

Contents

1	SSG, Terrorists and I.D Implant: Use Benign Magic to Change That Reality	1
2	Facing the Antichrist Within Self Is Humanity's Challenge	7
3	How Spirit Works In The Universe.	15
	Internet Information	15
	Comet Hale-Bopp	16
	Remote Viewing	18
4	How To Release Discomfort By Transforming It	21
5	Gridlines Rising Above Planet	25
6	It's Time to Change Your Past	27
	The Need To Change The Past To Change Your Lives	31
	Homework	33
7	Cloning: The New Ethics Forum	35
8	HAARP Update.	37
	The ERI	38
	Addendum from Lee Carroll	39
	Ionosphere Research Lab Sparks Fears in Alaska	39
9	Archangel Michael	41
10	Notice To All Pilots, and Recent Activity In the Skies:	
	Exotic Or Domestic?	43
	Influx of UFO Sightings	44
	<i>Independence Day</i> Scenario	46
	ANF Desire to Create False ET-Attack Alerts	47
	Technological Advances	48
	ETs Sampling Humans' Readiness for Contact	50
	Hale-Bopp's Influence	52
	March 18, 1997	52
	SSG Losing Its Grip?	54
	Comet Hale-Bopp Aftermath	55
	Hale-Bopp Meditation	56
	What's New with the SSG	57
	Jupiter's Red Spot	58
	The Safety of Vaccines	59
	The U.S. Economy	60
	Saturn's Rings	61
11	Flash For Computer-Connected Businesses	63
12	5D Beings Reworking Atmospheric Flux	65

	The Central Arizona Hum	66
13	Missing U.S. Warplane Chasing UFO.....	69
	Mother Earth Increases Electric Energy	75
	22 April 1997—To Whom It May Concern,	82
14	Flash.....	87
15	The True Purpose of the Mayans	89
	Shifting the Magnetic Poles	89
	The Mayan Mission to Speed Your Evolution	94
	The Initial Setbacks and Help from Neighbors	96
	Seeding Exploration for the Explorer Race	97
	The Mayan Calendar Stone, Pacal Votan and Quetzalcoatl	100
	Changing the Pole Energies	102
	Indian Mystics Who Assisted the Pole Torque	104
	The Mayan Calendar	104
	CB Weapon Smuggling, What Can Be Done	105
	Exercise in Feeling Love	109
16	Jump-Starting Humanity’s Awakening	115
17	The SG’s Last-Ditch Moves to Prevent Humanity’s Awakening ..	119
	Greed and Impatience: Afterlife Consequences	121
	The Ultimate Joke on You and the Secret Government	123
	The SSG’s Wakeup	124
	The ETs and the Wakeup	125
	Timing of the Wakeup and the Time Bubble around Earth	126
	SSG’s Overseers and the Wakeup	127
	Earth School for Quantum Mastery	128
	The Crime Bosses	129
18	Zeta Cloning	131
	Cloning Humans	133
19	Authority and Rebellion: Lessons from Creator School	135
	Control through Subliminal Technologies	139
	Subliminals in Sound and Print	140
	The Successful Influence on U.S. Voters	141
	Subliminals Used by Manufacturers and Government	143
	Authority Figures	144
	The Challenge of Organized Crime	145
	Applied Love	146
	Sacred Recognition: Seeing Creator in All Things	147
	Homework	148
20	Unification of Heart Threads Begins.....	151
	Heart Meditation Exercise	152

A Momentary Interruption	152
Speaks of Many Truths through Robert Shapiro	153
21 Crop Circles	157
22 Human Earth School Not Possible Without Dark Side	161
The Link between Immortal Personality and Physical Self	163
Arming the Dark Side with Love	164
Recognizing the Dark Side in the Physical World	165
The Dark Side's Accumulation Process	166
The First Earth Humans and the Original Dark Side	168
The Creation of Our Individual Shadows	168
The Dark Side as Teacher	170
23 A Message For People Seventeen Years Old And Younger	175
24 The Angel of Roswell	177
25 Manifestation Powers Peak: The Ultimate Creatorship Training .	181
Uncreating the Not-So-Perfect Creation	183
Response to September 11 Caller on Art Bell Show	184
Mother Earth's Survival Mechanisms	186
ET Intervention	186
Mother Teresa, an Embodiment of Heart-Centered Spirituality	187
Averting Man-Made Disasters with Clear Intent	188
Yellow Book Predictions Not Set in Stone	190
The Umbrella Effect of Benevolent Manifestation	190
The Influence of Humanity's Intent	191
26 SSG Downs Military Planes	193
SSG Targets National Guard	195
SSG's Electronic Field Technology	196
HAARP's Mapping Assignment	198
The Birth of a Future Sun	199
SSG Loses a Member	199
SSG'S Current Projects: Fueling Racial Conflict	200
El Niño: Mother Earth's Reaction to Atomic Testing	201
Status of Fresh Water	202
Passing of Princess Diana and Mother Teresa	
Sparks Wave of Compassion	202
27 The Brightest Ever Star and Galaxies in the News	205
28 Scalar-Wave Experiments	209
29 Educational Systems	213
30 The Disappearance of Psychosomatic Disease	215

31	Mining the Moon and Mars	217
32	HAARP Revealed In New Film	219
	The Miracle of Synchronicity	220
33	Angels Are Really Guides in Training	223
	Near-death and emergencies?	224
34	We're Feeling Mother Earth's Energy	235
35	Surfacing Memories	239
36	The Art Bell Interview	241
37	A Deeper Look at Adair's Testimony	271
38	No Catastrophes!	287
	Homeopathic Kits	287
	Storing Food	288

1

From Your Lights Point of View, Resistance is Futile

A Sirian through O'Ryin Swanson
February 5, 1997

You call this energy that is coming in-to the earth new, but if you visualize yourself going down steps when you came into the third dimension, leaving energy that was too refined for the density you were lowering yourself into at each step, and then now at the bottom turning to come [back] up these same steps, what you're facing now is your energy that you left there when you were at that step coming down. Unfortunately, your memories have been wiped; there is nothing in the conscious or subconscious that has a glimmer of understanding of these energies. That is a downside of wiping out the failures to keep your enthusiasm up.

So you and humanity are now dealing with energies that the human body—the living organs, the cells, every conscious particle of you—thinks is new energy, that it is dangerous, that it is invading you, that you have to put up resistances to it, that you have to form a barrier to it, that you must protect yourself at all costs. But beloved beings, it is only because you have not just forgotten, but you have had your memories removed. Coming down into this dimension was so traumatic; fear was used as a prod and as a method of descension. In that sense, the fact that you don't remember the fear is positive. But if there could only be an awakening to the realization that this is *your energy*; these are particles of the electricity that is yours, that has been stored as if on "this shelf" or "this step." As you come

up each step now the energy that you left as you went down, [at] each parallel step you are only recovering more of who you are, specifically, individually. It seems like a great, swirling amorphous energy mass, but it is only your own energy that you are contacting, connecting to—the part you left because you couldn't take it any lower.

We urgently wish to express to all humanity that the best way to handle this is to relax, to open your arms, your body, your energy field, to allow the energy lovingly to caress you, to join with you. It is not an invasion; truly it is a merging, it is a reconnection. And these steps go on and on and on, so the harder you make it for yourselves now, the more resistance you're going to build up to the future steps. Our heart aches to show humanity that it is not something to fear. This is very loving, very powerful, very specific parts of yourself that you had to leave as you went down the steps, so you could be confined and encapsulated in the density where your greatest lessons would be learned.

But now it's over; you're coming back out of that compressed, intense focus. You are expanding to become what you truly are—not that you will become what you truly are in the next few years, but every acceptance of this part of you, that you honor and accept and allow to join with you, is part of expanding into the being that you truly are. You had great courage [in] allowing yourself to leave parts of yourself *at every step*—great, great courage. It is as if a warrior went out to meet the dragon and left his warrior tools behind, and went with nothing but his bare hands and his wits. That is all you were able to take into that encapsulation. But now, coming out, all the blessed gifts that you have heard about, that are part of your natural heritage, part of who you truly are, are coming again to join you. Allow it, love it, open to it! If we could talk to all of humanity on this planet, [this] is what we would say, “Open to these energies.” When the body sees these energies as an invasion, it puts up barriers, it forms antibodies, it constricts chakras and organs, it affects the breathing, it affects the way the actual body works, and it's not meant to do that. It is meant to joyously join you now —joyously and lovingly and with a sense of, “Ah! You've been gone so long, it is so good to be back together with you!”

We have always been watching you and loving you—always—and we are so proud of you! Because you've done it; you've done it! Not just for yourselves, but you have done it for all of creation everywhere. It might seem to you that nothing has changed, that you're still constricted within this dimension, that you have dif-

ficulty, that your physical life is hard and has many challenges, and there are so many difficulties and so many hurdles, so many obstacles. But this is just the last few seconds of the melodrama. The more of this energy that you can contain, the better that you can deal with what you perceive to be these challenges. The more energy you can embody and the more you can bring into your auric field, your energy field, into your very organs, into your very physical body, the better equipped you will be to handle what you perceive to be these hurdles and these difficulties. *Resistance is the only hurdle you have left; give it up, let it go!* Do not resist what is the next step for you—the expansion back into who you are.

You have been here in this limited place of very heavy lessons and experience for so long that you have forgotten anything except what is here in front of your face, as they say. But know that as long as it has seemed, in the totality of who you are it is but an instant, and it is finalizing itself now. It is ending. The experiment is over. You, the experiment, have changed the way creation will exist from now on; you have done it! So please allow, bless, ask to receive the energies that are you, let them flow. Accept them in a way that will give you strength. These energies will give you strength and they will give you love and they will give you courage. They will give you insight, they will give you all that you need to meet all the challenges that lie before you—just allow them into you, accept them, love them. They are *you*.

We ask that everyone may know of this so that they do not see this as an invasion. We will continue to attempt to inspire and to contact all of those who are open so that they can know this, so that they can understand this. Thank you.

A Sirian who visited my channel practice session
O'Ryin Swanson, Publisher