

## MESSAGE FROM THE WHITE BROTHERHOOD COMPANY

Beloved sisters and sisters. The white brotherhood of light greets you. Everyone including the planet Earth is in the process of evolution, change and Ascension, that is why there are dark forces that until recently ruled this planet, who try through the mass media and systems that no longer exist, to make them believe that they are still the they lead, and for this they pressure them with campaigns of fear and control.

We remind you, brother, that you are a being of light, a fractal of the Source, a creative universe. No one can rule your life, so activate your potential by anchoring the light of the spirit from your heart center, opening your heart and connecting with feeling. Feel your body, listen to it carefully and pay attention to it. Watch what you eat. There are foods, in quotes, that only poison your body. He is very wise, listen to him and even more, detoxifying him is essential for your own evolution and for the ascension to the fifth dimension accompanying the planet Earth itself. Everything that the mass media shows is harmful to your health. It is a strategy to hinder and cut your evolution. They inform you by transmitting fear, they show you advertisements for harmful foods and they recommend solutions through invented remedies, to keep you asleep, sedated and controlled. Wake up you are a spiritual being. You have only come here to experience as a human the time of dense experiences has passed. The control matrix or program no longer exists, so it is essential that you be more attentive to your own sense, as it resonates with your spirit, your heart, your physical body. Take care of your energy, free yourself from everything that does not resolve with you. Detach yourself from situations people places that no longer live with your new frequency. Appreciate what you have learned and accept the individual path of others. Everyone lives their process according to their decisions and their frequency, but above all you have to have respect for everything and everyone, that is why it is important that once and for all you experience as a human being and learn to be one, that is to say that you values, that you take care of yourself, that you love yourself, that you protect yourself, that you listen to yourself, and that you respect when you do it with yourself therefore you will do it with others. It is also about living the initial purpose that you came to develop on this plane, which is none other than to anchor in the light of the spirit that shines within you, become aware of the being that you are. Whoever creates your own reality, do not let them deceive you anymore, create

and manifest from the being of conscious light, pay attention to your interior and trust yourself more. We are permanently assisting you and the planet. The light already illuminates strongly and more and more. Remember that we do not show up en masse. Do not be fooled. take care Open your heart. Think for your intuition, keep your vibration high, take care of your body as it is the vehicle with which you will pass into the fifth dimension. Remember that you are not alone. Activate your threefold flame. Connect with your I Am, be yourselves, heal yourself by integrating the feminine and masculine energies, maintaining humility, love for oneself and living from the spirit. We salute you again  
very lovingly and remain at your service

The White Brotherhood

via Valeria Perez

