



Learn to distinguish the truth of the lie (discernment)

Asthar Sheran

Dear brothers and sisters of the planet Earth. I'm Ashtar Sheran,. Once again it is with great joy that I come to be with you. We have appeared constantly in its heavens. They do not understand this exhibition as it is in their world. It is just a way to show you all our love, everything we want for you soon our existence and presence will be confirmed on your planet. Do not expect dates, do not believe on dates, it will happen at the moment that the father-mother God believes that it will be the best for humanity. All the rulers of this planet are aware of what happens around it. As much as it seems that life remains exactly as always, everyone is conscious. We can only tell you this. Just as many of you do not believe in any of this, they do not believe that there will be a new world, do not believe they will have changes. Some rulers think in the same way, think we are lying. Some think that they are still in time to do something, to change all the panorama, who have not lost this war. It is interesting, because its leaders are no longer running anything but they, like incarnated souls, still believe that they can change something and have worked hard to do it. We have been saying here constantly that they learn to look at everything with the eyes of love. They learn to look at what is happening on their planet with the eyes of belief, faith, wisdom. That, everything that is happening, is for cleaning what has been generated on his planet during time, energetically speaking. We have been frequently on your soil, even if you do not see us. We have made physical and direct contact with many of its representatives. These representatives can not be known. Everything is done as safely as possible. We also have our war techniques, because we are still at war, but it is not a war as long ago. Let's say that now the war is mental, the war is because they want to push you to feel more and more afraid. The news is getting worse, always giving you the idea and feeling that nothing improves, that everything gets worse, when actually 90% of what is said is a lie. Nothing is as it is reported and you continue to feed this whole process every time you hear and connect with the energy that has been transmitted. Never forget that you feed what you put your attention. If you say a phrase and repeat it in your mind, you focus on that phrase and feed the energy inside it. Unfortunately you do not realize that you are "giving eating" every minute. Exactly what they want you to eat them. Understand, you are able to change this how? Just stopping repeating, not thinking or transmitting, because he transmits something that is a lie. We had thought, that even though they had been taught for so long, now this would have been easy in their minds, what is true and that is a lie?: The truth, which is what your heart cries out of joy, in lying does the opposite. Only you can not confuse heart and mind, why do you never ask your heart and ask the mind? The mind will always say that it is true, because they are very smart and know how to put things in such a way, that it is very difficult not to believe. Now, if you look inside your hearts, get inside them and ask the heart Is this true or false?

Inside, there is no doubt, you will know the answer. Then you would say that this is an exercise that you should learn urgently because you will soon begin to listen to interesting things and how do you know if these things are true or lie? How do you know? . You will find the opinion of the other if you tell you that it is true, will you believe it? , if most say that it is a lie, will you also believe it? What happens if that majority that thinks it is a lie was not ready to listen to it as truth and it was just wrong? So he learns urgently to listen to your heart. Ask it if it is true or lie. Do you exercise so that tomorrow do not look for the other the answer. If it is true or lie what you will hear, how can you know? He has been deceived for so long then how do you know if what they say is true, it is not a lie? How do you know if what I tell you, I say it myself or not? How to know if it's me or not? Everything is possible. They have already created all the ways to imitate ourselves, then how do you know if we will be or not us those who will tell you something? Have you ever thought about this? Then I urgently suggest you learn this exercise to listen with your heart. How to do this?, There are many ways, look for the one that best suits you, the one that is easier, do not look at the other, ask your superior being (God) Learn this and get ready because at any time you will need to use it since that moment is very close