



# Love and Light Newsletter

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The following excerpt came from a Humanitarian Group. It is a good read so you can see another humanitarian insight into where we are headed.

## #Nesara (U.S.), #Gesara (Globally)

From now on no one will define themselves according to the money they have. We will all have more than we could dream of so no one can use it to gain power over others because we will all be equally rich. Our worth will not be judged by money, but by who we really are, by our charitable mental contributions, level of consciousness, and our spiritual wealth. Money and goods will soon become the most natural thing in the world and humanity will be called to focus on its Spirituality. Where, unfortunately most are lagging in and in need of growth. There will be **no more poverty** on the planet **Gaia (#PlanetEarth)** to which God has given infinite wealth to all of humanity that has been stolen from us.

A misfortune has been stolen from us. Poverty is the creation of those who control the world, and it is time for all of them to be punished and the wealth of the people to return where it rightfully belongs – **#AllPeople**. The economic system is secured by millions of tons of Gold, the wealth that has been stolen from us and considered their own fortune: the Vatican, the World Trust countries, etc.

War reparations will be given to countries that have been attacked, and the amounts will be distributed to the people. Property created by criminal activities will be confiscated and all will be distributed to the people. The first money is already ready for us, and we are waiting for the **official announcement** of the (cont'd)

Check out my new **Van Life Documentary** at [www.CathyHarrisInternational.com/VanLifeDocumentary](http://www.CathyHarrisInternational.com/VanLifeDocumentary) and join my **traveling channel** at [www.YouTube.com/SimpleLifeRVing](http://www.YouTube.com/SimpleLifeRVing). Again, feel free to print out this **Spiritual newsletter** and share it with others. Contact me anytime at [AskCathy@DearCathy.com](mailto:AskCathy@DearCathy.com).

## NESARA GESARA law to give the final mandate and

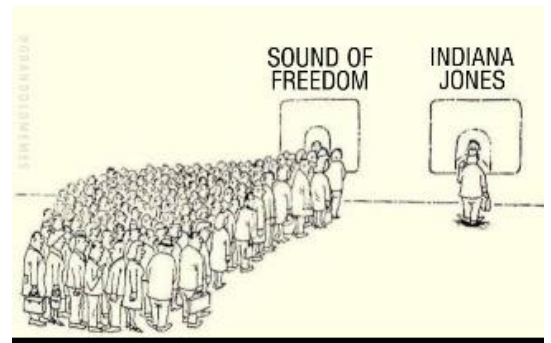
You'd be surprised how many things fall into place when you learn to follow your spirit and speak with your soul.

then a **magical journey** will very soon begin. The endless miles of corridors under the Vatican, full of our own wealth, full of Gold bars, as well as our cultural heritage, all have been confiscated since the summer of 2020 and they have separated

what belongs to each country and all is set to be distributed to the people. Cultural wealth will also return to where it belongs. Anyone who tries to shut down this system again and abuse money and property will leave this planet for good.

Electricity and water will be free. The debts will be erased because it was all part of their system, the world Cabal made sure to keep us in slavery with their financial and economic warfare. Taxes will be abolished, and others will be greatly reduced. Food prices will be reduced by 80%. In front of us imagine a future that will prevail with World Peace, Peace with all the creatures of Gaia, Health, Prosperity, and Abundance. Humanity will grow spiritually at a rate that we cannot imagine today.

We will learn to respect non-human creatures and this blood cycle in slaughterhouses and farms will stop. World peace is not only about man but about all of God's creatures. We will eat nutritious food and we will no longer be plagued with serious diseases resulting from eating animals and fast food. God did not create animals for us to torture, barbarically treat, slaughter, and eat. We are all equal and we are all inhabitants of Gaia to enjoy its beauties, everything that our lord created for us -- the rivers, the seas, the mountains,

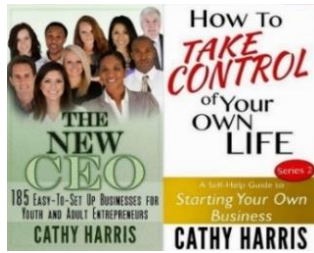


all of nature, and all the beauties of the Earth, with respect for each other and with Love!!! Watch the movie **"The Sound of Freedom."**



## How To Learn Spirituality

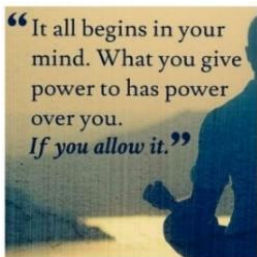
Being **Spiritual** just means knowing there is more out there in the universe. Many children knew they were Spiritual at a very young age but of course, they waited until adulthood to get involved in a **Spiritual business**. My **two business books** at [www.AngelsPress.com](http://www.AngelsPress.com) will teach you how to set up a Spiritual or another business but take into account that all businesses will probably change under **Constitutional** and **Common Laws**. If you feel you are ready to learn more about Spirituality and one day set up a Spiritual business, make it a point to figure out how you learn. Do you learn better by watching Spiritual YouTube.com shows, attending events in person, or reading or listening to books/audiobooks?



Start studying **#AllThingsSpiritual** and **“Tap Into Your Spiritual Side for Answers”** (<https://cathyharrisinternational.com/spiritualside>).

**Learn what these words mean:** Spiritual, Spirituality, Consciousness, Earth Angels, Lightworkers, Guardian Angels, Arch Angels, Ascended Masters, Spirit Guides, StarSeeds, Rainbow Children, Indigo Children, Empath, Shaman, Reiki, Intuitive, Channelers, Psychics, Mediums, Tarot Readers, Reincarnation, Incarnation, Past Life, Afterlife, etc.

## Techniques To Become More Spiritual? #Meditation



You can listen to other Spiritualists all day long but the one thing they all have in common is **“They Meditate Daily.”** You can Meditate sitting up or lying down any time of the day or night but understand that many

Spiritualists started out Meditating for one to three hours or more daily until they started receiving visions and many had telepathic discussions with more advanced souls including their **Guardian Angels, Spirit Guides**, who could be ancestors or



## Get Grounded in Nature

You can also activate your Pineal Gland by getting **grounded**. Grounding, also called **‘Earthing’**, is a therapeutic technique that involves doing activities that “ground” or electrically reconnect you to the earth. This practice relies on earth science and grounding physics to explain how electrical charges from the

even ETs. Therefore, go to YouTube.com and look at some of the **Meditation Techniques** and see which resonates with you and start regular daily Meditations.

## Activate Your Pineal Gland, #SunGazing

So to no surprise, 20-30% of all drugs sold contain fluoride, including some of the most well-known antidepressants and statins.<sup>2</sup>



The main function of the pineal gland is to receive information about the state of the light-dark cycle from the environment and convey this information by the production and secretion of the hormone melatonin. We are all powerful beings that have lived many, many lifetimes but we don't have any memory of this because when we were reincarnated into a 3D earth, all our memories were wiped out. Therefore, they put fluoride in the water supply systems, fluoride in toothpaste, and other products, which blocked our Pineal Glands, which also blocked our past life memories. Some believe this is why they used the long Q-tips to take COVID tests so they would damage our



Pineal Glands. Therefore, we must take steps to activate our Pineal Glands such as **#sungazing** daily. You can sungaze **one hour after sunup** and **one hour before sundown** to activate your Pineal Gland and again it will help you remember your past lives and how powerful you were.