



## **Updates Galactic Federation Command Asthar Spiritual Information about Planetary Ascension (\*)**

Update one As they pass page, they are writing the first new book, but still "there are unintended chapters of the last volume they have written." Many consciousness is busy with the orchestration and reproduction of the remaining events because they remain attentive to the intellect of others. I tell you this in case you are not part of the direct orchestration of these output events. It will be necessary for you to limit your intellectual approach to how it develops rather, it focuses your attention in a more effective way in the construction of the new, of the new world. This is how you can witness the new everywhere, both on the monetary level and in educational, commercial and governmental systems, trade, education with learning tools, growth and social functioning. But you have already finished your dependence on the control of darkness through the exit of the controllers, therefore do not stop to listen to the affirmations of those who insinuate have more power than you. "Stop delivering the keys to your life because you've already decided and chosen to stay." In this now it depends on you the enabling of all the functions of your vehicle, so that you will be the one who leads it with total authority. The total authority needs a map and a plan, and in this now this development is the one that requires your approach because the old world is over and its collapse will continue to occur for months and even years. Your desires to free you from the Old World has guaranteed that this is happening, however you do not have the responsibility of physically discounting to the old world controllers with that intention have paved the way for others to do the same. In this now they are moving away so that they will continue going until there is none. But this process will take years to complete. You may not be a witness to your total output, but you will be informed of your manipulation, corruption and abuse through the revelations of the truth. The Matrix is disintegrating that they have built for their rejoicing and someday this will be visible only in books, photos, records and recordings, but at this time it is not yet. In this now the illusion is still around you however it is similarly fluttering to a house that the softer wind knocks it down on the ground. This wind is approaching and I recommend that they prepare for the damage it will cause in each situation. Just remember that what is not standing is because the frequency you have does not allow you to do it. While struggling with the physical adaptations of this new frequency range, remember that the pains that you experience are due to the inevitable growth of this time and includes your physical transformation. Not only your environment should be transformed, you must also do it. The transformation is accompanied by destruction, destruction is what you see that you are dirtying the pages of your old world's last book. The identification that things changed at the precise moment presents a challenge, however they have done so. In this now the new world has begun. It is absolute and directly before you, it is full of blank pages and you complete with each of your thoughts and approaches. Again things will accelerate enormously, so you should only focus on the new world instead of focusing on what is happening in the last chapter of the previous old world. When the time comes, the story will include a public presentation of how it has been. Nothing will be excluded, then put your attention upon who did what and when it will not help you or your creative process. You will have access to all your answers and

although things can sometimes seem fearsome and dubious, therefore, do not fear or discuss the result. Just concentrate on knowing that you are light. Just focus on knowing about love. The truths that will arise will emerge to your enlightenment. These truths that will fill the atmosphere will provide you with the necessary frequency to the new world. These truths are your truths. These truths are you. For having spoken as one you have changed the conscience in which you reside. Lessons from others are applauding and are adding their light to yours and this now very quickly this will also be visible. Dear human has been a slow and tortuous trip, but you have come to where your heart has guided you. You have arrived at a really beautiful place. Now let your heart decorate your new world. Your heart only knows that it is already done. This is all. Thanks. (through Sofia Loss) It results from the portal 21/12 (\*) Greetings. The results of the work of Portal 21/12/21 of the December solstice have been visualized in a clear manner in the subtle plane by the terrestrial teams of the warriors of the Light who have been observing them constantly. According to the sum of the first days of this transition stage, we can already say with full confidence that we have entered into an active and culminating new phase, when our transition is described in the future, the period of 21/12/12 and 2021. In these In this case, the essence and meaning of the word great implies the radical transformation and change of the transition to a new qualitative and vibratory state. These are key terms that affect man and 3D earth. Our existential structures for the manifestation of the bodies, are experiencing a fundamental transformation and range from the monad to the physical container (body). In parallel our planet is being transformed greatly. Exactly on the period from 21 to 22 December 2021, a large number of things have occurred with hundreds of different parameters and apply to the new quantum flows that come from the source (God) through the Galactic core and our Sun that The great changes have affected people, but not all, only those that are prepared for 4D. A new and massive wave has moved towards the ground field of the fourth dimension, which is far from being an isolated case. For more than a year it has been happening continuously and now it is slowing down but, as it has happened during December 21 and 22, it will return to accelerate for those who, thanks to their internal jobs, have raised their vibrations at 4D. At an evolutionary level, they have been prepared to be transferred to the 4D field where they will be completely absorbed by the 4D Earth Logos. Technically at the individual level This crystalline process consists of eliminating the causal matrix of the Personal Logos 3D from this Incarnation and in the transfer to the causal matrix of Earth 4D. The importance of this action is enormous, it means that a majority is already in the fourth dimension therefore from now all the evolutionary traffic and information of the exchange of energy and everything else will only go through the Logos of Earth 4D, for example, through the Logos of Earth 4 As the transition is carried out it will be deactivated. However, the sensations we have experienced between December 21 and 22 at the body and of our conscience, are a separate story. Due to the growth of our individual crystal, all the symptoms with which we are already familiar have worsened greatly such as: increased pressure in the head and consequently throughout the skull in nasal boss jaw, teeth and gums also increased the burning in the throat and By eating sometimes there is the feeling that a piece is stuck in the throat and that it costs breathing excess asphyxia is experienced. The vision is clouded periodically with the feeling of having a spot on the eyes as well as the increase of constant buzzing in the ears. There is difficulty focusing attention on something and distractions have increased. Pressure in the center of the chest Sometimes before going to bed a wave rises from the bottom as if the soul would like to let us know what makes us think about death. When we left the elevator we feel stunned for longer, it seems to us that the floor is falling or collapsing at the angles. We are the dejected by the wild fatigue of these symptoms, of this strange life and a complete disorientation. The feeling that we are in two worlds simultaneously, may be destroying some. But on the other hand we all feel that something incredible and inexplicable is about to happen, although we know it with certainty yet we can not express it with words. This "almost" will not last forever. We are only leaving with caution from our entrenched position. We are learning to trust the space that surrounds us, but we should not be afraid. On December 21, 2021 it has been another milestone in our transformation. There will be many more stages of this type in the new position of the fourth dimension. Through this portal the co-creators have established a criterion for a necessary level of minimum transformation for income at the 4D level of our body, of the subtle fields, conscience, thoughts and emotions. Our transitional status is being calibrated as we transformed through a light crystal that has been developed and added separately by co-creators and contains a minimum transformation program as well as the energy to perform it. This is a comprehensive program includes changes in genetics, brain, the chakra system, blood biochemistry, the structure of the internal organs, the frequency of vibrations and much more. Through this program the creators are bombing us with high vibration energies, so that when it is downloaded Activate new information packages. This explains our severe stress from December 12, 2021. The condition of the warriors of light is even more difficult, since in its transition they participate in the support of land, that is, they carry an additional burden of vibration and energy. The members of the "Earth Team" for

example, simply could not get up from the bed for almost a week so everything went from the "scale". These are the first results of the work of the Past Portal 21 12 21 to one and new stages ahead with overloads, slowdown and progress. We should not cling to the deadlines and dates that some predictions promise us. We should only bear in mind that this is a wonderful, incredible and inexplicable process that is happening to us right now before our eyes where we are all actively participating. III The Galactic Federation of Light. Ascension of Earth and Humanity. Dear Terriólas, we are the Galactic Federation. We are a group of more than 200 civilizations of our Andromeda Galaxy and many intermediate stellar systems. Some of our members are humanoids and others are different species and our purpose is to protect galactic Cordex, all beings and their rights. We prevent the suffering of any benevolent species. We are a group of entities that have evolved on many different planets throughout this galaxy and we have joined each other in an attempt to help humanity in their ascension process. On Earth we have a tip and are helping them ascend, and they teach them all how to love each other and forgive each other of all the wounds of the past. As they ascend, they will be more aware of their energy field and even those who surround them and from which it envelops their planet and called the enteric field of the zero field. This field is a matrix of a pure potential where the information can be stored but it does not manifest itself. Sometimes it is known as a Akassium registry - the great knowledge library - and as you connect more to this field, you can access and apply to this information in a way that supports your greatest good. The etheric plane is also known as the Fourth Chakra or Caracra of the Heart. The heart's chakra picks up the energy of all other Chakras and sends it to its center through a tube called Susun Nanari. We will help you open your heart chakra through the energy shipment of your center, so you can receive the information of the higher kingdoms. At the individual level, all of you will go through the ascension and each one will go through many different scenarios depending on what they choose with their free will for the lessons and experiences they must meet in their missions before entering the fifth dimension. While they maintain this intention for themselves, they know that they are backed by the multiple dimensions that work together with their free will decisions. They also have the support of a spiritual team aboard our ships. People who have chosen ascend, have made the conscious decision to visit our large ships, which are immense and can materialize and dematerialize at will. Once they board our ships no longer need to eat. We use the golden light as a source of food. We also create similar light rains to waterfalls we drink. The body can be remodeled in any wish that is desired but, it is generally maintained in the same way it had on Earth, since there is not much need to change it. The Earth will really ascend and you will have access to our ships, all this beauty and incredible technologies that do not know. That is why they must learn to be more loving, more forgiving and less critical to each other, since it is wonderful to love someone for what it is, not because of what it has, or for what it does. When you are on the ships, you will be in the presence of light beings like you, who will help you and guide you so do not divert yourself from your path. The collective ascension will be carried out with the assistance provided by our ships that have been built with love and full conscience. The purpose of our fleet is to help humanity in its transition from the third to the fifth dimension without the loss, during this process, of any part of their conscience or of their individuality after ascending the fifth dimension the first thing they will notice is that there is no seriousness, they simply The next thing they will notice is that everything seems like a crystal, but it is more like a diamond the new city of the golden age of the fifth dimension. It is self-sufficient. They have everything they need and they want. They can live without fear and without leaving their limits. We love you very much. We are here with you. We are your family of light (through Aurora Ray) IV update. How to prepare for 2022 and beyond? The Earth is moving through a stream of strong solar winds that currently press the dense magnetosphere of our planet with the cosmic frequencies of the back of the sun as usual are potentially agitated the internal core and the field Human collective consciousness continues in the game "of the STRAK and Loája" due to the "players of both teams", so some people are very confused and do not know what to believe or what to do to reduce anxiety and depression. The year 2022 will bring truths to the surface that will amaze many. It is the period of great revelation. Humanity will experience personal and collective revelations that will alter thought, feeling and behavior. People who have uploaded their levels of spiritual consciousness, will also receive developers messages on how to proceed during this year. However as the "throw and loosen" continue to be developed, everyone will need a greater or less healing and stabilization in some aspects to be able to navigate in the future timeline of 2022 and beyond. Therefore, we must prepare for the messages of the truth that they will emerge and so we can take the consequent decisions. This involves auto nutrition and receiving light that constantly bathes us spiritual, mental, emotional, physical, transcendental and cosmically. Because the source has given us many sacred substances of nature, it is now the time to review them to replace chemical substances that change and block cell records thus can not receive renovating and healthy transforming light. As a closed door, chemicals block light and consequently do not allow the Renaissance process to occur and then the message of Yeshua (Jesus), "you should be

born again". Some people may feel more comfortable in the dark that contemplates two types: there is one that is sacred and who houses and keeps the new baby spirit in the bearer of the light that she blanket becomes brilliant the light of the new dawn Then there is the other type of darkness that is like a desert; without energy; vital force; Of a total ignorance, immorality by disconnection with the source of light (God). Some people talk about the dark night of the soul, but this can never be because the soul is the divine aspect or I have upper that has the intellect, immortality, knowledge and wisdom of superior consciousness. These are our intuitive understanding. It is our connection to the source, therefore you can never experience the depressive darkness in which many believe, unless the disconnection is chosen. The unwanted darkness belongs to the state of the reduced consciousness of the human being, not to the super consciousness of the soul. Then let's finish with the use of the dark night phrase of the soul. The spirit for the vital force of a person because they have chosen to disconnect from the source, darkness may be full and unwanted, but not the soul. From now on and every day of 2022 we must opt for the acceptance of the resplendent light that as a laser beam will spread from the crown to the whole body. Allows light to go to all your physical container (body) from your crown up under your feet, and repeat the following: I am blessed by the light of the source this simple ritual will invite the reconnection with your soul or be superior, therefore you will do it with the frequency of During this ritual prays the source so that you eliminate any unconscious disarmony that you have attracted your cell records and all your Auric fields through your thoughts, feelings, words or actions. As you continue with this daily ritual, you will anchor at the frequency of the source and it will be increasingly easier to separate yourself from the "throw and loosen games." This does not mean that you should not have compassion for others or that you should go to murky muddy waters with other people, but you can free them if you cry and ask for them. Nor does it mean that you must deny yourself to speak for yourself when necessary, but you should do it with intelligence maybe you will need to remain silent. A fire can only be fanned when there is firewood to relive it. Remember that noisy and angry accusations and debates cause problems in the nervous system. Then you do not let anyone cause you this because it is likely that they are full of discord and need a wing, being possible that you have chosen you. Do not participate in your dark game, anchor to light and stay in the super consciousness. Remember that everything has the energy of the vital force and these frequencies oscillate or move during certain regular periods of time, from top to bottom, forward and backward. Therefore, it is how you are connected continuously with the transmission and reception process of light and sound of the source. As you move by the new year 2022 daily, allow you to listen to the Divine Symphony of the Light Source, so bless your path with more harmony and clean and renews all creation. In many ways the new Earth has already arrived and is simply refining. According to individual levels of consciousness, we can start enjoying its entry into the stage, however this will require serious spiritual orientation, without illusions. Those who recite daily the mantra above ("I am blessed by the light of the source") will invite us to participate as ambassadors of light. Let's illuminate our planet with love, peace and well-being at all levels. Welcome to the Year of Great Revelation! A lot of love for all (Dr. Chavi M Ali) V Command Asthar Sweep Intense Greetings. We talked from the Nodrizza Alfa Jerusalem. At this time we are communicating directly with this channel. We thank you for this transmission. During the last few months we have developed an intense activity especially on all the moons of its solar system. We are doing an intense sweeping and dismantling of each and every one of the bases and remnants of those who still want to get them violently from their bodies. All of our activities throughout the Solar System will cause an intense movement of the Special Forces. Since the central sun of its galaxy is being directed a great mass of special energy towards its solar system and our recent activities will make this mass perceived and feel it more easily. Certainly you will notice signs in your heavens, especially at nightfall or during the night, it is when many of you may perceive the strokes of different brightness. For these portals that are being opened, is thanks to the injection of forces in their system from the Galactic Center. This was done in order to open communication channels for high-frequency data transmissions to their physical bodies thus provides more resistance to toxins present in their environments. They will also feel some things in their body, such as pressure on the head and a slight dizziness. Constantly, we have been talking about the need for special care in the region of your head or your brain, because in recent times in this area has developed a great activity due to the reception of the waves sent from the cosmic center. Another important issue is, that there are still some who want to leave the body because they try to escape through portals that try to open up on their poles, obviously in these regions there is a special guard aboard our fleets, which will prevent any attempt to escape. While trying on one side or on the other, try to distract yourself with media dramas. Just pay attention and do not fall into your traps. In the coming days, Asthar will speak to them more through this channel on the potentials of his Gregorian year 2022. We are excited and happy with another advance more than the human species has given in his career towards the highest frequencies. The trip of your planet continues through the cosmos and, of course, you all need to enjoy this moment. We



are in sight and it is also a pleasure to communicate so directly. For those who agree that this message is really ours, we invite you to close your eyes and invite us to your presence at the end of the reading or listening. We are finishing our transmission and we hope to have collaborated a little more with the information we have brought. We want you to be free from your own fears free of your pain. We are your spatial family that communicates directly with all those who really want to know about us.

We are the Asthar command.

*(through Rafael Nieva Gabriel RL)*

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*Planetary Ascension. Some people point out that it is the promise of the Kingdom of Heaven on Earth, just as Jesus announced. Others comment that it is the vision that John the Evangelist had in the Apocalypse. More recently it is said that it is a process that the Earth has to go through as a conscious planet when it receives an over stimulation of energy. Others say that it is the process that humanity has to go through for its divinization. Others say it is a change of dimension....*