a day. To be functional, creative, and productive, I have to rest. I have tried to get up after 7 or 8 hours then I end up going through the day in a fog. Once I get 11 or 12 hours or more, I feel rested. That leaves me with only 3 to 5 hours of productivity. Even though I am still sleeping more my Ascension symptoms are leveling out, so I am feeling so much better and stronger. And because of the GI issues, I am now eating differently, and I engage in fasting more. Last year, I started sleeping more in the month of July, which is also allergy season in my area, but because of my second Spiritual Awakening in 2023, I knew all the sleeping was about integrating the new energies into my body as I slept. Again, your DNA is being upgraded when you sleep, dream and meditate. This is why it is extremely vital right now for everyone to get the rest they need and ensure that daily meditation is part of their daily routine. If you are tired - rest - don't fight it. Also, keep a dream journal and try to figure out your dreams.

Will There Even Be a Big Solar Flash? **#MiniSolarFlashes, #MiniCMEs**

With the smaller mini-Solar Flares and mini-CMEs hitting the Earth constantly, no way it will be a BIG Solar Flash. If this happened, it would kill off most of the people, especially Seniors who are having a hard time with the symptoms caused by the mini-Solar Flares and CMEs. Many, especially Seniors, are passing away or having to choose whether to stay because of the discomfort of the mini-Solar Flares and CMEs. Initially, I heard during the BIG Solar Flash, we would all be put to sleep for about 3 days, or we would go through a portal, then we would wake up, and our bodies, would be upgraded and many of us would be living in the 5th dimension. But again, this would probably kill off most people, so I believe the universe is being kind to us with the mini-Solar Flares and CMEs. The mini-Solar Flares are removing blocks but will only allow you to go so far. It will give you only what you are ready for, so if you are still living on a 3D Earth and haven't completed the 'Shadow Work,' you might have difficulty going into the 5D New Earth. You will eventually get there, but you have to put in the work.



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We have to keep taking it day by day or, for many of us, experiencing the intense changes -- hour by hour. Those meant to survive -- will -- as the mini-Solar Flares and mini-CMEs continue. Meanwhile, continue to raise your frequencies and vibrations. Read the blog post “**How To Raise Your Frequencies and Vibrations**”

<https://cathyharrisinternational.com/frequenciesandvibrations/>

I Went Into the 5th Dimension **#JumpingTimelines**



On the 5D New Earth, everything will automatically look more beautiful around us. The colors will be more vivid, and the people around us will be much happier. Those still on the 3D Earth (Matrix) will remain on the old Earth as you ascend into the 5D New Earth. They will stay there until they are ready for the 5th dimension or maybe a higher version of them will show up in your life. Many of us are already in the 5th Dimension, but our minds haven't

caught up yet. When Trump won his seat, I was so excited because, basically, it put all of us into a position where we would move closer to the Gesara (Globally) and Nesara (U.S.) announcement. I was very relieved that it happened the way it did, and I knew Donald Trump would continue to rescue the children and arrest many for 'Crimes Against Humanity.' Therefore, I felt like I could take a break from the dark newsletters and just concentrate on raising my frequency and moving into the 5th dimension.

When Trump won, I felt my heart expand, and I was excited for everyone. Everything looked so beautiful around me, and I felt great. Everything that I touched, and especially my thoughts, were about love. This was how I knew I was on the 5D New Earth. I felt like I jumped timelines because I was so happy and everyone I follow online was also happy. We had all jumped timelines together and went into the 5th dimension together. For a couple of weeks, I was on Cloud Nine. Then right after Thanksgiving, more

intense Solar Flares and CMEs came in and landed me back in bed with flu-like symptoms, which are also Ascension symptoms, especially if the symptoms only last for a day or two. Read the blog post “**Prepare for Ascension Symptoms**”
<https://cathyharrisinternational.com/ascensionsymptoms/>

Change The Frequency of Your Clothing

-High Frequency Clothing include -- linen, wool, cashmere, hemp, organic cotton, or leather.
-Low Frequency Clothing include -- rayon, bamboo, silk, polyester, nylon, viscose, acrylic, and anything static resistant.

In order to bounce back into the 5th dimension or that space where I felt wonderful, I started going through my wardrobe and clearing out all my **LOW-FREQUENCY** clothing. The clothing that had no tag to tell what they were made out of, I just winged it. I felt the fabric and asked myself if this was healing for me. Did you know that years ago, linen sheets were used to heal people when they went into hospitals? Many hospital beds were even placed in direct sunlight, which caused many to heal quickly, so take off sunglasses and stare at the sun every day. Also, go out and buy linen sheets. Did you know that most women are getting sick because most of their workout clothes are made of polyester and nylon, which is nothing but PLASTIC that is keeping their bodies from breathing?

Once you start sorting through your clothing, you can start guessing what the material is made out of. I believe it was easier for me because I was a seamstress earlier in this lifetime. I was quite good at it and even made a male tuxedo for my homemaking project in school. Five years ago, before I got on the road, **#VanLife**, I bought a brand new sewing machine thinking sewing again would make me happy. It didn't so I gave the sewing machine to my daughter, then bought a van and got on the road. **#VanLife** is what made me happy as I go into my 6th year on the road. Photography was always my first love, and I always wanted to engage in landscape photography, so living this lifestyle is ideal for watching and recording all types of landscapes and scenery.

