

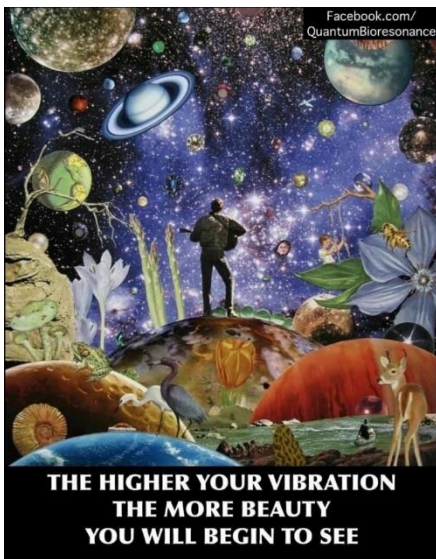


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## Pay Attention to Your Dreams

Now that you understand what will happen with the **Solar Flash**, it's time to start paying attention to everything, especially your dreams. Many of you will start **Astral traveling** and you

might even have **Lucid Dreams**. Did you know that most of your dreams are from other dimensions? This is why they seem so strange. You will start seeing **other versions** of yourself in your dreams, when you meditate and even in mirrors. Again, this is when you will be obtaining some of your **supernatural Superhero powers** back not necessarily after the **Solar Flash**. Many are already seeing **other versions** of themselves, and they are remembering their past lives, especially those activating their **Pineal Glands** (or "**Third Eye**") or those accessing their **Akashic Records**, which contains all your past lives and events surrounding your past lives.

## What Happens When You Sleep

According to Dolores Cannon, we are attached to a **Silver Cord** every night. Once the cord becomes detached or severed by energy, you can't return to your body so you will pass away. The body is what gets tired, not your spirit so when you go to sleep your spirit is out there meeting and talking with your Guardian Angels, Spirit Guards, and even ETs in other dimensions. Before we wake up, we are reeled back in by the Silver Cord, however, if you wake up with paralysis, it means that you woke up abruptly and the Silver Cord did not have time to reel you back in so it will take you a little longer to wake up.

## How To Protect Yourself from Lower Frequency Energies

If you are constantly bombarded with negative energy or doom and gloom individuals,

### ENERGY TRANSFERENCE



Emotional energy in itself is neutral. It is the feeling sensation and physiological reaction that makes a specific emotion "positive" or "negative". An emotionally exhausting interaction can leave us feeling like our tank is on empty. In order to remain grounded, we need to cultivate an awareness of the energy we're encountering on a daily basis and implement practical tools which allow us to remain balanced.

then you know you need to take steps to avoid these types of energies. If your vibrations are high, and you are constantly taking steps to raise your vibrations you are not going to want to deal with **low vibrational beings**. As long as you keep your vibrations or frequency high, any negative **spiritual attachments** will just fade away.

Some spirits indeed have a hard time crossing over so they can attach themselves to the back of your neck or your back but again -- if you keep raising your vibrations -- then they should disappear and not come back. Possession or spirit attachment is happening all the time because unconsciously people are inviting and feeding these entities through their actions, habits, thoughts, and beliefs. The reason it is so common to have attachments is because they enter our energy body after we have a trauma. Traumas create cracks



or splits in our energy field, and we can lose soul fragments at that moment.

The lower spirits enter in these moments of vulnerability if we are not protected or aware. This is very common and happens to almost everybody, so we need not feel ashamed or guilty for allowing this to happen, as we are unaware, and this happens below our level of consciousness. Once we are aware and have the proper techniques, then we can take the actions required to free ourselves from these attachments. Again, to keep your vibrations high -- love on each other; Live in gratitude; Be generous to everyone you meet; Forgive all your past karma; Eat high vibe foods especially organic; Reduce and eliminate alcohol and toxins from your body; Meditate and do breathwork; Walk in nature; Hug trees; Sungaze; Laugh more; and think positive thoughts.

You can also call for the **blue shield** or **blue flame** of **Archangel Michael**, who is the protection Angel. Also, call upon your **Guardian Angels** and **Spirit Guides**. Every morning when you get up visualize yourself in a **blue bubble of protection** or put a **white cloud around you** several times a day. And because there are a lot of attacks on the **Astral realm** every evening before bed protect yourself from dark entities by calling upon protection. Visualize your family in a white light. Try to send them energy and light.

Buy crystals and protection stones and put them in your windows on Full Moons and even in cars, vans, or RVs if you live in them so they can get energized. Remember you have three (3) days during a Full Moon to hold your ceremonies or rituals. **Holding weekly ceremonies or rituals with 'sage' is very powerful.** Burning sage is used as a ritual tool to rid yourself or your space of negativity. This includes past traumas, bad experiences, or negative energies from others. This may help you establish a positive environment for meditation or another ritual. Once a week lay out crystals and protection stones and burn a white candle and incense, especially sage, and speak to your Guardian Angels and Spirit Guides. Tell them what you need. To clear out your home throw out a pinch of sea salt inside in front of outside doors and burn sage, especially in corners of your home because many spirits might get trapped there. You can also put the protection stone black tourmaline or other protection stones around your home in a grid to protect it.

## Check Your Ego at the Door



The only ones still living in a 3D world are those who haven't checked their egos.

You don't need a title to transition into the 5D world because



many times people with titles come from their egos instead of their sacred hearts. There are two reasons you have two colors for your heart chakra. One is physical and one is for who you are. Many in the Spiritual world have chosen to take titles because they might be business owners. Some took the titles of an Earth Angel, Lightworker, StarSeed, Empath, Shaman, Reiki Master, Channeler, Psychic, Medium, Tarot Reader, etc., however, none of these individuals have egos. They are living a kind, loving, and humble life.



## Work on Your Karma

To **raise your frequency** and transition into the 5D Earth, you must work on your karma. Holding on to what happened to you won't do anything but make you a bitter and unhappy person. Work on all your childhood karma. Forgive those who wronged you whether they are still alive or not. Make peace with what happened to you and forgive everyone, especially your ancestors.

## Stop Judging Others

Letting go of judgement is one of the hardest things to do. If being around certain people, whether they are family or friends, keeps you in a place where you are judging others then you know what you must do. Just remember until you stop judging others, you will continue to live in negativity on a 3D earth.

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