

# **Newsletter**

## **From Channie**

**Hello!**

First, I want to say I'm sorry that it has been such a long time since you have received a Newsletter; I'd like to explain why. It never was, neither is it my role to write Newsletters. It is not, and never has been my fault The New Earth has been delayed. The plan was that the extraterrestrials, angels and light beings should have taken over the distribution of all Newsletters. They should have, when the time was right, given out your own, very special and exclusive Private Transition-Sign. This Sign is meant to be used before, around and at the time of the actual transition to The New Earth. This is so everyone would have the smoothest possible transition during our Evolutionary Shift to The Higher Dimension. In any case, I have chosen to write you myself at this time.

I always thought that they quickly could distribute these Transition-Signs to everyone. But no, that did not happen. The Transition-Signs turn out to be much more advanced than what I first thought. You cannot just give them out randomly. The Transition-Sign actually opens you up for a completely open communication with one's guides and spiritual leaders, as well as, with one's guardian angels and others. In addition, The Transition-Sign will open you up to all memories from previous lives. Mostly this will be about earlier lives, with memories from earlier Transitions to other dimensions or worlds. It is also about gaining a complete understanding of all the processes that are involved during a Shift through the Sign.

The Transition-Sign should give the individual a complete understanding of everything and through that understanding a feeling of security, safety and calmness will be felt by the person who has the Sign. I now understand that you naturally cannot give such a powerful Sign until it is really getting close. But soon....

It has been a time of turbulence since the last Newsletter. Many people have been feeling sad or even sick, and some have started to doubt, we will ever get to the New Earth. I say, stay calm, be patient, we are on our way. This is often how it is just before a Shift.

The frequencies in the Universe are good and some are already affected by our pending transition to a Higher Dimension. When we go up, so do they. Even

though everything in the greater Universe and in our Creation is good, we cannot say the same about our immediate space, the space surrounding us. That is the space that has an effect on the planets in our solar system and even on the space outside of its borders. We have experienced an intense and almost “brutal” impact with a lot of swings in the frequencies inside and around us. Because of this, many people feel strange. You may feel dizzy, cannot sleep and are wide awake some nights, or wake up in the middle of the night several nights in a row at weird hours. This results in feelings of listlessness, fatigue and apathy even after nights when you actually did get some sleep.

Mother Earth’s frequency has drastically changed and has an effect on us physically. We have shifted our frequency, but the food from the Earth has not increased at the same rate. Let’s say our frequency is 89% and all vegetables and fruit are 40%, grains are 25%, and animal products are 15%. How do we feel then? We become sensitive to food that we were able to tolerate in the past. We do not absorb the nutrients like we should. Some food, “free food” can still satisfy and provide happiness, but only momentarily. When I say “free food” I refer to food that has been free in nature, not sprayed with pesticides, not produced artificially and with nothing artificial added to it. Wild game, meaning animals living free in nature, and food from the ocean are also considered “free” food since their frequency can reach up to 55-60%. Wild berries, fruit, vegetables, legumes, nuts, mushrooms, etc. can have a frequency as high as 65%. Regular well water reaches 70% while city water only has a frequency of 58%. We do need water to survive.

Since the modern human being doesn’t have time or is able to run out in nature to collect food, in all kinds of weather, the grocery stores provide for the easiest solution.

After eating processed and altered foods from the grocery stores, some people experience strange symptoms like stomach cramping, allergic reactions and even new, and to say the least, unusual symptoms and diseases. This is possibly the result of eating “regular” food from the grocery stores. Haven’t you noticed how more and more people are complaining about the food, feeling nauseous, dizziness, etc.?

## **On The New Earth**

A lot of things have happened on The New Earth since the last update. They, the people on The New Earth were forced to start up many things that should have waited to be done until we arrived.

They now have an exchange system, a little like the extraterrestrial’s system. This exchange system used for goods and services replaces all forms of money and

monetary thought processes. They now have a society completely without money. If we had been there, we would have been part of voting for this system, but since we were not, they had to vote and initiate the system without our input. There are so many that are already living on The New Earth and they must move forward even though we are not there yet. Culturally and in general in the community, things need to progress forward, even though we have not arrived yet. The foundation for all education and school systems is finalized.

It was of great importance to initiate time. This should have waited for us to arrive and would have started on The New Earth with Day One and Hour Zero, but they had to start without us. So now time is ticking away over there even though we have not arrived. There will however be a large, world-covering time ceremony with a new calendar shift, when we come over.

Many on The New Earth are longing for us and hope that we will soon get there. I feel strongly that we will soon go over, it really feels like it. Finally! It has not been easy for anyone of us to wait. Personally, I struggle with pain, old problems can sometime become new, mine are connected to my somewhat dramatic birth. So, even I struggle through everyday life.

### **The Hourglass Shape**

Since the last time I wrote, I have been working in many ways with The Second Reality, through classes like The Board of Angels, and Board of Angels Gemstone Healing which goes hand in hand with The Board of Angel's knowledge.

As many of you already know, I work as an Ambassador for Universal White Time Healing and all its different teachings such as Gemstone classes. I'm also teaching NET classes, Beyond classes, Beyond Healing classes, Meditation classes, and different forms of Spiritual development classes, etc. All of these classes belong to The First Reality knowledge. The Board of Knowledge, The Board of Gems, and as I mentioned above, The Board of Angels, and The Board of Angels Gemstone Healing courses, all belong to The Second Reality.

Out in the Universe all forms of extraterrestrials, angels, and light beings have united and created their own Council. Together with the Queen of the Universe they make decisions for The Blue Creation (The First Reality). Some Main members of this Council have an open communication even with The Second Reality. The Second Reality knows Everything; they can predict everything that is going to happen in The First Reality. Picture that the Council with its normal members in the Universe resides in the lower, empty part of an hourglass, and the Main members reside in the middle, the narrowest part of the hourglass. Those are

the members that are in contact with The Second Reality. The upper part of the hourglass, with all the sand, is The Second Reality, its full knowledge and insight, and possibilities to help us in The First Reality.

Through my own, and of course, many other's work with the Second Reality's knowledge, we have been able to affect things that have happened to our reality's advantage. The Second Reality's knowledge, and the content of the classes is pivotal in so many ways. It borrows forces and energies from a whole different quality. Things that were never created or exists in our First Reality. The possibilities are enormous in every way. Many are now working with their Ultimate Higher Self that is in The Second Reality, and you cannot get any higher within spirituality and enlightenment than that. We can borrow rays from the absolute highest of ourselves to give to ourselves, others, and Mother Earth in her process. We even help those from the Council that have contact with The Second Reality.

### **Mother Earth's Own Council**

It turns out that Mother Earth and humanity as a race, are more important than what we first believed. This understanding led to the creation of a new, very small, but still universal Council, the Council of Mother Earth. Members are mainly humans, some from The New Earth and also contact and link people from the current Earth that already have contact with extraterrestrials, angels and light beings. The purpose of this Council is to make our voices heard out in the Universe so we can present our wishes for Mother Earth's and our own future. Also, to be able to openly communicate about our somewhat unusual Evolution and our specific Dimensional Shift and about The New Earth.

All this is happening because our Shift is so very different from all the "usual" planetary shifts into new dimensions. There is a very old and comprehensive template in the Universe for what happens during Evolution and Dimensional Shifts. We and Mother Earth followed that template in the beginning with all the natural and normal steps. Those "out there" followed us and checked off each step of the way and could meticulously predict what the next step would be. But then...

All of a sudden, nothing followed the template; some things went much too slow while others happened way too fast. As a rule, it takes a little while to see where a planet fits in to the template based on what has happened elsewhere before, there are many scenarios for how planets Evolve and Shift. When you start seeing a pattern and know which part of the template to follow, it is easy to see and understand an old, already used pattern that repeats itself. Naturally the history of all planets and their individual races are unique. Their nature and animals are also specific to that planet, but there is a red thread, a recognizable pattern, from the

template's vast planetary history. This has not applied to Mother Earth. This is why it is taking so long, no clear reasons or things that must happen before... Nothing is stopping Mother Earth's ascension to a Higher Dimension. The wait appears unnecessary. Everything that should be done is done, everything that was supposed to happen, happened, or....

Sure, of course it looks like we could go up today, even Mother Earth herself wants to go up now. We do not fit into the regular template, so it is not followed, and the help that is normally given from outside is not given since they cannot follow the template. A planet does not necessarily need any help; it will always be okay anyway. It is not the confusion of the extraterrestrials, angels, or light beings and Earth that is causing the delay. Suggesting that we started the Earth's own Council was merely to help us move things along from their end. They want us to go up to the Higher Dimension and become part of their Universal Community, so we all will be one with the Universe. The large Universal Council and Mother Earth's own Council has already been of great help to The New Earth.

I have strong hopes for an imminent Shift.

## **Spiral of Signs**

This Spiral with its Signs can give you a big relief in your everyday life. It can be used in whatever way you wish.

You can leave it out visible or carry it in your pocket to get energy through the day. You could also put it under your plate or under a glass with your beverage to positively effect and increase the frequency percentage, see above. It is incredibly positive to be able to charge one's food, beverages, and water with The Spiral of Signs right now. If you were to put it under a candle instead, you will charge your home and the surroundings with good energies. Ground frequencies will also increase around your home and will in turn increase the frequencies for everything that is growing near and around your home. This will help animals that eat the greenery around your house to feel better too.

You can also send The Spiral of Signs via distance. Put your right hand on The Spiral of Signs and then lift the hand and hold it up with the palm facing away from you and send with your thought to someone or something.

You can hold The Spiral of Signs towards your body for your own frequency. This will balance you, coordinate the energies so that we become more in balance with the food we eat and drink. This without lowering our own frequency. You need to try and see what works best for you.

Some of the Signs comes from The Second Reality. That is what is so special with The Spiral of Signs. It allows completely different possibilities to present

themselves for you, your life and your surroundings. It carries those possibilities and answers that were not created when this, our Creation, once upon a time, came to be. Outstanding and powerful possibilities that can reshape and create a new precondition and continuation for everything. You can become one of those who makes a difference. The Spiral of Signs is not only helping you, your near and dear ones, or your home, it helps absolutely everything here.

**Spiral of signs**



## **Power Meditation**

Where we are, in the middle of everything, we need all the power we can get, all the positivity we can muster up in addition to all the harmony there is to be found. To meditate and become at peace is much needed.

To make this meditation extra powerful you can take a warm shower beforehand. The meditation actually starts in the shower. When you are standing there in the shower, preferably allowing the water run down over your head as you are actively thinking that the water that is running over you is freeing you from all stress. It is washing away all the tensions in your body. Think also that all your thoughts and feelings are being washed away, even those that others have attached to you. You are being cleansed and purified, the water is healing you and gives you strength.

A warm golden light is coming down from above. This light is now present in every drop that is falling down over you. The golden light warms and softens you and your body. You can smile again and feel happiness. Finish your shower, avoid doing anything afterwards. So, please wait to blow dry your hair, putting lotion on, combing your hair, deodorants, etc. Instead, dry yourself off, cuddle up in a warm blanket or duvet. Sit down comfortably, best to be sitting upright in the beginning, preferably in a quiet and softly lit room. You can make the room cozy by lighting a tea candle.

Close your eyes and envision a large golden star of light is coming down to you from above. It embraces your whole body with its warm, golden light. You are surrounded by light and a very peaceful feeling starts to emerge. You are becoming warm and calm.

Now ask to receive Force from your Ultimate Higher Self from The Second Reality. A strong white light is coming down to your Crown Chakra and is spreading inside your whole body. The light feels like warm cotton wool inside of you.

You are now receiving the Power from your Ultimate Higher Self, like a small, intensely shimmering golden star. It is coming down from above and softly enters via your Crown Chakra. Softly, and very slowly it moves downwards to your Heart Chakra. As it is moving it is also growing larger in size. Your Own Star of Power is getting bigger and bigger inside your white, warm, cotton wooly inside.

At last everything inside of you becomes golden. It mixes slowly with the golden outside from the big star that is embracing your whole being. You soar in a golden space of love and happiness. Breathe in this feeling, then calmly exhale loudly but softly. Turn to your side and lay down if you can. Cuddle up in the warmth, take a

nap if you like, in all this golden light. Regain Your True Force and Power, the one you were meant to carry, even before you were created.

Come back when you want, wake up if you fell asleep. Stretch out and feel that a new form of power and happiness is there, inside of you.

### **Meditation of the Holy Light from The Central Sun**

Start by sitting down in peace and quiet. Light a candle, focus on the flame and breathe calmly. Let go of all stress and allow your thoughts to slow down. Become still inside. Close your eyes and imagine how the flame you just looked at, becomes bigger and brighter, not like fire and warm, but like a holy, golden light. A holy light that only you have in your home.

Let the light embrace your whole being. You come in contact with your higher beliefs and thoughts. What you feel is truth.

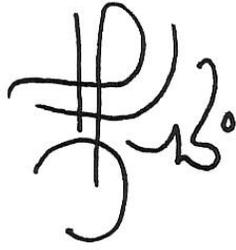
Allow yourself to be free to soar out, away from your home and your body. Upwards, up through the ceiling, up above the cloud and outside of our atmosphere. You are soaring in the Universe. Your soul and spirit have a goal, they recognized the holy flame and want more of its light.

What they, and even you, are searching for is The Central Sun, but not like a regular meditation about it. The purpose is that you will get a closer contact, a deeper connection with that Sun. The holy light from the entire Central Sun welcomes you as you approach. First it feels like you are looking at the flame again, but much bigger. You end up standing, still floating, below the holy light from The Central Sun.

Feel how the light moves, flickering like a flame. Ask that the light connects with your spirit's light. That same holy light is already within you. Let your spirit's light grow, flicker, like a holy flame of force, your force.

Now ask that the holy light connects with your soul's light. Your body and soul are so close together. When you allow the holy light from The Central Sun reach into your soul, it helps and strengthens your physical body as well. Your soul gets power from the holy light and the body strengthens deep down; it is healing.

Now travel back, see Mother Earth and make your way down through our atmosphere. Come back through the ceiling and into the room where you sat. Go back into your body. Slowly come back to the present, open your eyes and touch the sign below. This sign manifests your whole journey, your light and your new holy light inside of you.



## **What is happening in The Universe?**

Life in The Universe is moving forward towards their own ascension and development. Everything is connected, we and them. Everything is one unit. That means when we increase our vibration, frequency and energy, so do they, and I don't just mean some planets out there, but all and everything. They may be highly developed technologically, culturally and spiritually, but even they both can and need to grow. That is why they follow our evolution with great enthusiasm, but they have no right to get involved with, or rush things for us just to get to where they want to be in their own evolution. If they were allowed to interfere with ours, they probably would. Sure, they continue to contact people and spread knowledge that helps us develop spiritually, but not too much and not outside of the framework of their own abilities. That is the interesting thing; they don't know or understand everything, outside of their limits of The First Reality.

The Second Reality "created" once upon a time The First Reality. The First Reality is completely separated from The Second Reality through different layers or levels. The Prime, The Beginning, The Before, and The Beyond are in the way, and all Creations of different colors are below this. Extraterrestrials, angels, and light beings out in the Universe, inside The Blue Creation, our own Creation, have no real reason to find their way into the higher levels, or "backwards" towards The Prime. They are aware of and know a lot about The Beyond which is closest, The Before (Level 2), The Beginning (Level 3), and The Prime, furthest away from them. The knowledge about what is farther away becomes more and more muddled and they are unable to completely understand The Prime.

When I learned about The Beyond, The Before, The Beginning, and The Prime, I was so happy. I had been searching for The Knowledge of Knowledge all my life and I thought that I now found the origin of everything. Imagine my surprise when I one day got the insight to connect with and really experience The Second Reality with its intense source for Knowledge. The Second Reality really is the Source for the Knowledge of Knowledge. Everything begins there, or on levels in and above it. There is more, much more, but everything has a very logical ending, or rather a logical beginning. A beginning that is far, far away from The Prime.

What am I trying to say? Well, The Second Reality has been helping us in The First Reality for many years. This has not been happening through contacts, knowledge, and information that we can get from extraterrestrials, angels, and light beings in our Universe and our Blue Creation. No, The Second Reality chose to contact us humans through a few people that are spreading their knowledge.

For 17 million years, extraterrestrials, angels, and light beings in The Universe have been using the Board of Knowledge, a fantastic understanding from The Second Reality. Some of them were already in the beginning opened up to understand how and for what The Board of Knowledge should be used. They do not however, have the complete insight about the birth and origin of The Board of Knowledge in The Second Reality. In later years, extraterrestrials, angels, and light beings in our Universe have been given some information from humans. Some humans know more than them. Those of us who know a lot, mostly keep quiet about what we know. We are growing bigger in numbers through secret knowledge, classes, and through the fact that The Second Reality's Knowledge is being taught via teachers educated on earth. These teachers will have many students in the future, partly on The New Earth, but also in the Universe. Extraterrestrials, angels, and light beings are eager to learn everything about The Second Reality and above.

Do you remember the hourglass shape, with the few individuals in the narrow middle part, the ones that exist in The First Reality and bring in information and get help from The Second Reality? They, and I, borrow forces and energies from a completely different quality, The Second Reality. Such force and energy were never created nor existed in The First Reality. Through understanding, insight, and knowledge we are helping The First Reality's Total Evolution, not just the extraterrestrials, angels, and light beings or the Earth's own development. We are doing what we can in silence. I would like to thank everyone who is helping me for the Wholeness of Everything.

You, who have taken classes with The Second Reality's Knowledge, like The Board of Knowledge 1-5, The Board of Gems 1 and 2, The Board of Angels, The Board of Angels Gemstone Healing (that goes hand in hand with The Board of Angels) or some of the more secret classes about The Second Reality, use your knowledge and start helping now!

If you are or have been taking classes from one of the above classes, you can use the Special Signs below to get more power while working with The Second Reality Knowledge. The work can be for yourself, others, something, or everything.

**Special Sign for more power when working with The Second Reality Knowledge**



**Nôrah Monaii** (the name of this Sign)

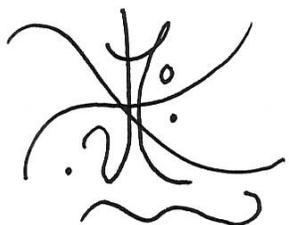
### **What is happening right now?**

Even though the energy fields and frequencies of the ground and food in percentage terms are low at this time, there are still strong energies in circulation. Mother Earth is preparing herself and so is the rest of our solar system. The second, Higher Dimension, that we will go up to on The New Earth is doing the same. All of a sudden, we are surrounded by the forces and energies that are in circulation. A bit too much energy actually, it is noticeable by a fatigue that you cannot get rid of by sleeping or resting. We have mood swings, difficulty keeping our focus, it is hard to stay with it.

It is looking good for our big, radical Dimensional Shift. Frequencies and vibrations usually flicker, on and off, up and down, up to the last minute of a Shift. This often makes the inhabitants of the planets, wherever the Shift is happening, feel like the “road” is bumpy and full of holes. So, this is normal, at least according to the template for shifts and from the perspective of the extraterrestrials.

Try to live in the Now and enjoy everything you have and continue forward. Wish for things and dream of what you want from life, right Now. Do not stop! See and experience, on your way to work, on the bus, in your car, on your bicycle, or walking, take in all what nature is giving us to see and experience of beauty. When you are outside in nature, enjoy and study nature, flowers, birds, and animals. Enjoy your day and try to make the most of it, even on those days when you don't really feel like it. The Sign below is to be given to everything in nature, but also to all animals that you meet on your way through your day. Wild birds and other animals, including pets will feel good from the Sign for Nature and Animals. Below you also have a Sign to give to yourself and one for all your fellow human beings. Please take a picture of the Signs to keep them handy on your phone.

**Sign for Animals and Nature**



**Sign for Yourself and Others**



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I allow that you copy and give out this document and Signs to others