



## Contents

01: Are You a StarSeed?

02: Who Are the Three Waves of Volunteers?

03: The Rise of the StarSeeds -  
#TheSuperheroes, #SolarFlash

## Are You a StarSeed?



Many people know for sure they are StarSeeds and others are just not sure. By the time you finish reading this newsletter, you should realize if you are a StarSeed or not. According to Ismael Perez, the author of

“Our Cosmic Origin” there might be **60 million StarSeeds** currently on #PlanetEarth to help with the ascension process. People vibrating at higher frequencies are normally in control of their thoughts and emotions. They are Sovereign beings and independent thinkers. They are masters and co-creators of their own life. This is what we came here to do, and many are “**StarSeeds**”. Someone even said that all the Truthers and Patriots who don’t watch TV, or those that did not take the vax could possibly be StarSeeds. You know the ones that never fitted in and felt differently coming up – the odd balls, the Black Sheeps or the Resisters.

## Who Are the Three Waves of Volunteers – Also Called “StarSeeds”?

Dolores Cannon was not a psychic or a medium, but she was a **past life hypnotherapist**. Before she passed away in 2014, she said there are hundreds of thousands of StarSeeds currently on Planet Earth to help with the ascension process, so we have tipped the scale and this is why we are moving into another dimension. Listen to Dolores Cannon YouTube channel and read her books especially her book entitled “**Three Waves of Volunteers and the New Earth.**” Many believe Dolores Cannon was also an

“**Ascended Master**” of course not as powerful as ‘Jesus’ or ‘Budda’, but her books, lectures, past life regressions, and other work she left behind was very close to how they affected the world. She said she was an Emperor in a past life so you can now see how many past lives affect the future.

According to Dolores Cannon and particularly her book, “**Three Waves of Volunteers and the New Earth,**” there are **three waves of volunteers** that are now on this earth to help everyone ascend into the 5<sup>th</sup> Dimension (aka “**Golden Era**”). Supposedly, the earth has been shifting since 2012 and there was a call put out throughout the universe that Earth was in trouble and many volunteered to come onto this earth – some for the first time -- to help the earth ascend into the 5<sup>th</sup> Dimension. Before they came here some were even ETs and others were just a beam of light in other dimensions. We all were ETs in other lifetimes.

### The Three (3) Waves of Volunteers are:

-The **first wave** was born after 1945 in the 40s and 50s and many even believe in the 60s. They did not want to be here once they got here, especially because of all the violence so many first waivers tried to commit suicide to get out.

-The **second wave** was born in the 70s and 80s and would be in their 30s or 40s now. This group had the way paved for them with the first wave, so they had it easier. They are **generators** and **channelers** of energy. They are here to generate and send energy to all the people of the world. They are here to help raise the vibrations of the earth. They can walk through a crowded mall and affect everyone. They don't really like people so they would rather stay home or work from home. They live by themselves, and many don't get married or have children because they don't want to produce karma. They are here just to help.

-The **third wave** of volunteers are the children being born today up to 25 years of age. Many picked their parents before being born. Parents will be able to learn from them. You will teach each other. The third wave of StarSeeds are also called Indigo, Crystal, Rainbow Children or #TheNewChildren. Everyone's DNA is being changed but #TheNewChildren are coming in with their DNA already changed. They are born with extraordinary abilities. They are so advanced that



# Love and Light Newsletter

Brought to You by [www.AngelsPress.com](http://www.AngelsPress.com)  
Email: [AskCathy@DearCathy.com](mailto:AskCathy@DearCathy.com)

Volume 4  
Jul. 15, 2023

they are a gift to the world. They are usually highly intelligent, very empathetic, often perceived as strange, possess a clear sense of self-definition and purpose, and are highly intuitive as well.

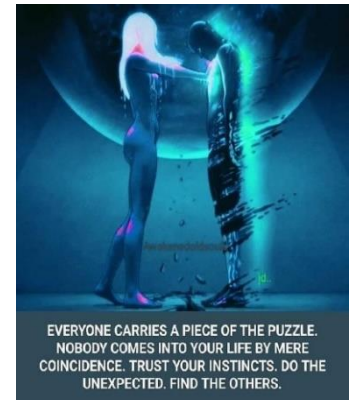
These children are born staring at you and holding their necks up 24 hours after their birth or they are rolling over and talking in a few days to 2 weeks. Some are born with black eyes, and some don't speak until they are 4 years of age because they are communicating telepathically. Many think they have autism, but instead, some of these children are just **StarSeeds**. Many are just bored with what other children are doing, especially in schools. Because they were born with **high vibrational energies**, many StarSeeds weren't affected by the jabs. However, other children and adults today did develop autism and other childhood and adult diseases by taking the newborn and other jabs and because over 80% of Pediatricians are paid for the number of shots they give out, toddlers also got autism from the **Measles, Mumps and Rubella (MMR)** vax, that many receive at one to two years of age. On a 5D earth -- no one -- children and adults, will ever take another vaccination (Med Beds will get rid of all damaging effects of shots and reverse Autism).

None of these volunteers are here to help the sleepers -- the people who are asleep and will probably stay asleep, but instead they are here to help **"the confused"** or the **"people in between"** -- those who are not quite certain if they want to transition into a **#LoveBased 5D** society or stay in the matrix in a **#FearBased 3D** society. Some will make up their minds when the disclosures happen, especially when they see all the evil in the world. However, if they don't start working on raising their vibrations and frequencies now, they will be left behind because it isn't something that you can just do overnight. Raising your frequency and vibrations can take a while but everyone is different. The older people who can't handle the frequencies will transition.

## The Rise of the StarSeeds - #AgeOfSuperheroes, #SolarFlash

We are entering the **"Age of the Superheroes."** After the **Ascension Process**, we will experience the **'Solar Flash,'** also called **'Solar Flare'**.

This is when all the StarSeeds will gain back all their **Spiritual** and **Supernatural** gifts. All twelve versions of ourselves, which are in other dimensions, will converge on us in this lifetime and we will be able to bring back powerful Spiritual and Supernatural gifts, just like **"Superheroes."**



Many already have these gifts but they have been quiet in disclosing them especially since Spiritualists are viewed negatively by religious communities and don't forget how we were targeted in the past to be burned at the stake, especially women. Just some of the Spiritual gifts that the **"Superheroes"** will be acquiring or many already have these are -- Astral Traveling into other dimensions; transporting into other dimensions, telekinesis (being able to move objects), becoming telepathic (being able to read people's minds), being psychic or becoming a channeler/medium, healing others with sound or light therapy -- just to name a few.

**BE CAREFUL WITH YOUR NEW POWERS!!!** If you are not careful with your **NEW POWERS**, you can hurt others so be careful. There will be other advanced souls, such as **Ismael Perez**, author of **"Our Cosmic Origins,"** who are here to remind StarSeeds of how they volunteered to come onto the earth and help with the ascension process and how to control their powers. You will know when you have these powers when you start seeing other versions of yourself in dreams, meditations and even in mirrors. Many are already reporting this but once we have the **"Solar Flash,"** after the **Ascension Process** -- there won't be any stopping it so go back and watch the **"Superheroes"** movies. Eventually, we will be able to heal ourselves and stop aging once our bodies go from a **carbon base** to a **crystalline state**. We all will look like we are in our 30s and we will never age or die unless we choose it so we will have **#Immortality**.

**Van Life Journey with Cathy Harris and #StarShip:** Check out my Van Life Documentary at [www.CathyHarrisInternational.com](http://www.CathyHarrisInternational.com) and subscribe to my YouTube traveling channel at [www.YouTube.com/SimpleLifeRVing](http://www.YouTube.com/SimpleLifeRVing). Print out this newsletter and share with others and feel free to contact me anytime at [AskCathy@DearCathy.com](mailto:AskCathy@DearCathy.com).