### Introduction

I've been told about Atlantis; what apparently really happened; who the people were and a great deal about the culture of Atlantis. It's going to be condensed. We're going to talk about a great many different things when we get to the Atlantis part, because there are a lot of parallels between what happened then and to what is happening now. You could almost say that history is sort of repeating itself. So it should be interesting. I know that I found that absolutely fascinating.

Ladies and gentlemen, thank you for being here. It's always an honour and a pleasure to share this time and space with you. I want you to know that I more than appreciate you giving me your attention for an hour and a half now every couple of weeks as opposed to once a month.

My intention is to give you information that is relevant to the times, so that you can put things in perspective because there are many people who are confused about what is going on. They can't quite put their finger on it. They know something is wrong. They sense it on multiple levels of themselves. Even those who are very intuitive know that there is something terribly wrong and they can't quite put their finger on it. The governments of the world are showing their incompetence and are choosing to be more ruthless in many ways, or secretive, as opposed to just telling everybody what is really going on. So it is my hope that the information that you get here is useful, and I'm giving it to you the way I got it. So here we go.

# **Update**



0:04:22

#### HIDDEN PORTALS IN THE EARTH'S MAGNETIC FIELD

As you know, we have talked in the past about portals. In fact, in the last webinar, I referenced a portal that was created by CERN. CERN opened up a portal and we saw the light (for those who saw the video), which was a ship going into the portal. I explained what was going on, with it looping into a merging timeline. So they were going somewhere, but then coming back. So they were not vacating the area.

What is interesting is that NASA, who never gives a straight answer, is now talking about the fact that they have uncovered hidden portals in the earth's magnetic field. They have been able to at least document 3 and they are now able to predict where they are able to open or see them when they open.

Now what is also fascinating about this is that when these portals open and they are inconsistent as to where they are or how long they stay open. But what is fascinating about these portals is that when they open, they go directly to the sun 93 million miles away. And it is a straight shot, totally unencumbered. Boom they go straight to the sun when they open.

Now what's fascinating about that, if you've been following the A's information for years and years an years, they have said on many occasions, and I have shared it on even more occasions, that when they send messages to their home worlds, regardless of where they are in the galaxy, they use stars to send that information to the home world. They don't use the phone, or wireless, they use stars to send/relay information, because suns and stars, are in fact portals.

I find that fascinating and in my next conversation with Mornay, I'm going to ask about the portals, and find out exactly what their function is etc. But just the fact that they even admitted it is actually pretty huge folks, because for many years they said they couldn't exist, they don't exist, and did anything to paint many of us as cooks, nuts and freaks. But now they are admitting that they do in fact exist and they're seeing them, recording them etc. etc. I think that's pretty cool.

### 0:07:30 PLANETS AND SUN TILT

Now this next item is more than interesting. The sun's tilt and equatorial plane has always remained constant. The magnetic field does in fact flip flop back and forth after so many years. It will reverse its poles. But what they have discovered recently is that the planets rotating around the sun are in a tilt of almost 6 degrees. This is new. They have concluded at several observatories, one here in the USA at the Californian Institute of Technology, and the other one in (of all places) Nice, France, that there is something just outside our solar system or just inside our solar system that has such a strong gravitational pull that it is pulling the elliptical orbit of the planets down towards it.

Now they hypothesise that this is in fact Planet 9 (this is their words). Planet IO/X Niribu/Ocolpulis – whatever name you want to use for it. This is now what they're saying. What's interesting is that they openly talk about this as the hypothesis. It isn't 'if' it exists ok. What's interesting is that the language is beginning to change in talking about the solar system changes etc.

It's also important to note (and I believe that David Wilcox was one of the first people to actually point this out), is how the environments and atmospheres of the planets are getting brighter and brighter and brighter. Well that's because we're entering the plasma belt/the galactic plane. We are going to talk about that more in just a few minutes when we get to Atlantis. Most of this webinar is going to be about Atlantis because of the similarities to what is happening today.

So, the planets in our solar system are being pulled to at least a 6-degree tilt now. They say it's continuing. So this is obviously something we want to watch. Now it could also be that it is not Planet 9. Maybe it's the galactic plane that is slanting the planets. I'm not exactly sure. But there is a field of gravity there as well, which is what holds the plasma field in its place. So there's clearly a gravitational field there as well. I guess we'll have to see. So that's something we will want to look at and that information was released on 19 July regarding the tilt of the solar system.

### 0:11:20 2ND COMING OF THE MESSIAH

Several of the leading rabbi's in Israel are now openly talking about the interpretation of the Torah and I do not know which particular chapter that they're referencing. But according to them, they have unequivocal belief that between today (I2:I2 Friday afternoon today) and the end of this year that the Hebrew messiah is going to arrive on earth. Now what's interesting is that we also now have Christian leaders saying that Planet X is bringing the messiah. I find that interesting, because if they had read any of the Sumerian texts, they said they were gods, but sure didn't act like gods. So I find that kind of fascinating. But none the less, there are books being published now announcing Planet X is bringing the new messiah, Jesus is coming on Planet X. It's really quite fascinating. This is how the dialogue is now dramatically changing (laughing).

If you remember several years back – as far back as 4 years ago, some of us were talking about this and we were cooks, nuts, crackpots, freaks etc. So it is quite fascinating to say the least.

#### 4 0:13:14 **SCHUMANN RESONANCE**

I had an opportunity to ask about the Schumann resonance here on earth. The response I got once I'd explained it to Mornay so he understood exactly what I'd meant, led into this dialogue about Atlantis.

Now in Atlantis, the Schumann Resonance at one point reached 130. Now I want you to just sit with that for a minute. Science said it would never be more than it is at 7.83. Well it clearly has quadrupled that nearly. It's interesting how many scientific assumptions there are, and it's wonderful to see how wrong they are a lot of the time. Because life is all about experience, discovery, expansion and spiritually evolving in physical form and there's going to be a whole lot of that going on — especially if the Schumann resonance even gets close to that harmonic again.

So let's get into Atlantis.

### 5 0:14:50 **ATLANTIS**

I'm not exactly sure where to start, but let me just say this. Very soon they're going to tell you that it was real. They have to. **There were 3 very large islands**. Two were nearly the size of Australia. Only one is above water now, but it's buried under miles of ice and they know it. The Germans knew it (the Nazi's knew it as well). So, I'm sure you can figure out what I'm talking about.

The other 2 pieces were in the **Caribbean** and in the **Atlantic**. **Cuba** is the mountaintops of what is left of one of those islands. The other island, the largest of the 3, which was in the Atlantic, has pretty much sunk completely. Mountain ranges have come up where we have islands today, but they were not directly connected to the actual landmass of Atlantis.

Now if you remember we were discussing the galactic plane. Now I'm going to use this piece of paper as the galactic plane and we talked about how our solar system moves 13,000 years up, 13,000 years down. Then we cross the plane again completely, 13,000 years down, 13,000 years up. A 52,000 year cycle, or a 26,000 year cycle of male, a 26,000 year cycle of female frequency. Positive negative energy. However you want to call it. Although positive/negative energy does not absolutely give it justice.

At the height of Atlantis, the peak of Atlantis was in the Southern hemisphere of the galactic plane. It was in a **feminine frequency**, which is why it achieved such greatness to legendary status. As Atlantis began to ascend back up through the galactic plane, the frequencies changed.

Let me tell you about the culture of Atlantis, while it was in the feminine principle. All life forms glowed of light. Their frequency was so high that they glowed. Everybody could see each other's auras. You could see your own aura because your harmonic was so high. Even for those who had 3 strands of DNA, most had 4, some had 5, and the extra-terrestrials that were living among us were off the charts. 7, 8, 9. Some were benevolent. Some were neutral - just here to observe or interact on some kind of business, or to share a scientific discovery or knowledge or acquire scientific knowledge.

The dress of the people of Atlantis, and I am talking about approximately I 6,700 years ago, was very similar to modern day India today. They had very sophisticated clothing. Most of it was handmade. Some of the items were made by craftsmen/women. But the dress was very similar to India today. So we were sophisticated. The spirituality of the people was very new age and metaphysical. The Catholic Church would call it 'pagan'. That's what it was. They understood the arts, spirituality and the power of sound. But even more important that I found fascinating was, they had a completely overwhelming knowledge of the healing properties of plant life, sea life, and all things on earth including stones, crystals etc.

This knowledge was taught to them and given to them by many extra terrestrial groups that came in and mingled and taught and for a period of time, lived amongst the people. Now apparently Atlantis was an **open society**. Many extra terrestrial groups would come in and go out and we are talking about from all parts of the galaxy.

There was an understanding, however, that **everyone was treated with respect**. If your frequency was not at a place where you could do that, you were sometimes halted or stopped from actually entering the earth's atmosphere. They would just deny you access inside earth's atmosphere if your frequency was not in harmony with where the planet was at the time.

The typical lifespan of a human being, and I'm referring to us, on the island of Atlantis, was 430 years at that time. Staggering - considering where we are today. For extra terrestrials, that was off the charts.

The knowledge we had of medicinal plants and herbs all came from Atlantis. As the islands got more crowded in the colonial cities of Atlantis, people migrated out. They went to different parts of the planet.

For example, Egypt at this particular time was very lush, green, with lots of water and lakes. Water everywhere. A lot of farming took place there as well. Also in the area we now know as Iraq, the exact same thing. Before Sumer, there were other colonies there. There were other groups of civilised people living there. As Atlantis got more populated, people moved out. No different than what we do in our world today.

As the cities became more crowded, people moved to the suburbs, and if the suburbs got too crowded, people moved out of town to the country. It was no different. They had transportation. They had what was called (I can't even pronounce it). I should have written it down and I apologise. But it was like an open carrier. Like an open box device that had many seats on it. It would fly along earth's leylines approximately 5-700 feet above the ground. And where the leylines crossed, those would be stations and people would get off there. Then they would then typically walk or take some other mode of transportation, which would have been camel, horseback, or something to wherever it was they were going. So mass transit actually existed at that particular time. Today we have aircraft. It's very similar, except their devices were magnetic. It worked deliberately with the leylines of earth's energy field, and they used magnetics to repulse the earth's gravity. They didn't use fuel. I don't know if any of these have been found on the earth.

The harmonics of the southern half of the galactic plane are a **combination** of 3rd and 4th density, which is why their bodies glowed. They were able to tap into higher dimensional realms for information during meditation for knowledge, advice. To tap into music that was then brought down and played on instruments here or channelled.

The influence of the higher dimensional realms on Atlantis and the people were profound. As Atlantis/earth began to ascend up through the galactic plane, the frequency changed. It began to get lower. The Schumann resonance began to drop dramatically to a point where it was noticeable that people were not glowing any longer. Now you must remember 13,000 years down, 13,000 years up is 26,000 years. Multiple generations of people, living, creating their lives and families. No different from today. Then all of a sudden, things began to change, and what happened was that things began to get more solid. Physicality began to get more solid. The frequency started to drop. People had a very difficult time adjusting to what was happening. They didn't understand the changes.

At this particular time, there were a group of professionals on Atlantis who decided they were going to introduce politics. And what they did was they adjusted the spiritual practices and more or less tried to outlaw them and move everyone towards a political agenda. They said that everything is changing and this is what we need to do. We need more control over all of your lifestyles so that we can understand what's happening and help you adjust to the changes which was of course total 'bravo sierra', because even they themselves didn't really know what was happening. What they saw was an opportunity to take control and that's exactly what they did.

Over a period of 237 years, it changed from a spiritual to a political society. And once it became political, the **society divided into factions**. Once society divided into factions, the frequency became much lower because when people were not united, they were not creating the same vision and moving in the same direction trying to create a better future.

What eventually happened was they cleared the southern hemisphere of the galactic plane and were in the northern hemisphere, where there was a very **dominantly male frequency**. They began to fight with each other and war with other countries and colonies, and it eventually ended with the **destruction of Atlantis through a war where a meteor was thrown at them, at the largest of the islands**. It led to dramatic changes, including the **pole shifting** etc.

What's happening today is literally the opposite of that, although it looks like the same thing.

#### 6 0:29:36 CHANGES IN OUR LIVES AS WE CROSS THE GALACTIC PLANE

We are now in the plasma field, which is why the frequency and energy of everything is changing. We are now moving through the galactic plane. What's happening is that the energy is expanding. Our energy fields are expanding. Everything is changing. Once again we have our politicians and scientists not really trying to explain what is going on.

They see it, register it, talk about it amongst themselves, but no one is willing to come out and just say 'well look at what this is', because they don't believe it. How could this be possible? My model says this. We cannot deviate from our model. Well, good luck with that (laughing).

What's happening now is that we are crossing the galactic plane, and our bodies are becoming more in tune and open to frequencies, energy and knowledge. We are beginning to remember (because the higher frequencies are raising our DNA), remembering past lives and cellular knowledge we have in our bodies. Much of this to the surprise of many. How would I intuitively know something like that? And I hear about that all the time. I hear people talking about this in the grocery store. 'I hadn't heard from my brother in 4 years, and I was thinking about him just this morning. I was thinking, he needs to call me. Within I 0 minutes he called.' She shared this with the cashier. I hear these stories all the time. This is becoming more commonplace.

Now as this happens and the expansion continues, which it is going to, ladies and gentlemen we have to create a view of ourselves. And what I mean by that is that you need to continuously remake or define who you want to be. And I'm not here to tell anybody that there's something wrong, because that's simply not true. Everybody is doing the very best they can. But you are creators okay? The people in the government are not creating this reality. The extra terrestrials living under ground are not creating this reality. The extra terrestrials outside of the solar system are not creating it. The creation of this reality, what gives it solidity and holds it together, is us, the people.

Now the government tries to intervene and put different ideas in our heads, by using fear, deceit, and tactics, whatever you want to call it, to lead us down a road. The underground alien/regressive groups have predominantly used fear and religions to move us down this particular road and they continue to do that today. But if we could just remember that we are not them, and remember we are the ones creating this reality by just agreeing to it, we validate it and give it the solidity we see.

If we want to make dramatic changes where we want more abundance, better health, live a spiritual and passionate life, and be passionate about what it is that we do for a living or what we want to do to contribute to humanity, then we have to start thinking in those terms. Because as the frequency gets higher, physical manifestation of your thoughts becomes faster, and faster, and faster. There is no slowing it down. And, ladies and gentlemen, there is no way you are going to stop thinking. That's just not possible. Even in meditation, you are thinking about not thinking.

I mentioned this several webinars ago when I shared with you that the **electronic fence had come down**. Now we have all these frequencies coming in to the earth from the outside - love, guidance, knowledge, wisdom. Whether we know it or not, we're getting it. And it's not just

from the aliens, it's from all sentient life in our galaxy. It's from information coming through our central sun and all the stars.

7

0:35:28

#### YOU ARE MULTIDIMENSIONAL

The stars are not these massive balls of gas. They're electric. The energy that fuels the stars comes from a higher dimension. You are multidimensional, whether you realise it or not. Even if you are in total denial of it—you are still multidimensional. You are getting multidimensional energy every single day, just because of our sun. That's where its energy comes from. So you may as well put that in your head and say 'Okay, I'm multi dimensional', because you absolutely are.

From my Christian friends who have pounded me on this, the fact that you have a soul that goes to heaven or hell, means that you are multi-dimensional. You have a soul. The soul doesn't die with the body does it? That force, that energy that's you, goes somewhere. That means the energy had to be created somewhere else ok - and that's a fact. You are also multidimensional – no matter how much you choose not to believe it. It's frustrating, because it's so plainly obvious at least to me what's happening here.

When you dream, and you're travelling and go to different places, when you come back, most of the time you know you've been some place else and that's a higher frequency/dimension. Again the whole multidimensional aspect. It's absolutely imperative that everyone gets this because it will help you adjust to the different shifts in frequency as they come. And they are absolutely coming!

There are many things that are going to be played out here in the next several years that are both positive and negative. It's imperative that we not only grasp your multidimensionality and be willing to make a decision about what it is that you want or don't want.

Being the **observer** now is good. It's an excellent place to be, because as the observer, you are not only allowing yourself to be in tune, but you are watching the separation of the frequencies.

You have the frequencies that are rising, and the frequencies that are lowering. It is clear as night and day if you are truly observing. You have to make a choice what it is that you want, because where focus goes, energy flows. And if you want to be empowered and want to create a reality for yourself, your family and for all your loved ones, then now is the time to do that. But it requires a shift in consciousness about how you see yourself. You are not just this. You never have been. That was all 'bravo sierra', and they want you to believe that and stay in that space.

### 0:39:26 **HEALING PLANTS**

The power of healing plants and the power of nature carries a frequency. When pharmaceutical companies create medicines counterfeiting the healing properties of plants, the issue is that it doesn't have a frequency. It doesn't carry any frequency. If it carries any frequency, it's a negative frequency. It's not a life giving frequency of something that is in fact alive. That's really important to know and important in regard to your food—the same thing.

Your body is your temple. Your body is an antenna. Your DNA vibrates. It's vibrating all the time and right now as you're sitting wherever you're sitting. That's because it's picking up frequency. It is relaying frequency and acknowledging the frequency and absorbing and processing it through your DNA. Everything that you have ever experienced is there. It's all recorded in your energy field.

What happened towards the end of Atlantis is very similar to what is happening today. The blessing for us, however, is that we are going to be moving through this hopefully relatively quickly into a very positive, feminine, loving frequency. And frankly, it can't happen soon enough.

### 0:41:30 ADAPTING TO 4TH DENSITY

Adapting to 4th density is something we all need to think about. Now, there's a great deal of chatter, and this is mostly around CERN, about opening portals and negative things coming out. Well I have to tell you that the reason we're having that chatter is because

- I. They want to create fear, because fear works. It stops you in your tracks and lowers your vibration. It keeps you submissive because you're afraid. Because the governments of the world have convinced you that they can take care of you. Well, ladies and gentlemen, that's the biggest 'bravo sierra' ever! They can't! The only hand you should ever rely on is the one at the end of your arm.
- 2. Because of the mindset of those scientists, and the building of what they built, and the intention for that device, that is why they are going towards that negative field. Do you understand? It's because of their focus and what their intent was. That's why they are drawing in the negative field to them.

We just can't go there. We can create something else that's positive, nurturing and humane that involves all of humanity regardless of race, colour and creed. There's no doubt we can do this, because we are already doing it.

We have created this idea, this holograph that we're living in right now as we speak. All we have to do is shift it along a little bit, and say we are going to expand it and create this. We're going to add this piece, this piece and this piece. We will have more spirituality, more natural healing powers and abilities; we are going to add more psychic and intuitive energy, and brotherly unconditional love to all beings on this planet. That's all we have to do.

Here we talk about it, here we expand and create a space for it and then walk it. One of the hardest things to do is to walk it.

### 0 0:44:22 **RELIGIONS**

Religions will be going away. They should have gone away 400 years ago. They've outlived their purpose and usefulness. None of them actually have it right frankly, except maybe Buddhism. Well Buddhism isn't really a religion. It's a practice, so I don't count that, but for the others, it's time to retire. You've done okay throughout history (mostly), but now it's ridiculous.

The entire purpose of the soul's journey through dimensions into 3rd density and then back up (not every soul makes this journey by the way), is to bring you back to yourself and that's an entirely different conversation. It's imperative we hold the light here. Especially for the next 7 or 8 years.

# 11 0:46:01 **NIRIBU**

Niribu was moving. I didn't have time to get an update on it, as the conversation was really short. It is moving, but so are we. Here's the sun. Niribu is coming up behind, and coming across this way. We are moving in this direction. Hopefully we will be completely out of the way or on the other side of the sun as it goes on its way. It remains to be seen. I will certainly keep you updated next week or 2 weeks when we will next be on.

So much is happening, and what's fascinating is that even though time seems to be speeding up, it's weird, but at the same time, there seems to be more time unless it's just me. I'm not sure. My days seem longer, even though they seem to fly by. Maybe it's because I try to spend as much time as I can outside in nature.

Anyway. I got through this a lot quicker than I thought I would.

## **Questions & Answers**

0:48:47

**Q** Would you mind sharing some personal details about how you process these monthly terrorist attacks. Being the observer isn't easy.

AC No it's not. What I try to do is bless everyone that's been involved and I send out the frequency that whatever happens is for everyone's highest good. The truth is, I don't know why these things happen. There are many things that have happened in my own personal life that were tragic that I don't understand why they happened. But, none-the-less, it did. And what you try to do is put it in perspective and acknowledge the events. You send love and empathy to those who suffered and try to send forgiveness to those who perpetrated the act, and then you move on.

There is no point staying in that frequency, because our job is to continue to evolve. The best thing that I can do for those around me is for me to continue to evolve and be all I can be. But then, what is the limit to all that I can be? I don't know. I hope I never find out and continue to become more and better. More in love with whom I am, and continue to respect myself more. That all comes with knowledge, experience and spiritual knowledge as well.

**JP** Exactly. My advice is don't get caught up in the intrigue of it and say that's a false flag obviously. Okay, what's next? Try not to worry about people, or think about the serial number of the weapons involved. That's rubbish. That's what keeps people caught up.

**2** 0:51:53

**Q** It seems that after the 'coup', Turkey is taking a stand against the West, and probably siding with Putin. Would you agree that the I80-degree turn would deal a major blow to the cabal?

AC The West has always had trouble with Turkey and there is no doubt that the West and the US have made a lot of mistakes. And in many cases, their intention to do business, to supply weaponry etc. to supply money, that there intentions have been to a degree, nefarious. There's no doubt about that.

Was the West behind the coup? I don't know. My concern if I had one (and this is an observation), is that we have nuclear weapons and need to get them out of there as fast as possible. They need to be brought home, because we still have military people there who are now trapped. So, what the ins and outs of the coup were, I don't know exactly. We may need more time for that all to shake out.

But you know, there was a time when the US was really looked up to. It was really admired. And that was before we allowed corporate fascists to take over the ruling management of the day-to-day affairs of this government. As Bernie Sanders would say — the system is rigged. No question about it. None whatsoever. But it needs to be fixed somehow, and I don't know

on a political level if that's the way to do it. Maybe we need again to go back to that spiritual space of expanding ourselves and creating what we want. Calling it forth. 'Creating a new domain of knowing' as Thorsayus would say. Calling that information and space for what we want. Making it happen and not waiting for other people who are not spiritual beings to create that for us. I just don't see that happening. I don't think they are capable of doing that.

Now they have been wearing the mask of control and deceit for so long, I don't see them taking that mask off. I just don't. So we have to do the work and fight the fight so to speak.

3 0:55:20 • Can earth's alternative timeline be accessed in a dream state?

AC Yes...

4 0:55:20 • I think I've visited this reality in a dream. My experience is that I go to sleep, and when I wake up, I'm on a slightly altered timeline every time. It's like I'm doubling up.

**AC** OK. Here's my theory on that – and you're not alone on this. There are many others, including a very dear friend of mine who has the same experience. What's happening is that of the 2 timelines that are merging, there is a part of you on the other side that already feels the exact same way you do. It knows that something's wrong. It may even have knowledge that it's merging into a timeline or another time reality. And then there's you here knowing the same information. So what is happening is that the 2 of you are somehow touching each other. Remember a timeline is a frequency. It's a very thin line kind of a frequency. And all you have to do is just touch. You wouldn't actually touch each other, but just get close enough to that frequency barrier where you would just be able to communicate and see each other and know what each other is feeling. You would do that. So what happens is that when it's over with, you come back and your other half goes back. So you are accessing the other side as the other half of you is accessing this side. So that sounds like Patal to me, because what you are doing is bridging the gap to make sure (and there are others doing this), you guys are basically connecting the timelines so that the merging comes through and it's very easy and settled, and as it comes in there isn't a huge, dramatic and horrible event/series of events. That's my theory on that. It sounds like Patal.

JP Does this mean that wherever these beings exists, there would exist a field say 13/14 miles around them that would be drawn into that new reality, and if we had them covering the earth, we would connect together like the plates on a turtles back? Is that the idea?

**AC** Yes. Exactly right.

JP Cool. I like that.

**AC** It's like you have a cell phone and you put a protective screen over the glass of it. It's very similar to that. Eventually, what happens is that you forget the glass is there, but the protector is there. And now it's just a phone. That's what's happening. The reality is overlaying itself. Now, the earth herself is raising her frequency, which is why the Schumann resonance is going so high. She has decided which harmonic is going to be the authentic one. So the negative field of this other timeline as it's merging in, you will see the earth dramatically increase her vibration so that the assimilation is virtually none existent. Because the negative energy is going to be absolved and there will be a positive frequency of light. That's what it is. But the consciousness of humanity on that side is different than us. There could be some really interesting ramifications of that because there are copies of us. If our frequency were to drop, and this would remain the higher frequency, this second timeline (this German Nazi fascist timeline) would become the authentic timeline. We can't ever allow that to happen. So we have to be on board with the 'mother' here as she is changing her frequency. We need to consciously make an effort to do the same, so these timelines go right in and we just move ahead and build and create an incredible future. Not for just us, but for future generations behind us, of which there will be many.

**JP** Beautifully put Alex and nugeted. Because maybe these other beings of ours (i.e. an alternate JP who is probably a member of the Nazi party and doesn't play jazz), how do I deal with this arsehole?

**AC** Okay. Interesting you would go there. You of all people would go there.

JP Yeah, me of all people. I've been looking at the 1930's and everything.

AC For one thing, it's a huge assumption that they actually have a choice in that reality to be a free thinker. Fascism (by it's very definition) literally means slaves in all aspects of life. You either conform, or you're out. So it's not like you're given choices. It could be that the other 'you' is doing everything he can to survive, while pretending to go along. That's what I think knowing the original version as I do. That's highly more likely than that he's an arsehole. (Laughing)

**JP** I'm sure that somewhere on some timeline there's a way. (Laughing.) When I look back on your work, it's as if there's a big Nazi shaped swastika hole in what you've been saying. I'm seeing it now. Anyway. I'll leave other people to figure that out.

**5** 1:02:21

**Q** Last week in Southern Sweden and Denmark, 12 July 2016, we could see a noctilucent cloud storm (basically glowing clouds at night and dawn) which are actually there as the colour of your show. In the past few weeks, I feel clouds in general have become 'fluffy' and alive than ever before. Is there anything you can share about this?

AC No. I think that's awesome for you. It's good that you're actually observing those things and paying attention to that. But I don't necessarily have anything to add to that. I know the energy is getting better, and the losing side (the regressive side that holds the negative field) are losing ground and getting pretty desperate. There's a part of me that really feels for them because they've been wearing their mask for so long and did their job so well of holding negative field. But they are simply not going to have a clue what to do with them once that whole ship falls apart. They're just going to be wandering around like zombies because they're not going to know what to do with all the light. They've invested no time in creating and holding the light for themselves and it's going to be very interesting to see how they handle it — if they can handle it at all. But about your weather. I don't have a lot to say on that at all.

**JP** One thing about noctilucent clouds is that they're actually much higher up. They're almost like space clouds.

**AC** Yes they are. They hold a lot of crystalline moisture.

**6** 1:04:38

**Q** I had a dream that they were making crystals out of capture ET's using a compression machine. I think this was back in the times of Atlantis. Does this resonate?

AC No. It doesn't. Maybe the interpretation of crystal is knowledge. Maybe a lot of the lost knowledge that we were given that was of a very high spiritual nature is being released and is coming back. And therefore, you interpreted making a crystal (which is solidified light) as the knowledge. As we are getting the knowledge back. I don't know. That's interesting. I will have to ask, I wasn't aware they did stuff like that in Atlantis.

7 1:05:59

**Q** I just wanted to say that your lucid dreaming tip worked. No more giants, but other great things in my dreams. Thank you.

**AC** May I? It's all part of the service.

8 1:06:15

**Q** This is a really good question. Was alcohol partly the cause of the fall of Atlantis? I spoke to my crystal, and I said 'what do you want to be cleaned with?' and they said 'alcohol' and my then girlfriend said 'we used to use that to clean crystals in Atlantis.' So maybe people started getting high on crystal cleaning fluid.

**AC** If Mornay is right, and everybody used what the earth gave, then the alcohol would probably be some type of crane alcohol. Yeah. That would get you sloshed in a heartbeat. Nasty stuff though. I honestly don't know if that caused the fall. It may have been a contributing factor. Maybe as the frequency got so dense and those who could remember the higher frequency, they just couldn't handle it. So they medicated themselves to make themselves feel better or lighter. Maybe that's possible. But I don't have any specific information regarding that.

**JP** Interesting. That may have been like Prozac. Look at opioids in medicine.

9 1:08:07

• When's the earth going to cross the galactic plane? I imagine this is a process. When does it start, and when does it stop?

**AC** I don't have that date. I have asked twice and I've not been given that information yet and I will continue to badger him until I get it. Cos' I want to know.

1:09:01

Q Does Atlantis still exist in another dimension? What about Mu?

**JP** This is something I've had a glimpse of. The idea that they saw the big rock coming, and surrounded themselves with some sort of energetic time phrase that slowed everything down somehow. Even though, from our perspective, they were smashed to smithereens.

AC Okay. The Atlantis that we know of in history is gone. But when you get into the upper 4th and 5th density you are going to think that everything is Atlantis. Just because of the nature of the existence that the people have created for themselves. They got the message. Especially in 5th density. I don't know if it's just experience, or experience with the spiritual evolution and the compassion that they feel, or have learned to build and expand within them, but they have created a utopia for themselves and are incredibly protective of it because they value it. The Atlantis bubble. No. There are 2 timelines. The one we are on, and the one that's merging where the Nazi's used alien technology from Alderbaran. That is merging into this one. That's all I'm aware of.

JP And is that the reason for the so-called Mandela effect? Because on one timeline, the entire bible had different wording and on the organic timeline, it's as we remember it but we are being overlaid with the material (of the physical world i.e. books, TV shows and things like that) coming

back from the alternate timeline. Are we seeing the material of it? I'm just trying to understand how this really works.

**AC** I haven't read anything about the Mandela effect.

**JP** Some people remember Mandela dying in the 80's, and apparently he died just a couple of years ago. Some people remembering some things, and other people remember other things. Do you remember the 'Bernstein Bears'?

AC Yes.

**JP** So how was that spelt?

AC Stein

**JP** If you look on the web now, it's now Berstain. I'm not kidding. There are things like that popping up all over the place. Even the bible in Luke 17.34. It says 'go and get your stuff'. It doesn't say 'go and get your belongings'. I've never heard the bible have the word 'stuff' in it before.

**AC** That word wasn't used in those days at all.

**JP** So there are these things that people are noticing as the 'Mandela effect', which is what I believe is exactly what you're talking about from the experience point of view.

AC OK. I'll look into it. It wouldn't surprise me. But going back to the bible, if you go forward to 600 AD and go back to 33 AD, many of them tell a very different story and say very different things using different language. And when you get to the St James bible, which was put together by Sir Francis Bacon for King James, it had changed again dramatically as far as the language and meaning of words. So I guess it's possible for both things to be possible.

1:14:17

**Q** I'm at 15 degrees north of the equator in the Pacific coast of Mexico. I'm seeing water spin counter clockwise down my drain. The opposite to normal.

AC That's not surprising. The earth's magnetic field is reacting to Planet X. There's a lot of very different interesting things happening. The major media simply refuses to even discuss because their 'owners' or 'masters' will not allow them to talk about these things. They want to keep us in the dark so that when everything comes down the way they want it to, they want us to react in fear as that gives them the control they want. And the added benefit for the regressives is that they get to feed off all the fear. It's like a narcotic for them. So they get the 2 for 1 special by doing it this way.

1:15:58

**Q** Did you see the article about the queen admitting she's not human? Apparently it was published on royal.uk then was immediately taken down. Did you hear about this little vignette?

**AC** Yes I did hear about that. And I think it was really 'huge' of her to admit that, (laughing). I do. Kudos to the queen.

13 1:16:30

**Q** If it will take 3 or 5 generations to fix the DNA, future humans can expect to live how long in the next generations?

**AC** It would not surprise me if the **life expectancy did not reach at least the 400's again**. For some, it could be more. But it wouldn't surprise me at all. Because those in Atlantis who had 3 strands of active DNA lived into the 400's. It was common. That's a good life. If you look back at that one, and you're in this one, you get a lot more done with a life span of 400 years. A lot more free time.

JP Imagine being able to learn piano.

**AC** it would probably take me 400 years to learn.

14 1:17:45

• Are there instruments in other places in the universe? Or are humans special in their instruments? I'm sure they mean musical instruments.

AC That's a great question. I've never seen a musical instrument when I've been with the A's. But the way we create music is entirely unique to any other race that they're aware of. And that's something we should all be very proud of. We're extraordinary in that way, and they are in awe in fact. Not only of some of the modern music (not all of it, but some of it), but especially the classical music that is created on our planet. They are enamoured with our classical music, because the different melodies, the notes, and the waves and sounds of the music and the way they are merged, they (the A's specifically) use their camera to take pictures of stars, moons, planets etc. and they merge them together to create music. But they are the sounds of the universe. We as a species and those who write music (and we've talked about this in past webinars) seem to just pull it out of nowhere. And they're really quite enamoured by that. It's a greater skill in the galaxy, than we realise. It really is. And it's something that our species can be extremely proud of.

JP So my campfire guitar may be welcome on Alpha Kentouria?

**AC** You will at least get a drink or 2 of rum or ale.

**JP** Do you think the guitar works universally? It's a fan thing isn't it? I'd love to teach guitar to 5-fingered ET greys. 'Check out this. You can do some great chords with those'.

**AC** You could probably teach them. But trying to get replacement strings may be difficult.

- 15 1:20:25 With your own knowledge of ET's Alex, do you think there are real fairies in this 3rd dimensional plane?
  - **AC** Yes. There are fairies. There definitely are. They are literally 4th density, but some of them have the ability to move into 3rd density. But they are right in that slim band of 3rd and 4th density where the 2 harmonics join. That is where they exist. They like the nature here though, the solidity and deep colours of 3rd density a great deal.
- 16 1:21:59 Why do the money grabbers worship Baphomet and what does that have to do with the planet Saturn?
  - **JP** Why are Satanists, Satanists, and why do they worship Saturn?
  - **AC** It's because they resonate to a negative field. To them, money is power, power is control, and control makes them feel safe. The problem is that you can allow that to consume you, but it consumes your world at some point because there's no balance. And it's all about balance. Everything is. And whatever isn't in balance will get whacked until it is in balance. But as far as that being is, I don't know.
  - **JP** He's the goat boy thing with the Abraham Lincoln pose.
- 1:23:21 Q Do you know if the Draco have the ability to psychically kill someone? Max Spiers was giving an interview where he was discussing Michael Alcino, who is a prime Draco, and he suddenly felt he was psychically attacked and died shortly after. Blessings to Max and all he shared.
  - **AC** I don't know that they can. I do not know the answer to that.
- 1:23:58 May I gently and politely remind you of a request for a one to one skype call please? He is happy to donate to you directly or a charity. We are definitely going to have to get that aspect of things going.
  - **AC** Yeah, I guess we do if there are 1 or 2 people interested. I suppose I could do that for 1 or 2 people..
  - **JP** Are you surprised?
  - **AC** You're right, I would be! Why don't you send me another email. You're last one may be 3-400 email deep at this point.
  - **JP** Is there a code he can put in?
  - **AC** Skype reference Webinar. If anyone else is interested in doing this,

I don't have any particulars in how to do this yet. Let's just see if anyone is even interested. Maybe you're already sick of me, so let's just see what happens.

1:25:31

**Q** Given the expansion as we move deeper into the galactic plane, what may be the best way to support those with compromised brains such as dementia or the mentally ill? How do we look out for these people?

**AC** I would think just patience. None of us knows other people's journey. We are all still trying to figure out our own journeys. But for people who have dementia or alteimers, or brain damage due to an accident or something, continue to be loving, to send unconditional love and show them considerable patience. You know we don't know what their journey is. It could be that the lights will go back on for them or they reach a certain point and that is where the end of their journey is. I don't know. I don't even know that for myself. So the golden rule is to treat others and you would want to be treated. And that's a rule I live by. That's how I would answer that.

**JP** Because one day we may all end up with brains like jelly for a few days.

1:27:14

**Q** Can Alex authenticate his present communication with Mornay as telepathic or direct contact to remove any doubts in our minds that may be taunting people.

JP People really need to hear this one Alex. Do you communicate telepathically or do you meet him in a bar sitting in the corner with a table and all that...

AC It is both telepathic and physical and sometimes in the dream state. My soul is pulled out and I'm taken to his ship. So there are actually 3 avenues with which this could occur. It all depends on the frequency of what is going on here and what is going on out there because there is a great deal of rebellious activity going on along our asteroid belt of our solar system. Sometimes its calm, and many other times it is not. So depending what is happening there, it depends on the form of contact.

**21** 1:28:57

• What should we be praying for? What should our focus be?

AC Your focus should be on what you want. What do you want? And believe it or not, it's not all that different from what other people want. So that's what I would be praying for. Pray for a reality that makes you happy and joyous and passionate about your life. That's my answer to you. You have to do your job, and we will do our job as well.

- 22 1:29:49 **Q** What's the A's favourite healing tool or method?
  - **AC** Sound. Or light and sound.
  - JP Yeah.. You spoke about that holographic camera. It's fascinating.
- 1:30:03 This past week Benjamin and members of the regressive and fascist leaders now have a bounty on their heads for one ton of gold or a quart for the arrest with a phone number to call and check out bonefide claims. Have you heard of this?
  - **AC** I have. Who's paying the tons?
  - JP The Thai dragon society apparently.
  - **AC** If it actually exists. And the question is, is that even real? I know many people who would kill these crooks for free just to get them out of here because they keep mucking up everything. But I don't know if that's real or not. I really don't.
- 24 1:31:02 Will we bounce off the galactic plane? Like a rubber ball?
  - AC That is in fact a concern. And I talked about that maybe 3 or 4 years ago actually. That's a concern, but I've chosen not to focus on that as it creates indecision and fear. What we need to do is be resolute in the idea that we're going to hold the light, and create the light as we go through space as light. End of story. So for me, being resolute in that is where I stand.
  - **JP** That's a beautiful thing to say.
- 25 1:32:03 Q I hear high-pitched tones sometimes. Sometimes it sounds like a kind of morse code. Would you know what this may be for?
  - AC Well it could be a physical affliction. Or it more than likely is when you hear tones like that when you are out and about. You'll turn your head and you'll hear it on the left or hear it on the right. What that means is that spirit is near you. It could be a past loved one, a spirit guide or someone that protects you or guides you that's in the spirit realm. Typically, that's where it is if it's not a physical affliction. There are spirits near you and you're picking up their frequency okay. Which means you are doing very well.
  - **JP** Is it this thing when everything goes quiet in one ear and then you suddenly hear pure tone?
  - **AC** Yeah. It means spirit's near. And if I were you to the woman who is asking this question, stop, and get really quiet if you can and ask them to

share with you who they are and what their reason is for visiting you. See if you can create a dialogue which only benefits you.

- **JP** I know the questioner, and she's a very psychic person so er. that could be a brilliant introduction to a new dialogue.
- 26 1:34:19 Q Orbs. Have you heard of orbs Alex? What are they?
  - **AC** Yes I have. They're the same thing. They are spiritual entities visiting, sharing your space. Watching and protecting.
  - **JP** Sonia's saying, I usually see ET's flying around my room. I have photos.
  - **AC** Why don't you have them sit down instead of flying around? Why don't you give them a chair? (laughing) Stay a while.
  - **JP** Actually, seriously though, we like to sit on chairs. But there must be environments that are congenial to different life forms? I remember my steiner educated children were encouraged to create a nature table in the house where the fairies could hang out. They'd have plants and bits of wood. A natural place in their house.
  - **AC** That's cool.
  - **JP** Ever heard anybody do that?
  - **AC** That definitely didn't happen in my neighbourhood! (laughing)
  - **JP** You don't live in Finthorn you see..
- 27 1:35:55 Q I have extremely vivid dreams or visions, but I rarely remember anything audible or telepathic. I mostly experience feeling things. Any advice if I actually want to hear things as feelings don't give me context.
  - **AC** I'm being guided to tell you that if you can immediately go outside, sit on your porch on the front steps or backsteps. Be outside and call that information to you. What happens is that when you wake up you are not at all grounded. If you go outside, the earth will ground you and you will have some access to that information.
  - **JP** As the current passes through you?
  - AC Correct.
  - JP Interesting.

**28** 1:37:07

**Q** I saw plasma leaving the floor in my room and a dog started digging where it left trying to put me to sleep, but refused and made it leave. That didn't really make any sense, but I think she saw plasma leaving the floor and the dog digging in that same place.

**AC** He's probably thinking 'what the hell's under there'. What's interesting though is that plasma has a smell to it. So dogs nose factory is very very strong, it could be that there was still some residue in the floor, and that's what he was digging for. He knew there was more. That's interesting, I've not heard that one before. It's cool.

**JP** That is an interesting one. And the smell of plasma.. Is that like ozone as you get in the underground railway?

**AC** Yes, exactly right. It's like after a really strong lightening bolt and a big bang. It smells like that. Yes.

**29** 1:38:20

Q Sherry is in her 50's and asks 'Will my DNA get an upgrade do you think?'

**AC** Yeah! You're just a babe in the woods hun. You're definitely going to get an upgrade. (laughing) Oh yeah! You're just out of dipers now. Real good.

**30** 1:38:50

• If the Messiah is in Nibiru, should we start praying for it to dissolve or go away? (laughing.)

AC That's a great question. You have to remember though that for I500 years, the teachings of the church have called this whole scenario forward okay. Because people believed it, prayed for it, envisioned it and again this is where I say, there's negative field, and positive field. Pick one, and focus on creating what you want. They're going to play this out for humanity - the billion plus people who have created this vision because you've asked for it. Now will it be the 'son of god'? Ladies and gentlemen I've been saying this for 25 years since day I. The first group we meet are going to pretend to be friendly and are not friendly. Once they have you marked and tagged, they're going to show their true hand. So you need to remain the observer. It's imperative. And just watch this thing play out. And you damn sure don't get on a starship and go with them anywhere. You stay here - you stay home.

# Close

Got to go. Many of you listening are going to pick up where I leave off. What I mean by this is that when my life ends, many of you will pick it up and continue and there will be many more visitations or contacts by other people. It's going to ramp up very quickly here by benevolents. Thank you for your time. I know it's prescious and I certainly don't want to abuse it. And I am more grateful for your attention and time than I can say in words. God bless you and I look forward to seeing you again soon.