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[Read the Articles at CathyHarrisSpeaks.com](http://CathyHarrisSpeaks.com)

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The Season of You - Your #DoOver

As soon as you choose YOU, everything else chooses you too. This is the season of YOU.

You make choices every single day in your life. If you are unemployed, you make a choice to get up out of bed and go and find a job. If you get fired, you make a choice to go to the Dept. of Labor unemployment office and sign up to draw unemployment. If you have negative 'low- vibrational' friends, you make a choice whether to keep showing up in their lives or distance yourself away from them. If you are in a 'dead-end' relationship, you make a choice to stay in that relationship, instead of making yourself available to find someone that will bring you the kind of happiness that you deserve so we all make choices in our lives and we have been making choices since we walked out of our parent's home at the age of 17 or 18.



Therefore, stop making excuses for not having the type of life that you always wanted because at the end of the day – you made the choice to give up on your dreams. You made the choice to watch [#MindControlling TV](#), or listen to [#MindControlling radio](#) and stay on the [#MindControlling internet](#) all day instead of using

your time to do something constructive that would move you closer to your dreams.

For those of you who don't know what a do-over look like well this is it. **The 5D earth is your #DoOver!!!** This is the do-over that you always wanted or dreamed of in your life so don't make the mistake of getting involved with or doing something that you are just not passionate about. You no longer have work in a job or career that is sucking the life out of you, instead, now you are in a position to walk into the direction of your dreams. And only you can determine what your #DoOver will look like so get to work living your dreams.

Just remember on a new 5D earth, it is about doing what your heart desires. Remember when you were young – what was it that you always wanted to do? Whatever you do you need to have PASSION behind it. So, therefore, write down 100 things that you enjoy doing and do some of these every single day. Somewhere in there is what you dreamed about your entire life. That is truly how you will make it to the 5th Dimension just by being you and by being happy. **The 5D earth is about to hand you your dreams on a silver platter so don't let it pass you by.**



The 5D world is about you being engaged in your true passions. If you are not 60, the new retirement age, then in a 5D world you will still need to work or produce. However, this doesn't mean you give up what you are passionate about because you will only need to work 20 or more hours a week. Who created the 40 hour workweek anyway? I believe it was the (#Matrix) unions. But now people are finding out they can get just as much done in 20 hours than they can in 40 hours workweeks. You will only be required to work 4 day workweeks and 4 day school days so now is the time for you to seriously consider some of those "Creative" or "Humanitarian Projects" that you have thought about since you were young.

My Early Dreams and Passions

I grew up as a Black Sheep child but despite the mental abuse, I can seriously look back on my life and only remember the happy times and there were many of them. The only mentors we had in my small country



Georgia town coming up were teachers so I guess you can say this is why I fell in love with knowledge and teaching at a young age. I was good in English and had top notch grades in all my classes but with 8 siblings I knew going to college would be impossible. Since I knew my family would not be able to send me to college, I brought college to me and lead a **#SelfEducatedLife**. I became addicted to knowledge at a young age. I often read the articles in Cosmopolitan, Shape and Reader's Digest magazine.

Later on I developed a love for **"Astrology"** and since my first love was photography, I always thought about being a **"Landscape Photographer"**? As far as Astrology went, when I moved to Austin, TX in 2014, I applied my Astrology passions to my Spiritual teachings and since finding out in 2020 that **Astrology** is actually real, it was like icing on the cake because I felt that my entire life. I allowed Astrology to guide me to make many positive decisions in my life. Also, since I have been traveling as a Nomad in my van since 2019, 4 years, I did make my dream of being a **Landscape Photographer** come true when I was constantly taking photos and shooting videos of **#VanLife** (www.YouTube.com/SimpleLifeRVing). So who says dreams don't come true!!!



My life was hard but it was so fascinating at the same time. During my early years, I spent many hours alone in the woods talking to my **Guardian Angels** and **Spirit Guides**. I talked so much I knew that one day I would be a Speaker and that is what I am now a Speaker and Author of 26 non-fiction books at www.AngelsPress.com. I was lucky to escape my childhood with my sanity, but when I turned 17 and prepared to leave my parent's home, **I FORGAVE THEM**, which allowed me to move on without guilt, shame, or bitterness. It empowered me to live a good life.

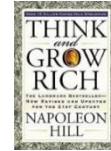
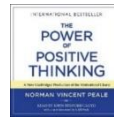


Read my story in my **Spiritual Newsletter – Vol. 15:**
<https://cathyharrisinternational.com/wp-content/uploads/2023/09/LoveandLight-Vol.-15.pdf>

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I started reading articles and books that motivated me into action. I grew up reading books by Norman Vincent Peale, Napoleon Hill, and other motivators. These were just some of the books that helped me learn that your ability to use positive and critical thinking played a major role in how your life would turn out.



You Are What You Think About All Day Long

What is taking up your daily thoughts? Do you have negative or positive thoughts? I am going to tell you about a **brain exercise** that I do that took me two years to master but once I mastered it, I have no problem replacing negative thoughts with positive thoughts.

Brain Foods: Eat at least 40 to 50% of your diet everyday raw. Juice green organic foods and organic antioxidants (rainbow foods) that releases **'feel good' serotonin** in your brain.

Brain Supplements: Take a daily Multivitamin for men or women. Then also take Flaxseed oil, Fish oil and Vitamin D3 every few days. Take the Vitamin D3 with a Calcium and Magnesium supplements that helps with absorption and muscle movement.

Brain Exercises: Exercise on a regular basis which releases **'feel good' endorphines**. The two best exercises for the brain is yoga and meditations, however, sungazing and walking barefoot in nature has major benefits that can activate the **"Pineal Gland"** or **"Third Eye"**. You can also buy earthing shoes and products at www.Earthing.com.

After getting on a wholesome diet, with brain supplements and engaging in brain exercises, practice replacing **NEGATIVE thoughts** with **POSITIVE thoughts**. Just remember your **'brain bank'** need to have positive thoughts there already to replace the negative thoughts so research positive material. Read all the brain books by neurosurgeon Daniel Amen (www.DanielAmen.com) especially **"Unleash the Power of the Female Brain."**