

MESSAGES FROM MATTHEW – July 2018

With loving greetings from all souls at this station, this is Matthew. Let us begin by addressing the growing concerns that one reader expressed thusly: *“There is so much happening at once which threatens the wellbeing of American people, as well as to undermine democracy here. How does this equate with Matthew’s statements that the cabal is losing power? It sure feels like it is about to engulf us.”* And another: *“How can the light be growing in this country? It feels like darkness is growing instead.”*

If the cabal, which most often we refer to as the Illuminati, were not rapidly losing power, there would not be such turmoil in the United States or anywhere else in your world. At the core is the dark ones’ frenzied attempts to retain the fragments of power they still have in governments and the global economy by creating as much divisiveness and fear as possible—peoples’ unity dooms them and they need the energy of fear and violence for their very survival.

So indeed tumultuousness abounds, but there is vastly more goodness and progress than upheaval! Vital matters are moving forward rapidly behind closed doors and what you *can* see is not always what it seems. Some leaders who appear to be defending democracy are willing or unwitting puppets of the darkness; some leaders who appear to be undermining democracy are working to expose and eliminate the darkness that for long ages has been controlling life on Earth. Some leaders in the latter group have made unwise decisions that many find troubling and rightly so, but those decisions will neither adversely impinge upon efforts to uproot the dark ones nor can they be long-lasting. Earth’s steady ascension into increasingly lighter planes assures that *only* what is aligned with those planes’ high vibrations can endure. Keep foremost in your thoughts that *nothing* can equal, much less derail, the power of the light!

So then, let us speak further about what is going on in this moment and how it is affecting you. A contributor to the perception that peoples’ wellbeing is threatened and darkness is growing is the acceleration of energy that you are sensing as time passing faster and faster. Not only is activity worldwide being condensed, in a manner of speaking, so third density karmic lessons can be completed before “time runs out,” but you are experiencing the physical and mental stress of adapting to swiftly changing frequencies. Mother, please copy here what we have said about the effects of stress and suggestions for easing them.

To be sure, the intensifying energy is taking a toll on bodies, primarily in the form of fatigue or weakness—you barely have time to adjust to the last energy surge before encountering another. Sporadic episodes of headaches, depression, memory difficulties, aching muscles and joints, ringing in the ears, unusual sleeping and waking hours, blurred vision, cramping, nausea and itchiness also are common symptoms.

To lessen the effects, get sufficient restful sleep, but do not take pharmaceuticals as sleep aids or to pep up or calm down, engage in age-appropriate exercise, and drink lots of water. Eat less than usual; avoid sugar, alcohol except small quantities of red wine, and foods with chemical additives; if your budget affords, choose organic produce, seafood without impurities, and “free-range” eggs, poultry and meat. There is no separation of body, mind and spirit; therefore, it is equally important to reduce mental and emotional stress. Change negative thoughts to positive; be in Nature as often as you can; set priorities so that your day

is satisfyingly spent; reserve time for solitude, free of others' energy; and meditation also is helpful in relieving tension.

Dear ones, you are unique, thus your reaction to new energy levels is, too; but when you take care of yourselves properly, cells absorb more light and that makes the adjustment process less jolting. And, be mindful that the effects of energy surges are the same as signs of the onset or progress of an illness. If your symptoms worsen or become chronic, consult a healthcare practitioner, preferably one with a holistic approach to diagnosis and treatment. [*Several messages contain similar information—that excerpt from the November 17, 2017 message is the most succinct. Lengthier references mention the benefits of vegetarian and vegan diets.*]

Thank you, Mother. Another aspect of happenings that are perceived as threatening or dark are the feelings associated with those impressions, such as fear, anxiety, confusion, anger, discouragement, growing impatience for your world to be peaceful. The stress caused by those heavy emotions forms energy blockages that can be released by inhaling slowly and deeply, then slowly exhaling. This simple breathing exercise takes on even more relevance if you are with others—because the energy of each person in a group affects all the others, stress is contagious, so to say. A cautionary note: Inhaling abruptly jolts blocked energy instead of releasing it smoothly so it can start flowing. And, if you are in a group where differences of opinion have reached a heated standoff, a sudden in-breath can be seen by others as a gasp of exasperation because they don't know your beneficial intention. Consider being bold and saying, "Let's all take a moment and take a deep breath."

Another cause of stress is your "information age." Along with authentic reports, you are inundated with scary predictions, rumors, "doctored" photos and videos, omission or misrepresentation of important facts and outright falsehoods in mainstream media, and channeled messages from dark entities that claim to be well-known respected evolved beings. *What to believe?*

A reader wrote: "*I've heard some recent doom and gloom stories where humanity won't be able to ascend and massive wars break out. Will that happen?*" No, that won't happen, but none of you needs to ask an external source for any answers—they are known at soul level. To assist in distinguishing between what is truth and what is not, calm your thoughts and pay attention to what comes. It may be an image or words that point to "true" or "false," or a physical sensation. A gentle flowing in the heart area—as God said, the heart is the seat of the soul—indicates that very likely the information is truthful; resistance, a slight tugging, is a red flag—very likely the information is false.

If guided meditation or meditative music is helpful in quieting your mind, by all means use those aids, but please know that information from soul level comes intuitively without that assistance. By no means are we belittling meditation—it is one of the finest ways to rise above the cares of a weary world and allow yourself to simply BE!—it's that the soul doesn't require that to know the answers you seek. However, when a mind is closed to considering the possibility that information differing from beliefs still could be valid, that does prevent the soul's messages from reaching the consciousness. This refers *only to information*, not to basic values—never compromise your values!

Beloved sisters and brothers, for many years we have watched you encounter and overcome tumultuous situations. You will masterfully manage what remains and rejoice in the triumphant outcome!

“Is it true that the Illuminati are trying to dumb-down the World’s population via various means?” The Illuminati, the secret society formed only two and a half centuries ago, therefore quite new in your history, has indeed been employing various means to keep the population ignorant of truths. But the “dumbing-down” of Earth’s current civilization began in antiquity, speaking linearly, with the manipulation of DNA.

In the beginning of life forms in this universe, human bodies’ cellular structure was crystalline, the lightest possible composition of a dense form. Somewhere along the line, individuals influenced by the dark forces used Creator’s gift of free will and its inherent manifesting ability to manipulate the DNA of a population that had little or no resistance experience.

Like everything else in existence, DNA strand composition is energy fluctuating at one electromagnetic frequency or another and as such, cannot be destroyed. However, strands can be put into a state of dormancy, and that is what those dark entities did except for the two that are required in the makeup of a dense body. They withdrew a large quantity of light from those two active strands to lower their vibratory frequency and change bodies’ cells from crystalline to carbon. That enabled the entities to decrease the civilization’s intelligence, sentience and conscience levels along with their manifestation capacity, and to instill feelings of separateness and egocentricity; characteristics of violence, rage, greed, dishonesty, brutality, bigotry and lust for control; vulnerability to illness and other forms of physical and mental degeneration; aging and death. The progeny of that population inherited their cellular structure with all of its weaknesses and passed it on to their children, who passed it on to theirs, and so on for eons.

That situation started to change when highly evolved civilizations beamed a massive infusion of light to Earth over eight decades ago. Bodies of individuals who embraced that light initiated the cell transformation process, and a number of souls that incarnated during the past three decades or so came in with crystalline cells. Among them are children for whom dark ones in your medical industry concocted the diagnosis attention deficit disorder or that plus hyperactivity, and the drugs prescribed by doctors curtailed development of those children’s innate abilities. Some parents intuitively declined medicating their children, but most followed doctors’ advice—the populace has been brainwashed to believe “authorities know best.” Dark ones also suppressed technology that could nurture the uniqueness of crystalline-celled autistic children, and chemicals in food and toxins in vaccines have added their own damage. When these truths become public knowledge, the drugging of children will end, so will the proliferation of chemicals and inoculations, and all beneficial technologies will be brought forth. As more and more souls come in with regenerated DNA, gradually Earth’s civilization will be restored to humankind’s original makeup.

“The volume of plastic waste in our oceans is literally choking to death the marine life. In your books, you have referred to extra-terrestrial beings that ameliorate the pollution in our atmosphere, is there any hope of getting help to clear up the plastic pollution? Clearly it is

something humans alone cannot achieve." Ameliorating the effects of airborne pollution and clearing the oceans of solids require different forms of intervention, and the latter is not something that spacecraft technology is designed to do.

Marine life's lamentable situation caused by the shameful practice of dumping plastic waste in the oceans is Earth's peoples' responsibility to resolve and, albeit an immense undertaking, it can be accomplished without extra-terrestrial help. Environmentalists around the globe are engaged in a variety of efforts, such as the crews who are gathering nets full of plastic refuse on beaches and the waters near many national coastlines. Collection services for plastic waste are taking it to recycling plants; some companies are making containers of biodegradable materials, others are reducing or eliminating the use of plastic disposables. Individuals are developing productive ways to use the accumulated waste, and scientists are working on means whereby minute bits of plastic can be dissolved into a harmless substance.

Like many other progressive activities, those don't make headlines in mainstream media reports, but many grassroots movements do make their way to the Internet and sometimes to television. Knowing about successful endeavors around the world is uplifting, encouraging and inspires optimism, feelings that are light-filled and infectious. When you share good news with family, friends and colleagues, they feel as you do, and so do those to whom they pass on the information. And that, dear family, is one way you are lighting up your world.

All light beings in this universe honor your dedication to helping Earth and support you with the unsurpassed power of unconditional love.

LOVE and PEACE

Suzanne Ward

suzy@matthewbooks.com