



Ashtar Sheran

Commander of the Galactic Federation of Light

Dear brothers and sisters of the planet Earth. I am Ashtar Sheran.

Once again, it is with great joy that I come to be with you. We have constantly appeared in your skies. Do not understand this exhibition as it is in your world. It's 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 wait for dates, do not believe in 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 is happening around them. As much as it seems that life goes on exactly as usual, everyone is aware. We can only tell you this. Just as many of you don't believe in any of this, you don't believe that there will be a new world and you don't believe that you will have changes. Some rulers think the same way. They think we are lying.

Some think that there is still time to do something, to change the whole panorama and that they have not lost this war. It's interesting, because their leaders are no longer running anything but they, as incarnated souls, still believe that they can change something and have worked very hard to do so. We have been constantly saying here that you learn to look at everything with

the eyes of love. Learn to look at what is happening on your planet with the eyes of belief, faith, and wisdom. That everything that is happening is for the cleaning of what has been generated on your planet for eons of time, energetically speaking. We have often been on your ground, even if you don't see us.

We have made physical and direct contact with many of their representatives. These representatives cannot 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 belligerent war like the one from 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 FEAR. The news gets worse and worse, always giving you the idea and the feeling that nothing is getting better, that everything is getting worse, when in reality 90% of what is said is a LIE.

Nothing is as reported and you continue to fuel this entire process each time you listen and connect with the energy that has been transmitted. Never forget that you feed what you put your attention on. If you say a phrase and repeat it in your mind, you focus on that phrase and feed the energy within it. Unfortunately you don't realize that you are "feeding" him every minute. It is exactly what they want, that you feed them. Understand, you are able to change this in what way?, just by stopping repeating. Not thinking or transmitting, because transmitting something false, fattens the lie. What is true and what is a lie?: With the Truth, your heart cries out for joy, and in a lie it does the opposite. Only you cannot confuse heart and mind, why never ask the 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 into your hearts, get inside! and ask the heart, is this true or false? There is no doubt, you will know the answer.

Then you will say that this is an exercise that you must learn urgently, because soon you will begin to hear interesting things and how do you know if these things are true or false? How do you know? You will listen to the opinion of the other if he tells you that it is true? will you believe it? . If the majority says it's a lie, will you believe it too? What if that majority who thinks it's a lie wasn't ready to hear it as the truth and they just got it wrong? So urgently learn to listen to your heart. Ask him if it is true or false.

Do this exercise so that tomorrow. Do not look in the other for the answer. If what you will hear is true or false, how can you know? If you have been deceived for so long. So how do you know if what they tell you is true and not a lie? How do you know if what I tell you, I say it myself or not? How do I know if it's me or not? Everything is possible. They have already created all the ways to imitate us. So, how do you know if we will be the ones to tell you something or not? Have you ever thought this? So I urgently suggest you learn this exercise: Listen with your heart. How to do this? There are many ways. Look for the one that suits you best, the one that is easiest for you, do not look at the other. Ask your Higher Self (God) to show you the best way to reach your heart, but do it very urgently so that tomorrow you are not deceived by what you hear, and from whom you hear it. Learn this and be prepared, because at any moment you will need to use it since that moment is very close.

Asthar Sheran

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