



Living
in
Freedom

A manual for the liberation
of humanity

LIVING IN FREEDOM

A manual for the Liberation of Humanity

A Channelled text by:

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Living in Freedom: A Handbook for the Liberation of Humanity

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By Uma

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Point your finger at the moon. Do not look at the finger.

Live your life as if it were a dream! Your life is part of the immense mirror of divinity. Live, don't take this passively. You were born in this space-time, not by chance, and you are doing exactly what you're so effectively doing, not by chance.

This is a message for you who reads this.

DEDICATION

To all who work for the Liberation of Humanity.

ACKNOWLEDGMENTS

Special thanks to all of the friends and colleagues, who prefer to remain anonymous, for their help as we bring this message to the world.

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THE PREMISE

This book will allow you to start a new life.

Parts of this text have been sent, channeled to a woman who we have asked, at present, not to reveal her identity. This is important because now is not the time to bring attention to the writer or channels of the message but rather to the message itself.

She has agreed and this book will be signed with a pseudonym, which will also be used during the first phase of the publishing of a series of books.

The author of this book is a voice in her mind that forms the words she writes. She listens and writes. In this way she has a chance to hear what her inner soul sends.

Us—we who are helping to awaken—helpers who are still mediating, through her, this deep communication, in the future you will be able to do without. However in this moment we deliberately take her soul by the hand to be this conduit.

Her pale sun is starting to shine inside of her and when she is enlivened and warm, she may even show her face.

To all readers: We recommend that you read this book by chance but only if you are very interested in the topic that is discussed here; the freedom of the human species and the planet Earth.

This book is like a manual with instructions for those who have lost their memory of who they were in different times and places throughout history, known and unknown, and who have the will and the desire to again remember their origin.

Our hope is that this book will help readers to get closer to their deep desire to free themselves from the adverse force that has imprisoned Mankind for millennia and help humans to escape and free the Planet.

You who have found this book, you are among those men and women who will make a difference for the victory of the human species in this Galaxy.

Do you want to live in freedom?

INTRODUCTION

The world will soon turn your eyes to new territories of Being.

You humans can succeed, if you wish, to raise your vibrational frequency to much higher planes. You are the pioneers of this jump and you will soon show the world that it is possible for Humanity, in order to change their way of thinking and living. We bring you our help so that in the shortest possible time you can succeed in accelerating the process of triggering the movement through which Mankind can finally be liberated from the enemy. We have helped and continue to do so, as you have requested. In many worlds we are helping. The evolution of everything forms our contribution and our work plan is that you can soon live in freedom from any adverse forces.

“Monoposts” on this Planet can successfully change the old structure through which the enemy engages in humans. The Monopost vibrates at a very high frequency level and this allows you to show the opposition that you are no longer in the condition to feel his imprisonment.

We speak to inform you that you will soon begin to move to a new vibrational level; a strong vibration of love that in this moment you are not able to even imagine. You are going through many doors. Do not carry your old thought structures and limits. Bring your numerous talents, bring your many varied and vital points of view. We are initiating communication in new codes that will be part of this new frequency.

You will enlighten with your presence, the people of this Planet. You'll begin to bring the world your awareness as awakened human beings. A few more months will pass and then everything will begin in a natural way; you will feel and behave in a noticeably different way from today.

Volunteers on this Planet to help in its liberation, you have come at last to the end of your mission. Now the war must be won, and you will win it. We have assisted and prepared for all of these years for this moment. The summer solstice will bring many changes in the people in every area. Experience it all with great humor, vitality and enthusiasm—this positive transition into other vibrations.

Helpers of the human species

1. DO YOU WANT IT, OR NOT?

Let's start by telling you that Humanity in the ancient Time Empire lived in an immensely different state. Mankind began its intended decay when it was no longer able to maintain control of its power. In a very short time, man wanted to live illusions rather than the part of himself that was illuminated.

Do you want to bring your contribution even more effectively and enable Mankind to break free from what has kept him a prisoner for millennia — prisoner of something that perhaps you do not yet know?

By reading this book you can start a new path of vital importance for the human species. You are innovative already in your field of action. Now, similarly to what you have been able to produce in this lifetime—innovations that have brought you success and the interest of many—do you want to start a new adventure in which you, too, at this turning point in your life will represent a very important tool for the liberation of the Planet?

Before you continue reading the pages of this book, please ask yourself this important question and give yourself an answer. If your answer is yes, it is possible for us to continue.

Other worlds are observing what is happening on planet Earth relative to whether or not humans will decide that they want to remain enslaved prisoners or have the desire to liberate themselves from the slavery that they were forced into after an important battle was lost by the Divinity of Humankind, in the distant past.

Many epochs ago, Mankind was formed from a host of different races. These races lived harmoniously together in a very high evolutionary state. Allies, chosen by an adverse force, began to insert a virus into these races in order to destroy this very particular harmony. They infected every vital part of this unique program with the goal to bring about the destruction of Humanity in order to permit other primeval divinities to resume their Game.

Many of our own Allies have come to this space-time in the last half-century to show this opposing force that instead, Humankind is capable of breaking free and will finally be able to win this war. So, with little available time, a few very determined people on this Planet, in many spiritual places, ignited their will to succeed in liberating Humanity.

Within you, look for the meaning of what has guided you to travel for so many years, living a life of great adventure and success. Enter it — visit the vital part of yourself that already knows and understands the “why” of everything. To date, you have conducted your program in a very positive way, but now you need to start a new moment in which the channeled energies of each “Monopost” will inspire a sudden shift throughout the entire Planet.

The Monopost is a very complex soul structure that holds your maximum purity. The Monopost begins from the integration of your personalities which took many lifetimes at the highest level of awareness and consciousness. The Monopost vibrates at a very high frequency and this allows you to show the adverse forces that you are no longer in the condition to feel their imprisonment.

Movements in the Galaxy are taking place in order to allow this journey into new territories of Being. This text is a particular book that vibrates on the frequency of those who have been deliberately looking for it for a long time. Its messages are particularly suited to those on this Planet who have managed to rise from the multitude, innovating their own lives and those of many other people.

Have you ever wondered about the reason for so much synchronicity in your life? Have you ever wondered why you have achieved your particular position in life? Have you ever wondered who and what it was that has guided and supported you all of these years in your profession or business enterprise?

The obstacle inside of you in this moment could be represented by not really taking into consideration what you are reading. Indeed, some of you may not feel in tune with the message of this book. We helpers, in this space-time, want to bring the virtues of Humankind into absolute visibility. Our mission requires that Humankind very quickly be able to live liberated from the opposing forces that hinder its evolution.

The Monopost will soon be deliberately alive in every reader. I remind you that the Monopost is nothing more than your soul intimately integrated amongst your most enlightened personalities that have lived in different times on this Planet and in other worlds.

Will you continue to read this book? Your yes or no impacts your possibilities to proceed.

Parts of you, in other lives, already know the program we are gradually bringing to light. Your job, right now, is to be able to vibrate in harmony with those who want to bring change to this Planet. You are simply the catalysts of this will. You can now begin to activate within you the new codes of vitality that will allow this Planet to be liberated.

2. SHOW YOURSELF, SPEAK TO OTHER MEN AND WOMEN

Changed scenarios are going to bring Humanity to a new way of living. You are inserted in a spiritual ecosystem that is much broader and more complex than what you have imagined until now. You are an integral part of a vital galactic Peoples that contains within itself marvelous codes to enable it to live once again its unique and powerful place in the Galaxy. You have been selected and have set out to bring Humankind to the epochal leap that will resonate with your particular dreams, illuminating the entire Planet.

Monoposts can bring innovations in every field of knowledge. In each Monopost, ancient codes of stored knowledge are inserted that, in these times, need to be released again. You who are reading this book, you are certainly among those who can, in this period in the Earth's history, trigger some of the radical changes that will lead the human race to make the leap mentioned above. Start to bring all possible innovations in every field where you are a player.

In each of you, a new life is about to open. Your program foresees that in no time you will be able to remember your mission on this Planet and render it clear through your actions. You have been chosen from amongst many, many candidates to be able to succeed in passing your knowledge in different areas to Humanity in this space-time. By doing this, planet Earth will have the possibility to suddenly distinguish itself and be considered alongside all of the very evolved Peoples in the Galaxy who have already achieved these requirements.

After reading this book, you will embrace very quickly the desire to diffuse your knowledge in a mode that is unusual compared to your old life. You will always have our help if your intentions are pure and addressed to helping Humanity to be liberated of all the forces that have hitherto held it captive.

Start this Mission soon. We do not have enough time to again live by old and obsolete thinking patterns. You are accompanied by the missions of many other Monoposts, like yourself, who will share their knowledge and precious, vital, pure intent. The more you are all connected and united, the more you will be able to share knowledge and have opportunities to diffuse it on this Planet.

Illuminate people! You are much, much more than what you have been able to think of yourselves individually so far. You are great souls who have come back deliberately choosing to revisit planet Earth, which was headed towards destruction, in order to save it. Each of you has been given important parts of knowledge in different fields so that you could (at a certain point in your life when conditions would permit) disclose it visibly among all peoples. You have lived your life thus far giving the best of yourself in your world, and most of you have had great success and satisfaction in the things you have brought forward. Now we need for each of you to decide, with even more strength and determination, to bring out this “other” knowledge that is deposited in your codes.

You Monoposts are very, very grand and illuminated souls as the result of intensive refinement work in many, many lifetimes, here and in other places. You have been successful in all of these past lives in being present in several places at once. Within you right now, you again meet all of your Monoposts that are scattered in many places in order to have the strength to powerfully and effectively fight the adverse force that wants to prevent the evolution of Humankind.

In this lifetime, you have been helped to recompose your power within—otherwise fragmented into different names, scattered across different times, eras and places. You have deliberately chosen to bring inside of yourself, on this plane of existence, contemporaneously, every illuminated part of yourself from different times and places of the past; every part that could be of help and support in your present mission. This puts at your disposal an immense reservoir of power, knowledge and memory. Now, you need only to become conscious of this formidable treasure that is contained within you.

3. THE COMEBACK OF HUMANITY

Let's begin.

Humanity today, as seen from our perspective, is nothing more than the illusionary projection of you humans. In more evolved worlds, existence goes hand-in-hand with the spiritual evolution of that race or Peoples. On this Planet, over time, the vision of the human soul has been lost. Your divine pantheon has been destroyed and brought under the control of the adverse forces, which we spoke about earlier. Consequently, Mankind has been deprived of the link and contact with all that comprises a balanced spiritual ecosystem in harmony with the human race.

In these last forty years, a grand and important Mission has been executed to rebuild the ancient divine pantheon. Because of the success of this Mission, our solar system has again begun to be supported by a myriad of immense divine forces that think it and keep it alive with absolute willingness to allow Mankind on this Planet to finally free itself from the opposing force.

Monopost, we have searched for and now have found you after many past attempts. Now that we are going down this path together, revisiting each one of you, it could be useful for you to do the following. For a moment imagine what you can do to trigger the changes that we spoke about in your own world. Close your eyes after you finish reading this, think seriously, then write down everything that comes to mind. It is not important that what you write is actually possible and feasible. It's important to afford yourself the opportunity to really freewheel in order to imagine different actions that you could begin to take in order to succeed in this intention. So now, stop reading, imagine and write.

(Readers should now pause as indicated.)

Now that you have written what you would do to continue to help your species in its evolution, you are ready to start your training to become conscious activators of Humanity.

Imagine yourself in a very welcoming place, brightly illuminated by a white light. This light starts to settle on your head as if it were a sphere of a fluid substance; as it deposits itself on your head, it penetrates within you little by little as you breathe very deeply. This sphere contains the ways through which you can accomplish your Mission. Before continuing, start to see this ball and breathe it into you.

Have you done this? Now we can continue.

Your enlightened soul knows what, when and how to live its own enlightened vision in order to transmit it to others. There exist eight Quests, which are innovative formulas for reaching enlightenment. Now, we will reveal that there is also a Ninth Quest, which you may know. The Ninth Quest represents for you Monoposts, the realization in this lifetime of the opportunity to reach the ancient power of the human soul, reconstructed and reunited in the powerful archetype of the lost androgyny.

We bring you some points about the Ninth Quest:

- 1.) Your great soul is both masculine and feminine.
- 2.) Much power goes to those who do not use it.
- 3.) The viewpoint of others is an integral part of the mirror of the Primeval Divinity of Humankind; as such, it should be welcomed, respected and integrated in order to accomplish the reconstruction of this Mirror.
- 4.) Love, in all of its forms, is the substance through which integration and fusion of the mirror's parts can take place.
- 5.) Participating in the life of the other worlds—namely, the plant kingdom and nature spirits—is indispensable for the effective union of the three worlds.
- 6.) Speak to your soul every day. It will respond and inspire you in your daily actions. Your soul will take the helm of all of your personalities. This is the metamorphosis that we are helping to support in humans.
- 7.) Your will to remember what Humankind represented in the ancient Time Empire is crucial for the reawakening of your species. Wanting to remember your vast and immense grandeur of the distant past can help this process of collective memory.
- 8.) You are all part of a great Family that unites races of the Galaxy in this space-time. The pantheon of divine forces connected to you in this immense solar system needs to be thought of and nourished with your attention and your great love.

We have just passed along another very important point of the vision that each Monopost reawakened could recognize in time to be true because it resonates in every cell.

4. LET'S VISIT OUR POWERFUL INNATE POLITICAL PLACE IN THE UNIVERSE

Your place in the Universe is waiting for Mankind to reawaken itself.

The Universe began billions of millennia ago when a group of the Primeval Divinities decided to initiate a new Game that could in some way bear witness to their primary fight for life.

Unmentionable Forces in that moment took your place and substituted themselves for you within the vast context of Forces that determine the reason for existences of many of the races and creatures throughout the entire Universe. The first Gods were not immediately aware of this replacement, but only in the second moment could they see the result that this substitution had created in your species.

At that moment the Primeval Divinities started a huge war to restore the old balance, but failed in the endeavor because even within them these hostile forces had insinuated themselves and polluted what was pure. From that moment on, Humankind could no longer enter the gathering of Peoples that determines the life of the Races in the Universe.

You are about to be able to recover this position to which you are entitled as carriers of androgynous enlightened souls.

Your part of the vital soul of the Human Mirror that will soon revive within a larger gathering of Peoples of evolved worlds. You will be the innovators in all fields of knowledge on this Planet, bringing Humankind its ancient lost knowledge.

You will have our help at all times in order for this to happen.

You are gradually starting to remember what is being spoken about in this book. Know that through dreams this training will continue and in no time you will feel very, very different from now.

5. LET'S DEPART FOR A NEW DESTINATION

Now that you have put a little more focus on where you come from and where you can go, we can start another type of work. What are the tools that each of you has inside that will allow you to be successful in this mission? You could if you want, before you continue reading, give yourself an answer to this question; otherwise, you can continue reading.

In the soul of every human, an immense treasure has been placed that has been unable to be revealed. The shadow of adverse forces has prohibited this from happening, but now, at long last, we have arrived at the showdown and Mankind can finally redeem what, in the past, he lost in this Game.

You may wonder what this is.

Love in every expressed form and manner is a force of such power, light and intensity that you cannot even imagine. The love that we are talking about is not the love that you are used to seeing. The love we are talking about is the unconditional love for every living creature, unconditional love for every grain of sand, unconditional love for yourself, all your fellow beings, and living species of this and other worlds and universes.

Love is an extraordinary force that allows all that exists to stay alive. Its potential has been hidden inside the human race, deep in the divine spark; which, unable to show itself could only express fragments of its light.

6. A NEW HISTORY FOR THE HUMAN SPECIES

So far, we have been able to bring you to this point without having to tell you about the future of this new Species we are about to reawaken on this Planet.

Monoposts, liberated from their captors, will fly with wings and enlighten other men with their light. They will pass the rest of their lives to ensure that other humans on this Planet can also reawaken and open the doors to their souls.

Now, the future of the Species, in your names and in those of many others like you, must be saved. You will live the right time to be able to realize the changed scenario and savor its taste. Then, many others after you will continue the work so that within twenty years our Species can redeem itself completely and be definitively free from the adverse forces.

Liberate yourself in order to free others.

You are helped by distant soul mates who have chosen different positions from you in the war. You are visible in the front; we are behind you and helping with all visible and invisible means. Start immediately. Do not wait. Your immediate action illuminates the heavens.

Live these years as a farewell to the mass prisons, to the concentration camps of your souls. We are very close to a final victory but need you to be among those who bring innovation into the world from your fields of expertise.

All that is written on these pages is activated only if you've answered yes to the first questions posed in this book. Will you participate with pure intentions to serve in the war for the Liberation of Mankind, right now, in this era?

If your answer to this question is sincerely positive, the exercises you will find and have found, in this book will become active and if not, you can take everything that is written here as a science fiction story. You don't have to believe. You can only decide whether or not to follow the profound intuition that has yet to be visibly unveiled. This will happen as a cascade with more and more intensity in the future period when you have begun to apply your intent to what we have spoken about in this book.

Pure intentions are essential to advance our work.

Aim at helping humans to grow in every situation in their lives. Every situation that you will encounter can be an opportunity to begin to understand something that you have still not been able to live. We often bring our help to people to assist them in understanding what life is presenting in a specific circumstance—or, what that particular situation intends to indicate to that person to help them grow and evolve. But often, rather than understanding their (let's call it) lesson, people take offense and become outraged or indignant against others. For sure, this does not help anyone's comprehension of what could be learned from the situation.

In your life as humans on this Planet, for certain, many times you have found yourselves in difficult situations. The way in which you have desired to live these situations will give you a visible parameter of where you are. The situations, even those in which apparently you have your reasons, are all holograms, useful for your soul to refine itself and finally be able to reawaken from its long sleep of illusion.

This dream can be prolonged indefinitely if humans do not realize that the body is just a shell for the soul and the mind is only a useful function but not its master. It is one of the senses that allows monitoring and selection of incoming information, impeding excess traffic that is difficult to manage with the type of perception to which we are accustomed.

Your innovated speech in your fields of competency must increasingly take these elements into consideration so as not to chain other humans in only the functions of the mind. Humankind is a life form that thinks only with its mind! All of the other senses, both internal and external, have been forgotten.

The Monoposts will be able to utilize all of their senses—the external senses, those which you already know, plus your skin will be an important extension of you, collecting much interesting data from the environment. Then we also have your particular heart, which is not just an organ that you bump into when you fall in love. In effect, it is a sense that allows humans to have a measure of the love you feel towards people, animals and objects, as well as spirits of nature, plants and other species of Peoples different from your own. The “sense of exchange” is what allows you to use your small awareness to meet others in a manner more profound and feel part of the same immortal soul.

Your outer senses will give the measure of what you can bring inside of yourself from your life with others. The internal senses help you to find visible paths to externalize that which you live in your ancient and eternal soul.

We've observed you for a very long time. You are innovators, men and women who in this lifetime have been successful in sharing your talents with others. We are very grateful to have enlightened humans with your essence.

7. PARADIGMS OF THE NEW TIME

Monoposts, you can educate other people about new paradigms. Monoposts around the Planet will vision innovations in every field. Live for the realization of your dreams. The new time will thank you for leaving a mark. You are the forerunners of a new way of life on this world. Bring this new vision to everyplace possible. Show yourself in every way and situation. Live the days and nights as if you were in love, and fall in love with your dreams.

We have sought you for a very long time and now we that we have found you, we do not want to lose you again.

We write now about paradigms of the new time.

- 1.) Will and power will coincide in the souls of those who live for collective ideals.
- 2.) Illuminate every man to his own divine origin.
- 3.) Showcase the talents of everyone in order to experience diversity in its entirety.

Monoposts will turn the page of history in this era, reawakening themselves and working together for the final victory. Depart immediately and in every way for this Mission. Waiting for the right time cannot be contemplated. Aim toward a switch to a new vibration of love that will live with new time. Visit places where the new paradigms are being practiced. Your vivid dreams will live even after your death and enlighten the whole of Humanity.

Now we will dedicate a chapter to the visible change that will take place over this new year.

8. THE VISIBLE CHANGE

In a very short time, you'll begin to imagine unusual ways through which you can bring forth these new paradigms. Innovations in every field are very much appreciated at this time because of their support of the new vibration on our changing Planet. Likewise, in you, there will be new ways of feeling and thinking that you will immediately live as particularly enlightening.

You will look over the dreams you have been able to accomplish so far and will find a new, more powerful force that will support the continuation of what you have already taken on and what you still desire to take on. You will feel very helped and your particular dreams will live in your mind and heart with an intensity that will surprise you. You are enlightened and already awakened. This is the reason for such intense change that you will feel. New life, enlightened life, innovative life in which to help the Planet in its evolution.

Many aspects of your present life will change. Some will begin to travel, others will take on new assignments in areas of their work, and others will decide to completely change their work. You can start your transformation in many different ways but everyone will be affected by this. Your rational part will ask what is going on at the same time part of you will respond with naturalness that you are simply carrying out the plan that you have chosen. Your passage on this Planet now calls for innovations. We won't tire of telling you this.

Show yourself with your ideas, arrive with your actions and make them concrete. Your changes will go hand-in-hand with the changes that you will see very soon on the Earth.

Our passage here among you on this Planet, in this initial innovative moment, intends to represent the additional motivation for the accelerated timing of this rematch. Your soul will show you the road to realize the needed changes. Purity and enlightened ideas in every field accompany you. Imagine yourself to be a very important part of a gear that would not work without your critical small piece.

Each of you is crucial in this complex operation to liberate the Planet, which is now in its final match. All who may be lucky enough to meet you will, for sure, remember you.

9. VISIONS OF A FUTURE WORLD

Matter, as you are accustomed to seeing it, is only a gathering of energy sustained by its vital visible mass. But there are other worlds and other places in the Galaxy where the energy is sustained by a very different idea than mass.

You Monoposts on this Planet already know what we are talking about. You have already lived enlightening experiences in ancient times where your body was made up of many different particulars from the body concept to which we are accustomed. You were constituted by other parts that had visible activation in your energy field. What is now the visible mass in your body, then purified by light, assumed vivid colors lived by each in different modalities. At that time, you were constituted of a body of light that would dazzle the sight of current humans. You lived in harmony with all other races and species.

Your objective then was to live the immense glory of the Creator through various experiences that color the unique mysterious purity of our Primordial Divinity. Then, your task was specifically to add complexity and love to the diversity in everything that could be created. You were always in communion with your pure senses, internalizing new knowledge that could increase the grand and visible soul from which all was born.

Now you are taking a first step that will lead to new vibrations in the human race, which in the space of a century of your timeframe will reanimate the unique light body that now you cannot even imagine. In this body, virtue can finally live without hindrance. The experience of our current physical body is too unstable to allow the unlimited flow and vibration of pure love.

Start your path of ascension now, to the new frequency of light.

10. THE MIRACLE IS NOW

Many of you are now wondering how to begin the work that has been indicated. Goethe said in his famous maxim, "Start as early as you can. It's the best way to succeed." He started work very early in the morning. Time, in this moment, is the fundamental element; live every instant with all that time makes available as possible events.

You are all people who are already deliberately using the time you direct toward others. Now, the next step is to accelerate the number of events that can be triggered at the same time. The higher the number, the greater the probability that Humankind will have complete and total victory over the adverse forces.

Fight to free yourself, fight to liberate. Your every action carried out with intention creates a luminous wave in the worlds. This wave carries the will of the human race to a level of evolutionary maturity. Your observers will be able to see this and finally consider it. When asked for their views they will express in favor of entrance of the human species into a larger gathering of the evolved Peoples of the Galaxy.

The more you intend to participate actively and effectively in this immense Game, the nearer victory will be.

Change your habits, change your clichés, change everything that dries up your life. You need oxygen, new air, new colors, new goals, ideas that will bring excitement and joy, and stimulating meetings in your sphere of specific interest.

You are the right person, capable of achieving all of this. The first person that must believe in and feel this is you. The will to multiply your talents will accompany you in your sacred enterprise. Your world will soon change thanks to your valuable contribution. You are the pioneers of a new era that will see Humanity transform into beings that vibrate at a frequency of pure light.

The world as we now see it is in great transformation. The planet Gaia is turning her uterus to the sky and the sky is deliberately turning its innate force to her. Together they will again live the lost magnificent androgyny of the ancient past.

Your bodies themselves are almost ready to be unified into a single creature that will have its masculine and feminine parts united in one. This new transformation of Humankind into androgynous beings is the transition to which you will bear witness. This step is essential to allow a higher vibration to rest on your form. Your present form is not able to sustain the high voltage from an energetic standpoint. In the near future this vibration will influence the entire Planet. You are preparing and can prepare many men and women for this important transformation that will touch the DNA of the human form, creating important change. As you read this book, you are invaded by a vibration that is transforming you.

Believe it or not, this is happening anyway, and in the coming months will be realized in a very tangible way. You have been selected because the program that you have chosen within you is waiting to be fully carried out. You were and are greatly helped in your Mission. Synchronicity is with you, and has accompanied and will accompany you in many of your grand endeavors. Live playfully, this new part of your life, with humor and passion. Enlighten it with your specific color and vivid light.

We invisible helpers, like brothers, united in the same Mission, are always at your side. We are few but are animated by much will to do good for all of Mankind. The will to liberate Humanity from the adverse force is what unites us all in the same circle of bright and intense light.

The sun will shine forth in you at all times. The sun that shines in you is, for us, invaluable light. You are, for us, as indicator lights are for you. Through your signal, your light, we are able to find the coordinates in space-time to be close and help.

Moving the hearts of men from their niches and habits requires a willingness and force that must be contrary to and stronger than the previous vision that has bound the hearts of men. For this reason, it is necessary that innovations be brought to Earth from many innovators in every field, very quickly. If these happen concurrently, Humankind will rapidly be forced out of the niches and old patterns that bind and cage it. The door is open now but the synapses of the brain continue to fire and connect in the old usual manner. New generations of children and young people already contain the seeds of this new revolution in the human genome..

You are innovators in your fields. You can, if you choose and apply your will, succeed quickly in creating transformation and revitalization. Inspire other humans with your ideas. Motivate them. Galvanize them with new horizons that are achievable in every field of knowledge. You have been placed in a perfect position to make this happen. What you need now is to carry it forward.

11. WHO ARE YOU?

Let's talk about another important topic that will help people to understand that they are traversing a very special moment of transition and transformation from the human form towards a new vibration. The present human body is a condition through which the primordial energy took substance in matter; but you are much, much more.

Your physical body is merely the last emanation of the same primal energy that gave form to every grain of sand and every detail of this Planet. Your most important task now is to convey this new concept of the human form. People must begin to think of themselves as much more than just a physical body. This simple and precise new concept of self will allow you to rapidly change form and physical structure.

Your first task is to reflect and re-imagine yourself through a new way of thinking about your physical body. Your physical form takes a journey through life, first meeting the physical laws of your world. Imagine being an engine that is building to full power. Now you are immersed in this engine. The energy of this immovable motor suddenly contracts and thus begins the process of breaking down. At that moment, its density fragments into "numbers", the foundational building blocks of our physical universe, which become visible in your field. The numbers are the identifier, the special code associated in every object, and your number is now altering from its original code. What you "are" at this point, is further differentiated by a specific rhythm that your vibration brings into matter. Your journey continues through a complete collapse within an immense movement, where you hear the most fundamental source of your initial and primary vibration, which takes on increasingly greater consistency as you become a new visible form.

This is a living synthesis of the journey that your very vital heart starts to make through the multiplicity in which you are immersed, in connection to the physical laws of our Universe. You were born to be a magnificent and warm immobile motor, in which everything is vibrating energy and sound.

It's important now for you to convey this concept to humans so that everyone can find their origin within themselves and give voice and visibility to their own inner divinity, their own divine spark, and awareness of their God-being.

This process will allow Humanity to resume its power of creation, which was taken away in the ancient past. In this way, the human species has the possibility of returning to the Galactic Council of Species and Races who, allied with one another, will begin their ascent to their origin, bringing the best of all their experiences in the field of form. Vibrations, sounds, colors . . . and also your innovations can help Humankind to resume awareness of this origin. When Humanity again thinks of itself as beings of light with the power of creation, the new world will be initiated.

Humility is an integral part of your program when you speak about these topics. You are only carriers of awareness, not visionaries of a new religion. You are serving an important plan in which each of you bring only a drop of awareness for other humans to meet on their path.

Your Mission is bound to succeed in a short time if you are able to bring your innovations in different fields and simultaneously embrace and communicate this new concept of “being human.” Live, live synchronic possibilities to be of help to Mankind. You will be the forerunners in many areas with your important talents and skills. Operate with speed and purity of intent, with much love for all human beings and for the whole race of which you are a part. Your pure intention to serve a Mission that will illuminate planet Earth is the most important factor. By increasing your desire for this particular Mission of service, you will be surprised at how every action you aim toward this will manifest, supported by much synchronicity.

Your will, unified by purpose, will create a special force that cannot fail to pass through the mesh hitherto occupied by adverse forces. Now on the planet Earth, many synchronic lines—the important channels of energy which carry thought, dreams, information and incarnations—have already been freed. What man needs most today are new models and new ways in which to live their lives in absolute respect for this living and vital planet Earth. Your dreams will thus have the strength to take root in a very short time and you will see the effects of the seeds you have sown.

Changing old patterns, raising the vibration of this Planet, radiating light in the souls of all men and women will all be easier when the outworn ways in which Mankind has lived until now are completely supplanted. You have the important task of being able to change what was shown as the only truth of Humanity for millennia. You can succeed now, in this particularly fluid and synchronic time, to insert new pathways in points particular for the passage of vital information to the entire human race. Yes, you — you who are reading this—are part of this particular group of humans on the Planet who will enliven the new human species. In a part of yourself you already know, but in other parts you do not believe it.

Now is the time to give voice to the part of you that already knows.

Live intensely these new years in which the human species is going to be vitalized by many enthusiastic discoveries in a multitude of fields. You will be able to meet many others like yourself who know that the time is exactly this. Similar to you but very different in your contexts of vital passions, you will meet in this new time.

The reason for reading this book is now very clear to you. Do you want to quickly implement the suggestions that you have found?

12. TIME IS AN IMPORTANT OBJECT

So far you have used your time in accordance with your precise desired intent. Now, we would like to enlighten you on an important subject and its implications: the time factor.

Time is not a container of before and after, as imagined by the majority of the population. Time has a precise, vast, yet variable vibration that makes it a very important primary object. Time, in a few words, can also be considered the vast will of the first creator in which he wanted to insert his forms. In this way, he has given each form a time of participation inside an object.

For this reason, your time is very precious. Time, in your present form, must be used very carefully. You must avoid that your voyage through this object, time, is not consumed before you are able to do what your form can optimally accomplish with this time.

Is it more clear now, what time is? Therefore, start. Time doesn't wait. Time lives while it is used. Many have extreme difficulty considering the concept of time in this way. Circular time, also called the circular sea, in this case, is a container of forms that at different times and epochs have filled this sea.

Before starting the work we have mentioned in this book, you can imagine time with this simple exercise: Imagine moving towards a beach where there are many people in swimsuits. The beach is always the same, but the people who walk on its sand change.

In other words, imagine time as an object that contains many events and the myriad forms that exist in the universe.

Monoposts in this life are the numerous men or women who have passed on that beach, many times, bringing with them a particular ability that is specific to that beach—for example, the harvesting of the most magnificent pearls from the sea near that beach, or offering those present vast new horizons to start navigation to from that beach, or even the unexpected miracle of starting fascinating work to discover the cause and origin of that beach.

In this way, you can understand what we mean when we talk about Monoposts who, in this life, have brought complexity that they have attained in other moments, in other lives, in other places in this vast Universe.

So much depends on how you will use the time that is available to you. Important places on this Planet await you so that you may leave your trace and your particular color.

13. NEW VOLUNTEERS IMAGINE THE FUTURE

Who are the new volunteers? You. Volunteers are those who have chosen to be on this Planet, in this form, in this space-time, to make their contribution towards the liberation of Humanity.

Empty values circulate in this space-time, empty experiences that don't provide thought for any future of Humankind that's worth remembering. Your Monopost innovations could bring new values to Mankind. You are ready to pour out onto the men and women of this Planet the knowledge that you have lived at other times in the history of Humanity. Past and future, as we said in the previous chapter, are only particularly limited visions about life on this Planet. But you who are reading, you know what we are talking about.

Imagine bringing your knowledge, gained in many lives in this and other forms, here now. You are probably wondering if your specialty will be helpful at this time, for this Mission.

The answer is yes. Your specific skills in your fields of expertise are important, much more than you can imagine. Your willingness to help others live in ways more appropriate than the current way, is an integrated part of what you can bring to your specific field.

For example, if you are a doctor, it may be very important to communicate to as many people as possible that the physical body is only one part of an energy structure that starts in motion then displays a more static form. The physical body that we can all see is a simple object that carries with it a precious part of visible matter, and an energetic part that is unseen by the human eye but visible through other instruments. These instruments may as yet be unknown, but could, for example, be invented by you. Turning the page in this space and time means bringing inventions from across your various motivated interests and passions that can become innovative tools commonly used in a new future lifetime.

Demonstrate to others your most innovative part; do not fear being considered a bit "special" or "eccentric." Now is the time to put your particularity to good use for others. Get jiggy and use this quality to fine tune and put your special talent to use. Objects, ideas, inventions, vehicles, but not only these, aim for pure innovation in every field. Your physical body, the vehicle in which you are traveling on this Planet, is ready to remember the reason you are here now, and at the same time to bring up very ancient—extremely ancient— knowledge that is filed in your code and in the program of your species. Now it must be offered as a gift to the people of this Planet.

Mankind needs to make a quantum leap to a level where assumptions can literally change and will no longer be recognizable. Planet Earth is going through a major vibrational transition, and humans need to be ready to accept the particular vibration that will soon be arriving here.

Our sun and solar system are ready to release vital quantities of unusual substances that can produce changes in the present form, as we occupy it. Many attempts in the past years to save the Planet from destruction have been successful. Planet Earth will be saved from destruction because some important volunteer souls from the future came to this crucial Planet. In alliance with powerful allies of the Galaxy, they have been able to change its fabric of time and have managed to create a parallel plane, on the previous timeline, in which you are now living. The operation was very complex and it took many years and much previous preparation over centuries. You are already benefitting from the work done by those who have come before you, allowing you to now continue in a different way.

Observers from other places in the Galaxy have deliberated and decided to help the Planet escape from its intentional destruction by Humankind. They have observed that on planet Earth there are few willing people, but they are vital and of strong quality, able to do what is needed to save Humanity from destruction. For this reason, the observers have decided to offer a new opportunity to the human species.

Virtue should now be able to take root in human hearts in order for this plane of the renovated time fabric to be embedded with new values related to LOVE and JOY.

Mutants, you are on this Planet to change the old time fabric and replace it with the newly embedded one. Do you like science fiction books? If you've never read them you could start now. In science fiction books, there are many interesting discoveries that in future times are an integral part of life.

Your Allies on this diverse and important world can now more easily access the Synchronic Lines of the Earth and use them to travel to our Planet. The Synchronic Lines are not only the energy channels which carry thought, dreams, information and incarnations, as we explained before, but these lines also connect off Earth to other worlds where life manifests itself in very different ways than familiar here. In these worlds, forms are an integral part of energy. Most humans still have the illusion that the body they inhabit is the only unique form of life in the Universe, the only possible form that the soul (if they believe in the soul) can inhabit—or, if they do not believe in the soul, the only form of life possible in the Universe.

The human body is just one of the multitude of visible manifestations of energy that becomes matter and solidifies on this plane of existence and in this particular place in the Galaxy.

It is important that this vision becomes a consciously shared and understood vision, as it presupposes an awareness that life is an expression of the energy, of the initial intention of the first creator, to express its immense vitality through multiple special bursts of pure will.

The Monopost began with your first life in the Universe of Forms. Now, in this time, the Monopost reawakens in whoever believes in it. Visualize other lives you've lived here on this Planet. Consider the experiences you lived, the politics of those times past, your talents from this and all other lifetimes. Now imagine that suddenly the best of all of

those lives is pulled together into this life-time. All those entities you have been in the past, now live in you, as a single individual.

The complexity of this person is what we call a Monopost. The Monopost has a very high level of complexity, through which your current soul structure is now able to proceed in carrying out the projects that we have spoken about. This is an extraordinary opportunity that is given to some in this space-time, in order to help Humanity continue on its evolutionary path.

For the Liberation of the Earth, as many volunteers as could be found were needed for the return to this Planet. The return has happened during the best conditions possible for a Mission to replace the old time fabric, with a new one. To replace a time fabric, several events must saturate the new fabric creating a new temporal branch. These events must happen in a very short time, to counter adverse forces who would saturate the new fabric with unfortunate events. For this reason, a marked change in speed must now happen, to carry out this Mission, already chosen.

We will not stop reminding you that the time is now. Time cannot wait. Your decision to participate actively in this war for the Liberation of Humanity can happen only now. There are many other “agents in this Mission”, on this Planet and in other worlds who are working to advance the Project from other planes. You are important for the replacement of this time fabric, in this plane.

Monoposts elsewhere in the Galaxy are preparing to launch very specific matter onto the Earth that will cause the Planet to change its vibration and frequency suddenly and radically. This operation will be carried out when the time fabric has been saturated by sufficient new events that are in tune with the new vibrational frequency that will cross the planet Earth.

If this saturation of the new time fabric with innovative events doesn't happen, the Earth will not be able to support the refined vibration and especially love, that can embrace our Planet and expand throughout the Universe.

To all of you: You can be of help in this very complex plan.

Harmony between all of the forms on this planet will finally come back to life. The World will again want to learn what movements are necessary to shift the arrow of complexity back into a positive modality. The world will be more and more ready to accept this new way of thinking and this new way of life.

Fight, fight, Monoposts in this recalled space-time! Fight, and remember the important Pact that you made so long ago, when Humankind lost a crucial war with the adverse forces. Then, you promised yourselves and others that you would succeed, in time, and in ways, places and other existences, to regain possession of the ancient splendor and power that was characteristic of the human species, not only in human form but also in other races that were an integral part of the human species.

You can move much in this space-time to realize this ancient promise.

The weapon that the enemy of Humanity will use, will be to prevent you from believing that which is written here is true. Listen to your deepest purpose, listen to the voice of your heart that knows and remembers what we are talking about. Do not succumb to the temptation not to believe in order not to act. In that way, the enemy could still win the ongoing war.

You are carrying forward a war that has being fought through many millennia and has reached its peak in this era. This war must now be won. The allotted time has finished.

You who are reading, you've already experienced the defeat of Mankind. Now is the time of its great comeback.

Live the rest of your days for this Mission. Your intentions and your projects are all, in every moment of your life, dedicated to this important Mission.

The Time is NOW. Remember this. Write it in your heart, in huge letters.

14. THE MONOPOST ADVENTURE

Turning the page in one's life is always a great act of courage that requires immense force. Change is one of the weapons Mankind has at its disposal that is not easily recognized by the adverse forces. The enemy creeps into the places that resist change. It nestles in where there are fears, resistance, patterns and schemes that are now threadbare, preventing energy and novelty from taking form. As if, in these contexts, there's no oxygen to permit life to exist in these spaces.

Sudden change is often what allows positive change in places where there is long-term stagnation. In these cases, abrupt change prevents the adversary from entering with doubts, fears, resistance and old patterns that yearn to be restored, at any cost.

For this reason, when you want to make a change, you must act with:

- Speed,
- Pure and deep motivation,
- Closeness to those, who in that moment, are in harmony with the change.

Change requires an important release of energy. This energy is raised from places within us where our love for others is superior to our fear of failure.

Illuminations will come, but first it is necessary to make a conscious choice, then the Monoposts will become enlightened, and in turn, many others.

Do you want to start this adventure? Have other or new doubts come to you? Where did it go, that very pure Pact that you sanctioned in the ancient past?

Now, close your eyes for a few moments.

You, Monoposts, have been sent to this Planet to begin the liberation of Humanity.

How can we help you to remember again?

Try to decide that you would like to remember more about that ancient time. The will to remember will help trigger mechanisms that are helpful for making this happen. In the meantime, aim at feeling that antique sense that you feel inside of yourself. The one that gives you a strange multiplied vision of what you feel deep in your heart.

Your Monopost is about to ignite its engine. Climb aboard. Don't let it leave without a driver. The driver is you, ready to win the last race in this round between worlds and between the Forces that want to win the war in this space-time.

You will win if the Monoposts activated around planet Earth decide to contribute to this final race. Monoposts from around the world, together in one important race, where the winner will be the human species from Earth and other worlds that are part of it.

Change your point of view on every detail.

- *Live mainly in heaven rather than in hell.*
- *In every situation, choose light rather than darkness.*
- *In relationships, learn to value the views of others.*
- *In love relationships, be very open to discover the soul of the other, so that your union is a union of souls and not only bodies.*
- *In work, give space to others.*
- *Make every success the success of all, so that everyone feels part of an organism that lives thanks to everyone inside of it.*
- *Ensure that every talent is developed and used for the community; that children and young people can grow up in a context in which the core values are friendship, love, collaboration and cooperation.*
- *Act together and for others, where mutual help is an integral part of a way of living in friendship, and where each singularity is placed in connection with others; where animals, plants, the spirits of nature and other forms of intelligence can live together happily like a big family.*

Honor goes to you, Monoposts, since you have decided to get in the single seat. Did you remember to show your Monopost to yourself? You are the first to whom the Monopost should be shown.

You must be able to become one with your Monopost. It is presented to you initially as a voice, an incentive, as a particular energy or synchronicity, as an aim, as a goal you feel compelled to reach. But then, it happens that the other parts of you are taking over and you risk forgetting about this. For this reason, it is important that you begin to nourish and care for your particular relationship with the Monopost. A simple way is that every day in the morning, when you look in the mirror, greet it with a wink to indicate that you have not forgotten about it.

But it is not enough. It's important that during the day, you give attention and thought to the Monopost, just as you would do with a person that you love. Fall in love with this aspect of yourself, of what you have been in other times and places.

You will soon realize that your Monopost is a huge source of knowledge that you can tap into at any time.

Turn the page, and love yourselves. Love yourselves as you perhaps have never been able to love another. It's time to do it. Who else, if not you? Your love for each part of you will be the trigger for a true love for all creatures. You will feel it shining in your

heart. You will feel it in your whole body and every cell will feel and vibrate with the rhythm of the frequency of love.

Monoposts on this Planet are very important because they are the people who will change this world.

The Monoposts were programmed millennia ago by a desire to show the adverse force that Mankind would somehow manage over time to win back the old lost splendor.

15. PURITY AND INNOCENCE

We start from a new point of view. Purity and patient innocence are the most important characteristics that distinguish Monoposts.

Many of you know that the way you feel is, in many cases, different from most other people. This particular feeling is due to the fact that certain parts of your DNA have already been manipulated and you have already, in some parts, been released from the force that holds the majority of Mankind prisoners. Your Monopost is already in a position to exercise its free will to move within every situation in a more amplified way than other humans. This particular ability doesn't make you proud, but rather puts you in a condition to reflect on how to best use it for the liberation of others.

Start immediately in your respective fields to free others.

Now we teach you to live in precious innocence and purity. You already know these features because of the feeling inside of you and now you are able to recognize those who possess them and those who don't. Your help to others begins with transmitting what you have just learned to the majority of men and women whom you feel possess such features.

This modality is the first important way to become contagiously positive amongst others who participated in the time of this Pact of Alliance for the Liberation of Mankind. With this method, you can read this book to all those who you consider to be capable of understanding.

This book will not be traditionally distributed through bookstores or through the Internet as any book you must purchase, but synchronicity and your particular feeling are required for how it should be distributed.

Your first major task will be to remember what we have spoken about in this book. You will remember everything as you begin to act on this Mission. The launch will reach a climax at the Summer Solstice in this year 2015, but until then you will have much to do to begin to show yourselves to other Monoposts on this Planet.

You are starting an apprenticeship to become agents again, aware of your Mission. Your huge task is to change your reduced Planet into a paradise. You are in the particular situation to be able to do so. Visit the places where you can find a the record and memory of who you are and who you have been. A positive change in you has already been realized.

You will notice already how you're continuing to read this book that no longer seems like simple science fiction, but rather something that you already know. You will serve to help Humankind be released from slavery.

You now feel that something has turned inside of you. This something is nothing other than your deepest soul structure, feeling and hearing words that are related to it and that will allow you to innovate your life. Use your transformed soul structure. Use it by talking to it, by listening to the messages that arrive to you through your intuition. Use it by giving it the attention needed in order to hear its voice.

Far away, in the Galaxy, there are many allies who await your consenting signal for the continuation of this Plan. Start quickly to show your allies that you have chosen and that you are ready to pursue the sacred Pact. They cannot see, but can hear your "Yes." It appears in these worlds like a bright beacon that suddenly lights up the sky.

Switch on your light with your "Yes."

Given the conditions in which you'll have to act, how do you feel? Give yourself an answer before you continue reading.

As you know, each step is connected to your choices. Some conditions of activation and expansion of the synchronic possibilities are very related to your will and your choice to serve the Mission. If you answered that you are ready, we can proceed with your training.

Many men, many women you will meet on your path are waiting precisely for this clear message. You'll need to be able to bring it to them in the most accessible way, depending on whom you are interacting with. Each person has a specific language, a way of seeing and interpreting reality. It's necessary to talk to each individual using language that, at least initially, is inclusive of them, so that you can reach the largest number of people possible who are waiting for this message.

Depending on the context in which you will find yourselves, you must be able to translate these new paradigms, these new ways in which Life will continue to reveal itself on this Planet, for other people.

We are in a time of enormous change that will lead the human being, and its vast dimensions, to make a leap. A lot of energy is needed from innovative Monoposts in different areas. Much skill is needed to translate the message brought in this book, into suitable language. Specific desire to free Humanity from the prison it has been confined to in for the past millennia is needed. A revolution is critically needed now, in order to facilitate the replacement of the former plane of existence (the time fabric we've spoken about in previous chapters) with a new one formed from your explicit creative will.

Enlightenment will come now moving forward, in order to succeed in this Mission. You have been reactivated to a level of such power that you cannot even imagine. Trust yourselves, trust us; together let us trust in what we've already agreed to in the distant past: that you want to restore the former glory of the vastness and power of the human species in the Galaxy. Your important work is to remember in detail all that has been said.

We will help you with a brief summary of the goals and priorities to be achieved in a short time.

Your first goal is to choose to be in this.

The second is to show others, at every opportunity by guiding people to these new paradigms that will dovetail with the revitalization of the culture of this new millennium.

The key points are:

- *Life in the Galaxy is highly varied.*

It includes extremely diverse species and intelligences, living in an alliance that assumes the concept of love and participation in a gathering of Peoples of the Galaxy that recognizes and values each race of living beings, in all of the worlds.

- *Over time, the human race lost its opportunity to be part of the Alliance of Peoples. An adverse force to the Alliance crept into the DNA of Humanity with a powerful virus that enslaved Mankind. Today, we are in an historic moment where the human race has the opportunity to free itself again.*

- *Everyone contains a divine spark that has the full characteristics of its first creator. This spark needs to be recognized by all humans, beyond just the material body.*

- *First and foremost, everyone should dream their vital diligent soul and bring it to an awakened state so that your actions and thoughts are guided by this and not by your different personalities.*

- *Innovations in all areas are essential in order to win the war.*

- *Each and every innovation in different places is like a brick in the building of the replaced temporal branch, so that it will take root within Time, without the risk of rejection due to too few events to saturate the new time fabric.*

- *United will towards the same goal creates lights of particular brilliance in the Galaxy that your Allies can see from their worlds.*

- *Always keep your Monopost close to you with the exercises already described in this book.*

- *The purity and innocence of your intentions will be the qualities of your soul that the awake Monoposts carry with them in their Mission at all moments.*

- *The willingness to show others this same special information will accompany you and through synchronicity, you will find the most suitable people.*

- *This book should be deliberately given to people who feel aligned with this Mission and whom you feel may be part of this ancient Pact. Each with their own free will and sensitivity chooses a way.*

Start on this journey now.

16. MUTANTS ON THIS PLANET

The mutants on planet Earth are not aliens with big ears and long heads as many earthlings imagine them, but are humans with the appearance that you observe in those around you.

Your physical form and substance is what contains your soul structure in this particular space-time, but it hasn't always been this way. There have been many transformations and changes that have led Humanity to assume these various forms. Mankind was once composed of a luminous encasing made of radiant energy that allowed him to move in multiple dimensions at very high speeds compared to what we can conceive today.

The enclosure of this time, the shape of your body and those of the animal or plant worlds is just one of many forms in which, in this time, the primeval creative energy is manifested. The idea that the human species is only what you are able to see at this time is a limited vision that does not allow the synapses of your brain to approach new concepts that would lead the human species toward evolution. It is therefore important that among the new paradigms of this millennium, a change will be made in this old illusion that has stratified the minds of humans and prevented this species from reaching new and higher peaks in its evolution.

Love in the Galaxy is not an ethical obligation, but rather a substance that binds different species to each other like a kind of glue. It's difficult to express with words or with an image what love can be in other dimensions and spaces, but perhaps with a metaphor we can transmit it.

Imagine a universe with creatures of all species, all races, colors and shapes, and with very different faces. In this universe, love is like an object that holds everyone and serves as a valuable container of any difference or particularity. It unites all in a unique and majestic mantle of purity and innocence. In this mantle, everyone places their uniqueness in a very simple way and, with extreme humility asks the others, what at this moment, they do not have. Everyone lives in this dimension with extreme purity and with great love.

The multitude of your will, directed downwards towards different purposes, does not allow love to hold you together in the same container. For this to happen, you must orient your will in the same direction so that love can keep you together, allowing vital and valuable participation in that which is willed into manifestation.

A vision of love as an object is a new way of thinking. Part of you understands this; others find it hard to define in this way, almost as if it would lose the emotional component that humans define as romantic love. But love is just an object, vital in its magical splendor, that allows the many forms and intelligences in the Universe to peacefully coexist, with a vital desire in the Galaxy to show themselves to other

intelligences and variegated forms that exist. Talk amongst yourselves to be able to better grasp this new idea of love.

17. MOVE NOW, TIME DOESN'T WAIT

As we have already seen in one of the chapters of this book, you should imagine time as an object that contains a lot of events. The events as objects, are very important, because in the time container, they occupy space. Each container, or "package of time," is able to contain a certain number of possible events; this allows the first creator to know, at least generally, how many events every time package is able to hold.

Until now, Monoposts have been able to use time in this space-time, to bring to others what they have predominantly been occupied with. They were able to engage the others in their intent, in their field of interest, and bring them in line with their vision.

Now you need to slightly modify the program and increase the voltage with which you operate in this new period. The events that you will be able to revive thanks to these new insights and vision can be numerous. The number of events that failed to ignite in various areas is very important because they will saturate the old time package that is being replaced. It is important that what replaces these events happen with the adverse forces not realizing there has been a change of plan, in which case they could step in and saturate the new time fabric with other events.

Do you understand now how and how important your sudden action is?

We are confident that at this point of the book your understanding and awareness has increased considerably and that you understand perfectly what we are talking about. Together, Monoposts can build the new history of Mankind. You are honored to be part of this group of agents ready for such an undertaking so fundamental to the freedom of the human species.

18. HOW TO MODIFY REALITY

Many still wonder what can be changed tomorrow with this new vision of reality they are experiencing. Appropriate question.

There are large, but also small things, that if done every day change the previous reality. For example:

- *Each day when you get up, look in the mirror and wink.*

This small gesture will change the previous reality where you were not even aware of who you really are. Another example:

- *Begin each day by writing certain actions that you will do that day and participate with keen attention in the way this may happen.*

You will immediately see that the level of synchronicity with which these actions will happen is very special. Sending on the lines we spoke about earlier, your monospace has a particular amount of synchronic energy, which you will become aware of very soon. For this reason, it is important that the primary qualities that you always keep in focus are purity and innocence. This will allow the synchronic energy to flow within you.

If you like we can make yet another example:

- *Every day, in the morning, you can decide to change a habit; for instance having coffee.*

This way you will have already started to create new events on this new plane of existence.

Why this?

Because each habit brings with it a whole series of related events that range across the old fabric of time that we are rewriting. Any change, even to the smallest habits, writes new things, new events, new items, new situations, new visions on the time fabric we are saturating. Today we need all that is new and innovative and very different from what we were previously doing. In this way, our primary aspects in the material world, occupying space in the previous plan, will reorganize themselves in another space-time.

Are you finding this simplified explanation a little difficult? We will try to explain to you in yet another way.

Your core structure consists of many parts that throughout time, in many worlds, in different eras, have been able to achieve multiple and important experiences. Now you are summoning each of these parts here. Your core soul structure now looks like this: suddenly complex as never before. In each space-time you have occupied in the past you would see the maximum complexity for that moment. But now, you have the greatest ability to recall each of these parts to the here and now. In this way your soul structure is visible as a structure that had never been present before in this space-time. This has already saturated many events, because in this new time your soul structure occupies a larger space than before: in this case, joking a bit, you're a lot, bulkier than before.

Clearer now?

Are you able to connect more of the things that have been said and the reasons why it is necessary, in the short term, to create and fill this time object? Do not allow other forces to occupy this space. This possibility of replacing this time is your contribution to the final victory.

Well, now that you understand how even in this moment, you can start to change the events, act.

- *Prepare a list and put it into practice.*

Now we can talk about another important theme that, in different ways, will touch each of you in this new life.

Now that you've started to understand better and to act, even with small daily gestures, your change, you will need to begin to engage as many people as possible in this. How? We ask you! Let's See.

People very close to you will begin to realize your changes. You do not need to explain to them what is happening to you. Often those closest will not be able to welcome everything that we have talked about in this book and could, in some cases, start to convince you that this is fiction and that you should not to give this information the value that you have begun to invest.

With those close to you may continue to show them your familiar parts, while at the same time you start to think of an action plan on how we can bring these new ideas to increasingly larger sectors of the world, so that they can change the mindset and replace the existing paradigms. This is what you can do.

We are sure that each of you will be able to find the scope and manner, without upsetting your own existence too much. You are all part of a network of relationships, knowledge and friendships which, if connected, will help support and further your Mission.

Be intuitive. Listen with your new sensitivity to the signals that synchronicity will continuously bring. Follow it. Trust what you feel and in people who feel similar to you. Create a network of visible and invisible relationships that serve to build this new level of reality.

Your intelligence and your humility will be your companions in this new adventure. It is not necessary to make claims, there is no need to flaunt new truths that create new religions, it is not necessary to want to impose the new on their points of view. All of this will happen with synchronic purity through synchronic events that, in coming times, will gently replace, almost without the perception of humans, the old patterns of thinking and obsolete ideas in your fields of expertise.

Now, you have been activated to pursue this task, in this way, and with these characteristics.

You will be able demonstrate much, for many men and women in this era. "You have been activated," means that you are connected to a strong vital energy that in every moment, if your intentions are always pure, will support you in pursuing your Mission. You will begin to dream, imagine and realize very elevated innovative visions in every field.

19. CLEAN THE EARTH

Your Earth is not simply a place to accumulate your waste. It's a place, like your home, that has the need to demonstrate to others its luminous immense will to accommodate all forms that live on its face, adapted to its function.

The Earth, in the past, made a pact to multiply its vital energy for the creatures that live there and distribute it to all the beings on this Planet who have asked for its nourishment. The idea was to maintain life in all creatures that would demonstrate attentiveness to her. Over time, humans have forgotten that the Earth is a living creature. In most cases it is considered a simple container within which can be deposited all sorts of waste.

Indeed the Earth is alive in planes very different from the ones that you can see from your simple perspective. On its surface Mankind has settled quantities of garbage that the Earth is no longer able to process and now you need luminaries from other more evolved planets to bring inventions that can help humans solve this problem.

On other more evolved planets waste is not a problem. The forms that live there are accustomed to considering that all objects, whether objects can speak or not, are creatures that are born and have a life time equal or different to that of other animated forms.

With this view every object becomes extremely important and in time takes on a value we could call, sacred. If you maintain your connection to an object in a special way, it becomes easy to keep it and dedicate attention to it that normally we don't do with other objects. In the New World will be very important to change the vision of what surrounds us.

Every object, every creature, all life in its particular shape has the right and the need for attention from those human forms that live on this Planet. In this way each object will be used for its full time. If an object breaks it will be important, just as when you get sick, to be healed using every instrument of your knowledge that can bring it back to life and allow it to fulfil its time through the completion of its function.

It is important that you begin to live this new vision in your daily life, with your personal objects in your homes, in your families, in the groups you frequent, in small communities, in your villages, towns or cities. It is important to spread this new vision of the objects around you.

Consumerism has changed radically the old conception that the ancients had of the importance of the objects they used. Even your ancestors lived with a completely different view of objects than the one that exists today.

Changing these habits in your daily life will definitely help thousands and millions of people connected to you, to now start to think about objects in a completely different way. You are in a perfect position to be able to make this simple change in the

mentality of humans; just through the re-visitation of your daily habits and consideration of the objects you normally use.

For example containers of soaps, detergents, in your bathrooms and your kitchen. Why not decide to make continual use of the small containers, valuing the use of refills, thus avoiding the use of a huge amounts of plastic?

Try.

Monoposts attentive to these aspects will change a condition like this in a very short time. Write down today's date, and you can measure how long Humanity will take to change this habit. For you this will also be a parameter and a measure of how the network that you will be managing to build over time, with your activated willingness, will start to produce the desired changes on the Planet.

Monoposts have the energy to engage new events on this plane of existence. These adjustments should be made soon and continuously, linked to the purpose of the Liberation of the Planet. Fight principally the habits that keep you still enslaved. Fight to get rid of these habits in yourself and with your redemption you can liberate others. Every habit shed is a huge step towards the liberation of thousands and millions of humans to whom you are connected. May you become increasingly aware, do not let your guard down, remind yourself every day with your wink in the mirror.

The Earth needs for humans to now begin to regard it as a living creature and as every creature its need to be clean, tidy, revitalised, designed and consistently thought of with direct attention. Your ancestors knew perfectly the value of each object and treasured them very carefully. When your ancestors died they bequeathed their beloved objects in honour of the objects themselves, the same as with their animals and plants, so that they could be taken care of until the end of their allotted time.

This good habit has been lost over time, and now only objects of great value in this era, such as jewellery, houses or precious metals are bequeathed to the family. But this is just a huge simplification of the vision that kept meaning in the value of objects as we spoke about before.

Changing your point of view on this subject you will begin to see each object in a different way, retaining an attention that previously you did not have. And this is a very important step which your vision of objects must pass.

Part of the innovations that will bring Humanity to a new mentality will start directly with the way you manage to change your daily habits. This is example of how your will applied in small gestures can make a difference in the daily routine of millions of people.

You've helped a lot because it was already in your program structure. In your core are inserted new codes that will help you to move in this direction with ease.

Do not force yourself to do things that do not feel right or suitable, simply follow your intuition, your thoughts; that enlightened vision of life and objects. Imagine how visitors who arrive on this Planet and wish to bring the best of what they have seen and known in other places in order to allow the people of this land to improve their conditions of existence and evolve to planes brighter and more amplified than your current existence.

20. LOVE, INNOVATION IN THE COUPLE

Humans have a lot to relearn in this area. The couple has become simply a mode among many possible, to enable the species to multiply and at the same time to ensure pleasure that would otherwise have to continuously be searched at a huge expenditure of energy.

But love is really a different thing. The love between sentient beings is a bond that sustains life in your energetic body and in each moment, produces the feeling of multiplying your face in a thousand other faces connected to you.

We will explain ourselves better. Each of you is connected to other humans through many subtle invisible channels that create a network of force through which energy flows and keeps the world alive. Sometimes you realise this force field when, on special occasions, you feel a connection inside of yourself, an affinity or understanding, or a sense of completeness, that give you an indication and makes you feel you're part of something larger than just your physical and material body.

Keep this image in mind and imagine the love you feel for one person, the person who responds at this time to characteristics that you can feel in many people, people who are not necessarily connected to you by bonds of similarity and affection like you now imagine, but by a strong sense of being part of a large unconditional love that asks nothing, but that gives to all, without exception. This quality of love is a quality that you will also soon be able to feel in your hearts; a quality of love that will make you feel in love with yourself, the people around you, the other men and women who inhabit this Planet, animals, plants and subtle creatures. But not only — this conscious expands step by step in concentric circles and extends to other forms of life, unusual in this existence, but living on other planes and in different dimensions within this universe and the galaxy.

The heart of unconditional love is in the centre of each of you, in your divine spark, in the original point where the mirror was shattered and left a trace of this divine quality inside of every human being. You will finally be able to show it to others through your simple actions. No need to make proclamations, what is needed is much humility, silence and actions that can impregnate with this substance, all of the people you come in contact with. This will be the substance which may in the future integrate all diversity and manifest itself in all existence.

Now that the lines have been liberated, that your divinities have been reawakened; now that you have recalled the most elevated and complex parts of your soul and reassembled them in Monoposts, you are in a position of power to be able to show this new way of loving. This will allow this substance of love to continue to play its part in the history of the human race and to support the next steps in the evolution of man.

Part of this information you will not have to share with others but simply to know so that as changes occur you may welcome them as substantial parts of the plan that will take place in the near future. Your will, and that of others like you who will be part of

this wonderful plan that you share are the key elements, because anything can happen at the right time.

Innovations in the field of relations serve. Love can no longer be considered the possession of someone but a special and sacred bond with someone. This is not to minimise the value of a relationship between two or more people but to add a sacred quality to the sacred bond between some people will further be created.

Sexuality in this vision is an open door to the god in everyone which, in turn opens a small but grand correspondence to the God contained in the other. This very encounter with the other-other, becomes a sacred meeting through which the human species can not only reproduce but savour the profound union with the first creator.

Your old way of loving provides that a person ties his life to another for all existence. This could also be an opportune condition from an energetic point of view if the bond that binds these people is sacred. What's the difference? The difference is very simple. A sacred bond between two people helps people in their evolutionary path of finding other fundamental qualities of their soul structure that somehow have not yet managed to distill themselves.

Thus the bond serves to stitch an evolutionary path for the souls of each of the two persons. Imagine that he falls in love with another woman and his partner suffers. From a human point of view he has behaved inappropriately with her, but from a soul point of view, he has simply found a part of himself that he still needs to integrate which has caused him to continue to look outside of himself.

In the case of a sacred bond this condition could of course be integrated with the original partner because it is clear that the other is simply a means for the evolution of the man's own soul. In the case of a classical couple asking for simple loyalty based on fear of abandonment or rejection, then the drama becomes a tragedy.

Everyone should be able to integrate within themselves the parts that they feel are lacking; for this there are different methods and systems.

One is that which we have mentioned above, another is to proceed individually through the management of sexual energy which puts the person in the position of having to find by themselves, alone, through multiple relationships with others who mirror in many life experiences, the parts to integrate and vivify through excavation and deep honesty, using sexual energy as an engine and distiller of these news parts that need integration. This method, however, is a very complex subject that will be the theme of another book.

21. WE APPROACH VENUS

The planet Venus is very interesting. On Venus there is a race of beings that from the point of view of form in some ways resembles Humanity. These evolved beings, who have already gone through the various stages of evolution and are now at a level unimaginable by you, have a very unique beauty. They are known for their particular magnificent light and for the living purity that they radiate when one is in contact with them. They are light beings that still contain the hologram of the last form they've taken. This is how they appear to those who visit. They have a particularly vital outward expression that is also very appealing. Their eyes, for example, emanate a light that when they gaze at you can vibrate the entire energetic body of the observer.

In this way they were able to show themselves to many races in the galaxy, but because of the particular purity they emanate, some races with whom they came into contact, disliked or were discomfited by a feeling of inferiority, as we can imagine on this Planet.

They are so pure and innocent that you are immediately brought onto their frequency and you begin to feel yourself to be part of a field of love never felt before. This is an example of how evolution can progress in various and different races. In the human you will soon be in a position to bring your frequency to that of the brothers and sisters of Venus — a very interesting planet that has not been manipulated by the dark lords but that has managed to maintain the primary vibration of the first creator. You will be accompanied during dreams to visit this Planet amongst these creatures, so that you can bring your heart and your profound feelings into this frequency that in time will be the one that will also infect the new human race.

When you wake up, you will feel your vibration-frequency different than before. Remember that it is due to this possibility that we grant you the possibility to go visit these brothers and sisters in this extraordinary planet. Your vibration in this way may suddenly undergo changes which surely you might notice very quickly. Be grateful to your allies who will help you in this important process of transformation and evolution of the vibration on this Planet.

You are Mutants — you will have to initiate the millions of humans to whom you are connected into this epochal vibration shift. Your solar system was manipulated by Beings who had the intention of being successful in showing their grand assembly of the Galaxy that they would take over the entire solar system and reduced it into bondage.

This project did not enter the port due to the fact that those of you in ancient times swore your revenge and came together in this time and space where you have managed to magically turn the current system that if allowed to continue would have brought the planet Earth to its destruction.

From our point of view, the condition of humans on your particular planet is still a bit disturbing.

You still do not realise the slavery under which you are continually subject. Your life is constantly at the mercy of your state of consciousness that tends to go now from top to bottom. Your emotional states depend not on what you determine but rather on a host of trivial details that continually sabotage and remove energy. This is the situation and condition which Humankind will quickly be able to exit from. Your way of showing others your identity is no longer suited to the new level we are nurturing. The new level provides that each of you will always be first and foremost in connection with the energy of love that belongs to you and that allows you to give a lot of attention in the diversity of every single creature with whom you have contact. This particular sensitivity and attention towards others can make a big difference in the lines of renewal on the new map of the Earth.

You have been accustomed to taking energy from others in a very barbaric way. Everyone sought to take energy from the others and bring it into themselves. This mode is not appropriate on any evolved planet. This way of being is the result of being lobotomised which has resulted in man's lack of memory that the energy of love is endless and that it belongs to all sentient beings. You are now again able to take in hand, the keys to this important source of immense energy and you must relearn to use it in a manner suited to the new vibration that you will soon see, revived by this substance.

Movement and luminous light are the qualities of this substance. In each of you, love takes shape and colour and diverse sounds but each sound, every colour, and form has in itself harmonic chords that together with that of the others succeeds in playing a concert of the highest level and quality. You are now, in this new period, triggering events that may renew the old schemes and enter on the lines new paradigms that will lead people to tune into new frequencies of life. Fight, fight again and always because this plan can come true and revitalise the whole of Humanity.

We still want to give you some suggestions that for this phase of the transition will be very useful in helping to modify your old way of thinking. Do you really want to start this sci-fi adventure? Are you convinced yet? If the answer is yes, you can go ahead and these tips which can be very helpful.

The first tip that we will give:

Start right now to do something different from usual. You can start from anything. A particular habit that you have not previously been able to defeat—now could be the time, with your new will coupled with the goal to change, to finally be successful. Now, you have the energy to succeed. Use it.

Second tip:

Once you've finished this book, perhaps you will forget what you said you would do.

For this reason we have already helped by creating a short synthesis in a previous chapter, where we helped you to remember the highlights, but still, we want to help you not to forget.

This book, once read, must be reread at least once a month and not only this; after each reading you must write down the actions and intentions that you intend to pursue in the following month.

This is a mechanism through which you can help to preserve yourself from the trap of the human species, that is very easy to fall into. That of procrastination regarding intentions and actions to the point of forgetting them.

We would also like for you to give an answer on this point. Will you? If you answer yes, we can go on to the third and final piece of advice.

Synchronicity is a powerful force that runs through all events and binds them together. To have synchronic power means to have the power to recall the events that are most useful to achieve certain goals. You are immersed in a field of very high synchronicity. It is very important to list all of your goals and priorities because in the writing of the list you allow synchronicity to act for you in the goal of freeing the Planet. Do not be superficial. Superficiality is the a weapon much, much utilised by the enemy to prevent people's evolution.

Your rational part will still try to sabotage your will and not permit you. Show to yourself and to all those who observe that Humankind is now able to project the ancient oaths of the past and strive for their realisation because Humankind is finally free from the adverse force that for so long has kept him in slavery.

22. DESIRE FREEDOM

We have already said that to break free from the adverse forces you must want it, desire it. Able and willing are twins that will need to become part of you. The will to live in freedom, when expressed by a growing number of people will become the catalyst for the great change in our times. For this reason you must share what you know with more and more people. Your first aim is to trigger the change inside of you. Your willingness to change your habits is much more visible than enlightened words.

Normally your will-force is kept imprisoned by the adverse forces, but once you become self-determining, a kind of shock is created within your subtle energy system that will instantly have a luminous affect on those connected to you, including other forms both in this and in other lives, times and places.

Be aware of the enormous power that your new behavior can generate amongst the humans on this Planet. You are very motivated with a precise plan for being successful in helping Humanity to live on the planet that hosts you, in the best way, in this age. Monoposts on the Planet are waiting for the messages that you are beginning to bring.

You are very motivated with a precise plan to be successful in helping Humanity to live on the planet that hosts you, in the best way, in this age. Monoposts on the Planet are waiting for the message that you are beginning to show. Take within yourself the first step in this revolution and then live your time illuminating others with what you feel close to your soul. All the rest will come automatically. You will be aware of it in the following months. Start working with your method and your particular characteristics. Each of you will be able to create world-wide awareness now of what you can understand.

Your opinion on the illusions that normally keep humans captive on this Planet is very important. You are a person who is able to offer an innovative vision in any context. Illuminating other people on how they can be liberated from the prison where they are still living is definitely one of the ways to bring your Monopost illuminated vision and to provide innovation in many fields.

Seeing your renewed will to do so, we can help with some suggestions.

Let's talk about how each one of you will become visible, once you show yourself to other humans and to the adverse forces, in this new light. The enemy of Humankind has radar with which it monitors the will of humans to remain in the current condition. When this radar signals that will-forces are multiplying in another direction, the enemy will realize this. You will be very visible. How can you not be identified? What can you do?

Together, you Monoposts can innovate in many fields, simultaneously. In this way, the changes that will be implemented in the short term will be seen, not as a single will-force, but as a strong liberation movement with many

outbreaks that are difficult to detect and extinguish. This is not an insignificant detail. This is how you can win the war. Together you are invincible, individually, you are much more identifiable.

You are about to start your new life. You will realize this soon. You are the forerunners of a movement that will rid the entire Planet of all of the areas in which the adverse forces have kept Humankind prisoner for these long millennia.

Do you want to be free of the enemy?

Do you want to successfully show other humans that this is possible?

Well then we depart for this very special venture.

Now you are all aware of how things stand. What you have read, you begin to feel is much more real and not just a fictitious hypothesis. The Game is in the forth quarter and wherever you are beginning to change your habits. Habits that for some time you have wanted to change but for many reasons had been unable to.

Think about it now. What would you like to change in your life? What would you like to do in a new and different way that you have been unable to do?

Now is the time to start. Your share of light has now awakened in you. You are in the position to actually change a habit now if it is a heart-felt change. Now your are able because there will be no force to oppose your will, and you will be able to maintain the change with out suffering the discomfort of a part of you asking you to continually maintain the old habit.

This is the freedom that we spoke about in the earlier chapters. The possibility of grafting changes, that if determined by your spiritual part, can attach new habits and behaviors more suited to the new level of awareness you will reach.

You will wonder how this was possible. You will see this explained in the next book. Now, it is not important to understand each part but rather its emergence amongst the most humans possible.

Your Monopost is immensely grateful for the work you are doing. You, Monopost, are awakening and this will allow it to bring in new strength, will-force, and innovative visions in every field.

Important is to maintain over time, this state of consciousness that you have in this moment.

For this reason, the exercise to re-read this book at least once a month and to draw of a list of priorities for the following month, is essential. Your plan should also provide for the fact that in certain moments, you will still lose consciousness of all of this. In these cases it is important that you use your awareness to call up the most illuminated parts of your deepest will.

Remember, now, for you, will and power begin to live in you in a single luminous bond. Play—and start to demonstrate in every place and in every situation that you have begun to modify all of the habits that will harm you.

23. DISCUSS OR TAKE ACTION?

Now you can compile the first list for this month. Your Monopost will help you to identify the priorities. You are in a unique condition where time is very fluid and in this moment there are infinite possibilities to realize everything that you consider to be useful for this work. So...

- *Start with a list of priorities and step by step, as you realise them, cross them off and add anew. This way you continuously keep your desire alive and improve your work.*

Do you also want to enlighten yourself in addition to helping to enlighten other humans? If yes, it's important and necessary to:

- *Dedicate a moment each day to specifically do the work that you have decided to carry out, even a few minutes, just to remind yourselves.*

This is the way to succeed in this endeavour. Now, the obvious question is: When will you start doing something? Which habit will you start to change? The time is now. This moment will not wait. The time has come!

24. SPIRITUAL WORLD POLITICS

Your work starts here. Where are you connected? Your work is an integral part of a new and important network and intimate worlds of so many men and women who desire a different world, a new world where politics are really a way to tune the people to improve their existence and to get better visions. A way that allows you to realise the greatest good for the collective with the minimum effort.

But instead, politics as we live it now is exactly the contrary. It's a demonstration of a continuous battle for the affirmation of one over the other, where it's always a matter of who wins and who loses in an endless power struggle.

This type of politics is the consequence of the victory of the forces that wanted to keep Humanity in yoke. In this way, they could continuously make sure that the human species could not modify their existence. Over the millennia there have been many attempts, also carried out by some of you, to revolutionise this concept of politics. In some cases, work has been done to change the system in that historical moment, if it was thought that a system was not in line with the values that life should bring.

Now after this first reading, you will meet Monoposts in the world who work in fields that you already have been working in to restore the world visions of visible freedom for all. You will start meeting others who feel your exact sense of urgency. Meet these people and start building, in every area, new values to substitute the previous ones. Your new vision, together with those of other Monoposts, will support the change that the Planet is going through in the coming times.

You are ready for any event. The Planet will undergo important losses, but don't be brought down by it. Stay optimistic and demonstrate that you are ready for the new era, the era that you have dreamt of and can now live.

Spiritual politics will become the place where everybody's visions can meet those of others in order to stabilise the best way to lead humans in this new era. New faces, great souls will take command of important positions on the Planet.

In a short amount of time, this will Mankind to completely overturn old assumptions and to change their roots. Be ready! Be close to each other.

Only those who believe in a bright new future can start to create this paradise on earth.

25. A NEW ERA

Planet Earth is now a very polluted world. The seas, rivers and lakes no longer have the amount of mollusks, because they cannot live in these seas.

The polluted seas are a big problem. The sea flora is not able to limit the damage that man has produced during these last centuries. All kinds of waste is being dumped into the seas and aquatic life cannot survive in an environment where waste is transformed into polypropylene (a substance that is very toxic to fish and humans).

It's a monstrous crime to not look at the things that man has managed to modify in the natural world for economic interests. Every creature in the universe has rights: the right to life and the right to live in adapted conditions for its species. The Planet has unfortunately forgotten this simple rule that is respected in evolved worlds for all species. This has transformed the earth, the continents, the oceans, the mountains, the countrysides into huge waste depositories or large pastures to feed animals that, in turn, feed men with their flesh.

This situation is very serious. Cleaning the Planet means to restore an order that allows all species to live in harmony with the others. In the world, every day, millions of animals are killed to feed humans. A large quantity of the Planet is dedicated to territories where animals graze to produce food. Many forests have been cut to make way for these huge concentrations of animals. The situation is really like a living hell. Men nourish themselves with meat and the animals are feed mollusks recovered from fish that cannot be sold in the markets. As a result, the seas are depopulated of their species, land animals are multiplying and man must continue to destroy forests to enable them to continue feeding themselves with meat.

The many vegetarians who made the choice to not eat meat are among those who will manage to survive better in the future, when the Planet's vibrational voltage is raised.

You are the first who should abstain from eating meat in order to succeed in the new ways of conscious behaviour on the Planet.

Your choice would not be the result of an ideology, but a deep feeling of absurdity that humans are flooding the Earth with propylene, which they will end up eating one way or another.

Visit the pastures of cows in forests or mountains of the United States. Certainly this could be a very intense experience that might lead you to change your diet, if you are still carnivores. Your position in regards to this theme cannot be indifference. In order to reveal its complete light, your soul needs to vibrate with frequencies and vibrations of life. Meat, by its very nature, contains the frequency of death. That is what you're ingesting when you eat it.

Pay attention to this issue and discuss it, so that in a few years the human diet can change and you can start moving in healthier directions for humans, animals and the entire Planet.

26. THE MONOPOST INNOVATES THEIR LIFE

You who have read this book have been touched by its contents. As you already know, it is a very special book that activates those who desire to participate in the proposed program. This book now needs to be disseminated to all others who are willing to help bring about changes in their lives and those of others. Pass it along to anyone who you think would be interested in these topics. Among friends or acquaintances who feel in tune with what the things that this book is bringing.

You die today and will be reborn immediately. Your past does not have to be cancelled. It is an important part of you and will live with you. This book simply wants to stimulate the spiritual part of you and have it take over your life, in order to be useful to other men and women, for a radical change of values in this new millennium.

Work hard and always think of your Monopost as a vehicle that can wake up and drive parts of you in a direction of increasingly elevated goals. Your Monopost can laugh about this particularly dark period of its existence on this Planet, but it is nevertheless of fundamental importance that it takes the lead towards more elevated ways and types of behaviour, and makes you responsive to a higher level of awareness.

Fly to other worlds! Enlighten minds, save the Planet, change habits and behaviours that we have been talking about until now. This requires a dose of will that everyone must apply with his or her own free will.

That is the battle. This is the revenge, the chance for the final victory to free the Planet. The start of this will be the summer solstice of this year 2015. Start immediately to be ready to welcome the new vibration and frequency that you can easily perceive and that you can imagine in your heart. So accept it and live it.

The Monopost will have won its battle when it is the driving force in your life.

In this way, you will no longer be a prisoner of unstable states of consciousness. Instead, you will feel a powerful attractor that is conducting all of your parts towards a single goal.

27. ORDER AND CLEANLINESS

Order and cleanliness are both very important in the start of this new world.

The important point in this new age will be connected to the possibility that human beings can manifest. Their desires and aspirations in a functional way will serve the will of improvement and experiencing the planet Earth in awareness.

Your new consciousness is the result of many, many of your efforts of this applied will to change the conditions in which Humanity is living at this moment on the Planet. Cleaning in every corner, in every place keeps the enemy at a distance.

Elevated vibrations can live in places where order and cleanliness reign together. In very neat places, the energy flows in an unimaginable way because it doesn't find obstacles in its will to densify in the matter. Where it finds disorder and dirt, the energy fails to densify and is deflected. Your idea of order and cleanliness should definitely be modified according to the canons of this epochal transition. They have to become cornerstones of an interstellar movement where other Monoposts from other planets can find the adapted energy to stay visitors on this Planet.

The honour is yours if you can also spread the very special value that these two factors represent in this new age. The mood of the people will change based on many factors. One of these is related to the amount of energy that can be taken from the universe in an automatic way, but how to do it depends on many factors:

- 1.) One is given precisely by the energy that every object that surrounds people emanates.
- 2.) Two is the vitality of the many parts that you consist of.
- 3.) Three is the ability to change into positive what at first glance might seem negative.

Moving events synchronically means being capable of predicting more possibilities simultaneously in order to visualise the trajectory that each event can move.

In this way, you are always able to modify that which seems negative but which in time could instead demonstrate to be the event that has enabled the flow of a new line of events that otherwise would have been difficult to realise. How to learn to navigate the synchronicities is one of the books that we will write in the coming months.

Start right away to change your trajectory. The Monopost, the driver of your car, knows where to take you. It knows how to recognise the roads of life and move in a more rapid but also a more balanced way. You can simulate with this car a brilliant race to the mountains with luminous sceneries where the sun never sets.

Your Monopost: That's you, in your completeness. Humans who have managed to unite the masculine and feminine within their soul who can start now with giving back to humans the ancient gift of the lost androgyny.

You are asking yourselves and telling yourselves, if you have actually managed to combine these parts within you. It's an ongoing process that will allow you to move your will to the recomposition of this archetype.

You may be among those who will be able to achieve it.

Start, be optimistic, be innovative, be proactive, always be in every instant, at all times, on each occasion, the new bearers of light for all humans of this Planet.

28. LIVING IN FREEDOM

Living in freedom is a particular way of living.

- It means having the energy at your disposal as you would when you are doing very well and you feel capable of realising anything you wish to accomplish.
- Freedom is being able to show your innate sense of creation in every situation.
- Freedom consists in thinking that anything that you would want to realise can be realised.
- Freedom consists in the incredible power to live without internal opposition that sabotages your creative power.
- Freedom consists in imagining your world constructed by many creatures that are in harmony and connected, all of them interested to participate in an existence that is in symbiosis with planet Earth and all the other creatures that inhabit it.
- Freedom is the result of a work you have been carrying out in many lives and in so many different ways.

Start now in this new way of your life. Your Monopost is able to guide you for new unusual places of being and unimaginable spaces that have been waiting for you for a long time. Congratulations to all of you illuminated Monoposts for this new potent light.

AFTERWORD:

A NOTE FROM THE CHANNELER

This book was presented to me on December 21, 2014 on the day of the Winter Solstice.

Murmurs began in my mind, asking me to act as a conduit for writing this book.

I could not say no.

I felt that my affirmative answer might have an affect related to the Liberation of our human species.

The murmurs directed that the message must enter the world very quickly: January 31 2015. The time was very short!

So I answered, "Yes."

The next day I got sick. This occurrence, however, made it possible for me to carry out this work. It allowed me, for a period of time, to stop my normal habits, which would not have permitted me to become completely immersed in this adventure.

Even today, I do not feel completely fit, as if the "energy met on that day in December" continues to vibrate in me, feeding me, but at the same time leaving my body depleted of some personal "nutrients," in a sort of convalescence that has also brought transformation.

I confess that one night, intuitively, I had the idea of taking a supplement of trace elements. I woke up with that thought and the next morning called a dear friend of mine, an expert in this field. And so, since that day, I began to integrate copper, gold, and silver into my daily diet. I do not know why I am writing this, perhaps insignificant antidote, but I feel that in time this information will be helpful.

My helpers come to me not only through the voice I hear in my mind, but also in many other ways, often bringing gifts. For example, a magazine that I come upon by chance, a website that suddenly opens, a poem or a meeting with a person, each bringing a profound relevance to what I am thinking in that particular moment.

These voices come to me in my thoughts. With their words, though my listening is timid, I know they are the voices of that primal energy from which everything is born and of which we are all a part.

The Monopost inside me did not start its life today, but many years ago. I began to follow a course of mediumistic dowsing which over the years has become mediumship. For me, that course was the beginning of a daily dialogue with my deepest parts. In time, my contact presented themselves with a name. As the years passed and my practice became more profound, a new name presented, saying the previous name had now merged with it. And so it went, over time, with names integrating one into the the others. With this channeled message, what I now recognise,

was my Monopost, pulling together these other aspects that are also parts of me. Perhaps in preparation for this Mission.

My best wishes to all who will read this. My desire for you is that you have heard in the words that you have read, the voice of your own soul. It is exactly this, that we must each be able to listen to, in all the moments of our daily lives.

Thank-you to all of the friends who synchronically lived this adventure with me and who have generously donated their time and skills to assist in the creation and diffusion of this book. Their names, like mine, for the moment are not important.

Important is the message contained in this text.

Uma Alba

January 31, 2015

THOUGHTS FROM THE SUPPORT TEAM

Note from the English Translator/ English Language Co-Editor:

I am grateful and humbled by this opportunity to help bring this book to the world. I have been awaiting the the message contained here for this entire lifetime. The call has finally come and confirms what I have always known in the deepest parts of my soul. I have complete trust and respect for the woman who channeled this message. The beings who asked that she be their channel, found an unimpeachable conduit. Her purity of intention and credibility make this message all the more critical to share. My deepest desire is that each of you who reads this book, will remember the ancient agreement that connects us. With our memories reawakened, let's again come together across this Earth, to be the catalyst for the Liberation of Humanity.

Note from the English Translator/ Production Coordinator:

I feel as if a gate has been opened between my physical reality and all that's beyond. I feel recognized for the freedom I feel inside. Parts in me have started resonating with an alternative reality here in the world I see around me. Also in my dreams I have experienced in a soft, loving way, neither feminine nor masculine, what a new reality could feel like—the way we interact with each other. And then, since I have started reading the book, I have felt a peace in myself, a lightness and a force to do all of my daily activities and much more, with more joy, energy and clearness. I feel that the knowledge transferred in the book has reawakened parts of me. A hope of something I have felt true always inside of me. Now, I feel I am talking to others about this knowledge. It's as if I am connected to a source of helpers and a source of light that is opening and opening and it can infect everything in a brilliant way, my daily life in small and big things; starting with sharing this viewpoint with the people around me. Making it more real every day.

Note from the Italian Editor:

I've done this: I have not looked at my finger and the moon sprinkled its white light upon me.

My motor has begun to turn with a different power . . . Hope merged with certainty and yearning, never vanished but crouched in my heart.

It was the breath of eternity, that is not important for me, for others or for all, the important thing is that it is. Thank you from my heart.

Note from the Graphic Artist:

I was called to create the book cover for Living in Freedom. I am a designer that works by connecting to energy or source and interpreting what the energy desires and bring it into our material world. So, in essence, I assisted the cover in designing itself. What made this particular project unique was the nature of the energy. Upon taking on this task, I was immediately immersed in a depth of knowledge that was incredibly intense. Intense to the degree that I have yet been able to find adequate words, creating deeply emotional responses to an emotion that I have yet to name. I was catapulted into a process, my personal process and humanity's process. This transmission changes everything and my entire path has brought me to this moment in time. Don't read this book unless you are ready to peel away every last layer of illusion and lead.

Note from the English Language Co-Editor:

As I read the material, the words infused into me. I'd been feeling the truth of this message for a long time. The word "liberation" has always been a key word written on my soul. Until working on this book, I had taken that to mean my personal freedom. Now, I understand. It is liberation for all, the final release of humanity's oppression. This most epic life mission has been revived. My answer to the central question posed in the book is YES. I am ready.

Note from the Web Publisher:

Shortly after meeting one of the team members my life changed in a strangely conspicuous way. I was addressed to be the deliverer of a very important message. Soon after that I met the others and found out about the book. All of a sudden I was in the middle of a mission, with several purposes, for the first time in my life. This can happen to anyone who reads this book. You feel it by the time you read through the first quarter of the book. When you decide to continue and take this route you will be rewarded with a strange form of energy and combination of knowledge and remembrance. So be prepared for quite a life changing experience!

