Newsletter
October 2017

Hello!

Finally, here is a Newsletter from me. This is part one of two. Please share this with your friends. It feels like we are very close now and everyone hopes for and pray for a transition to the New Earth very soon.

I tend to describe the existence of everything on all levels as a game, like a simple form of a computer game. In the game we are on our way, and everything we do, and everything that happens to us brings us forward. We look for and find things that give us bonus points or strengthen us.

This enormous Game of Creation was finished many years ago. This does not mean that we have to start over with a new game. No, we are just cleaning up, improving the looks in the game and its technology to a new version. This happens all through the Universe, in all Creations, etc. So, what is happening here on Earth? How does our Shift and our Spiritual Evolution fit in to everything?

Mother Earth's ascension to a higher dimension and the New Earth is an improvement and refinement of the new version. So why not transfer over? It appears there is nothing left to do, no other events that needs to happen.

Mother Earth is also a part of the big Game but She has her own race to finish, the race that will bring her to a higher dimension and in to her new 'body' there as the New Earth.

What has happened is that Mother Earth actually already passed the finish line for her hurdle race but she never noticed breaking the finishing ribbon. She has rushed over all the hurdles, pressing forward at high speed. This has been going on for a long time. She has not realized that she won the race; so she continues to run. We must now get her to realize this. Tell her loudly; "You have already won!" and "Hello, Stop!"

The decision to ascend is hers, and hers alone. It is not up to a higher power, extraterrestrials, angels or light beings. She wants to and should make the decision herself.

In the past we have been like flees on a dog that irritate, bite and destroy her 'skin' and surface. She has tried to run away from it all. All of a sudden we have gotten a different role. Like owners of a pet we will call out; "Stop", "Come", "Sit", and "Stay" and then we embrace and pet her to calm her down.

Listen to what we have to tell you. You do not have to run any more, the race is over and we can ascend now, if you want.

When other beings have transitioned to a higher dimension they first evolved spiritually. That enlightened them and made them understanding, humble, and goodhearted. If we on Earth would wait for this healthy life ideology to be adopted by all humans, we would have to wait several thousand years. No one out there expects that.

The Earth has a very unique duality of light and dark, good and evil, etc. The only thing we may notice now, as we are approaching the time just before our transition, is that everything on all levels will come to a point and intensify. What is light will be lighter, the darkness darker, the good will become better and the evil will be worse. As this is happening we become more and more tired as the 'struggle' exhausts us, mentally and spiritually.

The Two Handprints

The two Handprints in this Newsletter will be helpful for us in the here and now, but also on the New Earth. The Handprints should be put together with the signs outward and then laminated together like a unit of pure energy.

Hold the Handprint energy-unit between your palms, like a greeting from India.

This energy-unit is very interesting in this time period. It will affect and change your DNA-structure, which in turn will raise and refine your own frequency and vibrational level.

The Handprints will also help us with physical changes preparing for the New Earth. The energy-unit will strengthen our bodily functions physically, emotionally, and psychologically in the here and now as well.

The Handprint is also a perfect tool when talking with God or another higher power, in general with prayer, thoughts, wishes, dreams and visions of the future.

If you like you can meditate with the Handprint, see below for instructions on how to use it.

Meditation with the Handprint

Preparation:

Laminate the Handprint energy-unit and have it ready.

If you want you can make double copies. One separate unit and a copy of the two round center parts in each Handprint. Cut out the round center parts and laminate them together.

During your meditation you can use any candle of your choice that you place on top of the laminated, round energy-unit center part. Put the candle with the energy-unit underneath, on a table next to you as you prepare for your meditation. Light the candle.

Meditation:

Sit down in peace and quiet and relax. Hold up the Handprint energy-unit between your hands. Put your hands with the fingertips facing upwards, (like a greeting from India), at the level of your Heart Chakra. You will feel what position is most comfortable for you.

Think about what you would like to accomplish with your meditation or a wish you would like to have fulfilled through your meditation.

Bring down a crystalline white light to your Crown Chakra and then a pearly white light to your Heart Chakra. These lights may feel a little cool in the beginning. Relax.

Keep holding your hands together with the Handprint energy-unit in between a while longer and try to relax even deeper. If, or when it starts to become uncomfortable sitting like that, put the energy-unit down and relax your hands in your lap. (You could also do this meditation laying down if that is easier for you).

Unconsciously you have now traveled to the Central Sun. You are standing just below it and its warm, golden light. You also experience the Divine Force as it surrounds all of your being.

Ask for and receive a specific Divine Ray of a warm golden color. This ray, straight from the Central Sun, reaches inside your Crown Chakra. Ask for energy, protection, cleansing, forgiveness, etc. Whatever you feel you need the most at this time. Give yourself time for this process.

Now continue by taking in a turquoise color to your Crown Chakra. You need one more color, a soft pink color to your Heart Chakra. Unconsciously you have now traveled to the New Earth. You are just above it and are looking down at it.

Ask to speak to the New Earth's personality, its quality and force. Where does the New Earth want you to go, where should you 'land' and what

will it provide for you? What can you experience, see and learn today? Allow Her to choose the place.

Hover over to the place She choses, sometimes indicated by a soft glow on the globe. Land and really absorb your own special experience of the New Earth. Let her give you what you need, energy, knowledge, experiences, etc.

Bring yourself back to your physical body on Mother Earth. If you like you can pick up the Handprint energy-unit again and hold it up like before – like a greeting from India in front of your Heart Chakra.

Again, bring down the crystalline white light to your Crown Chakra and the pearly white light to your Heart Chakra. These lights feel warmer now. Let the two lights blend their colors inside your body to cleanse, heal, and charge your body, your chakras, your aura, etc. Sit very still, feel and enjoy.

Finish by feeling the connection between your feet and Mother Earth, the connection between your head and the New Earth, and the Divine Force from the Central Sun surrounding your whole being.

You can also…

The round center parts of the Handprints can, as I mentioned, be cut out and used separately. You can laminate the Handprints together without the round center parts. You can either keep the space in the middle or cut it out.

You then laminate the two round pieces together and it becomes its own unit that can have multiple uses according to your personal needs.

For example you can charge a glass of water by putting it on top of the round center parts. This will improve your memory; give better health, strength, courage and much, much more.

The center part unit can also be hung up in a window for protection, spiritual growth, personal contact and more. Crystals, semiprecious stones, and/or jewelry can be cleansed, healed and charged on the center part energy unit. You will know and feel what you need and want to do.

Use a candle of your own choice to be put on the center part energy unit. By putting the candle you chose and lighting it, you create a little ceremony for the prayers, thoughts, wishes, and dreams you have. You can of course use the Handprint energy-unit, kept between your palms, during your little ceremony. This will activate all the Signs everywhere.

When you have cut out the round middle parts of the Handprints and laminated them together, leaving a hole in the middle, use a sewing thread

or fishing line to suspend the sweet water pearl in the middle of the hole. Tape the thread/line vertically (above and below) the hole so the pearl is in the center. The pearl can be allowed to slide into the position that fits in your palm.

The Pearl, in the middle of the palms will activate completely new and different aspects of the Signs on the Handprints remaining energy-unit. More specific qualities for dreams, wishes and prayers will appear.

It is best not to experiment with other types of pearls or stones in the middle of the Handprints energy-unit. You can, on the other hand, put semiprecious stones, crystals and other material next to or directly on top of the center part energy unit instead of or together with a candle. It is extra good if you make two copies of the center parts energy-unit, one for the candle and for a standing crystal point for example.

On top of the round, laminated middle parts, their own unit, you will also put your own Transition-Sign for more and even deeper personal contact with them out there. (Part two of this Newsletter may be the last one I send out.)

The Handprints can also be used separately, laminated on only one side or as above on both sides with right and left Handprint. You can put your right and left hand on top of respective Handprint. If you stand up you will feel the energies better since you will have an open Crown and Root Chakra, a straight Chakra Core and better connection with the Earth via your feet and legs.

You can also put your right and left foot on respective Handprint.

The Long List of Signs

The Long List of Signs gives us a much needed energy increase and extra force, like an energy boost. Many people are feeling really tired now. The energy will also help us with our memory and may even awaken other past memories from previous lives, etc. These important memories will be worked with and better understood when we are on the New Earth.

The Signs on the long List of Signs also represent a very pure, Universal Force that very effectively can open us up spiritually. Hold it up against the sky, directly towards the sun during the day, and directly towards the moon or a specific star constellation during the night.

You can use the long List of Signs for spiritual healing. It will bring out all the positive healing abilities and healing knowledge that you have worked with during previous lifetimes. These will blend with the pure Universal Force the long List of Signs represents.

By stroking with the List over the skin while you are healing the structure of the body, the cells become balanced and healed on a deep level.

On the New Earth this type of healing will not be needed in the same way as here, but the long List of Signs will provide a fine-tuned and harmonious frequency that makes us adapt to the new environment.

Extra Meditation:

Preparation:

Keep the laminated Handprints energy-unit and the long List of Signs ready. For this meditation only, you can laminate the long List of Signs together in opposite directions. (Otherwise it is laminated with the Signs going in the same direction if you want the long List of Signs on both sides).

You will also need the round center part energy-unit with a candle on top for this meditation.

Meditation:

Sit down in peace and quiet and relax. First pick up the long List of Signs and hold it between your palms. Put your hands with the fingertips facing upwards, (like a greeting from India), at the level of your Heart Chakra. Now turn the long List of Signs with the signs facing your Heart Chakra. (It doesn't matter how you turn it if you have the Signs going in opposite directions). Put the long List of Signs to the side and pick up the Handprints energy-unit. Hold up the Handprint energy-unit between your hands. Put your hands with the fingertips facing upwards, (like a greeting from India), at the level of your Heart Chakra. You will feel what position is most comfortable for you.

Think about what you would like to accomplish with your meditation, or a wish you would like to have fulfilled through your meditation.

Bring down a crystalline white light to your Crown Chakra and then a pearly white light to your Heart Chakra. These lights may feel a little cool in the beginning. Relax.

Keep holding your hands together with the Handprint energy-unit in between a while longer and try to relax even deeper. If, or when it starts to become uncomfortable sitting like that, put the energy-unit down and relax your hands in your lap. (You could also do this meditation laying down if that is easier for you).

You have now passed what we call our Reality and you are going to get energy from another Reality than our own. You are now right below a very

big, Holy Sun and you can feel its warm light. You even experience its Holy Force within you, inside your Third Eye Chakra.

Ask to take part of the Holy Sun's Force so that your head slowly fills with light via your Third Eye. Allow yourself time to feel and experience. Ask to receive some parts of the Holy Sun's Force into your Heart Chakra. The force feels very, very soft within you.

Bring yourself back in to your body down on Mother Earth. Share the Holy Sun's soft force from your Heart Chakra. If you want you can pick up the Handprints energy-unit again and hold it between your palms, fingertips facing up like the greeting from India preferably at the level of your Heart Chakra.

Again, bring down the white crystalline light to your Crown Chakra and the pearly white light to your Heart Chakra. Lift up the long List of Signs and hold it with the Signs against your Heart Chakra. Sit very still, feel and enjoy. Take in the special harmony the long List of Signs gives, and the unique Universal Force it possesses.

Finish by slowly bringing yourself back to the room and open your eyes.

Hugs Channie