



Love and Light Newsletter

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Contents

- 01: Go Within for the Answers
- 02: You Can Access Your Akashic Records
- 03: Three Lifetime Memories I Had My Entire Life
- 04: Other Lifetime Memories
- 05: One of My Past Life's Deaths

Go Within For The Answers

What you need to remember more than anything is that **NO ONE IS HIGHER THAN YOU** and **NO ONE IS LOWER THAN YOU – WE ARE ALL THE SAME.** **#Oneness.** As we move into the 5D New Earth, many will develop their spiritual gifts. However, remember that just because one person can do something, it doesn't mean another person can also do that. Everyone is different. Just like you have different fingerprints and different credit scores, understand that no one will have the same Spiritual experiences and/or Spiritual gifts.

Many of us are psychics, but just because you have been psychic your entire life, doesn't mean you will be able to accomplish everything spiritual. For instance, people who have been psychics their entire lives said they can't Astral travel or do remote viewing. So again, everyone will have different spiritual abilities and gifts. It doesn't mean they are lying about their experiences. However, remember there are narcissists, hypocrites, and others with big egos in the Spiritual community, just like any other community.

Everyone will have different experiences and opinions on how Spirituality actually works. If you don't agree with what someone is saying, then you need to develop your **own intuition** and your **claircognizance skills (#TheGiftOfKnowing)** by **GOING WITHIN** and working with your **Spirit Team** who could be the following -- ArchAngel Michael (#TheProtectionArchAngel), Your Guardian Angels, Your Spirit Guides, Your Ancestors (Who could also be Spirit Guides), Your Higher Self, your authentic self closest to God, Your Star Family if you are a StarSeed, etc. The goal is to do the shadow work so you can go within for the answers. Read the blog post entitled "**How To Keep Raising Your Frequencies and Vibrations**"

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

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



You Can Access Your Akashic Records at Any Time

The Akashic records are a collection of all thoughts, words, emotions, and events that have happened in the past, present, and future. They are a central storehouse of information for all life forms, not just humans. You can access these records at any time simply by going within and meditating.

Three Lifetime Memories I Had My Entire Life

What are lifetime memories? Lifetime memories can also refer to memories from this lifetime. When I was a child, a preteen, a teenager, a young mother in my early 20s, those were other lifetimes. Also, in my 30s and 40s, when I was in the mix of fighting for justice on my jobs, and when I retired 20 years ago in 2005, those were also other lifetimes. Remember, you can be a male or female or a different race in another lifetime. So far, I remember 8 of my past lives. For years, I had three (3) recurring dreams almost nightly, and even though I wondered over the years why this happened, I never got the answer until I had my 2nd spiritual awakening in 2023. Once I had my first spiritual awakening in 2014, little did I know I was actually engaging in shadow work, so this caused the 3 dreams to stop. They weren't full dreams, but more like clips or fragments of past lives.

For instance:

1. Young African Child: First, I was a young dark-skinned African child, maybe in my teens, dancing around with others in a village in Africa. I had a skirt on but no top at all. You could see that I clearly enjoyed dancing. This is probably why I enjoy dancing now.

2. Victorian Blond Woman: I was a young lady with blond hair. I was being escorted by a gentleman, whom I could not really see. I was just strolling down the street wearing a big hat and pretty dress like the women did in the 1900s. I was also carrying an umbrella (parasol). The way I carried myself, I was very feminine and felt very free.

3. Race Car Driver: I was a professional race car driver – a young man in my early 20s. I could see the outfit I had on and my feet on the gas pedal. I knew I was driving fast around a racetrack. On my job, I drove a government vehicle for close to 20 years. This is probably also why I enjoy being a traveling Nomad in this lifetime.





Other Lifetime Memories During My 2nd Awakening in 2023

Many can have more than one Spiritual Awakening. The experience is often described as an ongoing process of growth and evolution, with multiple moments or stages of awakening possible. Some view it as a singular event that continues throughout life, while others see it as a series of revelations and deeper insights. It might come in stages. Spirituality was never on my list of topics to teach, but when I had my 2nd Spiritual Awakening in 2023, I knew my life would never be the same again. Once you wake up, you can't go back to sleep. Read the blog post "[Signs You Are Experiencing A Spiritual Awakening](https://cathyharrisinternational.com/awakening/)" <https://cathyharrisinternational.com/awakening/>

So much happened during that time:

-As soon as I had the Spiritual Awakening, I wanted to know which type of StarSeed I was because I clearly realized by then I was a StarSeed. I remember always looking up at the sky when I was young and feeling like I belonged somewhere else. After researching on YouTube and reading numerous articles, I discovered I was a Blue Ray StarSeed. However, the way that it was verified was -- I simply asked my Spirit Guides as I was falling asleep one night. They could have had me dream about it as often they do when I ask them a question, but when I awakened the next morning, a symphony of bells and whistles was ringing in my ears. I had never had my ears ring so much. They were telling me -- yes, yes, yes, you are a Blue Ray StarSeed.

-Once my pineal gland became activated, through my meditations and dreams, I knew I was in the presence of Spirit Guides in and out of my van. After asking my Spirit Guides to meet me in nature, when I sat down to meditate, they sent me a dragonfly and a red butterfly, which meant 'transformation' to show me they were clearly present. Read my blog post entitled "[How To Ask for Help from Your Guardian Angels and Spirit Guides](https://cathyharrisinternational.com/askforhelp/)" <https://cathyharrisinternational.com/askforhelp/>

The information was coming in so fast during this time. Every single time when I went into the Akashic Records, I would remember another past lifetime, so I had to stop accessing the records because it became too overwhelming. However, here is what I remember about my 8 past lives (first 3 above):



4. **Living in the Stone Age:** I was a female, and I lived back in the Stone Age. I looked like the famous poster of Rachel Welch, who was born male.



5. **Another Blond Feminine Woman:** I was a blond, feminine woman. I was on a wagon train in Oregon, riding and walking alongside the wagon train.

6. **Military WAC:** I was a dark-skinned black woman in the Military. I was part of the WAACS, and the recent movie "Six Triple Eight" reminded me of that. Female soldiers in the United States Army were called WAACS when they were members of the **Women's Auxiliary Army Corps (WAAC)**, which was created in 1942 and became the **Women's Army Corps (WAC)** in 1943.

7. **Captain on a Spaceship:** I was a woman, not sure what race, but I was a Captain on a Space Aircraft, similar to StarTrek ship. There were two others helping me steer the aircraft, but I was in full uniform and clearly in charge.

8. **Disabled Man:** I was a short, disabled man not even 4 feet tall. My disability was just being really short, and one of my legs dragged. People did not take pity on me. I just had fun like anyone else.

One of My Past Life's Deaths

#WrongPlaceWrongTime

During my first awakening in 2014 in Austin, TX, I remembered one of my past lifetime deaths. I was with a guy sitting in a car in front of a nightclub, fooling around. The parking lot was full of cars of others inside the club. We were a fair distance away from the entrance of the door. After we finished fooling around, we witnessed two guys in front of the club shoot another guy, then drag him off. We waited before getting out of the car because we did not want them to see that we saw what they did. Later, my partner exited the vehicle to straighten out his clothes, and they heard us. They came over to the car with guns drawn. They made me sit in the back seat, and he sat in front of me while they stood outside over us. They had a gun pointed to my head -- my temple. I figured out before they pulled the trigger that the guy I was with an associate of the two men, and they weren't going to shoot him. When they pulled the trigger, I woke up. I was in my 20s and it was in the 1930s during Al Capone's days. I was born in 1956, so it feels like it was the lifetime before this lifetime. You don't always come back right away, but you can. I looked exactly the same. When you die young, it's possible to come into your next lifetime looking the same. Because I felt double-crossed by the guy I was with in that lifetime, to gain back trust again in men, I grew up with and had careers with mostly men in this lifetime. #MenAreAwesome