



Love and Light Newsletter

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Be Prepared for the Winter Solstice on Dec. 21, 2024 #Manifestation101

Remember, the **Winter Solstice** is more powerful for manifestations than the **New Year Portal** because it is followed by the sun. You can talk to your **Spirit Team** at any time, but because the veil is thin during Full Moons, Eclipses, Solstices, and Portals, it is easier to communicate with them and manifest during these times. Because the energy hangs around for 3 days, you have 3 days to do this. Have white candles, protection stones, and other crystals, along with sage and incense, ready to go on this **BIG MANIFESTATION DAY**. Write down what you no longer want to deal with on a small piece of paper then burn it. Throughout the day write down several items you would like to see manifest into your life and continue repeating them telepathically during the manifestation as you speak with your Spirit team and as you prepare to fall asleep.

On the last **Winter Solstice** on Dec. 21, 2023, when I was living out west in a Van, I told my **Spirit Team** (ArchAngel Michael (#ProtectionArchAngel), my Guardian Angels, and my Spirit Guides), that I wanted to start my **Humanitarian Project** and go south to see my two daughters, which I had not seen in two years. Two days later when I woke up, I had an extra \$3000 in my bank account. They said the money came from an underpayment of my business products through <https://cathyharrisinternational.com/products/> Amazon. However, I believe I was assisted by Spirit. I did not ask for the money directly, but your Spirit Team has a way of helping you indirectly. Just remember, they won't interfere unless you ask them for help. Read this blog post "**How To Ask Your Guardian Angels and Spirit Guides for Help**" <https://cathyharrisinternational.com/askforhelp/>

Manifestation or Self-Care Week

You can do manifestation week with the week leading up to the Winter Solstice or with any week that you want to dedicate as **#SelfCare** week. This week is

manifestation week because of the Winter Solstice, a **big #ManifestationDay**. On manifestation week, it should be about 'self-care'. Monday sets the tone for the entire week, so whatever you are doing on Monday, chances are you will be doing it all week. I started my week off with a walk in nature (twice a day), hugging trees, sitting with my back against trees, sunbathing, doing yoga, and meditation. Because I fast more regularly now after having the GI Ascension Symptoms, on Monday, I wanted to do more for my liver, which is in charge of **ENERGY, EMOTIONS, and OBESITY**. It is my plan to juice 2 or more lemons, olive oil, and cayenne pepper once daily for 5 days then 3 times a week. This will give my liver a big boost and might even give me back some of the energy I have been missing with the Ascension symptoms. Remember, anytime you engage in any type of liver detox, it might cause a short period of sadness because your emotions are also being cleaned out. The liver has at least 400 jobs to do, but once you start practicing being kind to your liver, especially by **GOING NATURAL** from head to toe and engaging in regular detoxes that target the liver, there is a big chance you will gain a ton of energy, be able to keep your emotions in check, and you might also start losing weight. However, the biggest payoff of having a **FUNCTIONAL LIVER** is you will probably be able to keep from coming down with any type of illness or disease, especially cancer. This is also why "**I NEVER RUN OUT OF LEMONS**" -- <https://www.youtube.com/watch?v=HSYWyNibD3s>

Setting New Year Goals vs. Weekly Manifestation Rituals

People set goals in order to gain better health and, many times, job or business opportunities. Setting goals is a great way to plan for the year ahead. Goals can help with self-improvement and keep you motivated. They can also help boost your mood and allow you to progress further in your career. Daily meditation is the number one goal that everyone should aim for. No matter what goals you set for the New Year, the goal is to stick to it. However, instead of a long list of New Year goals, why not manifest your goals and dreams every week with a manifestation meditation ritual? A ritual is just an established procedure that you do often – maybe weekly. For instance, before I had my 2nd Awakening in 2023, I used to set New Year's goals every year. I would write



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down at least 10 or more things that I wanted to change, but now since I do a manifestation ritual once a week, I no longer need to write down such an extensive list of New Year's goals. This makes manifestation much easier for me. Now I engage in regular weekly manifestations with my Spirit Team (ArchAngel Michael (#ProtectionArchAngel), Guardian Angels, and Spirit Guides). This is manifestation 101.

YouTube has GUIDED mediations with your Spirit Team:

-ArchAngel Michael Guided Meditation

<https://www.youtube.com/watch?v=ZGABglgyq5g>

-Meet Your Guardian Angels

<https://www.youtube.com/watch?v=podRWH92w74>

-Meet Your Spirit Guides

https://www.youtube.com/watch?v=dXrkP_z2wG4

-ArchAngel Michael: You can check in with him and ask for protection for you and your family members as often as you like.

-Guardian Angels: Maybe you prefer to listen to a male voice instead of a woman's voice on the GUIDED meditations. That is up to you. Find GUIDED meditations that resonate with you. Remember your Guardian Angels have been with you since you were born -- whether that was hundreds or even thousands of years ago. Therefore, they are very familiar with you. They are with you all the time and will be there to help you crossover. You can talk to them by using telepathy and ask for help with a situation.

-Spirit Guides: Your Spirit Guides, on the other hand, are in other planetary solar systems -- maybe 2 or 3, and they have only been with you during this lifetime. However, many times they feel familiar to you, so many might think they are relatives that have crossed over. Like your Guardian Angels, your Spirit Guides are also with you all the time.

The Benevolent ETs Walk Among Us - Live Among Us

Are You Still Living in Fear? Fear is a 3D (Matrix) energy. If you are still living with any type of fear in your life, then you still might have some **shadow work** to complete -- so read this blog post "**How To Raise Your Frequencies and Vibrations**" <https://cathyharrisinternational.com/frequenciesandvibrations/>

Many people are afraid of all the recent drone activity that is occurring right now all over the place. Those drone activities have nothing to do with ETs. However, the ETs are here and have been for quite some time. Just remember -- **THEY ARE THE FRIENDLIES**. The bad ETs, Draco Reptilian and Tall Greys were removed from Planet Earth by the Galactic Federation.

-ET Sightings: Recently, there have been all types of sightings of ETs. Yes, they are all around us. The benevolent extraterrestrials (ETs) walk among us and live among us. They live in our cities, swim in our pools, eat in our restaurants, and hang out in our parks, malls, etc. They grow up like another kid in the neighborhood right next door to you. They go to your schools and play on your soccer teams. Their ongoing agenda, like most humans, is to help and peacefully coexist with mankind.



Their smaller ships and their two-mile-long Mother Ships are hovering above the Earth or hiding in the clouds and waiting for the right time to come out. They are waiting for the big event or the **Solar Flash** as we ascend into the 5th dimension. They are so excited, and they can't wait to meet all of us. The reason that many have started seeing ETs is that as we move into the 5th dimension, we are **NOW VIBRATING** on the **SAME FREQUENCY** with ETs. This is why they have become visible to us. Those with clairvoyant skills, one of the most popular clairs, probably have definitely been

seeing ETs. For those with clairaudient skills, you probably have been hearing ETs in and outside of your home. Read the blog post "**Which Clairs Do You Possess?**" <https://cathyharrisinternational.com/clairs/>

-Earth School: Dolores Cannon said, "**Earth Is a School.**" Both Alex Collier and Bill Cooper have said none of us are from Planet Earth. We are all "StarSeeds", who are also ETs or multi-dimensional or interdimensional beings, that came from other Star Systems to help the Earth ascend into the 5th dimension. We came here to learn lessons and if we don't learn those lessons, some of us have to repeat the class, so we come back again. Sometimes we come back with the same Earth Family. For instance, my daughter has been my mother in another lifetime and her sister has been her mother in another lifetime, so we switch roles and return back. Read the blog post entitled "**Which StarSeed Are You?**" <https://cathyharrisinternational.com/starseeds/>