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## Introduction to Cathy Harris?

Freelancer, Columnist, and Investigative Journalist

This **Spiritual newsletter** is brought to you by **CathyHarrisSpeaks.com**, whose company is **AngelsPress.com**. Cathy is a Freelancer, Columnist, and Investigative Journalist, who spent the last three (3) years (**Apr. 2020 – May 2023**) reporting on what was happening in this country with her newsletters and articles. Since the media was no longer reporting the truth (**#MediaLies, #FakeNews**), Cathy like many other **Patriots** and **Truthers** created their own platforms to educate the public.

However, since everything was turned into a movie to wake up the masses of people so that we could transition into a 5D world and since the movie is still ongoing, Cathy has now stepped away from her dark newsletters and articles (**#DarkToLight**) to publish a **short positive Spiritual newsletter** that could easily be printed out (one to two pages/front and back) and shared with others that are seeking to evolve into the 5<sup>th</sup> Dimension.

## When Did Cathy Become Spiritual

Yes, I am also a Spiritualist and Intuitive Tarot Reader. In 2014 after moving to Austin, TX, I found out it was one of the most Spiritual cities in the country. I took advantage of my situation and started attending regular **weekly** and **monthly** Spiritual Meetup.com

meetings and other Spiritual gatherings such as local and national Holistic and Spiritual Fairs, where I sold my 26 non-fiction books at **AngelsPress.com** and gave Tarot Card Readings.

I urge communities to start regular (**weekly**) or (**monthly**) Meetup.com Spiritual community meetings and even hold these meetings in homes because that is what we did in Austin. Therefore, there were many opportunities back then to become a '**Spiritualist**'. In Austin they even held **Tarot Reading classes** along with **Astrology** and **Numerology** classes in colleges and universities so many cities should also do this since we are transitioning into a 5D earth.

I took a class on Tarot Reading, watched Tarot Reading videos and read several books on Tarot. Therefore, I have studied the Tarot Reading field extensively. Had I stayed in my old city, Atlanta, GA, an opportunity like this – to become a **Spiritualist** -- would have never presented itself. I could definitely see myself dropping other things to pursue Tarot Reading full time as I evolve into the 5<sup>th</sup> Dimension, while writing a regular Spiritual newsletter, making regular **#VanLife** traveling videos ([www.YouTube.com/SimpleLifeRVing](http://www.YouTube.com/SimpleLifeRVing) - Subscribe), and traveling with my **Quantum Food** and **Business Initiatives Humanitarian Project**.

## What Does it Mean Evolving To a 5D Earth?

We are moving into another **Dimension (#5thDimension)** and another era, **#GoldenEra**, and it is going to be a beautiful time to be alive. The Earth will be flourishing with all types of resources, and we will have everything we need to live a good life. All fields are currently being gutted and many replaced so there will be **new opportunities** to work in new fields or on **Creative** and **Humanitarian Projects**. Therefore, now it is time to think about what you wanted to do as a child and create a **NEW** future for yourself.

Evolving into a 5D Earth means **Space Travel** and **Space Exploration** along with an introduction to **Extra-Terrestrials (ETs)**. If you still think all ETs are evil, then you will have a hard time transitioning into a



5D Earth. The bad ETs, the tall Greys and Draco Reptilians, have been taken off the planet by the **Galactic Federation**, which along with the **Earth Alliance** are the “**Guardians of the Universe.**” The rest of the ETs, aka ‘**Positive ETs,**’ are here to help us evolve into a 5D Earth. You can talk to them through your **Guardian Angels** and **Spirit Guides**.

None of us know what the next part of our lives will look like, but one thing for sure, you now have the opportunity to create a beautiful new life for you and your family -- if and only if you choose to **TAKE ACTION**. You can stay back on a 3D Earth where you will remain living in sadness and depression or you can raise your **vibration** and **frequency** and transition with the rest of us into a 5D Earth, where there will be peace, joy, and happiness. Again, it is your choice.



## What Happens During the Ascension Process?

There are currently two side-by-side Earths (**3D Earth** and **5D Earth**). If you still feel sad and depressed, then you are still living on a 3D earth. But if you feel full of peace, joy, and happiness, then you are transitioning into a 4D or 5D earth. The more you raise your vibrations and frequency the happier you will become.

Ascension involves the acceleration of vibrational energy and the expansion of awareness which creates a shift in consciousness. In this case, as we raise our consciousness and frequency, we will ascend into the 5<sup>th</sup> Dimension. The process is proceeding rapidly now, and many are experiencing **ascension systems** such as:

- Ringing in the ears - your hearing is being adjusted to be able to hear higher frequencies.
- Sleep interruption - you are working out what holds you back in life during your sleep state.
- Feeling drained of energy - energy is moving into the physical body for clearing.

- Frequent headaches or pressure in the head - 6th and 7th chakra opening up.
- Heart palpitations or fluttering sensations - your heart chakra is clearing out old wounds to allow more unconditional love to enter.
- Sudden or extreme changes in body temperature - energy is running through you clearing out old energetic patterns.
- Feeling as if you don't belong or are detached from the external world - you may be coming aware that you are more than what you thought you were.
- An increased sensitivity to nature - becoming aware you are part of the whole.
- A sudden increase in coincidence in time of two or more similar or identical events that are causally unrelated - your frequency and vibration match that of the higher source.
- Becoming more introverted - you may be feeling the need to go inward for answers.

### How to ease your ascension symptoms:

1. If your ascension symptoms persist, the first thing I would recommend is to consult with a healthcare professional. Not only to make sure there is nothing physically wrong with you but to give you peace of mind.
2. The path of least resistance is the best way through symptoms and challenges. Let go and allow the changes of ascension to flow through your life.
3. Seek out a Spiritual teacher or coach that you resonate with to help you build a strong solid spiritual foundation that will help you move through your ascension process with ease.
4. Connecting with your Spirit Guides will dramatically help you in the ascension process by keeping you informed of what is taking place.
5. Join a like-minded spiritual community or circle to support and encourage you through your spiritual awakening.

**Van Life Dairy with Cathy Harris and #StarShip:** After completing my **Van Life Documentary** at [www.CathyHarrisInternational.com/VanLifeDocumentary](http://www.CathyHarrisInternational.com/VanLifeDocumentary) of my first three (3) years on the road, it has opened the door for me to be able to present this new Spiritual newsletter. Again, feel free to print out this Spiritual newsletter and share it with others or contact me anytime at [AskCathy@DearCathy.com](mailto:AskCathy@DearCathy.com).