

From: Paul: 1) Is Traversing The Frequencies a technique that enables the body's frequency to increase or its purpose is purely to interact with entities in higher frequencies to provide awareness of the greater reality and potentially answer questions we may have? For example, by traversing above the 11th frequency does the body's frequency increase by our consciousness being at that higher level OR the body gaining frequency is a byproduct of increasing our awareness eg. due to interactions we have with entities at those levels?

2) Ancient sacred texts refer to important years things will occur eg. 2012. Nostradamus was also specific about years for given events. I understand you have explained that 2012 was merely the start of a shift, where many would start to individually ascend, as supposed to a mass ascension event.

However, I note that Ethiopia still use the original Coptic calendar, which is currently the year 2018.

Noting that time is an illusion of the lower frequencies, it made me curious how specific years are perceived in the energetic. Is the original Coptic calendar the one that's used when specific years have been provided:

* by Nostradamus in the information provided to Dolores Cannon

* in ancient texts covering key metaphysical events

If so, that may explain where some events occur about several years out of sync.

3) What does kumbhaka (retention of breath) do to the body at an energetic/spiritual level?

I note Yogananda didn't publicly teach all that he knew at the time (eg. he only taught Khechari Mudra privately) due to the low awareness in The West at that time.

4) Sometimes we do not have peace and quiet to do any of the exercises above. Yogananda recommended Hong-Sau for such occasions. However, noting what some say about the power of breath retention, am I correct in sensing that Seraphim Breath is more optimal than Hong-Sau at increasing our frequency?

If so, if one still wished to do Hong Sau, would Hong Sau be more optimum if one did breath retentions after inhaling and thinking the word Hong, then a breath retention after exhaling and thinking the word Sau?

5) I understand that Tibetan monks typically do six second breaths ie. a six second breath retention after each inhalation and exhalation. Is six seconds the optimal length of time to inhale, exhale and retain the breath if we are aiming to better regulate our breath or obtain a benefit to the body or our evolution?

References below to Seraphim are The Nine Devas of Crystalline Atomic Fire (AKA The Seraphim) channeled by Mattias Flury.

6) I note that everything has latent potential to be everything else. When we think of the name of a Seraphim (doing technique as per attached image) do we, by our intention, imbue the air we breathe with the energy of that Seraphim? I assume this is similar when we think Hong-Sau ie. the air takes on the higher energy of Source, and that is the reason it benefits the body?

7) I understand each of the nine Seraphim has a particular role/specialism, so I assume they provide the individual with a different energy and benefit. My thinking was that one may be better than the other when we wish to feel calm, confident, brave, self-love etc. What are the key differences in "breathing in" Adritmiel, Anabell, Axiel, Mikhaiel, Naviel, Rafaiel, Sabaiel, Xiabiel, and Yoriel?

8) We cannot normally see things in higher dimensions, but when I took mushroom chocolates my intuition was that I was viewing the environment at a higher frequency. Trees more full of life force, air had more floral

scent, colours were brighter. It's well reported that many individuals see the same Machine Elves and architecture when they take DMT. Is it possible for some substances to enable us to temporarily "see" things at a higher frequency?

From: Bill: When my brother was age 11, he was diagnosed with leukemia. I accompanied him and my father to the children's hospital weekly where other children were also present for treatment almost all of those other children with leukemia died, but my brother didn't and they said he was one of the lucky ones. My father had a deep belief in God and would lay hands on my brother willing his strength into my brother's body. My father died young at 64. My brother is healthy at 74. How do you explain this? I'm sure the other parents prayed for their children, but their prayers were not answered. Was my brother's recovery happenstance or the answer to my father's prayer or an experience that was simply part of his life plan while others routinely died, leaving grieving parents.?

From: Nichol: 1. We all feel the rising anxiety, stress, and uncertainty in the world. I know this is designed to shed a light on what isn't working, so we are motivated to finally address a broken system. Does this also act as a mirror for families in need of healing? I've noticed in my own family that childhood issues are now surfacing more than ever (for my grown kids). They want to air things out and dig through their trauma to understand it. Granted there was a lot of it but we've always managed it somehow. And what's more, I feel like a lot of it is a bundle of current life, past life and ancestral (as perhaps it is for all families at this time who came here to work together and clear Karma).

My question is, is this an accurate interpretation of what's going on and why it feels amplified, and secondly, what is the best way to deal with it? Energetically or by hashing it out? Can I deal with some of it by talking to their soul as well? I feel like the approach has to change at this time of accelerated learning but what would be most effective?

2. Everyone is always looking for their life path or that ONE thing they think they were meant to do in their lives to fulfill soul purpose. "Find your passion" they say, "and never work another day in your life". But I feel like most people die trying. Is this a lie we've been fed or just another cottage industry cropping up to make a profit from hope? It can be a stressful approach to life for those people who don't achieve what they set out to do say, creatively or in their career. When a soul create a life plan, is there such a thing on it or is this our fabrication?

3. I understand that there are several possible exit points in our lives (based on our progress, etc.) but have heard that the last one is pretty much set in stone. Is this true? Or can our last exit point also be pushed past its due date? If so, why? And if not, why? Do we have any influence over the last one or is that a decision made by our TES?

From: Ulla: 1. For your Antichrist book, you started conversing with the soul of Trump. You discovered that he is NOT a backfill person after all, he is a SHARD. That means his karma is passed onto the SOUL that created that shard.

Is that soul in his current circle of family and friends? Who is it? Did they play an evil leader in the past on Earth or elsewhere?

2. You said that world leaders often have 2-4 souls in them. Are those souls within the soul seat when they rotate in/out to influence them?

OR can lower astral souls direct or project into them as well? Does that happen in bipolarism, too? How?

3. When we talk about Human-Animal Chimeras seen in Atlantis and Lemuria, is that one reason they fell down in frequency? Mixing two genres into one entity (e.g. centaur, mermaid)?

Can backfill people create a "chimera" with human level souls, if they should procreate? Or do the genres simply not mix?

19:03:21 From Jagjyot Singh : 1. During near death experiences people talk of seeing their whole life in a flash. Is this seeing part of higher mind? Since they are not in physical body and clinically death, so it cannot be physical mind? Are sentience and higher minds a separate concepts since sentience is only pure awareness ?

2. When the book of revelation was written, could it be interpreted as the person seeing the vision and writing it is in a way manifesting that reality for the collective people reading that book? since various parallel reality with all possible possibilities are existing with other realities where there is no book of revelation ?

19:03:25 From Colin Sherborne : Hi Guy, can i have your input on a few areas of my life that I'm interested in regarding being more higher vibrational

I've read that clothes made from cotton and linen have a higher vibration than synthetic fibres. I recognise that these are physical items, and it may be more the intention behind the effect it has as opposed to the material itself. Can you help with my understanding of this with your input? As I'm shifting towards wearing more cotton based over synthetic fibre based clothes

I've become much more mindful of creating thought forms and the power of our thoughts so I try to hold positive intentions toward others. With lower vibrational food such as meats, is the lower vibration a result of energetic thought forms within the meat? By giving gratitude and thanks to the animal, does this effectively elevate the thought form to a higher frequency? I'm curious on your thoughts on this one

Finally, regarding event space and transversing the frequency meditations:

19:03:40 From Gene Morgan : If someone is near the end of their incarnation cycle and living in the physical world without being attached to it, what might they look like in everyday society? Not someone withdrawn like a yogi, but a regular person.

19:03:40 From DANIEL2 : Many of the Vietnam veterans are experiencing various cancers at an alarmingly high rate currently reported in the news. Is there anything we can do going forward to help?

19:03:58 From Jagjyot Singh : 3. Is the cult worship of Saturn/Molack/Baal linked to antichrist or all the disruptive forces that have existed ever since ? , are these disruptive people(Hitler/ Gengis khan etc) immune to karmic links since they are executing an entity's work? does these entities Saturn/Molack/Baal show up in your upcoming book on antichrist ?

4. In your books the origin is evolving by exploring or moving into structured and no structured space. Is this similar space as we experience/define space on earth. Also if origin is constantly expanding into space, does it not imply duality? Origin or all there is should be all there is? it should not be discovering new space? it would know and be in everything since it is everything?

19:04:25 From DANIEL2 : How are we doing? Are we making some improvements? How does our little group of devotees grow as a result of

reading your books, rereading your books and coming to the Satsanga's? We thank you and love this time together.

19:08:39 From Gene Morgan : Several American presidents like Abraham Lincoln, Lyndon Johnson suffered periods of almost unrecoverable depression on their way to the presidency. Comments from people around them pointed to a noticeable change in their person - was there a change of aspect in the driving seat?

19:12:37 From Gene Morgan : Time management or organization methods merit getting open loops out of our heads and on to paper. What is actually going on in the sub conscious processing - is it linked to a back and forth on low bandwidth with the energetic? If we are to think of the brain as a junction box how are we to perceive the processing function of our thoughts and creations? Or is it the ego at work?

19:13:16 From Kathleen Isenhardt : In Beyond Origin pg. 210 as Origin expanded its sentience into nonstructured space thru creation of non structured structured space to evolve in a different way. And you said, which means we really do not exist because all sentience is ORigin. Origin merely focuses on a frame of the cinema to experience. ARE we only Origin's memory? Origin reliving our existence when we were in structured space experiencing?