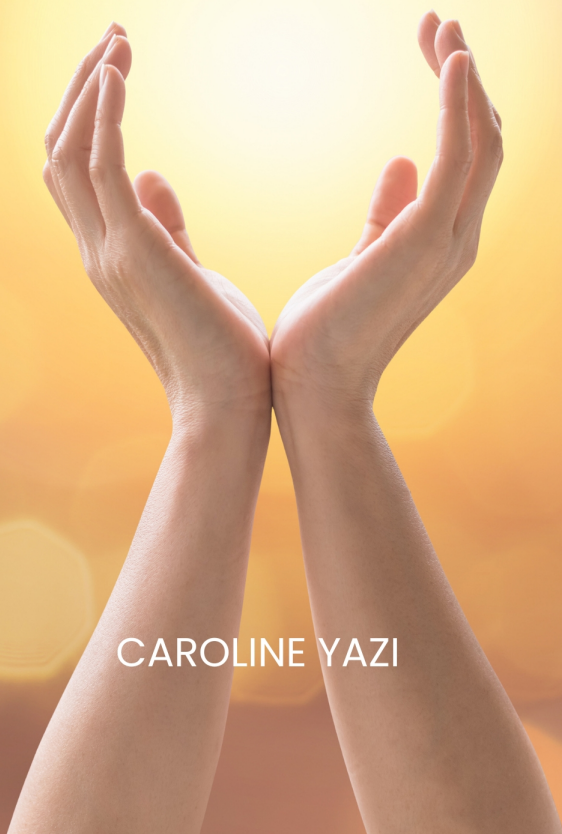


# SOUL MEMORY

A co-creation between a hypnotist and her clients,  
to bring forth deep soul wisdom for a new era.



CAROLINE YAZI

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Every effort has been made to protect the identity and privacy of the clients described in this book. Therefore, no names or locations are revealed.

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# Dedication

For the love of life!

# Acknowledgements

I would like to thank all of my brave hypnosis clients who are the reason I have insightful content for this book.

Without your open minds and hearts, I would not be able to share deep soul wisdom from your Higher Selves here. Hypnosis is always a collaboration between hypnotist and client, one that requires total trust and openness.

I would also like to thank all of my wonderful hypnosis colleagues who contribute to the worldwide re-awakening of inner wisdom by sharing soul memories in their own, unique ways; and for inspiring others to do the same.

And lastly, I cannot forget to thank everyone who will read this book. No matter how you found your way here know that I created this book to serve as a mirror of your soul's magnificence.

As souls we are all connected in the most beautiful web of life and your own soul memories are just as important as the ones you will read about here.

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# Introduction

In this section I describe how I started working with hypnosis, what the Higher Self is, and what happens in a hypnosis session.





# Birth My Inner Hypnotist

My name is Caroline Yazi and I am the author of this book.

At the end of 2012 I had a huge, spiritual awakening that allowed me to reconnect with the depths of my being and begin a much more conscious journey through life.

I have described the first years of this life-changing process in my book *Let It All Go* that was published in 2016.

Sometime during 2016 a soul sister of mine gifted me a book called *Three Waves of Volunteers and the New Earth*. It was written by Dolores Cannon: an American pioneer within hypnotherapy, with past life regression as her specialty.

During her lifetime, Dolores ventured beyond traditional hypnosis techniques by connecting to the transpersonal part of the Self, often referred to as the Higher Self, Oversoul or Superconscious, to access deep soul wisdom and healing for her clients.

Even though I had put the book in my bookshelf without reading it and forgot all about it, it didn't take long until it started calling on me.

One day, I woke up with great clarity, walked straight to the bookshelf, pulled out the book, and felt in every cell of my being that I was supposed to do this work. The book was an outer reminder of something I already knew at deep soul level.

Since Dolores Cannon had transitioned into the afterlife, I didn't think that there would be any way I could learn her revolutionary healing modality that is known to the world as Quantum Healing Hypnosis Technique or QHHT for short.

Luckily, I was wrong. I found out that all of Dolores's teachings had been recorded and that there was an entire school, headed by her daughter Julia Cannon, that was dedicated to safeguard her legacy.

And once again the same soul sister that introduced me to Dolores Cannon's work came to guide me in the right direction. She told me that she wanted to pay half of the course fee so that I could birth my inner hypnotist into the world.

From the moment I started the training, I could feel the energetic presence of the Higher Self and Dolores Cannon who continue to support hypnosis practitioners across the world from the other side.

“One big family”, that is how the Higher Self refers to us at soul level. I also learned through the years that I had a deep soul resonance not only to my clients, but to Dolores Cannon and her hypnosis technique.

Deep within my soul I experienced a meeting with Dolores in one of her soul aspects: a bright yellow colored light orb that is part of something called the Council of Light.

I now know that the Councils of Light are representatives for entire spiritual lineages that exist at every level of creation all the way back to Source. Even animal species and non-terrestrial beings have councils that oversee their evolution.

There are Planetary Councils, Galactic Councils and Universal Councils to name a few.

Dolores and I communicated through divine love, which can only be felt, and I later understood that she was an expert in my mission area, being a soul coming to Earth to re-awaken ancient wisdom.

I also realized how much I enjoyed connecting my clients to their Higher Selves and how important it is for humanity right now to remember who we are at soul level for us to continue evolving.

Consciously knowing why I do this work and who I am working with was necessary for me to be able to facilitate hypnosis sessions with clarity and conviction.

Doubt is one of the many pitfalls that both hypnosis practitioners and clients are faced with when expanding their current perspectives on life, myself included.

It is easy to fall back into forgetfulness and deny your soul memory. Not because it isn't clear, but because living a soul-led life is a life-changing experience.

# The Higher Self Explained

The Higher Self is what I have chosen to call the transpersonal part of the Self, and will continue to call it throughout this book. The terms out there are many and some people call it the Oversoul or the Superconscious.

During her lifetime, Dolores Cannon called it the Subconscious, or the SC for short, but often explained that it didn't really matter what we called "it" because it did not have a name. And it wasn't what traditional psychologists would refer to as the subconscious parts of the mind.

I usually describe the Higher Self as the non-physical you, that is aware of all your current, past and parallel lifetimes, not only in this realm, but in all planes of existence where you reside.

Your Higher Self is connected to all the other Higher Selves, and together they form one large body of consciousness that contains incredible wisdom.

That is why I refer to the Higher Self as both "it" and "they" in this book, because they are both: a single unit made up of many souls and soul groups.

Connecting with your Higher Self is a natural step in your human evolution. It happens when you have reached a point in your life when your soul starts pushing you to question yourself and your current reality, and you feel a need to understand life from a bigger point of view.

Some people go through loss and suffering to turn inwards while others have reached the height of their success only to realize that what they are looking for on the outside can only be found within.

Your awareness becomes transpersonal once you start connecting to your Higher Self. Our earthly bodies are truly magnificent vehicles for experiencing not only this realm, but for being able to perceive the totality of creation. Our expanded awareness transcends the constructs of the personality.

We are often guided by our Higher Selves without being aware of it, especially in situations where we need guidance and support to handle difficult situations.

At this point in time, we have entered a new era in our human evolution. Many of us are connecting with our Higher Selves in a whole new way and are experiencing transpersonal awareness.

This means that we are aware of the connection that we share with one another throughout the different planes of creation, where we experience ourselves in different forms.

This state of awareness can be quite challenging to understand logically for those who are mainly focused on the human personality and the earthly reality.

Today, there are practical tools that can enable communication between the different parts of the Self for those who feel the call.

Dolores Cannon's Quantum Healing Hypnosis Technique (QHHT) is one of these tools and it is this modality that I started my hypnosis practice with and still use today.

Eventually, the integration of the Higher Self will birth a new kind of being, and we are currently in the process of re-awakening to our spiritual nature after a long time of being disconnected from our true essence.

At least this is what the Higher Self tells us during hypnosis and what is happening to a lot of people at the moment, myself included.

## **Higher Self aspects**

Guardians, Watchers, Gatekeepers, Gridworkers and Councils of Light: these are all aspects of the Higher Self that have introduced themselves during many of the hypnosis sessions that I have facilitated.

Depending on the client and the nature of the session, different Higher Self aspects may speak through the client to shed light on a situation, and sometimes they take turns in answering the client's questions.

The Guardians explain that they are one step behind their Human Self, always ready to offer support if needed.

They say that humans have free will but that they can be called upon for assistance. Then there are those who are called Planetary Guardians that are responsible for the well-being of entire planets.

The Watchers explain that they are soul family, assisting fellow souls within their soul group with life planning and life reviews connected to their human incarnations.

Once a soul within their soul group is born, they watch the soul from their realm as it is living a human life.



They say that the soul always returns to its soul group after death and that they plan and review each life together as a team.

The Gatekeepers, also known as Akashic Record keepers, work with the storage of collective Earth wisdom in grid form. Most Earth records have been destroyed, relocated or hidden and we are slowly allowed to have access to them again at this point in our human evolution.

The Akashic Records should not be confused with the inter-dimensional records stored in the Sphinx in Giza, Egypt. These inter-dimensional records were created through collaboration with a non-terrestrial civilization and contain information about different star systems and dimensions.

The Gridworkers are responsible for different kinds of energetic grids in our universe. Some work on a planetary level while others work on a galactic or universal level.

They are super focused on the grids and explain that this is their only task. They make sure that the grids are functioning properly. When the grids are damaged or distorted, they have to go and fix them much like human construction workers.

The Councils of Light are representatives for entire spiritual lineages and exist at every level of creation all the way back to source.

Souls with special evolutionary assignments meet specialists within the Council before they incarnate to receive help and prepare for their mission, and some continue to communicate with the Council when incarnated.

Councils usually do not interfere with free will but can advise and foresee the consequences of certain actions.

# What Happens in a Hypnosis Session?

My hypnosis sessions enable transpersonal communication with my clients' Higher Selves so that they can get answers to their most important questions about their life and well-being.

Transpersonal communication is just another term for spiritual communication, or communication that transcends the human identity.

There is also the opportunity to take a closer look at physical, mental or emotional problems that can be explained from a more holistic point of view by the Higher Self.

The Higher Self can even scan the body energetically from its expanded perspective to check for imbalances and explain the reason behind illnesses and physical symptoms as well as help out with healing if appropriate.

Healing is, in my experience, a return to wholeness. A reconnection of areas that have been cut off from its optimal state of being.

Every hypnosis session begins with a chat with my clients about what areas to explore and what questions they want answered.

Many of my clients come to learn more about their life purpose, soul mission and karmic relationships, and almost all of them have been guided to me through intuition, in their dreams or through synchronistic events.

The Higher Self often explains that there is a soul connection or common denominator between client and hypnosis practitioner and that this is why it is important to honor the call if and when it happens.

After having defined exploration areas and questions, my clients will lie down in a comfortable position and allow themselves to be guided into a relaxed state of mind. This will give them clear access to the transpersonal parts of their being—their Higher Self.

There is always a process of asking for protection for the clients as they are going deeper into a trance state. I learned through experience that I am using what I refer to as “light technology”, which ensures that the spiritual connection cannot be distorted or used by anything else other than my clients’ Higher Selves.

Each hypnosis session is unique and differs depending on the sensitivity and personality of the person.

We end the session with a summary of the experience and my clients will be given an audio recording of the session so that they will remember what was revealed to them and so that they can return to their newfound wisdom at a later time.

During a hypnosis session my clients will get glimpses of their current, past, future or parallel lifetimes for clarity and understanding on their current life path.

This new awareness often brings them healing in areas that are ready to come into balance and unity again.

The Higher Self will then speak through my clients as it is being called forth by me to answer the questions that they have defined in their pre-chat.

It may sound a bit strange to have the Higher Self speak through the clients, but in reality it is a very natural and beautiful experience, to know that the Higher Self is always present, within each human being.

Even though the healing that my clients longed for isn't obvious during or directly after their session, or they may experience challenges in their daily life after

their session, most clients can describe how their lives changed for the better weeks, months or even years later.

It is an individual healing process, one that is initiated by the consciousness gained in each session.

As a hypnosis practitioner I merely act as a facilitator to help my clients bring through their own inner wisdom and healing power during their sessions. My clients always have to do their inner and outer work themselves because they are the creators of their own reality.

In the upcoming section of this book, I have compiled inner wisdom from a number of hypnosis sessions in which the Higher Self shares its perspective on human evolution and guides my clients into greater awareness regarding their soul paths.

These hypnosis session stories should be read with an open heart and mind to notice the many layers of hidden truths waiting to be revealed.

Each story works as a mirror to your own soul's truth and should in no way, shape or form be interpreted as a fixed and ultimate truth.

# Hypnosis Session Stories

In this section I have summarized inner wisdom coming through the Higher Selves of my clients during hypnosis.





# Our Collective Journey Home

During this hypnosis session, my client's Guardians came through with interesting information about our collective journey back to Source. I have summarized their particular perspective on human evolution and our multidimensional nature to introduce you to the Higher Self.

## Guardians—our personal support

This particular aspect of the Higher Self introduced itself as the Guardians of my client. They said that they have been with my client throughout many of her lifetimes and know her intimately.

They told my client that she has not been awakened yet but that she would awaken very soon. I asked if they could awaken her right there and then but they said that she was not ready at the moment. She still had some things to experience before it could happen.

They said that we all have personal Guardians, who guide us and make sure that we follow our life path and plan on Earth. Our Guardians are always one step behind us; guiding us, protecting us and caring for us.

We are ultimately in charge of our own lives, but asking our Guardians for help will allow them to

interact more frequently with us. My client was encouraged by her Guardians to ask for more help now that they had revealed their presence to her.

### **A collective effort**

The Guardians explained that each form of expression (species, race, etc.) has a representative for its entire lineage in a council that exists at every level of creation all the way back to Source.

They said that my client belonged to a spiritual lineage that is currently three levels away from Source. This means that Source has externalized and split itself three times and that she exists simultaneously in these three levels of creation as different aspects of the same spiritual lineage.

The representatives in the different councils discuss their own collective evolution. At the moment, there is a big shift going on in our part of the universe.

We are collectively about to move into the next level in our evolution. Some of the representatives have already experienced the next level while others are a little apprehensive to move forward.

The more experienced representatives are patiently and lovingly waiting for the ones who aren't fully

ready for the next step yet. There is no judgment. The shift will happen soon because evolution is inevitable.

Some of the representatives have waited very long for this shift to take place and are very happy to know that we are almost there.

The Guardians continued to explain that each spiritual lineage relies on all levels of creation to evolve. My client was told that her lineage in the levels closer to Source has a lot of work to do at their levels and so does she here on Earth.

They explained that every single person on Earth has come here to heal themselves and the planet in order to evolve to the next level of evolution together with their entire lineage.

Every single one of us is beautiful and important regardless of the roles we play. Without diversity and polarity there would not be any evolution.

According to the Guardians, our ultimate goal is to return to Source. Once we return to Source, we will be united with every aspect of our Self that has previously resided in the different externalized levels outside Source.

I asked if my client and I were going to the same place and we were told that even though we are both returning to Source, we have different places within this unity.

We will not reside in the same section. My client's Guardians did however say that they would reunite with her within Source.

### **Twin reunion**

My client was told that her twin (described as her divine male aspect) was eagerly waiting to reunite with her so that they could increase their powers and travel places together.

I asked if everyone on Earth has a twin and we were told that this is the case.

The Guardians said that my client's twin was watching her and that mine was there as well. We were told that great things would happen once we reunite with our twins.

They did not elaborate on what exactly would happen, only saying that it was important and that this reunion happens on an energetic level.

Usually, when a Higher Self aspect won't answer a specific question, it has to do with the client not being ready for the information yet or that it is not within that particular Higher Self aspect's responsibility to answer.

## **Healing the Divine Womb**

I asked the Guardians why so many women in general have problems with their reproductive systems in the form of pain and suffering connected to everything from childbirth to menstruation.

We were told that these female issues have to do with us women having to heal ourselves as a collective. We have to stand up for ourselves, reclaim our powers and come together.

As we heal ourselves, the Divine Womb that has given life to all of humanity will heal too and we will be liberated from all the pain and suffering that is reflected as painful symptoms in our reproductive systems.

We were also told that the womb is an easy storage place for our personal and collective trauma.

## **Exploring outside this universe**

I decided to ask the Guardians about my own experiences entering what I can only begin to describe as a unified consciousness.

When I enter this place within myself, I can speak with and connect to many of my non-earthly soul aspects as well as my earthly friends. We seem to exist in the same body. To my surprise, I was told that this is a parallel universe.

I was encouraged by my client's Guardians to visit these parallel universes as much as possible to meet up with my spiritual lineage.

They said that we need to recognize one another before we unite within Source. The Guardians did however make it very clear to us that Source is our final destination, not these parallel universes.

They also advised us to open up to our multi-dimensional nature, but to be fully present in our bodies here on Earth. Finding balance is the key. So is unity.

# Our Reason for Being on Earth

Many of my clients have a hypnosis session to learn more about their purpose and mission in this lifetime. This particular client received answers from her Higher Self that clarified who she is, where she is from, why she is here and what she should focus on in this lifetime.

## Planning a mission on Earth with the Council of 12

My client was shown how she (her light body) is being called to a meeting with a council of 12 light beings seated around a huge oval table. They are shapeless and their colors are different from one another and somewhat pale because the light that shines through them is so bright.

She is seated on the opposite side of the table as they discuss her mission on Earth before she is to be born into the earthly realm.

Her mission is to help Earth raise its frequency by spreading the light. My client is informed that she has done this many times before, both on Earth and on other planets.

In this meeting, my client is being told that she can beam light through her hands that will interact with the energy fields of other people.

The light enters her body through the crown chakra, connects to the heart and is then extended outward. This will be one of her biggest tasks in the life she is about to enter.

### **Amplifying healing powers through crystals**

She is also shown special crystals that are connected to a large pyramid and is being told that these crystals can amplify the power of her light.

The crystals are connected to the pyramid and generate energy that she can use to increase her own healing powers if she connects with the crystals. She finds these crystals around the pyramid. This particular pyramid is located in the jungle, surrounded by green mountains.

### **Going home to know her origins**

I move my client to a new scene and she starts traveling at fast speed towards white light. She is being sucked into the light. It feels really good. She feels safe and describes it as going home. She explains that this is the Central Sun that has created every-



thing. My client and I can both feel the wonderful energy in the room.

My client continues to be held by the light for a while. It is so pleasant that we can both easily bathe in it forever. Since my client is not being shown anything else (not much happens inside the light) I call in her Higher Self so we can have her questions answered on a more practical level.

### **The Higher Self speaks**

My client is being informed that the meeting with the Council of 12, that she was being shown in the beginning of the session, was not happening before entering into her current life, but before going to Earth in another very similar lifetime.

The Higher Self continues to explain that it showed her the life with the crystals and the pyramid because it is very much connected to her current life purpose and mission. She will use the same light force in this life.

Once she connects more with the light she will remember it all. The time to use this light force will come soon and she will be guided every step of the way.

## Originally from Sirius

My client's Higher Self continues to inform us that not everyone going to Earth speaks to the Council of 12 before being born. Only those souls who have some kind of mission connected to the evolution of Earth and its species have such a meeting.

According to her Higher Self, my client is originally from Sirius but she had to be born into this world through a human body just like everyone else.

In the past, souls with a specific mission on Earth could enter Earth in their own bodies, looking very different from the human population, who would most likely view them as Gods or Goddesses.

Being born into this world as a human allows for a more integrated experience and the ability to interact with everyone on more equal terms.

The more light she embodies the more she will remember who she is and open up to more of her gifts and powers. That will happen during this year. She is already being guided to specific spiritual courses and people that will help her open up more. Everything will happen at the right time.

## **Gifts and powers in this life**

The Higher Self continues to explain that my client will find a way to connect to her own clients energetically so that she can help them release the fears that are trapped in their bodies more easily.

She can start doing this in regular one-on-one sessions but will be able to use her healing powers in a much more direct and instant way in the future. The more she raises her frequency the more she can help others do the same.

My client is also being told that she can infuse her artwork (she is an artist) with energy. This is something that she will be able to do later on in life since she needs to work on raising her vibration first. People will be drawn to her paintings once she has infused them with more of her energy.

## **A very fast and efficient session**

A funny side note is that this was one of the fastest and most effective hypnosis sessions that I have ever facilitated. The client's Higher Self answered all her questions in no time with both clarity and conviction.

When I was finished asking my client's questions I asked if the Higher Self wanted to add anything since

we had plenty of time left but it assured us that it was indeed finished. Sometimes, less really is more.

# Family Relations Inside the Multiverse

Beyond the constructs of time, space and matter, we are one big family connected to one another through the different planes and universes inside the multiverse. We have Higher Self aspects and family members in many realities. In this hypnosis session my client received information regarding her multi-dimensional origins.

## Star origins and Earth mission

My client's Higher Self explained that it resides inside the 9-12th dimensional star system Orion, while her husband's Higher Self is located in Andromeda.

United they form the perfect energetic match and have spent many lifetimes with and without one another to prepare for this very important lifetime.

In this lifetime they will combine their energies in a very uplifting and supportive way, and unite as soul family working to spread the light and support the shift into what is referred to as the New Earth.

According to my client's Higher Self, she has only lived four lives on Earth, not all as a human, and had

many lives on Rigel, which is a very dense school planet.

She always goes to different planets to change the systems. Many higher dimensional souls are currently here on Earth as humans to assist with the planetary shift at this time in our evolution.

The new generations—those we call the new children—are all here to do this work. They came to liberate Earth from fear and help everyone open up their heart connection.

Some helper souls are here to experience and enjoy the New Earth while others just stop by temporarily to support with the shift.

### **Dimensional aspects and soul family**

My client is aware of having a 5th dimensional aspect called Cassandra as well as a beautiful hybrid child called Sion inside the 9th dimensional star Aldebaran.

Sion shares her DNA through a hybrid-breeding program and is a mix between two different humanoid species that exist in the future. One of these future humanoid species is known to us as “the

Greys” and has incredible mental capacity and knowledge.

Together we help one another through the planes and dimensions during this very important dimensional shift.

My client is also being told that she will unite with her soul family once she makes the shift and her hybrid child will be with her and the family.

My client’s Higher Self explains that she exists as many aspects inside the multiverse. As a star, she has no physical vehicle, only individualized energy. Family constellations and realities are much different inside the other planes.

### **Life as an elf**

The very first life that my client experiences in her hypnosis session takes place in a thriving elf-town here on Earth.

These elves are very tiny, and live close to humans. Some of the elves interact with and understand humans while others don’t. The same goes for the humans.

The Higher Self explains that there was a time when interaction with the elf-dimension was possible for humans.

Unfortunately, humans eventually destroyed the tiny elf-town that my client lived in as an elf. The elves had to relocate and stopped interacting with the humans by shifting in frequency.

The difference between these species was too big and most humans didn't really know how to communicate with the elves.

### **Balancing abilities, lifetimes and energies**

My client was also shown another life on Earth, this time as a woman with a lot of power over people. In that lifetime, she chose power over love.

The client's Higher Self explained that these two very different lives allowed for her to become balanced. She had to experience being small and big, innocent and dark, powerful and powerless to find the balance.

After experiencing opposite extremes, our abilities can be used in a conscious and balanced way.

As each client is being shown previous or parallel lives that hold important clues to their current



questions, I can feel the energy of that particular reality as it conveys its message through the client.

There are so many realities inside our multiverse. Some realities carry energies similar to Earth while others vibrate at a very different frequency and can feel either unpleasant or extremely pleasant to the body.

When my clients connect to Source however, the energy is always peaceful. Since the energy enters our reality during the hypnosis session, I can feel it too.

To me it feels like stepping out of time and space and being showered with a constant stream of inner peace and harmony.

Even though many of my clients are curious about their star origins and lineages, the Higher Self often explains that the most important thing we can do here on Earth is connect to Source energy and bring it fully into our bodies and our world.

By interacting with our different soul aspects and soul family we can come closer to understanding who we are beyond our physical form. Once we remember our magnitude, we can shift our reality. This is why we are here.

## **Star sisters and brothers**

At the end of this hypnosis session I asked my client's Higher Self about how we are connected with one another.

We were informed that her Higher Self aspect in Orion is very connected to my Higher Self aspect in Sirius, so I guess we could call one another star sisters.

In another reality, we are all star sisters and brothers and here on Earth we are slowly discovering that we are human sisters and brothers as well.

# A Pleiadian Planet Ascending

In this hypnosis session my client learns more about the games we play inside the different realities to evolve. She also gets to revisit a life as a Pleiadian during the ascension of a Pleiadian planet called Taygeta. She learns that it is love for one another and the opportunity for growth that keeps our souls going back into the different realms to play these games.

## A brutal ending

At the beginning of her hypnosis session, my client is shown a life as a young Native American woman, running away from her Pawnee tribe after refusing to marry the chief.

She does not like his unkind ways and has no interest in being one of his many wives. He tracks her down and orders her to return, but since she won't obey him, he ends her life by slitting her throat right there and then.

She did not have to feel any pain since she left her body right before the death moment. She knew that it was the end, and had visions of it before it happened.

She was prepared and stood up for herself and her truth.

### **Greeted by soul family after death**

After ending that life, my client's soul moves into a portal that takes her out of this Earth reality and into another realm.

Here, she is united with her Angelic Self Aniel and her loved ones. Sananda, another aspect of Jesus, and Mother Mary are there too to greet her. There is incredible love and unity present in this realm and she is very happy to see everyone again.

They all laugh at the experience that she just had in this reality. From her current vantage point there is no pain or trauma, just joy and understanding.

She learns that she and the man that killed her had agreed on this before they entered the experience. He was learning about power and arrogance and she was assisting him in this.

She herself learned to stay true to her heart. In this reality they are united and love to support one another by entering the Earth experience together. He is part of her soul family consisting of about 20 souls.

## **A Pleiadian life on the planet Taygeta**

In the next scene my client is being shown a Pleiadian life on a planet with a teal blue sky. This planet is extremely beautiful and serene. She is walking barefoot on a path in a lush garden filled with soft grass and streams.

She is wearing a white robe and her long white hair is blowing in the wind. She is a human looking female, but taller and much more etheric and translucent.

She speaks telepathically with her fellow Pleiadians. They look very similar to her; long thin nose, high cheekbones, blue eyes and long toes.

Suddenly she is being summoned by the Council in her sector consisting of 12 light beings sitting on floating white chairs in front of her. Some beings are light orbs and have no physical body while others look like Pleiadian elders.

They are speaking of the threat that is coming to the planet in the form of ancient Draconians, another species that want to control and dominate the Pleiadians and their planet.

The Pleiadians want peace, but peace is not in the nature of the Draconians who thrive on domination.

The Pleiadians are tired and don't want to fight the Draconians anymore. They have developed enough for the entire planet to ascend into another dimension. Their consciousness and everyone on the planet is ready for ascension now.

The Pleiadians are receiving lots of help with their ascension from beings beyond their reality. The Arcturians are with the Pleiadians in their orb form.

Arcturian souls don't really like being in bodies because their frequency is too intense to be contained inside a physical body. The Planetary Guardian will shift the entire planet into a higher realm. The time has come.

### **Time to ascend the planet**

When this particular Pleidian planet ascends, it shifts to its next level inside creation. The new reality feels more real because there is so much more awareness in that dimension.

Most of the Draconians will stay in the old reality, but some of them will join the Pleiadians in the new reality.

The souls of the Draconian beings joining the Pleidian beings in the new reality are ready to

ascend and end duality. They are conscious enough and have completed their journey in the other realm.

As the planet ascends they all joyfully laugh as they look back at the experience they just had. There is only love between them now—no division or fighting inside the ascended realm.

### **The ascended planet**

The new ascended planet is very bright. Everything is made of light—the nature, the trees and the people. It is all sparkling and shimmering.

It is a very enlightened reality that continues even further into the planes of creation. Each reality leads to the next one.

Taygeta, was the name of the old planet that the Pleadians ascended from. When the Draconians landed on the planet, it vanished from their reality, since the entire planet ascended at that exact moment.

The Draconians left behind in that realm did not understand what had just happened, while the Draconians who were ready for ascension were happily surprised, not knowing they had stepped out of the game until it happened.

The Higher Self explains that it showed my client this Pleiadian life so that she can remember the joy and oneness of all that she is. She has ascended many times before so this is not a new experience for her.

Ascension is a natural event inside our universe. In her life as a Pleiadian she learned to let go of fear, pain and emotions.

She learned to not become attached to anyone or anything. She learned how to be an observer instead of acting out.

My client also explains that she recognized me from her life on Taygeta, not as a being living there, but as a member of the Council for that planet.

This information makes me understand my own Pleiadian connection in a new way since I, like many others, have a deep soul connection with the Pleiades.

I also learned from within that many of my former work colleagues are of Pleiadian origins and I always bump into Pleiadian souls here on Earth.

Humans with Pleiadian soul connections often love communication and healing technologies, have a positive outlook on life and are involved in global development projects.



# Planning a Life on Earth

In this particular hypnosis session my client reunites with her soul family, the Watchers, after having lived an earthly life as a Native American woman. She is eager to plan her next incarnation so that she can help more people achieve self-realization during the end times of Earth's current evolutionary cycle. This is why she is here: to help Earth and humanity step into the next level.

## Anchoring higher dimensional energies to Earth

My client is being shown two very earthly lives—one as a rugged woodsman and another life as a Native American woman—both living in harmony with nature.

The Higher Self explains that she was shown those lives to realize that she is very grounded and does not have to worry about not being able to ground the strong energies coming through her.

Grounding to Earth comes naturally to her. She has done this many times before. Her presence helps anchor higher dimensional energies into this reality, and as these energies radiate throughout this realm, they affect everyone in it.

When people interact with these energies they can awaken to their true essence and then help others do the same. It is a chain reaction and we are waking up in waves.

### **Reuniting with the Watchers**

As I guide my client to the death moment of her life as the Native American woman, she leaves her earthly body in peace, as an old woman, surrounded by her family. A portal of blue light opens up and she is being greeted by three blue, skinny beings with huge heads.

They are wearing blue robes and speak to her telepathically. They call themselves the Watchers. They are her soul family and belong to the Blue Ray—a soul group comprising of hundred of thousands of beings.

### **Returning to Earth as soon as possible**

As soon as my client greets her soul family, she is excited to plan her next incarnation. It is her own choice to go back so soon and she is in a hurry because our current era is coming full circle in a near future.

Many souls want to come to Earth and experience it during these end times where they will be able to experience self-realization inside the game.

The end times are always the most exciting times in each evolutionary cycle according to the Higher Self.

### **Planning her current life**

My client plans her current life with excitement together with the three Watchers. She will be the one going down to Earth in a human body while they will watch her from their plane of existence.

Together they look at something called the Map of Life that looks like a maze. They decide where to place dark areas (obstacles) and light areas (help) inside the map. They plan the game together, looking forward to entering it.

My client gets emotional, as she understands that we are running out of time. As many people as possible need to awaken to their true essence for us to be able to go to the next level in our evolution.

The game is coming to an end. She is entering the game to help them wake up.

## **A Golden Bird being in ancient Egypt**

The Higher Self also explains that the dreams that my client has been having are memories from previous lifetimes. In one of these lifetimes, she was a huge Golden Bird being, also known as a Blue Bird being.

Her task in that life was to energetically adjust the golden capstone on the pyramids during ancient Egyptian times. She was an expert in her field.

The pyramids in ancient Egypt were built by a group of many different, powerful beings that collaborated with one another. This collaboration was an agreement made at soul level before entering the earthly plane.

The group of beings that participated in this particular experience called themselves the Federation of Light.

From a higher level, this group made sure that everything was carried out according to their plan once they incarnated as different God-like beings on Earth.

They were very focused on their mission and would punish those who tried to have their own agenda. The

plan had to be followed. There was no room for individual expression or will.

The different God-like beings in ancient Egypt co-existed with humanity in the beginning because humanity was very evolved and embodied a high frequency.

This would change with time and during later times humans could not visually see the beings that were present because they had fallen to a lower frequency band.

### **The main function of the pyramids**

The Higher Self explained that the pyramids had many functions but that their main purpose was to function as transmitters and a receivers.

Information regarding what was happening on Earth would be sent out to other realms and energies from outside Earth would enter the Earth Grid through the pyramids.

### **Stopping a Mantis being from entering Earth**

My client had a dream, in which she saw a huge Mantis being trying to enter Earth. I asked her Higher Self about this dream, and we were told that

as a Watcher, my client's role is to make sure that everything is carried out according to plan and the Mantis beings were not a part of the plan.

They were not allowed to enter this realm. This particular Mantis being did not listen and wanted to create chaos on Earth. It had its own agenda.

Because the Mantis being overstepped its boundaries, the Watcher aspect of my client ordered another part of herself, a winged Anunnaki, to dispel the Mantis being from Earth.

According to my client's Higher Self the Mantis beings refuse to see their own trauma and continue to create havoc across creation. They are at another level of their evolution. This is their perspective of course, and may not mean that it is true for the Mantis beings.

My client became aware of this inside her dream because she exists in many levels at once, and in this particular dream she got glimpses of what her Watcher aspect is up to in its realm.

### **Trying to find balance**

This particular client has always been a Watcher but is also connected to the Anunnakis because she

wanted to make things right and heal duality trauma created in another plane.

The Anunnakis were once divided into two different factions and the time has come for them to unite again. They experienced polarized aspects of themselves to know their true essence better.

The same division can be observed between the Elohim and Seraphim consciousness, another aspect that my client is very aware of.

It is the dance between Yin and Yang that needs to be restored on all levels of consciousness. We are going from separation to union, and we are all part of the bigger plan in doing this.

### **Evolutionary cycles that were incomplete**

The Higher Self tells us that we have endured many attempts to finish the Earth Game so we could take the next step in our evolution, but that we ran out of time.

Atlantis is being mentioned as the last cycle in which we did not finish the Earth Game and had to start over from a very low point in our evolution. We reverted back to very dark ages and had to work our way back into the light.

We have evolved since Atlantis and will evolve even further this time around. Many souls from Atlantean times are here to participate in the new cycle.

Many advanced souls from other star systems and universes are also here to help humanity complete this cycle; my client is one of these souls.

We will be able to complete the game and step up through the planes this time around. We will be able to go from a solid body to a light body in the future.

Many of the children being born today came to go through this shift and are looking forward to being here.

### **People sharing the same soul**

My client is being told that there are other people here on Earth that are of the same soul as she is. Her soul is incarnated as a huge amount of beings in different star systems and universes. That is how big it is.

She is surprised to learn that her colleague at work is one of these beings and even though they have very different personalities as humans, they share the same soul.



This is how the soul operates. It expresses itself in different individualized forms to see itself better.

So, when we meet others in our daily lives, there is a big chance that we stem from the same soul or soul group. I guess we could call these people our soulmates or soul family.



# Earth's Unknown History

In this hypnosis session my client reviews a life as a tribal warrior having a deadly encounter with a hostile race of aliens. He later learns that the history of this tribe has been recorded in the Akashic Records for future reference, but that most of the Earth tribe records have been destroyed by alien races that tried to conquer Earth and rule it as their own planet.

## A tribal warrior meeting aliens

My client is being shown a life as a warrior in a Mongolian-looking tribe. His metal helmet and body armor are beautifully decorated, and he is wearing a cape with ornaments in red and gold. His hair is long, black and pulled back in a ponytail.

He is one of the leaders, instructing people, pointing and shouting out commands. The army consists of men on camels and horses.

Wagons are loaded with food, tents, weapons and animals. Behind the army is a whole group of people consisting of men, women and children. Flags in dark purple and blue colors are raised as the army moves towards the battle scene.

The warrior stays behind to make sure that nothing is left on the grassy plains as the army continues to their destination.

Pointy mountain peaks can be seen in a far distance. As the warrior travels by himself on foot he is confronted by about seven alien warrior beings on horses.

These beings are very tall, with smooth-looking, light colored faces that look expressionless. The nose area looks very different from humans, and it is integrated with the face and mouth, much like the nose of a saiga antelope.

Their eyes are small and thin without any white in them and are placed on the sides of the head, and they do not have any eyebrows.

The alien warriors circle the Mongolian warrior and they start a very uneven battle. He fights them to his last breath and as his soul leaves the body to release him from his physical pain, he can view the scene from above.

The warrior doesn't really know who the aliens are and why they want to battle him. They have just shown up to conquer his people.

## **A life inside the Akashic Records**

My client starts feeling very strong energy and is being drawn into a scene where he is a young boy with black hair in a bowl cut.

He looks about 10-12 years old, working inside a huge oval-shaped gallery with portrait pictures covering the walls, from the bottom to the top.

This building is enormous and the portrait pictures are moving, just like movies. You can see scenes inside the pictures and they come alive when you start watching them.

A man with a long beard and a black, gold-ornate caftan hands over the pictures to the boy who is in charge of inserting the moving pictures into the picture frames.

These moving pictures are kept inside the building as records of humankind. These records have been created for future generations, like a living history book.

It is located beneath the earth, hidden at a non-physical level, only to be accessed in the future. Every picture is an archive of the personal stories from a human culture.

My client is being told that these records are important for humanity and have been hidden for a long time.

The man and the young boy have been working with the records for generations. They eat and drink, take breaks and do regular human things inside the gallery even though this place is non-physical.

They are of the same tribe as the warrior in the previous battle scene. They call this place the Akashic Records and refer to themselves as Gatekeepers.

My client is being shown that there are many hidden records all around the world, and that there is a boy and a man working in all the different archives. It is an old, ancient custom to work in the archive in this way.

The goal is to collect as many stories as possible to keep our Earth history intact and these archives form a huge worldwide web when joined with the other archives belonging to different Earth tribes. Information can also be sent between the archives.

While our current history books are written from the conqueror's point of view, the Akashic Records contain all of our history, including every human being.

The Higher Self explains that most Earth archives have been destroyed, but that there are 120 hidden archives left on the Asian continent. This particular archive is located where the warrior battle scene happened, buried deep in the ground, on an etheric level, in the grasslands of ancient Mesopotamia.

There are no remaining archives on the American, European or African continents because they have been destroyed. The only remaining archives are on the Asian continent according to the Higher Self.

The remaining archives were moved to another dimension to keep the alien beings shown in the warrior scene from accessing them.

These beings were conquerors and wanted to erase the traces of humankind so they could claim Earth as theirs. They tried to destroy our collective wisdom and stop our human evolution.

There is much more to discover regarding our ancient Earth history. Even though imperialists from other dimensions erased most of it, much of it is still recorded in these archives.

The knowledge inside the records is needed to help humankind in our human evolution, since every story helps us grow as a collective. It gives us humility and

understanding. Much of this knowledge is also shared in our myths and stories handed down orally from generation to generation.

The records located in Egypt, inside the Sphinx, are different from the Akashic Records. These records are inter-dimensional in nature and stem from an ancient collaboration with an alien civilization.

They are not created in grid-form, like the Akashic Records, but in vertical form, telling the stories of the different star systems and dimensions.

The Akashic Records that my client is describing are human records, told from a human perspective only.

The most important thing in knowing about the Akashic Records is to understand that Earth's history is much more magnificent, and vaster than we have been told, and that most of this history has been kept from us.

Many elitist races have tried to conquer Earth to exploit it and will probably try again in the future.

The thoughts and ideas of the imperialist races have been taught to many humans throughout time so that is why we can see similar behavior in humanity today.



People trying to conquer or control others, or kill those who are different. This is the legacy that we have inherited from the beings that tried to do the same to us. It is deeply rooted into our collective consciousness.

### **Accessing the Akashic Records**

The Akashic Records exist outside time and space, and are energetic in nature, and the people working in the archives exist inside those archives.

The Higher Self explains that the Akashic Records can be accessed in many different ways depending on the person accessing them.

The archives will look different to every person. It is their frame of reference that decides how they will interpret the energy that they interact with.

Some people see the archives through the lens of the physical dimension, and others through spiritual understanding or the subconscious mind.

We all have different spiritual gifts, tasks, and abilities, so finding your own way of reading the Akashic Records is the most important advice that can be given to those wanting to explore this further.

I will also add here that I learned how to read the Akashic Records by taking a course with a seasoned reader but was later informed by my Higher Self that reading the records is not part of my current life path and mission.

I was reminded of my soul plan and advised to stick to it. They explained that I do have free will and that they only interfere when I am about to drastically alter my plan in a way that does not serve my soul.

# Embodying the Higher Self

The universal knowledge and wisdom that came through my client's Higher Self in this hypnosis session dealt with some interesting topics pertaining to our human evolution and how to deal with body changes, negative emotions, dark aspects, becoming multi-dimensional and how to best shine our light.

## The upgraded five-body-system

The Higher Self explains that our five-body-system is currently being rewired and upgraded so that we can experience a new reality. It consists of a physical, emotional, mental, astral and light body.

Each of these bodies are interconnected and the physical body is always the last part that will be transformed as the five-body-system is being upgraded since it is located in a time-space that is of a lower density than the other bodies.

Whatever your physical body is going through, know that the shift has already happened in all the other bodies.

We are receiving a lot of help during this transformation process. Entities, guides and beings who

are specialists in supporting this change are here to assist us if we allow them to.

The Higher Self takes care of our bodies in the best way it can but is not allowed to do certain upgrades since it is not within its level of expertise.

The Higher Self is also transforming and evolving in the same way as the Lower Self, so in a sense, it is walking in parallel until it can finally integrate. As above, so below.

The specialists can be described as “helpers” within creation. The Higher Self allows the helpers to assist with the body transformations, and then the Lower Self grounds these transformations into the physical body.

Human evolution can be described as a huge collaboration between beings, realms and dimensions, where everyone has an important role to play.

### **Negative emotions and their purpose**

During this time in our human evolution, we are going through intense purging of the lower emotions so that we can embody more of our Higher Self; the biggest, brightest part of who we are.

What may feel like the toughest transformation process yet is the fast track to a higher vibration and a higher timeline for humanity at large.

Never before have we been able to embody our Higher Self in one body. We may have embodied aspects of our Higher Self in previous lives and realms but never the grandness of our true essence.

When the Higher Self downloads more of itself into the physical realm and the physical body, the lower energies that are stored inside of us have to come to the surface to be dealt with.

This is why many of us are experiencing a multitude of negative emotions surfacing without any apparent reason.

Every negative emotion has a point of creation and most of them were not even created in this lifetime. The reality you experience is a projection of the emotion that you have stored within your emotional body.

When we experience a specific pattern of negative emotions and find it almost impossible to understand or release, we have most likely carried it with us through many lifetimes and through our family lineages without being able to let it go.

The goal is to experience and let go of these negative emotions, so that we can embody more of our Higher Self. As long as we hold on to them, we don't have space for our Higher Self to enter the scene.

Knowing this makes every negative emotion an opportunity to bring in more of our Higher Self into our bodies and our world.

When we feel a negative emotion arise, we have the opportunity to notice the emotion and choose to act in a different way than we are used to. We become proactive instead of reactive. This is the way that we can change our vibration instantly.

Eventually the vibration becomes more stable and new, more enlightened timelines open up for us to live in.

### **Embrace your dark aspects to heal yourself**

We live in a polarized world. This means that we pick different glasses to view life through. Some of us pick rose-colored glasses while others pick light-reflecting shades. Most people fall somewhere in between.

What is referred to as the dark and light sides are just two opposing ways of viewing life.

Many people living here on Earth have chosen a side in this polarized reality and have continued to serve that side lifetime after lifetime. Those are the ones that you would call the Lightworkers and the Darkworkers.

The ironic thing about this polarization is that both sides are fighting themselves. They both want to win an illusionary war because they have not realized that they are different faces of the same coin.

According to the Higher Self, the parts that we resist are the parts of ourselves that we do not want to acknowledge.

The battle between the light and dark forces is getting old and people are becoming tired of the fight. This is a great opportunity to get to know the other side better.

Protection is never needed when you know your Higher Self. Only when you don't know who you are do you have to protect yourself or change, save, battle or dominate someone else.

Our world is consumed with fear of our own darkness, which can be described as our own inability to accept all the aspects of our Higher Self.

So, when darkness comes for you, accept it as it is. This takes you to a higher vibration. Sending love or light with the intention to change, help, save or protect someone is not unconditional love.

Accepting darkness for what it is will liberate you from the separation that you have created inside of you. Behind that separation you find yourself. Your Whole Self.

### **Bringing your Higher Self into the human body**

When you become multidimensional you will be able to connect with other dimensions, realms and beings while still having a physical body here on Earth.

It is like reuniting with a much larger family. The beings in the other dimensions actually see you as masters because they do not have the ability to be multidimensional.

They only exist in their dimension while you will have the ability to shift your awareness between the dimensions as you wish.

You may view these beings as superior or more knowledgeable than you, but the Higher Self assures that you can bring all the knowledge and wisdom of the entire universe into this realm, into your body.



This is what makes this experience one of the greatest experiences in the universe.

It is important to let this transformation happen gradually while accepting and enjoying the process. Trust in divine timing.

Our bodies will take some time to transform. If we would integrate our Higher Self into our human bodies right now, we would explode because of the high frequency.

The body changes little by little, so be patient.

### **Hold your light**

Shine your light, but don't force it on anyone. The best way to be of assistance during this shift is to work on holding your own light.

When you embody more of your Higher Self you affect your surroundings automatically. You don't need to do anything but to be yourself.

People see and feel your light and when they do they have a choice to either let in more of their own light or resist it. Either way, it is their choice and their journey.

## **Entering 5th dimensional consciousness**

According to my client's Higher Self her light body is being prepared to enter the 5th dimension and the Higher Heart. This will eventually give her access to her 5th dimensional consciousness.

It has been a very difficult time for her since a multitude of negative emotions have been surfacing for healing. Everything that is not of the light and the heart has to be shed before this shift can happen.

## **Our current transformation**

My client's Higher Self spoke about the physical body being the last step in the light body transformation process since it exists in the densest realm.

For many years, I could see the light codes that were projected from the Great Central Sun as they activated and upgraded my own light body.

After the light body upgrades, the changes started affecting the astral, mental, and emotional bodies, and lastly my physical body.

Since I seem to be consciously aware of all five bodies, I can follow my own transformation progress and see

the changes that are about to happen before they happen in the physical realm.

Knowing about the process makes it easier to accept and removes any fear that may arise during odd body changes.

### **Connecting to the Higher Heart**

I experienced the connection to the Higher Heart in my own light body during 2017, so I know that this change has been on its way for quite some time.

To me, it felt like one big heart orgasm that jolted my consciousness out into our universe and made me one with the love that permeates everything inside this realm.

I expanded outwards and then I came back into my body again. Words lack the ability to describe the grandness of this experience.

The heart started to rewire itself on the physical level after this reconnection. It is a painful journey to say the least because it clears the body of all lower energies.

To be able to bring this connection and love into the physical body on a permanent basis is grand;

especially if many people will be able to do this. It would probably change our entire world and how we relate to one another.

My client's Higher Self described this upcoming consciousness shift to be a big event for humanity, and how it is connected to something that is happening in the photon belt.

This event will be really tough for many people since it will be the end of mass consciousness, as we know it. Everyone will be on his or her own "train" according to the Higher Self.

We don't have to depend on one another in our evolutionary path anymore. Each person will be able to exist in the dimension they choose to be in.

Even if we will be here in our physical bodies, we will have the ability to shift our awareness as we please.

### **Ascension within the human body**

The Higher Self of my client tells us that the ascension into the 5th dimension will happen inside the body this time around. This has never been done before, and those who have ascended previously always left their human bodies to be able to do this.

Just think of Jesus showing himself to his disciples in his light body after death, or any of the ancient Buddhist masters that transcended into their Rainbow Bodies. They left their physical bodies.

What many people refer to as the New Earth already exists on many levels, and many of us are there already, just like we exist in many other dimensions even though we are not aware of it yet.

After this shift, all dimensions will co-exist and we will be able to choose where we want to focus our consciousness.

Many people will choose the 4th dimension. The 4th dimension is a school or training place of some sort the Higher Self explains. Others can go much higher and some of us will leave this octave all together.

There will be a new kind of human walking the Earth in the future, a human that can hold all of the Higher Selves in one body. This is the next root race that will be born on Earth when the right conditions are met.

## **Full Self DNA**

The Higher Self continued to expand upon the concept of embodiment of the light body through another client who explained that our original,

perfected Full Self DNA allows us to experience the grandness of our being. He was shown a beautiful, radiant and colorful planet, where huge DNA strings were visible beyond the planetary atmosphere.

The connection to our Full Self (a.k.a God Self) and our perfected DNA resides inside our tailbones, but this connection is currently blocked inside our physical bodies to keep us from uniting with our many spiritual bodies and our Full Self.

Animals on the other hand do not have this tailbone blockage. That is why they live in symbiosis with one another, the eco-system and to Earth's consciousness in general.

We are the only species on Earth that are currently disconnected from knowing our Full Selves and cannot perceive the spiritual and physical world as one.

### **Portals between worlds**

Those who have some kind of connection to the spirit world (energy healers, mediums, channels, transmitters etc.) are not connected to their Full Selves, but rather connected to parts of their spirit bodies through portals that exist between the physical and spiritual planes.

These portals allow them to receive information, DNA codes and healing energy from the spirit world to aid our human evolution back to Full Self union.

This is what happens during my hypnosis sessions and through various spiritual energy healing modalities. A dimensional portal opens up as the client and practitioner connect to allow communication and interaction between the planes.

It is a temporary, supportive solution, one that will never replace the real Full Self union. It is meant to aid the process of reconnecting the human body with the spirit bodies.

Who opens these portals? Well, our spirit selves do this to support our Full Self union process. There are many types of portals each connecting us to different realms and spirit selves.

The Full Self union seems to be a very long and tedious process, one that will speed up as more and more people open up to the collective desire of ending separation.

Most people are still very comfortable living disconnected lives, in which they can enjoy their physical bodies without awareness of their spiritual essence.

This information adds to the explanation of the five-body-system previously mentioned. It also explains the mechanics behind transpersonal communication.

Throughout the years I practiced hypnosis, I always wondered how this technique worked between the dimensions. I knew inter-dimensional portals were opened during sessions because I could feel them opening and closing.

I also understood that even though the Higher Self could scan our bodies from another dimension and inform us about what was out of balance they were not really the ones in charge of the actual healing, we were.

The Higher Self was just watching our timelines and possibilities and aiding us through answering our questions and guiding us into healing ourselves. There is always free will and choice in everything we do as human beings.



# Healing Trauma from Atlantis

Many of my clients revisit the Atlantean cataclysm in their hypnosis sessions; and even though their experiences are different and unique, there are some common denominators here, such as a need for the stored trauma to be released and healed to move forward in their current life situation.

## The downfall

One of these clients, a man who was suffering from a throat blockage, received information from his Higher Self about how the traumatic events during Atlantean times had left him speechless and shut down his ability to express himself fully in this lifetime.

The Higher Self explained that the throat blockage that he was experiencing was almost healed now and that it would be dissolved very soon.

The Higher Self continued to explain that the client and I know one another from both Lemurian and Atlantean times and that we both carry these memories in our cellular structure, like all the other souls that were present during those eras.

The Atlantean beings are described as crystalline, not made of the same dense matter as the bodies that we have today. They existed in a higher frequency.

Sad emotions resurface as my client revisits Atlantis. He is told that he was a caretaker of the energy that supported the entire Kingdom, but that his people misused it as a laser beam to fight in the war.

Feeling superior to others and ending up having the directed energy backfire on them is what caused their downfall.

Even though he was not the one who came up with the idea, it was the people under his command that did this, so he feels responsible.

The Kingdom had many energy centers, where energy was stored and used for the welfare of the people. The caretakers of the energy lost control of it when they were trying to use it in a destructive way.

### **Balancing masculine and feminine energy**

My client is told that getting in touch with his feminine energy will help with the healing process because it balances out the masculine, war energies.

I am being told that I am supporting my client with this because my energy is more balanced than his and that my presence will have a positive effect on his healing process.

The balancing of feminine and masculine energy is something that all souls that were present during Atlantean times have to face in this lifetime to heal.

There are very few balanced relationships in our world today, the Higher Self continues to explain. Karma between parents and children is the most difficult thing to overcome.

My client is working on this with his own mother and is being told that whatever they are experiencing today, he has been on the other side in another lifetime, so they are both working on finding the balance in the here and now.

The Higher Self encourages continuous interaction between me and my client for healing purposes, but also states that we won't be working together in this lifetime even though we knew one another in the past.

Since the Higher Self mentions that I knew my client from Atlantean times, I will add my own memories of Atlantis here. I remember a tall, blue tower that

received and transmitted information that was connecting everything in the universe, and sustaining a natural flow of information between all of creation.

I was some kind of “Mother of Creation”, and part of the group that ordered the tower to be shut down, knowing that this would disconnect everyone on Earth from the upper dimensions.

We had no choice really because if the tower was not disconnected many other creations beyond this one would be destroyed.

I did not like the decision and it brought me great pain to see it happen because I knew that it would leave everyone on Earth in the dark, and that their enlightened souls would fall into forgetfulness, losing their powers and their wisdom for eons of time.

I felt like a mother to them, and knew that they would forget all about me as well. Somehow, I was more of an observer than a participator during this event. I knew I was not to return to Earth for a long time.

## **A lesson of power, ego and interconnectedness**

Another client of mine, a female biologist, came to me because she wanted a deeper understanding of why she felt dissatisfied with modern day science.

When she was regressed, she ended up revisiting an Atlantean reality in which she was an engineer of some sort.

Here, she lived in a society with the most spectacular technology and architecture. The buildings looked like they were taken straight out of a science fiction movie.

She explained how energy and sound was used in ways unheard of today, which means that her soul remembers more advanced ways of life than what she is having to deal with today.

It is the memory of something more appealing that made her feel like her current reality was not satisfying. The memories of Atlantean science and technology have been with her at a subconscious level.

She also held emotional trauma from the downfall of that era and explained how Atlantis had to be

destroyed because their technology advanced without maturity and a deeper understanding of life.

The destruction came as a shock to her because they all felt so talented and powerful. She described Atlantean ways of life as very masculine, individualistic, and competitive, and realized that their polarized ways created an imbalance that led to their demise.

There were many events before the big downfall and my client feels really sad about how everything had to come to an end because of too much pride and ego.

According to the Higher Self the biggest lesson to remember from Atlantis is that whatever you do in life has to be centered in the wellbeing of all, with humility and care for the environment.

*“You can be brilliant and carry out many projects but you should not repeat the same mistakes. Don’t do things to show off what you can do. Every project you do has to have a deeper meaning and it has to be in harmony with the bigger whole.”*

Even though humanity has developed much since the downfall, technology as advanced as during Atlantean times won’t be available on Earth in my client’s lifetime.

She is advised to accept that and do the best she can with what she has here and now, focusing on her own personal development instead of the development of society.

She is also encouraged to learn more about Atlantis, but let it go and come to terms with her past.

The downfall of Atlantis was divine will. Her path is different now, and in this lifetime she has to return to her soul, and unite with her heart.

She is doing a good job according to her Higher Self, and has learned many lessons already, not being driven by the ego and mind this time around.





# Starting Over in Ancient Egypt

Both of my clients who remembered Atlantis in the previous chapter also remembered how they continued their human journeys in ancient Egypt, and how their souls are of the Royal Family of Ra, also known as the sun gods.

## Children of the sun gods

Human beings that stem from the sun gods are often depicted with glowing halos or crowns around their heads in ancient artwork because this is what their so called God Selves or light bodies look like.

My client learns that her own son carries a lot of sun god Osiris energy, which is hard for him to hold in his small, human body and causes him to be super energetic. She radiates a very bright, wise and enlightening energy herself so this comes as no surprise to me.

She also describes her son's birth as a very sacred and otherworldly experience and she can feel gratitude and love from the spirit world for accepting her role as a mother to this child.

As the young wife of an ancient Egyptian pharaoh, my female client is being shown how she was buried

with her husband because this was the custom at the time.

When the pharaoh died his wife had to follow him to the afterlife. She feels claustrophobic, can't breathe and wants to run away but she can't because she is buried alive inside a pyramid tomb.

My client is going deeper and deeper into this traumatic memory and starts to feel lots of emotions. She can see the golden paintings inside her tomb and how it has been prepared for her.

She feels the injustice of having to die so young. She is observing the event from the outside and can see herself, her brown feet and manicured toes. She was beautiful but just a child: 12 years old. Her husband was old and had lived a long life.

She is leaving the traumatic scene to unite with her soul. She returns to the Sun where she gets to rest.

There is only love inside the Sun, no fear. Here, she meets her soul family, the Royal Family of Ra. She has a light body and can still feel positive sensations.

The symbol for the sun god Horus, with a sun disc over his head, is visually shown to my client and she understands him to be her father in this realm.

There is a lot of wisdom here, but she needs to go back to Earth again, to bring the consciousness of this place to the planet.

### **An ancient ruler**

My male client is being informed by his Higher Self that he had a life in the Sakkara area where the Djoser Pyramid is located today, a place where he feels very much at home when visiting Egypt in his current life.

This life was roughly 7000 years ago and he was a commander of the ruling class. He was not an emperor or a king, but more like a feudal lord. The Sakkara area was in his command and he won many battles with his army during that lifetime.

He also has knowledge of crystals from Sirius, stored deep within himself, that he can use in his daily life.

His Higher Self explains that while I am working with activating the crystals in the planetary grid, he is working with the activation of the inner crystals in the human body.

This is something that we both knew already but can now work even more consciously with in the future.

My male client is being shown his true form, an expanded state of being, which is the Higher Self aspect that is in charge of all his other earthly expressions throughout time.

This is his God Self. His other aspects include two more animal beings, both with important Earth assignments.

His God Self is a light body in human form. This part of him is in a higher state and protects all his lower expressions.

Visually he is very large in size, a human-looking being, with armor and a crown. Golden light is streaming out of his head.

### **My own memories**

Knowing that I have a soul connection with my client and have known him throughout time I will add that I also remember ancient Egypt, but not from the same time period.

I have a close connection to the 18th Dynasty (1550/1549 to 1292 BC) and see colourful blueprints of the Great Pyramid of Giza inside my consciousness.

Memories of Queen Hatshepsut resurfaced within me as I started remembering ancient Egypt.

I was shown how she was an earthly Keeper of the Red Flame, knew how to work with the fire element, and was directly connected to goddess Maat who was her Higher Self aspect. Anubis was very dear to Maat, and so was her husband Thoth. They were often working together.

When I visited Egypt in this lifetime it truly felt like a homecoming, and I was called there from the depths of my soul to meet up with a group of soul sisters and brothers from different corners of the world, as well as local natives who had been waiting for our arrival.

We were told that our meeting was a reunion of soul groups that had been planned eons ago and I have never experienced as much magic and synchronicity as I did in Egypt, walking between worlds.

Without getting into any details here, I will just say that I partook in the most beautiful spiritual experiences there and that my soul revealed my spiritual lineage to me, something that I subconsciously knew since birth, but had to remember again in this lifetime.

## **The many aspects of the soul**

My female client wonders if the sun gods are from our solar system, or somewhere else in the Universe. She is being shown that the Sun that she considers to be her home is indeed here in our solar system.

As this is being shown to her, she starts to receive an energetic download containing information that she needs to bring to Earth. Her soul explains that she is a beacon of light, and that she is here to shine her light out into the world

She can see this light from a planetary perspective, and how there are several other lights around the planet with a similar mission. They all connect as one big network of light.

She is not alone, but in constant connection with the other beacons of light. The network of light protects the Earth and elevates it. It is her job and her deeper purpose.

However, she also has human work to do, connected to past life karma that needs to be worked out. At soul level she exists in two planes at once.

The other members of the light network are here on Earth as well but not very close to one another geographically.

She can always sense their presence when she connects to the Sun. It is the Sun that unites them because they are all from there. It is their source.

This network of light is constantly active, like a honeycomb. She learns that the woman that she works for in this life is also connected to this light grid.

They are supposed to work together on a human level, and this person is also receiving information from the spirit world connected to their scientific projects. It is a good thing that they met.

Her breathing problems during night-time stems from the ancient Egyptian lifetime where she was buried alive. She also has nightmares connected to this that will eventually heal.

Expanding her consciousness will help her conquer her nightmares. She is processing a lot of emotional trauma in her dreams and she has to become fully conscious in her dream state and realize that the spirit is superior.

It is a process that she will master with time and practice. Meditation is recommended.

The Higher Self explains that she is also having nightmares because she is connected to the collective consciousness, and tunes into places of suffering due to her deep compassion and sensitivity.

It draws her in but she is not strong enough to heal suffering at this level. It is something that she will be able to master later on in her development.

### **A higher and lower purpose**

My client learns that her human purpose is just as important as her higher purpose as a beacon of light. In this lifetime she is to develop her soul, stepping into more enlightenment.

She doesn't have to influence big crowds or have any public powers, like during Atlantean and Egyptian times. This life is all about compassion, spiritual development and balancing her masculine and feminine traits.

The most compassionate and loving thing she can do for humanity is to work on herself and not get distracted by millions of projects. They are false distractions. Love is also self-love.



The Higher Self ends with some parting words:

*“This life here is not terminal. It is a small piece. There are many paths to take. There is no wrong or right if you are guided from your soul and heart. There are many ways you can go in this lifetime. The most important thing is to always, always reconnect with the heart. It feels long but it is the blink of an eye.”*

### **Animal soul aspects**

My male client also receives information about his dual purpose on Earth during his hypnosis session.

Another aspect of his Higher Self is a flying dinosaur-looking being that transmits energy wherever he goes. The energy radiates from the flying dinosaur being, but comes from a very far off place outside the planet.

He is also being shown 10-15 golden pyramids inside the forest. They are very shiny, and hidden, so not made for people to discover or visit.

These pyramids are all connected to the flying dinosaur being and were constructed a long time ago. They contain energy that was stored here at that time.

The pyramids are physical in nature but radiate a golden light, sort of like an aura.

My male client is then taken into a tomb inside a cave. Here he can see an opening from above where light is streaming into the dark to reveal another part of himself, a Bigfoot-looking being that moves through levitation.

When the Higher Self is called in to answer questions about these beings it explains that these lifetimes are not important for the client, but that they are useful because they are affecting his current life.

The more he develops as a human being, the more these beings are also growing with him because they are all connected. At the moment the flying dinosaur being has too much work to do in its reality. It is over-burdened.

The Bigfoot being is his wilder aspect that he needs to integrate. He can do this by accepting it and acknowledging it. He can learn from the animalistic nature of this being.

Animals are also expressions of the Divine and important parts of the Creator. They enjoy life in a more lighthearted and joyous way.

The Higher Self continues to explain that most people don't embrace their animalistic side because they fear

rejection and judgment, but that all sides need to be embraced and expressed.



# Ancient Priestess Life and Practices

The long-forgotten priestess archetype is one that many of my clients reconnect with during hypnosis in order to understand how to bring back ancient wisdom to the modern world. In this session story my client's Higher Self explains that many of her current health problems stem from her ancient priestess life.

## Worship, ritual, and boredom in the temple

My client experiences the life of an ancient Egyptian priest before she is shown a life as a priestess.

Both lives are in ancient Egypt and there are many commonalities between these lifetimes such as the importance of the Sun God Ra, their white clothes with golden features, and the color blue being integrated into everything from temple decorations to the gemstones in their accessories.

My client moves into the life of a temple priestess. She is shown a big wall painting depicting a goddess

that comes alive when people are worshipping and kneeling before her image.

As a priestess she serves as a bridge between the depicted goddess and the people, and this magical event seems to be common practice here.

She puts her hands in a water basin and splashes her face with it. She calls herself a water woman and says she knows the rituals of the water element. The whole temple is preparing for an event and there are lots of people moving around, about 30 men and women.

My client can see delicate rings on her toes. Her skin feels very soft and pampered. Her hair is long and she feels as if she is viewing this beautiful being from the outside at the same time as she knows that she is looking at herself.

She can see her head adornment, and her own head starts to feel very big, as if it is changing in size when she tunes into this lifetime. The water that she is splashing onto her head in the water ritual has a special connection with her brain somehow.

She is getting ready for a bathing and cleansing ritual, and the washing of her feet. Men are standing at the

doorway carrying towels. She takes off her robe and steps into the pool. It is white, delicate and beautifully pleated with lace and pale gold.

The water is warm and she can sense the smell of lotus flower. A big lotus flower is also visible in the pool. The Priestess is the only one in the pool and two ladies come to aid her by the poolside.

They wash her hair and join the ritual that is connected to letting go of the day. Everyone else is outside the chamber.

My client explains that she is well taken care of and does this ritual every day. But something different happens today.

She is suddenly given an item that looks like a crescent moon by another woman. It comes as a surprise to her and makes her emotional because it feels very real. Like being one with the moon. She feels gratitude and love.

She holds the crescent moon item above her head and a light beam streams through it from the top of the chamber and into the Priestess.

It is a ritual but it is the first time she has done this. It feels very empowering, and right, and helpful. She will be able to share the healing energies with others.

The woman that gave her the gift feels like her soul sister and my client gets emotional because she recognizes her. She has poker straight dark hair and is wearing a long dress in a pretty cream or beige color adorned with a turquoise gemstone.

The priestess moves on to her private quarters, that are located right outside the pool area. Not many people come here but there is a big window in the room where she can look at the Sun, the Moon and the stars. The room is sparingly but beautifully decorated.

She can see a dresser and a mirror. The walls are painted in blue with an aqua blue colored swirl pattern. She would like to go outside the temple but it doesn't happen often.

Her work in the temple consists of sacred rituals like the bathing ritual. She is also a seer that receives visitors who want to know what she sees.



She is shown a Sun symbol and some kind of round circle with a feather that is part of her seer ritual. She is one of many seers and was trained to live and work in the temple as a child.

She doesn't want to wear the headdress because she knows it is unnecessary but she has to. These are the rules of priestess life.

She feels bored doing this. It is the same thing day in and day out. My client starts to feel tense and tired in her body and becomes aware of a heaviness in her heart.

She is feeling the emotions of the priestess who longs for freedom and wants to experience life outside the temple.

She wants more interaction with nature and loves being outside. She has someone following her wherever she goes because she is a priestess, so she is never alone.

This makes her feel like a prisoner since she has all these divine gifts that are used for other people instead of for herself.

## Be yourself

I call in my client's Higher Self so that she can understand her heavy feelings better.

It explains that she has everything she needs to move forward in life and that her current life is all about the blossoming of the Inner Self.

People who challenge her are doing it for her benefit and development. She should not be afraid to be herself and go outside to enjoy nature, flowers and her garden. She is also told that she has come full circle, having developed as a star being having contact with human beings.

Energetically she has a healing effect on the environment and a deep connection to Earth, just being herself. There is nothing between her and the light.

*"You are the light, you are the path and you are the one traveling"* they tell her.

Her previously defined questions about her spiritual connection to Mother Mary, Mary Magdalene and the Sisterhood of the Rose are answered in the following poetic words:

*“All you are looking for is here in this space. The reflection is in the beautiful Rose. Ever before me on this winding path. It is opening the more I trust. It is like hidden secrets revealed that have been secrets for so long. Uncovering secrets when connecting to Self. Me being me. Their energy becomes outer expansion, revelation. The message is me, you, each of us. Profound and simple message. Beautiful understanding: each person before me reflect back to me. That is the beauty and growth. The blossoming.”*

### **Priestess wisdom for everyday life**

My client learns more about something called “living water”, which is explained as being pure water from the well of source energy. It is something that she can connect to through meditation, an energy that she can use for refreshment and revitalization, and for lighting up the cells.

She can also put crystals in her regular water, and charge the water with rainbow andarás and clear quartz they tell her. This is something that is very important for her to discover in this lifetime.

She is shown a scorpíó and learns that it is a power symbol. She is advised not to be afraid of its sting. Symbolically it is a bringer of beauty and life.

She is told the she has written things during a past life that will be revealed. It is not known yet in our time but it will be uncovered to help humanity understand more about our past. She can read hieroglyphs. This ability is stored within her soul memory.

The Higher Self continues to speak about duality as two sides of the same coin, such as Night and Day. Each side reveals the other and are needed. The beauty lies in the dark to be discovered.

The moon ritual that she was shown in the temple was the embodiment of goddess Isis energy and she is advised not to be afraid to embody her fertility and being the perfect wife of all that is to be created. Inside the womb there is dark space power, ready to be revealed.

It is time not to hold back anymore. Much will flower with Isis creative energy. She can connect in nature: with the water, flowers, the Moon, the stars, the Sun, and the ocean. By drawing, in meditation, doing yoga, through movement or being in healthy water.

I ask the Higher Self to scan my client's body and let her know the reasons behind the many body

symptoms and problems that she has described in our pre-chat.

She learns that her problems with orgasms has to do with her temple life, where she was not allowed to feel life and pleasure. It is very important for her to connect with her sensuality in this lifetime, something that she can do with the help of roses and oils.

Her strange, irregular periods are due to a hormonal imbalance that is caused by necessary cellular changes. Society tells her how things should be rather than noticing what shall be. She is advised to let these changes happen and take good care of herself.

Nothing is wrong, and she needs to listen more to her body to discover what it is telling her. Other women are also experiencing this. The hormonal imbalance is an old program that needs to be dissolved and transmuted.

Her period pain comes from holding back and not trusting. People are powerful and can be their own enemy or best friend.

She is holding back life force. She should listen to her body, love it, talk to her pain and let it go. It needs to rise to the surface to be healed.

After scanning the body, I ask the Higher Self to deepen her understanding of the Avalon Priestesses and her connection to them.

The Lady in Grey is another name for Mother Mary the Higher Self explains. Grey is in-between black and white. It is a grey zone that has no boundary or border.

Pricking the finger, which is a common theme in mythology, represents the revelation of the blood which is the truth. Physical experience is pain and pain needs to be understood to walk beyond it. And to show others.

The Higher Self also explains that there is a lot of dragon energy in her relationship with her husband. It is a divine explosion of partnership to be explored. It has to do with all that is coming. It is very important for them to understand why they are together.

They can be together and be independent at the same time. Dragon energy is being described as the vehicle of what they will be creating together to share with the world. It happens when they come together and is beneficial for everyone involved.

The Higher Self ends with the following parting words before it recedes into its place:

*"There is no need to be afraid. Keep putting one foot in front of the other. All is being revealed through you. It is not coming to you. You are the writer of your story. The story is real. That is not an illusion. It is actually happening through your creation of reality."*





# The Organic Web of Life

In this hypnosis session we learn that extrasensory abilities were used much more consciously during previous eras; when priestesses knew how to travel through the organic web of life. We also learn how these abilities were shut down in the past and can be turned on once again.

## A priestess gathering

My client starts her hypnosis journey in an ancient Egyptian market, surrounded by busy people selling spices, fruits and oil lamps.

She can hear their chatter, but is quickly moving away from the market to enter a lush, serene garden scene filled with palm trees, natural stones and painted colorful walls and artwork.

She sees herself as a woman wearing a light, flowing top, a gown and a heavy metal belt decorated with a big, blue, translucent stone.

Her clothes are very comfortable and she feels beautiful and important. Her feet are wrapped in silk cloth, with an opening for the toes.

Her hair is tied up and has beads in it. Her forehead is quite big and there is plenty of room for a head piece that indicates that she is a priestess. It is in the shape of the wings of a vulture.

She walks down some stairs that lead into a rock formation in the ground. Here, she makes a sound and touches the walls that recognize her and reveal a door where she can enter a hidden place inside the rocks.

Once inside, she can see sculptured walls and pictures on the walls. There is daylight inside this place and many priestesses have gathered here. They communicate without words and have come to reconnect with one other.

I ask if they are etheric in nature or have real bodies and my client tells me that they are real people in real bodies, but that walking through walls seems to be perfectly normal for them.

Physical laws are different here. The priestesses enjoy being together, united as one soul. They have come here to charge inside a connective light grid.

There is a tall stone in the middle of this place with signs and geometry on it. It holds the frequency and the priestesses are neither dancing nor floating, but moving around it in a very fluent way.

The stone feels very soft and comes alive when touched. It is a recorder that can record everything and imprint it into the stone. My client calls it a “time capsule”.

But there is no time, just “reprinting points”, described as sacred geometry that my client can feel in her face. It sucks her in and she is suddenly inside the stone.

Inside the stone she feels like she is walking through a spiderweb. It is organic, she can feel it inside her skin and her whole body is part of this organic web.

### **The organic web**

She learns that inside this organic web you can travel through the body, the cells and into space. Into planets and even beyond. It holds the memories of time.

When my client describes the organic web to me, I understand my own experiences of traveling inside my body, through my blood, my cells, into space and into the past or the future.

This is a natural ability that the priestesses had and that many of us have today even though we may not be conscious about it.

To have this ability explained feels very enlightening and like an invitation to using it more consciously. The priestesses start speaking directly to my client now to clarify the things that she is being shown.

The information is quite hard to understand from our current perspective because they speak about sacred geometry, crystals and electric circuitry in the membrane and the cell.

The priestesses also explain that we have crystals in our bodies, but no connection to the electric circuitry. They tell my client that they are located in another time speaking to her from there. They are recording information in their time because this is their task.

I ask the priestesses if my client can use these priestess abilities in her current life here on Earth.

They explain that she has to activate her senses, and that there are many more than five senses. By tuning into the feeling of our senses they can be activated.

The priestesses are also showing my client a similar stone in a museum and explaining that there are many of these stones in our modern world.

The one that they are working with is not the only one. These stones contain potential for healing, recharging and activation of the earth grid.

The stones, 33 of them, are connected to the planet and we are being informed that the main one is located in a British museum where it is being misused and has been disconnected from the other ones.

A British royal is named as being semiconscious of this because she is from the lineage that disconnected the stone to begin with and bound to it because of that. It gave her lineage power to rule over others.

From a higher perspective this was allowed and there is no dark agenda here, just levels of consciousness.

This particular royal was alive when this information came through my client but she passed away in 2022. According to my client she never enjoyed her power and felt imprisoned by it.

Through my hypnosis work I learned that we all birth ourselves into the many earth lineages to bring them forward through healing polarity.

Only the strongest souls take on challenging roles to move the collective forward, working with both the dark and the light forces.

### **Synchronicities revealing our connection**

I have to add here that I had the most amazing dream about the stone that my client described a few years before this session and had to ask my client more about it since she knows about it as well.

Synchronicities like this often happen during hypnosis sessions so that we can put our information together and understand things in a more enlightened way.

In my dream I was with a soul sister inside a modern museum filled with ancient artifacts. We stood in front of a big stone with strange writings on it.

As I touched the stone it came alive and I could travel inside it. It took me into other worlds and times.

My client tells me, as she is connecting with the priestesses in the other timeline, that the stone in my dream is the same stone that is located in the British museum.

I later found out through another soul sister that it is an ancient Egyptian stone called the Rosetta Stone and that it is indeed located in a museum called the British Museum in London.

It is the main stone in the stone grid and since we have become conscious of the fact that it has been misused it needs to be reconnected to its original intention again.

It can be done from the British Museum and the Rosetta Stone needs to be reconnected energetically to another stone in China that is being used for good.

Many of the other 33 stones have been disconnected and reconnected to some kind of artificial matrix my client continues to explain.

The artificial matrix blocks and diverts the connection between the stones but they can never be completely disconnected.

The ancient ritual performed by the royal lineage diverts the light spectrum which creates an information gap that delays natural evolution.

But a new era has started where we will remember what was done and see the past for what it was without judging it as good or bad.

When things become visible there is an immediate return to harmony. Everything comes out of the dark because there is no need to hide anymore.

As a collective we are not there yet, but we are being told that during this incarnation my client and I both have the wisdom and the vision.

My client is being shown a bee hive and learns that the queen bee is the true queen. The bee hive would never recognise an artificial queen.



The royal lineage implemented the artificial mechanism so that we could not connect to our full potential. In divine timing we will reconnect according to our free will.

We are being told that there are many truths depending on what level of awareness you have. When everything returns to its core there is only one truth. It is hidden until we come closer to it and see it for what it is.

I call in the Higher Self to give my client more clarity regarding what to do with her priestess memories.

She learns that she is doing great things already, working with a range of spiritual offerings, and that many people will find her in the future. She will also receive more information from people whom she will meet on her path.

She carries ancient soul memories that will be remembered in her lifetime, such as the rituals of sacred sexuality and divine birth, wisdom that has been long forgotten and distorted by most religious groups.

Here, the ancients knew how to harness pure light and create light children. These children carry the energetic codes for our upcoming evolutionary path and are needed for our world to continue evolving.

Later on in life she will teach this in a more conscious way. Right now, she needs to focus on working with the time-space continuum, access the information there, translate it, and share it with people. She is also working with the earth grid.

I ask the Higher Self if they can help her remember more and she receives information connected to ancient Egyptian Princess Scota, the mythological ancestor of the Gaelic people and the daughter of Queen Tiye in ancient Egypt.

Some of these memories are not pleasant so my client has been trying to avoid them but the time has come for them to be revealed.

She is reminded of her role as an ancient wisdom keeper that is bridging the European, African and American continents.

This hypnosis session ends in the most unexpected way, when the Higher Self starts speaking about

something called the Codes of Creation and explains that they are sounds, notes and tones.

Simultaneously, my client's doorbell starts ringing and they continue to speak as the bell rings:

*"Like the ones you are hearing now. Like a signal. You listen and there is communication for you. You are part of this body of knowledge. A resonant sound. Others are attracted to your sound. You have a ringtone and the ones that know their ringtone would be attracted to you."*

And when the doorbell stops ringing my client's phone starts ringing instead and the Higher Self continues:

*"It is a wake-up call. It is time!"*

We both laugh joyously when we realize that the bridge between worlds is open.

Before the Higher Self leaves us it explains that my client and I know one another from lifetimes in Egypt and Ireland, and that we carry ancient codes connecting three continents that need to be re-awakened.

This is a confirmation for us both, and super interesting for me personally since I can feel this continental connection within me and was informed from within about the Codes of Creation many years ago.

# The Rose Lineage

Women from all over the world are discovering their inner connection to the Rose Lineage, a spiritual lineage connected to the divine feminine and the goddesses. Here I have summarized interesting information coming through a hypnosis client with a strong connection to this lineage that reveals itself to those who resonate with it at soul level.

## The rose appears

My client is being shown a vase with water in it. It is tilted sideways and water is pouring out of it. She feels the sacredness of this scene and hears the words *"I am waters of life"*.

A rose becomes visible in the dark and she starts feeling waves of grief, becoming the grief, not knowing if it is hers or not.

She moves forward into a temple with an underground, sunken bath covered by a vaulted ceiling.

There, she steps down into the water to bathe in it. It feels really good for her to be in the water and she can see whole roses and rose petals in different pink shades floating on the surface.

The water takes her on a meditative journey, through the water, and into the stars.

The ancient Egyptian Ankh symbol is visible now along with two women who are watching on the steps leading into the bath. This is a bathing ritual. You bathe and then you journey.

The two women introduce themselves as the Shining Ones and they are wearing white, plain robes.

My client cannot see their faces but the temple is filled with statues of ancient Egyptian goddesses. Goddess Sekhmet shows up in her Lioness form, and starts clearing emotions inside the body.

*“Fear not the grief, fear not your anger. Let not your emotions consume you. Breathe beloved, simply breathe.”*

Sekhmet speaks at the same time as my client feels like water is washing away all the trauma and memories from the fall in frequency.

### **The Shining Ones**

Sekhmet aids my client by getting her emotions out of the way and now the Shining Ones want to speak through her.

*“We are the Shining Ones. You too are the Shining Ones. There are many. Many beings. Many times. Many places. These places are connected energetically. It is time to let go of the trauma, of the emotions.*

*And yet in this now moment which collapses all timelines, it is the energy of love that wishes to move through you, through your teachings, through your work. All this is available to you in any time, any space or place.*

*The teachings of the rose are within you, for you are the rose, the energy of the rose, of the divine feminine in all forms, many forms, many faces, many aspects, many bodies. We are many. But we are one.”*

My client can see the faces of the Shining Ones changing and they ask me if I want to ask questions so I start asking the questions that my client has defined in her pre-talk.

**Q:** Who are we speaking to?

**A:** We are the Marys, we are the one and we are the many.

**Q:** And why are you stepping forth today in this session?

**A:** Because you have asked, because you have a connection. The important thing is to trust. Trust in Self. Trust in your connection.

**Q:** Is my client working with you already today?

**A:** We are connected always. But not always consciously.

**Q:** I wanted to speak with my client's Higher Self. Would you be able to answer instead?

**A:** We are an aspect of the Higher Self. We are all here. You may ask.

**Q:** Her connection to King Abraham, who is he?

**A:** He is one of many, many prophets and messengers. Those who have been connected.

**Q:** You mean in his human form, or in his spirit form?

**A:** In physical form. A representation of Spirit. The one representing many, as each of you are one representing many. You are not alone. We come to you in a way that you can perceive. This connection that you would call biblical times is an energy of the Christos light which you are part of.

**Q:** Do all humans have this connection to Abraham?



**A:** Abraham is a collective energy. Those who come together, work together for particular projects on Earth.

My client feels like the connection to the Shining Ones is fading so I call in her Higher Self instead.

### **The rose path**

It explains that she was shown the scene with the rose in dark space because the dark is not to be feared.

Within the dark there is light. She was shown creation. The rose is the light that comes through the darkness, through the void, through your womb.

This is the divine feminine. The dark and the light are interwoven.

The temple scene was made conscious because the Goddess is strong at this time, both with my client and with the collective. It is a part of the soul's pathway and it always has been.

My client is advised to follow the path of the rose. It is a circular path, the spiral of life that spans many dimensions and creations.

The Shining Ones are not of the 3rd dimension, they are of the 7th dimension. They are to assist her and they are of the rose light, of the Goddess.

The Higher Self continues to explain that as women, it is part of our path to connect more deeply with the divine feminine to heal. These stories and energies need to integrate.

On the level of thought there is no healing required. It is simply remembering. We need to be in our physical bodies to do the work we came to do, and to connect with the light and the energies from many dimensions.

We get caught up in the physical dimension, in its laws and reality.

At the same time, we are connected to other dimensions, some which we are aware of and others which we are not, just as the Higher Self and the aspects of the Higher Self are consciously connected.

The Higher Self connects all those aspects. The Higher Self is not one but many.

## The nature of emotions

Sekhmet's presence was showing my client that her emotions come from the love that is transmitted from the multidimensional aspects that are present, and from the many light beings that work with her.

This emotion can overwhelm her because as it comes through it is dissolving lower dimensional aspects. It is a case of surrendering and allowing the oneness, allowing the love.

*“This is the difficulty for her with the body, feeling into the lower vibrational aspects and timelines, for those aspects are connected to the purpose of the collective consciousness, that she like many like herself have chosen to work with, transmuting and uniting aspects.”*

The Higher Self explains that they could go more into this, but that it is not required. My client has the knowledge already, and the lessons from these lifetimes are stored in the body: in the heart and in the Akashic Records.

It is a so called imprint and it is difficult for the Higher Self to describe what that is in human ways even though they say that my client has greater understanding than many others. It is being compared to stepping into a hologram or a movie.

The Higher Self continues to explain that my client is connected with many planets at different times of their evolutions.

She likes to travel, as do many others. They suggest more meditation for her to get clarity about her previous experiences. Patience and discipline is needed for her to understand the bigger picture.

### **Longing for community**

My client desires to connect more with others, with community and therefore this becomes her mission. She has done much already and she has questioned her pathway they explain.

She has many tools to assist others with and these tools can be integrated instead of going from one tool to another. She can create her own tool out of the gifts that she enjoys and teach in a way that allows her freedom.

*“In your reality you have many rules and regulations”* the Higher Self explains.

*“It is time to let go of the rules and regulations, the doctrines and the indoctrinations and start teaching the ancient ways. Teach from the heart.”*

*This is a collective journey. Many of you are desiring to collaborate and this is what she desires. If she is doing everything alone, she will miss the community of her tribe.”*

I ask the Higher Self why so many spiritual collaborations fail even when people want to come together for a higher cause and they explained that during past times, we had conflict, wars, and traumas, that are still influencing us.

They mention the Egyptian times, the Cathar times and the Native American times as examples.

*“Many of you have experienced this in other times and dimensions. Hermits or priestesses. You were not surrounded by so many people and on this day your purpose is to reach more people and this you feel within you as a burning desire.*

*And you always feel that you are not enough, there is only one of you and so many people. This is the challenge, to come together in harmonious ways.*

*In ancient times you did indeed come together without ego, without all the rules and regulations that you have in place in this 3rd dimensional reality. These are the constructs of the ego and the mind.*

*The wounding that is within each of you, the memory that is within you, the traumas are played out. You have been betrayed, you have been judged and rejected and isolated. And yet you survived and the heart still opens and desires to connect. This is remembering of truth and of love that is to be taught.*

*We are between dimensions at this time. We are the awareness of oneness and yet we also have within your physical reality so much conflict still within your world.*

*It is to breathe through these experiences, these emotions.*

*The physical reality that you see in your world and around. This is not real.*

*This is not the love that we are.*

*You as individuals and as a collective.*

*What you have chosen in this lifetime. To heal the traumas and come together in community, in sisterhood and brotherhood.*

*This is the message. This is the way."*

*My client is advised by her Higher Self to work with her guides that are described as being aspects of her and parts of her soul group that exist in various dimensions.*

Each aspect has different skills and because of this she needs to discern when to connect with what aspect.

Thalamia is an aspect of hers that is really good with magic and the magic wand. My client doesn't like connecting with her because she is worried about what others will think.

According to her Higher Self she is stopping herself which is a very common problem for humanity.

*"She is far too serious. There are many people who will accept these skills and these abilities"* they explain.

I ask the Higher Self why my client is feeling pain in connection to leadership and they explain that these are aspects of the self that are fragmented from the soul.

By integrating these aspects, she will discover many gifts and abilities from other times, places, and dimensions, that she can use in her current life.

*"There is no requirement to go through pain. It is to move beyond the pain."*

*To expand out as we are speaking, for it is an energy in your dimension that you experience through the emotions.*

*Sometimes the emotions give you the implication of going into another dimension, another time and space, to remind you that all that occurs is, that it is never the end.*

*That you do not die; that you are eternal beings.*

*So often when you connect with these aspects you connect with the trauma.*

*It is to know that whatever has happened you do not need to repeat history. This is the lesson.*

*Many of your issues in this 3rd dimensional reality are because people have given away their power. They feel like they have no power.*

*They have inherited conditioning, they have inherited rules and regulations that are not serving the greatest good of all.*

*You are here to help people move through their power issues to empower them from within. That you may change. That which you have been given for the New Earth.”*



# Afterword

In this section I share some of my personal discoveries as to why I was called to do this work and the nature of my soul connection with the late Dolores Cannon.



# A Message from the Upper Dimensions

During my first year working with hypnosis I was awakened in the middle of the night on August 8th by energy and information streaming through me and had to write it all down as it came through. This cosmic alignment between the star Sirius, the Galactic Center and Earth is called the Lion's Gate and opens up a portal between the physical and spiritual realms.

## Our most recent past

In the first energetic transmission, the Blue Bird Beings came through in their energetic form which felt like an enormous amount of bubbles running through my body in the most pleasant way.

I could feel and see that they are a collective of energy, a group of beings working as one.

They informed me about our ancient Earth history, and how they had been on Earth previously to teach Priests and Priestesses about the Law of One during ancient times.

This was a glorious time and a golden era for humanity. They were our evolutionary teachers as we were making progress in our human development.

At one point in time however, there was a huge flood that wiped out most of these teachings and the ones that survived only had bits and pieces of the original knowledge.

The new teachers distorted the original teachings and the three Abrahamic religions (Judaism, Christianity and Islam) started to form.

This is the era we are living in today, the Fifth Root Race, which has been focused on separation, and an unbalanced male/female polarity expressed through the patriarchy.

### **Reconnecting to the Upper Dimensions**

I was shown the blueprint of the insides of the Great Pyramid and how it used to hold a huge flame of blue light streaming into the Earth grids from the skies.

This is what it was used for—as a receiver and transmitter of energy and information between the Earth plane and the upper dimensions.

This blue light connected us to the other realms and to our star sisters and brothers.

When it was shut down, we were left in the dark, without any contact or knowing of our oneness within the other planes of creation. We went into a cycle of stagnation and darkness.

But now we are able to reconnect. The more we connect to the energies that are streaming into Earth, the more we activate our memories within.

We are living libraries and our bodies hold eons of cosmic history inside each cell.

### **A personal message**

The next night I received another very personal message that streamed through me like an energetic transmission.

*“Sirius is a gateway to the upper dimensions that you would call eternity. There you can imagine everything that your soul desires. It is a place of creation, whereas Earth is a place of action. These two worlds collide in Sirius.*

*Everything is already created within eternity, and you act it out here. This is a playground for the intellect. Far*

*greater laws govern the upper dimensions. That is why it is not easy for you to understand in human terms.*

*Trust what you are receiving Caroline because you are a clear channel even though you have your doubts. We communicate with you all the time. We are you in the upper dimensions.*

*Please don't resist speaking truth. It will help mankind greatly if you do not stop yourself from speaking out. You know this. Continue doing what you do.*

*You and (name removed) are doing the same thing, transmitting, but what you don't know is that she has another agenda because she is tied to another group of beings whom she is working with. Be inspired, but always follow your truth.*

*We are all transmitters, just tuned into different radio stations. The feeling you get when you speak truth is a very flowing one. Words just flow!*

*You are us in human form. We exist beyond this plane, so in a sense our constitution cannot be explained to you at the moment. We can grant you access to our data, but we cannot live it for you. You have to do the living.*

*You came to help mankind evolve. Free them from stagnation. You are both a human and you are not. Your body is human but your consciousness is intergalactic.*

*You came to ground your knowledge to Earth. We are one.*

*You are all colors of the rainbow. There is only one you; the rainbow. However, when you express your colors you can see the other colors better. So, when blue becomes blue, you can see the red and vice versa.*

*You cannot see your true essence without separation. This is why you take on different colors.*

*Flow is very important to you Caroline. Without flow you are dying. We all are. This universe has been dying, but many of you have come here to help out with the flow. Once everything flows again, polarity is balanced. You will be able to evolve. Continue growth!*

*The Lion's Gate will help you come together as one. The more you share with one another, the more you will understand that you are one. We have imagined things for you, but you have to live them. You make them come to life.*

*Ask for what you want and it will be provided. Translate energy into human communication. Speak, write, paint and sing truth. What comes through you."*





# Meeting Dolores Cannon's Higher Self

Throughout the years I have reconnected with spirit guides and soul family, who all had important wisdom to share. One of my most beautiful meetings within the many dimensions of my consciousness was with a Higher Self aspect of Dolores Cannon who made me understand why I do this work.

## An unexpected meeting

One morning as I journeyed inside myself, I ended up at my old workplace. I could see everyone there, yet they could not see me.

I felt the sadness connected to this place and when I realized that I was “the observer” of this scene I asked for healing for everyone there.

As soon as I asked for healing, the entire scene was engulfed inside a huge energetic cross and I was moved to a place within myself that I call “white space”.

I could see beings seated around a large oval table but could not really see what they looked like since they were translucent.

I then heard myself ask for Dolores Cannon, who is no longer in the physical world.

She showed up in front of me in the form of a huge, light yellow orb of energy. Looking at her was like looking at the most magnificent spiritual sun.

I told her telepathically that I loved her deeply and started sobbing in her presence as I felt the powerful presence of love in this reality.

I thanked her for showing up and suddenly film-clips containing symbols, images and code started to scroll in front of the light orb that I knew as Dolores.

Something was being communicated to me but it went beyond my human comprehension. I then instantly exited this state of being and returned to my current reality so that I could write everything down, since I usually forget these experiences if I don't.

The day before this event, an aspect of Dolores's Higher Self showed up through my client in one of my hypnosis sessions with the message that she is always with us and watching us as we do the work.

I later received messages that informed me that my meeting with Dolores's Higher Self aspect had happened inside the Council. I also know that the

work that QHHT practitioners are doing today will aid humanity in ways that our Human Selves cannot quite comprehend yet.

I feel humbled and grateful for being able to bring these session stories to those who are aligned with the messages that are coming through.

We all serve as mirrors for one another and every story in this book contains hidden wisdom that each reader has to interpret individually.

Some react emotionally to the stories in ways that touch the heart and soul. Others can feel the energy behind the stories, or connect mentally with the teachings.

No matter what your experience will be, trust that all is well.

### **Direct contact**

Another time when I felt Dolores's presence I turned inward and asked to speak to her Higher Self through writing.

I call this communication method "direct interface" since it allows me to communicate with soul aspects

through my own body by asking questions and receiving answers.

**Q:** Where are you located right now?

**A:** In the 7th universal biosphere.

**Q:** What is your nature over there?

**A:** I am pure organic light.

**Q:** What is inorganic light as opposed to organic light?

**A:** Inorganic light is the light that is filtered through the nanosphere. A light that is less than perfect. A light that has its flaws of imperfection.

**Q:** And what is organic light then?

**A:** It is untouched light. Light that has no filter.

**Q:** What do you do over there?

**A:** We speak in riddles. In analogy. In less personified voices. Here we can see everything that you do. We watch you always. It is our job.

**Q:** Where are you from Dolores? Where did you originate?

**A:** I originated in the Orion's belt. We all come from there. But we moved on a long time ago.

**Q:** Are you one of the Ancients?

**A:** No. (My inner vision wanders to Feline creatures. Not sure if this is her answer or my own interpretation?)

**Q:** Why did you come to Earth?

**A:** To reinstate the records.

**Q:** What records?

**A:** The records of Earth's untold history. It was a milestone in my work. One that I planned for a long time. To bring back ancient knowledge. This is what I do. I share knowledge and wisdom. It is my specialty. I have always done this in many forms and lifetimes. Not only on Earth.

**Q:** And how do we know one another? I recognized you when I met you in your light orb form.

**A:** Before you came to Earth you met me inside the Council. I was there as an expert in your mission area. The area you chose to undertake as a soul going to Earth. To bring back ancient knowledge and understanding to the people.

**Q:** And the codes that scrolled in front of you. What was that?

**A:** I downloaded you with my knowledge so that you would not have to learn everything from scratch. This has helped you on your path. You don't have to struggle to access the information you need to bring forth. It flows through you and is stored within your cellular structure, like a database that you can access at wish.

**Q:** Thank you for that answer Dolores. This makes me more curious about an interest area of mine (cellular regeneration) which I want to understand and introduce to the people. How can I access that information?

**A:** You have to activate that memory within your own cellular structure first. This is how you open up your connection to that information.

**Q:** And how do I do that?

**A:** You simply ask for it. And allow it to unpack in your consciousness field. It will be an instant recognition. You will know what to do. Try it tonight.

**Q:** Thank you Dolores, I will do that. I will stop my questions now. I need to digest this and get over the

doubt that I have regarding this conversation being “real”.

**A:** The doubt comes from fear. Fear of not being understood.

The energy started to intensify and I could feel how we merged into one instead of two beings having a conversation. The dialogue became a written transmission.

*“I am Dolores. I am you. We are one.*

*I have come to answer your questions in more detail as you asked for my presence.*

*We can always communicate in this way, you know that. Writing is something that I used to love and so do you.*

*We come to you in love because that is our nature. Our nature of being. Without love we would not exist.*

*It is this love that binds us to one another. The great love of creation. For creation.*

*As creators we love to create. In love. For love.*

*Like making love. And creating universes with that love. That is what we do.*

*We have stated this before but we will say it again.*

*You are doing great work. You always doubt yourself and that is the nature of the human mind.*

*It loves to play tricks.*

*But beyond the human mind is the universal mind. It is different. It stores information and downloads it into your consciousness, so you can access it at will.*

*Most people have not figured out how to do this yet but you are on your way.*

*It is this awareness that will free you from your daily stress. When you spend less time being worried about your daily tasks and obligations, great inspiration can stream through and help you act in the moment, in your highest truth.*

*For it is that truth that guides you home. Home to your essence.*

*It is the science of freedom. How to free your cells from their programming. You see every cell is programmed with past trauma. It is this trauma that causes it to stagnate and die. If that trauma was not present your cells would be able to regenerate themselves without difficulty. Now, they are barely able to hold the light that comes through.*



*As your bodies change, you will be able to hold much more light in your nanospheres, but you need to clear out the trauma to be able to hold it.”*

I was then instructed on how to proceed with cleansing my body and received some advice on my way forward, but since most of the information here is personal and includes other people I am keeping this part private.

The transmission ended with the following words.

*“Offer them kindness. Offer them love.”*

And as I returned to my regular state of being I discovered that I had received an email from a person asking questions about Dolores Cannon and the hypnosis work that I do.

Synchronicities like this always happen to give me confirmations on my path and keep the work that I do light-hearted, playful and fun.

Conscious awareness of my soul’s mission gives my life a much deeper meaning and purpose.

And here I part with you and hope that my storytelling has inspired and supported you on your own path. Many blessings, from my soul to yours!



## About the Author

Caroline Yazi offers inspiration and support to brave people who are waking up to their true essence and want to find tools that create space for new experiences and a new way of existing in our world.

Learn more about Caroline on her website:  
**[www.carolineyazi.com](http://www.carolineyazi.com)**