**Michelle: I’m in Machu Picchu. I’m on the mountain. I stay there.**

Laron: When you look down at your feet, what do you see?

**Michelle: They’re brown. There’s gold rings on my ankles. But I’m a human.**

Laron: OK.

**Michelle: Different race.**

Laron: Do you see what you’re wearing?

**Michelle: It’s a red robe. I’ve come through a portal.**

Laron: You just came through one?

**Michelle: No. A while back. We were told to come through.**

Laron: Do you know how long it’s been since you came through?

**Michelle: No. I’m a man. I’m middle-aged.**

Laron: Do you know what age exactly?

**Michelle: Forty. Forty-ish.**

Laron: OK. What colour is your hair?

**Michelle: Orange.**

Laron: How long is it?

**Michelle: Long. Tied back with a gold band.**

Laron: Are you carrying anything?

**Michelle: (?) Gold staff.**

Laron: Is there anything on the end?

**Michelle: Crystal. Crystal.**

Laron: What type?

**Michelle: It’s a Lemurian.**

Laron: Do you know what the crystal does? Does it have any specific property or does the staff have any specific use? (3.53)

**Michelle: It’s got etching on it. I’m originally from Lemuria. We came through a portal. To raise the consciousness, we had to come – we had to come through to help. We’ve been tasked.**

Laron: What was the reason to help? What’s going on?

**Michelle: We’re under attack.**

Laron: Right now?

**Michelle: We have to take the people with us, it’s not safe. We have to come through the portal.**

Laron: How many of you did come through originally? (4:49)

**Michelle: Not many, just a handful.**

Laron: How many people are there, that you have to help?

**Michelle: There’s a tribe of people. Over a thousand. We have to get them through the portal.**

Laron: Who are attacking you?

**Michelle: The Spanish, European. We have to save the population. They’re coming to kill us.**

Laron: Why is it important that you save them?

**Michelle: It is not their time. They were brought down here to assist Earth, to raise the frequency. It is not their time to pass. They have to come back. We have to save them. They are not meant to die here at this time.**

Laron: How are you feeling right now, while performing that task?

**Michelle: Overwhelmed. It’s hard. A lot of pressure. It’s my job to get them through the portal and to close the portal in time.**

Laron: What other emotions do you feel? (6:38)

**Michelle: A lot of pain. I can feel the intent and the anger of the people coming. Just dark. It’s not good. It’s not meant to be here, it is foreign, it’s not good.**

Laron: Do you know specifically what the intentions are of the Europeans that are coming?

**Michelle: It is to kill and to murder. They know that this is special land. They want to stop this from happening. They want to take away the energy here. They want to stop this from happening. They don’t want the raising of the frequencies. They want to interfere. They have a dark agenda**

Laron: So they are aware that the people there are raising the frequencies?

**Michelle: Yes. They know that they have to stop it. They do not want them to.**

Laron: Do you know how many people are coming to attack or are attacking?

**Michelle: It’s about 100-200. It’s not a lot. But they have dark intentions**

Laron: Can you see what they’re carrying, some of them? (8:25)

**Michelle: No, it just sucks up the light, it takes away the light, it diminishes the light, it’s like a black…. They absorb, they take away the energy, they suck it up. They want to lower the frequency. They do not want this to be.**

Laron: Before you mentioned the Spanish. Are they Spanish?

**Michelle: They are dressed as Spanish, but the intention behind is not Spanish. It’s like a dark force that drives them. They’re tethered to a dark force, it uses them in that frequency.**

Laron: What does the portal look like?

**Michelle: It’s blue. It’s circular. It’s got gold in it, it’s clockwise motion, it’s rotating. It makes a low humming sound, it’s deep blue in the middle and it goes out into a light blue and the people are getting through the portal, just getting them through the portal, and I’m grounding the portal, I’m responsible for keeping the portal open, for holding the portal open, I’ve got to hold that portal open until everybody is through. I’m the last person standing before I can close it.**

Laron: How large is the portal?

**Michelle: It’s not that big. It’s about 6 foot. It’s enough for a person to just get through.**

Laron: How many portals are there?

**Michelle: One. Just one. Large amount of energy to hold it, to keep it grounded, to keep it open.**

Laron: How many people have you got through so far?

**Michelle: I don’t know. I’ve got to get all of them.**

Laron: Do you know what those people are called?

**Michelle: No, but they’re connected to Lemuria. They have Lemuria ancestry, they’re connected to the Lemurians. They are descendants of the Lemurians. They will not go back to Earth. They will go elsewhere.**

Laron: Can you describe what one of them is wearing?

**Michelle: Very basic. A loincloth, it’s very basic clothing. They’re smaller, they’re humanoid, they’re smaller. Old, crystal. A different type of vibration, a vibrational frequency, different… different. They can transmute, they transmute frequencies. But they’re not meant to be found, they’re not meant to die, the body can’t be found, they’ve got to go through the portal.**

Laron: Do you know how they were found, how they were located? (12:51)

**Michelle: They came through a portal, they came through a portal to be here.**

Laron: How long have they been there?

**Michelle: A thousand years, time is circular, not linear. They came there. The Earth called them. They had to come. They came. They chose to come to help. Ley lines, connection of Earth to magnetic grid, they had to connect, sort out frequencies. They were brought specifically to help. Cannot be here. Cannot be found. Cannot be caught.**

Laron: Is that location an important ley line?

**Michelle: Down, got to go down, deep, deep, deep, connection with, yes, strong, strong, deep connection but go down and up.**

Laron: So you are describing the type of ley line?

**Michelle: Yes, strong, portal down. Vortex. Big vortex. A lot of energy.**

Laron: Under the ground, the vortex?

**Michelle: Yes. Mustn’t get contaminated.**

Laron: What would contaminate it?

**Michelle: Entity wanted to close it down, wanted to re-purpose it, use it for else, make it bad, make it not good. Utilise it for not good stuff. Had to be protected, had to be closed off, had to be sealed until it will be open again.**

Laron: Is that your task, or was that the task of the ancestors?

**Michelle: No. I was here mainly to bring them back. Their job to activate, to utilise, and now in danger, so close down, seal it in a gold light**

Laron: Are you doing that now?

**Michelle: No, not me. It was done before, I was just there to assist the people, to get them out. They did the work, they closed the portal, they closed the vortex. I was just there to bring them back, just to take them to safety, and to make sure that nothing comes through the portal with us, and to finalise everything before we go.**

Laron: Where are you taking them?

**Michelle: Off planet. Gone. Out. Somewhere else. Different place. Not here.**

Laron: Do you know what the place is?

**Michelle: No.**

Laron: The place that you are taking them, is that their final destination, or a temporary destination?

**Michelle: They come from the… taking them home. They’ve got to back to their home planet. They camped, they just camped here. My job to make sure they go.**

Laron: What is happening right now?

**Michelle: They’re through. They’re through. I’ve got to close the portal. Got to make sure nothing comes with us. Got to close it.**

Laron: Describe that closure process.

**Michelle: I stand in the portal, one leg’s out (?) one stand in front of me and we start to spin. We spin gold light, blue light, gold light, blue light, energy everywhere, energy everwhere. Gold light. Gold.**

Laron: Was that a difficult mission for you?

**Michelle: It’s not easy. Yes. Safety, quite a lot of pressure to make sure nothing comes across (?)**

Laron: Did everyone get through?

**Michelle: Yes. No-one stayed. No-one left.**

Laron: So you did quite well.

**Michelle: Yes, yes. Task accomplished.**

Laron: And they were able to close down the special vortex.

**Michelle: Yes. Sealed.**

Laron: Where are you right now?

**Michelle: I’m just in-between.**

Laron: Can you describe that?

**Michelle: I’m floating, just floating.**

Laron: Can you describe what you look like?

**Michelle: I’m just energy.**

Laron: When you focus back in on where you were, can you see what you looked like?

**Michelle: I’ve finished with that lifetime. When I closed the portal my life finished. The portal and I were connected. My life force was the portal. Through my life force I generated the portal. With the portal closing, my life has ended.**

Laron: Do you have access to more information about what that dark force was?

**Michelle: Old, very old. Been for a long time. I don’t want to go there, because it’s really not nice.**

Laron: It’s OK.

**Michelle: Been a far too long time, not good intentions, it’s old, very dark, it’s manipulative, but it’s the forces that control. It’s the war between the light and the dark. It’s just the opposite end of the scale, it’s not good, it’s part of us but it isn’t part of us, the balance, the balance of the world. Try not to go too close.**

Laron: Do they have a name?

**Michelle: Annunaki, I don’t know, it comes up, Annunaki.**

Laron: OK. (22:02)

## Second Experience

**Michelle: Into Egypt, Sekhmet. Lion bodies. Cats.**

Laron: Do you see a Lion goddess, or is that you?

**Michelle: I am part of her. She’s a part of me.**

Laron: How does it feel?

**Michelle: I am a cat. I’ve got cheekbones (touches them).**

Laron: A regular cat, or a different type?

**Michelle: I’ve got silver hair. I’ve got yellow eyes. Lyra. A cat at Lyra.**

Laron: When you look down, what does the lower part of your body look like?

**Michelle: Human, but more sleek. More feline.**

Laron: What does the surface of your body look like?

**Michelle: Fur (strokes herself)**

Laron: Sleek fur?

**Michelle: Yes.**

Laron: What about your feet? What does that look like?

**Michelle: They are feet with claws. There are claws.**

Laron: How many claws?

**Michelle: Four.**

Laron: Was that five.

**Michelle: Four. Four toes. Five (??) … claws.**

Laron: Yeah. And what colour is that sleek fur? You said your head or your hair was silver.

**Michelle: Long silver.**

Laron: Does the hair go down your back?

**Michelle: It’s beautiful. It goes all the way down. Long hair. The small of my back. I can feel it.**

Laron: How do you walk, or move? What’s your position, your body position?

**Michelle: I’m upright, but I’m fast. I’m quite sensitive actually. I understand so much.**

Laron: Where are you right now? What’s around you?

**Michelle: I’m in Kilimanjaro. Kenya. Underneath Kilimanjaro. I’m in a cave. I’m meeting with people.**

Laron: How did you get there?

**Michelle: We flew. We came. We flew. We’re meeting with people that live under the Earth. There’s tunnels, tunnels under Mount Kilimanjaro. They connect to Hollow Earth. (… beings…?)**

Laron: So, before, you said you flew. Where did you fly from?

**Michelle: I want to say Lyra, but it’s not Lyra, we came from another planet, we’re from elsewhere. We originate in Lyra, but we come from elsewhere, we’ve been elsewhere. We’re custodians. We help. We connect, we do things.**

Laron: Would you say your home world is Lyra, or perhaps your ancestral home world?

**Michelle: Yes, I’ve been a cat for a long time.**

Laron: What do the people look like, that you are meeting?

**Michelle: It’s like a praying mantis type of person. Large praying mantis type. Insectoid. But there’s more. There’s lots of races. Just one, we’re speaking to one because… lots of people, lots of different people.**

Laron: How many, roughly?

**Michelle: I don’t know. We haven’t met them all. We’re just liaising with this insectoid type, but I have seen glowing entities, energetic bodies, non-corporeal, not physical form.**

Laron: How far under the Earth are you? Or under the mountain?

**Michelle: Probably… we’re far. We’ve gone down passages, been transported down, very far. Different world.**

Laron: Did you have to walk down those passages?

**Michelle: No. Walk, and then we were, like in a tube, and we went down, like a teleport we were. Relocated.**

Laron: Do you know what the intentions are of the beings you are talking to?

**Michelle: We’re like a peace mission. Trying to get them to understand. They don’t want anything to do with the human race, up on the top of the Earth. Nothing to do with them. They’re asking for help. For help with Ascension the Earth’s attempting. We all matter. Everybody’s got to help.**

Laron: Do you know when this is, what time period in Earth’s history?

**Michelle: Soon.**

Laron: The future?

**Michelle: Not long to go.**

Laron: Do you mean, what you are seeing, what you are doing now, what time period is that? Is that now, or is it the future or is it the past?

**Michelle: It’s future, but now. Different timeline. Different. It’s like a part of me, but not me now. But it’s coming and it’s going to be soon. The changes are happening already. It’s in motion. It’s going forward. (Time (?) they’re not ready.**

Laron: When you say, different timeline, is it a possible future, or is it our future? (31.46)

**Michelle: Our future.**

Laron: Would a different reality be a better word, or do you mean timeline, by simply being in the future, it’s that timeline?

**Michelle: That timeline. Yes, it is in the future, but it’s like a part of me that is there doing that, but a part of me is here. But it’s going to happen to us right here on this Earth. We are ascending.**

Laron: Do you know who or what will be ascending?

**Michelle: Mama Earth is ascending. She’s changing, she wants to ascend, that is why we’re all here to help. We heard the call, we came here to help her, and this is what we have to do.**

Laron: And how do you feel, being part of that goal?

**Michelle: I heard the call, I came, it’s what I really want to do, but I miss home, I miss harmony and the connectiveness with everyone. I still remember so clearly, I have strong memories of home, of who I am, and sometimes it interferes with the work I’ve got to do here. Too connected, one foot on either side. I know I have to be here to help. I chose to do this. But I saw Earth very(?) and it’s hard to integrate at times the person I am here in this world, she’s so dense, and energetic being that I am, and who I am, and there are time when I find it too hard, that I cannot do it. But I know the importance, and I do what I have to do**

Laron: So with everything you just said right then, are you referring to the human side, back in the room?

**Michelle: Yes. (something garbled)**

Laron: OK. I understand. Many of us feel that way. With the cat being back in the room, do you know what your name is?

**Michelle: Arabella.**

Laron: How long will you be there, visiting?

**Michelle: It’s just a short time. It is just connecting with everybody that needs to be connected to. Got to rally the forces, and be prepared for the Ascension that’s coming.**

Laron: And can you explain the difference between where you’re from and where you are there? How does it feel? What are the differences?

**Michelle: It’s not clear, I can’t see, we’ve been…**

Laron: That’s OK.

**Michelle: We’ve been wandering, we’ve been on the mission for too long, we’ve been gone for a long time.**

Laron: If you put that into Earth years, how many years would you say you’ve been away from home?

**Michelle: Thousands, we’ve been travelling.**

Laron: That’s a long time.

**Michelle: We’ve been on a mission.**

Laron: Is that how old you are, as Arabella, was your name?

**Michelle: No, original soul mission, many lives, many forms. Three different life times, the mission the same, to help assist, to go and to help, to save, to assist, to change, to move things, different lives, different forms, different time periods, but mission the same.**

Laron: So back with those, you said they were Mantids, or Insectoids, you described those beings as.

**Michelle: They’re big. They’re big. They’re bigger than us. Look like a praying mantis. A bit cold. Not emotional. Communication telepathy. They want to get involved in things, very self-focused, self-driven, hard to convince, hard to get support from them. Not interested. Hard work to deal with them.**

Laron: What are their intentions? Same as yours?

**Michelle: Self-preservation. They don’t, they really don’t want to look at the bigger picture. They’re just interested in keeping themselves… they don’t want to assist, they don’t want to, they don’t trust humanity, don’t trust other races, don’t want to help.**

Laron: Do you know why they are there?

**Michelle: Their planet was destroyed, and they’ve found sanctuary in Hollow Earth, in the middle of the Earth, they found sanctuary there.**

Laron: Is that where they live?

**Michelle: Yes.**

Laron: Why was that location chosen for all the different beings to come together right now?

**Michelle: The people that didn’t want, a bit of hiding, a better place to hide, and they were supposed to all come out and help. When we started to Ascend, the idea was to help us, they’re meant to all bond together, become cohesive and help. We all need to stand together to do this. We need to stand together for the Ascension to move forward. But still, Mantoids no good, they don’t want to be part of this, they’re just difficult. Got to work on it. Got to work on them. Got to get them to see the other side, to get them to realise it’s important for them, as well.**

Laron: Is that an important part of the role you’re playing, to try and convince them?

**Michelle: Yes. It’s our mission to get people to stand together, to become one, to realise the wholeness, because we can’t do this by ourselves, we’ve all got to do it together.**

Laron: Is anyone else with you at the moment, as you discuss that with them?

**Michelle: Yes, I have people with me, we are a small taskforce. We’re a small force. We’re five. Five of us.**

Laron: Are they all of the same race? (41.20)

**Michelle: Yes, we’re all from Lyra, at this stage, we’re from Lyra, yes.**

Laron: Do they all look like you, all feline?

**Michelle: Slight differences in colouring.**

Laron: Is there a leader?

**Michelle: I’m the leader.**

Laron: OK. So back to what you said, you said the Earth is ascending. Can you talk more about that?

**Michelle: The planet has to change frequency. Been too long shackled down. Been very long shackled down. Millions of years. It’s her time to ascend, now. This was chosen, and the people that are here are connected to the Earth. We have to help. The souls who have chosen to be here at this time to choose that Ascension pathway and to help. The souls that no longer want to be here or cannot adjust to the Ascension or change will pass, no longer got soul contracts, time for them to leave. When people who have got soul contracts with the Earth’s will change with the Earth, will help with the Ascension process. This was foretold a long time ago, and the time is coming now. It is the Earth’s chance to ascend, and with it will send a ripple effect throughout the Universe.**

Laron: When the ones that ascend, ascend with the Earth, do they stay with the 3D Earth, or do they go somewhere else?

**Michelle: No. Earth… when she ascends, she changes vibrational frequency. People on the Earth will change vibrational frequency with her, so there will no longer be 3D Earth. There will be a different Earth, a different vibration, with people of the same vibration will stay there. If your vibration doesn’t match, you don’t stay. It’s just the Law – vibrations match vibration. If your vibrational frequency isn’t the same or the higher vibration, you will no longer stay in that vibrational form and with that vibrational Earth. So Earth will change vibration. We’ll change vibration, and things will just part. The 3D Earth will no longer be. The souls that cannot match the vibration will no longer be on the Earth. They will either choose to go elsewhere, or pass through until such time as they can reincarnate elsewhere.**

Laron: So when you say they will not be able to stay with the Earth, would that be a sudden event that happens, or would that be gradual, where people, in maybe a few years and then people may move on or different things happen, or would it be, you know, suddenly?

**Michelle: No, a gradual process, it’s going to, it’s slowly happening. That’s why the Schumann Resonance is doing what it’s doing, it’s blacking out, it’s stopping, it’s going, it’s the Earth’s heartbeat, it’s changing, we’re changing, our vibrations are changing, options are open, choices are made. People can choose what they want to do. They can raise with it, it’s a gradual process. We will all be given chances, and then there will be no more chances. And then it’s a case of choose, it’s either right or it’s left, and if you choose to go one way then you will ascend and change the vibrational frequency with the Earth, and if not, then your choice is in a different direction. But there will always be a choice, based on so many different things, but it’s going to be a choice for everyone.**

Laron: And for those that ascend, is that similar to those that don’t ascend? Would they gradually make that ascension process such as living out their life, and passing on, or some other event causing them to pass on, would they then ascend, or would they ascend within a body?

**Michelle: Ascension within the Earth changes the way we think, the way we process, the way we are. Life will be different, and the laws of Karma will no longer apply, but we’ve still got a choice of what we do, and if we choose to come, we will stay with the Earth and we will have a choice as to what we do, whether we want to stay with the Earth. Physical body will change, go into a different form. We will have a choice as to whether we stay or whether we want to go into different lives. All of the experiences that we have get fed back into the collective, into Source, into the understanding of who we are in 5D. People that choose not to ascend will either then go back onto the karmic wheel and keep on until such time that they choose to ascend or not. It’s always a choice. It’s always about understanding and experiencing, and feeding back to Source, into our Sun, into the oneness of the Source.**

Laron: As an example of a single person that does choose to ascend, would it be like entering that portal that we experienced earlier, or would it be more of a death of the physical body?

**Michelle: The physical body will not die, it will change. It will just change into a more energetic body. It’s like a transition, a transition from a dense physical body into a lighter physical body, into a collective, into an understanding, into a connectedness, and out of the basic five senses, it will be more of an energetic connection, so , not a death, just a transition, transition into a different form.**

Laron: So, for example, someone is living their life, they’ve got family, work, whatever that work may be, would that transition take place and then they’d continue on in that experience with the work and the family, or would they be leaving?

**Michelle: No, no, changed completely. Part of the family will not transition, will not be in the same vibrational frequency because it is everybody’s individual choice where to be. So some will transition, some won’t. Collective living is different, it’s a sharing, a different way, a higher perspective. There’s not that attachment to things. Vibrationally, it will just completely change. Things will have different meanings. It will be totally different. Work won’t be work. It will be a collective sharing.**

Laron: So with the location change of where the person was when that process takes place, would they go somewhere else?

**Michelle: No. Still the same place, but a vibrational shift so it feels like stepping into just a change of vibration, so staying where it is but the vibration will change, which takes you out of, it’s like, stepping behind the veil, the vibration will just completely change. You will be here, but you will be in a different vibration, in the same area, in a different vibrational body.**

Laron: And does this take place all at once for everybody, or is it gradual, different for each person?

**Michelle: No, I think it will take place for everybody, but in a slow effect, it will just be a slow variation and change, and I think that’s why so many people are leaving or transitioning, so many people are dying. It’s choices that they don’t want to be here through the shift. They don’t choose to be here through the shift, so a lot more people will still transition because it’s not their choice to be here, or their path.**

Laron: For those that do die, is there a possibility that they make the transition anyway?

**Michelle: Depends. If they have not chosen to be here through the transition, they will just go back to the collective until such time they reincarnate, wherever they’ve chosen, depending on what they’ve got to learn, and if they are at a vibrational match, they will be able to come back to a New Earth, depending on their vibrational frequency.**

Laron: So back with the beings in the Hollow Earth cave, do you have success trying to convince them?

**Michelle: That’s Mantoids. Yeah, they’re going to come along but it’s been hard, they’ve been really difficult guys, really. I know, in the heart of it, they will play ball, I know they’ll come, but they’re just cold and calculating, they don’t.. they’re hard negotiators. They’re really tough cookies.**

**Laron:** That’s good news.

**Michelle: We will get them. We have to. We’ve got to get everybody on board with it. It’s a big thing. It’s for Mother Earth. We’ve got to try. We’ve got to do the best that we can.**

**Laron:** And with those Mantids, do you know if they’re responsible for any other races? Do they have a connection with any other ETs or beings that you can see?

**Michelle: I think they’ve had a bit of a bad rap. Some of them have not been on the good side of things. And I know one of my lives was a Mantoid. They have played both sides of the field. They’ve been in connection with the bad guys, but the majority of them have got good intentions. It’s just like any race. They either get drawn to the dark side or light side. They have played both sides of the field.**

**Laron:** When you say majority, would that be above 75%?

**Michelle: Yeah, I would say a good 80% plus. It’s just that few 10% or 15% that don’t do things well.**

**Laron:** OK. And for those that don’t do good things well, do you see any link between those groups of Mantids, and another race perhaps that also doesn’t do good? Is there any connection that comes up that you could name?

**Michelle: No. It’s just the common theme of death and destruction, they just want to undo everything. They feed off darkness and that’s what they want to propagate and generate. But regardless of what they want and what they do, and regardless of who they are, nothing in this Universe is not of light. So beneath all the darkness and the ugliness, there’s always a core of light, and in every, single person, and every, single thing that is within this galaxy, there is a core of light. And if only they would remember who they truly are, as a core of light, nothing can be undone. We’re all just sparks. And if we remember who we are, and if we’re connecting with our spark and realise who we are, we are all parts of the Creator. So beneath all the fear and the darkness that there are, there is still a spark of light. They’ve just forgotten who they are.**

**Laron:** OK, that makes sense. What do you do after you’ve finished talking to them in the cave?

**Michelle: If we’ve finished with our mission, and we’ve achieved what we had to, it’s back and going out to the next mission, which is again, something similar, of raising freqeuency, of making sure that there’s enough light for the forward movement, for the increase, for the change in frequency.**

## Higherself

**Laron:** So we’re just going to go through the earlier experiences that Michelle had today. So first, she found herself at Machu Picchu, where she had a mission to bring back the people. Why was it important for that experience to come up for us, today?

**Higherself: She has issues of self-worth. She’s got to understand her worth. She tends to downplay who she is and what she is. I think it’s time for her to stand in her power, and to recognise who she is. And that she has worth, lots more worth than what she realises. And she’s far more able and capable than what she realises.**

**Laron:** Yeah. (Pause). So seeing that memory and that mission, that’s going to help her feel more capable, feel more self-worth?

**Higherself: Yes. It gives her an understanding of her power, and what she is capable of, and that she doesn’t have to rear away from taking responsibility from doing things. She’s quite competent, and she has got the knowledge and the understanding. Unfortunately, she allows her mind to dictate a lot of her stuff, and a lot of self-doubt sneaks in, and it’s time for her to actually realise that she is totally capable, and that she can do far more than what she thinks that she can.**

**Laron:** OK. So she described that moment how the Spanish were coming, but they held these intentions, and they had like a dark force behind them. Can you talk more about what that dark force was?

**Higherself: In the Universe, it’s always a play of light and dark powers. And I think the more people play pivotal roles or are important in certain aspects, they get more drawn towards the dark light, the dark entities, whatever you would like to call them, they are drawn towards them because they are obviously going to come into contact with them more often, so they’re going to clash forces. So, she has come across them a number of times, including Reptilians, and a lot of things in many of her lifetimes. She’s crossed paths with them, so she recognises them very easily. She’s very much well aware of them and she’s one of the few people who can actually see them for who they are, and therefore poses a threat. And that’s the reason why she was there for the portal, so that she was able to see with clarity who they were and recognise them. She actually, she has a little bit of Reptilian blood in her, and hence she’s able to see them more clearly.**

**Laron:** And were the people attacking definitely from Spain?

**Higherself: They were humans, from Spain, yes, but they were driven, they were tethered to a dark force, that actually drove them to do that. They were just pawns, effectively, and to present that, and to cause this genocide, but they were stopped, or otherwise it would have been a total genocide.**

**Laron:** Yeah. The people that were rescued, do they have a name that’s familiar to us in our day and age?

**Higherself: No, they don’t. They were brought in from an off-site planet, and for a particular reason. They were just there as a part-time, they were not meant to be there forever. They had elongated skulls, and they were there for a task to do that, to build up a culture, to build up and to connect into the vortex. They were there for a task. They were there for a limited time. Their time was cut short unfortunately due to the invasion, and unfortunately the dark side got one up on us and managed to interfere a little bit before we could fully complete our task. So things were set back a little bit on the timeline.**

**Laron:** And what year did that take place, in Earth time?

**Higherself: Early 1800s.**

**Laron:** OK. Next up, had an Egyptian connection at first, but ended up being an experience in the Hollow Earth, as a being, a Cat, feline type of being. Why was it important that that came up for Michelle today?

**Higherself: Well, we’re connected through Egypt, because she loves Egypt, she always has, and through Sekhmet, there’s a statue of Sekhmet that she did a meditation with. And so it was just a connection to get there. Ultimately to understand, I know she has had flashes and sensations of being this person, but hasn’t quite come to terms with understanding of being this feline entity. Once again, it’s about brokering, about helping the peace. She doesn’t allow her light to shine that bright, she hides her light in a bush a lot, she doesn’t want to draw attention to herself. She feels that by exposing herself, she doesn’t want to put herself in the spotlight. So she’s been involved in quite a few important lifetimes and they’ve had big ramifications that have been important in helping, and it is for her to realise that she has always been on Earth’s side, helping with the Ascension in one form or another, so when this lifetime that she’s in now, although she longs to go back. She has in numerous lifetimes been helping this Earth with the Ascension process, and will continue to help it. It’s just she doesn’t realise how important it is, and that her task is not yet finished. She has been involved numerous times of doing this, and will continue to do so, so it was a reminder for her to understand that she wanted to be here, and that she will continue to be here until we ascend.**

**Laron:** And is that a simultaneous experience and life that she’s playing out now, as the feline?

**Higherself: Yes, because in her dreams she crosses over at times, and that is why she’s woken up at times, and she is feeling the feline, that’s why the senses were very strong. She actually feels the feline side of her. It’s a double line that she’s running. When she goes to sleep she actually does do, that’s one of her jobs, she flicks in between. She goes in between life-lines, and she does actually work like this.**

**Laron:** OK. And how far ahead was that taking place, in comparison to right now?

**Higherself: Definitely before 2050. We’re definitely, we will be fully ascended by 2050.**

**Laron:** Is there an important date or year when that process really kicks off?

**Higherself: It’s already started.**

**Laron:** OK. So under the Earth right now, the Hollow Earth, are those Mantids living?

**Higherself: Yes, they are. There’s a full community under there.**

**Laron:** And how long have they been there for?

**Higherself: A long time. They have been there for longer than humans have been on the Earth. And they have been a community of different races that stay there, as part of the guardianship of the Earth.**

**Laron:** Describe what her home system and planet is like, Lyra. What does it look like?

**Higherself: It’s more green, it’s more a green planet. There is water. Very… not a primitive planet, but it hasn’t been industrialised in any way, so it’s more connected in with Nature and energy. It’s telepathic. There’s no need for talking. A lot of energy work gets done there.**

**Laron:** You said there’s lots of crystals.

**Higherself: Yes, work a lot with crystals. Everybody uses palm-sized crystals that they work with, which are all connected to huge crystals. We’re talking big crystals, the size of houses, and they’re all connected. One crystal is connected to the next crystal. So, they all are the same. If the small one vibrates in your hand it vibrates in the big one, so they’re all connected. They all work together. So the crystal in your hand is giving you the power and the understanding of the huge crystals, that are placed in strategic places within the planet, that are connected in a grid form, for energy, light and source. Everything’s interconnected. And we work with palm crystals which are once again connected to the main crystals.**

**Laron:** Is there any other information that the Collective wants to share with us today?

**Higherself: Time is short. Changes are happening. Huge changes. It’s really important that energy workers come to the fore, they speak up. It is their time now. The time for action is now. It’s now to be a stronger presence. And to really, all the work we’ve been doing, it’s now time to action it. It’s now time to be ready for us to make the light bright. It’s very important. We’ve got to hold the light now. This is our job. We’ve all been working so hard for this. We’ve now got to hold that light, because we’re on a roller-coaster. It’s going to be a roller-coaster ride, and it’s really important to ground and hold the light. Every light worker has to hold the light now bright, for humanity, and to help those that want to move up into the light with us. And raise that consciousness, and help wherever we can because the Shift is coming. It’s really important to get as many people with us. So it’s really a time for us to… we have decided to incarnate at this time, and it is now time for us to hold the groups, like you’re holding your group, all of us holding the meditation, helping wherever we can in any possible way of bringing the light to the fore.**

 **I think it’s really important, and also to be aware of protection at the moment. The dark has been cornered, it’s not happy, it’s going to fight, it’s going to give us a run for our money. We’ve really got to be really vigilant about looking after ourselves, protection-wise. I think we will be targeted, and it’s really important to stand in our power, and to stand in our light. Really, really important. This is the time for us to shine bright.**