

MESSAGES FROM MATTHEW – JANUARY 2019

With loving greetings from all souls at this station, this is Matthew. The combination of positive and negative responses to ever-rising vibrations has kept Earth's energy field of potential in too much turmoil for any activity to achieve unstoppable momentum. However, energy streamers around the effort to indict all Illuminati principals have been gaining strength consistently and, of the multiple activities behind the scenes to end dark control of your world, it appears that the indictments will be the first to reach fruition. If the current pace of strengthening continues, action already underway can become known worldwide within months.

Well-known individuals being charged with crimes against humanity will come as a shock to most people, and it's reasonable to anticipate reactions ranging from "fake news" to vehement denial, anger and fear. Lower-ranking Illuminati will try to jump ship rather than go down with it, wrongfully accused individuals will want to prove their innocence, and if there is strong resistance in some quarters, very likely military troops will be called upon to keep the public safe. Confusion will be widespread until the society understands the far-reaching benevolent impact of what is happening.

Dear ones, before much longer your mission as lightworkers will ratchet up a notch or two. Your fearlessness and exhilaration can calm persons around you, and that will be immensely helpful, but you will need to be mentors, too. The peoples will need to be told that removing those individuals from their influential positions is leading to a peaceful world with wise honourable leaders and the end of warring, corruption, deception and impoverishment. You can substantiate your explanations by referring doubters to pertinent information compiled by researchers and published on the Internet or elsewhere, and if individuals believe telepathic communication is real, tell them about channelled information from sources you trust.

A number of you are asking if the incoming energy waves could be causing the conditions you are experiencing and if so, what can you do to relieve the discomfort. In previous messages we have spoken at some length about this important matter, but it bears repeating and we offer a condensed version of that information.

Primary symptoms of bodies adjusting to intensifying energy are fatigue, weakness and general sense of unease; episodes of memory lapses, headaches, mood swings, aching muscles and joints, ringing in the ears, blurred vision, cramping, nausea and itchiness are not uncommon. To lessen their effects, get sufficient sleep, engage in age-appropriate exercise and drink a lot of water. Avoid sugar, alcohol except a sensible amount of red wine, and foods with chemical additives. Of all foods, fruits and vegetables have the most light, and if you are financially able, choose organic produce. If your diet is not vegetarian or vegan, choose seafood certified free of impurities and eggs, dairy products and meat from animals that have not been given antibiotics or growth hormones.

Reducing mental and emotional stress is of paramount importance - stress is the root cause of *all* dis-ease - but do not take pharmaceuticals as sleep aids, to pep up or calm down. What will be most helpful to you in stress reduction is as unique as each of you is, but the following suggestions can raise your vibrations, thus beneficial to all. Change negative thoughts and feelings to positive. Avoid situations that drain your energy. Feel grateful for the goodness in your life. Let go of bitterness and forgive those you feel have wronged you. Be in Nature as often as you can. Spend time with animals. Reserve time for solitude and introspection. Meditate. Listen to your favourite music. Read uplifting poetry or prose. Watch amusing TV programs. Write down

the source of frustration, then let go of the feeling. Communicate with like-minded people. Smile often and love yourselves as much as we love you.

We caution that the symptoms mentioned above also can indicate the onset of illness; if a condition persists, consult a healthcare specialist, preferably one who has a holistic approach to diagnosis and treatment. The more conscientiously you care for yourselves in mind, body and spirit, the more light you absorb; light raises your vibrations, and that will enable you to more easily adjust to upcoming energy surges.

“For ages the Vatican has known about paedophile priests. Why didn’t a pope take action long ago to end that abomination?” For centuries popes were members of the wealthiest families, the forerunners of the Illuminati. They controlled the masses via “papal infallibility” and “God’s laws” while the popes’ families reaped more riches through tithing, taxes and “servitude to God.”

Devout believers provided the virtually free labour that erected opulent buildings on Vatican grounds and master painters, sculptors, and creators of stained glass and intricate tile murals produced the art that so grandly decorates the buildings. Even if the popes during those years and down through the centuries may not have been paedophiles themselves, most assuredly they didn’t want anyone to know that paedophilia was rampant in Catholicism’s hierarchy.

When the first accusations were made, the offenders claimed innocence and that was the end of it; but as the light intensified, so did the resolve of more and more abused individuals to speak out. When the same claims against adults in trusted positions in secular society led to admissions and convictions, accusations against priests no longer could be swept under the rug. Although papal acknowledgement has been given to those offenses of longstanding, the extent of unconscionable acts that have taken place in the Vatican is yet to be revealed. As shocking to the public as the announcement of indictments will be, disclosing the truth that the Vatican is the international headquarters of Satanism will be more so.

“I don’t think that Matthew has a good grasp of what can happen when ET’s step in to this world and try to make changes. Once they cause change with their technologies, then we’ll be dependent upon them. Once that dependency has been established then control takes place. We have a planet of many resources and likely those resources are valuable to outside civilizations. The cabal are the bad guys and we can rid our world of them over time as more and more people become enlightened. We don’t need outside sources for that, particularly when those outside sources are interested in our planet for trading and profit. My intuition tells me that any outside source that visits our world will not be good for us in the long term.”

In numerous messages we have talked about the importance of trusting your intuition, guidance to the conscious mind from soul level, where truth is known. This is a case whereby *belief* is blocking intuitive awareness - what one believes, whether it arises from fact or falsehood or assumption, is the individual’s reality. Dispelling the concerns of that dear soul who wrote is necessary because she is not alone in being wary of other civilizations, and crews in crafts surrounding Earth cannot land and ETs living in your midst cannot introduce themselves until the society is ready to greet them without fright.

So then, let us address the two issues that are relevant here. One is Gaia’s desire that life on her planetary body be according to her vision of everyone living peacefully in harmony with Nature and sharing the world’s abundance. The other is a universal law: No civilization may impose its ideas, however beneficial those would be, upon any other civilization. Accordingly, pre-birth

agreements were made by the souls who chose to live on Earth so they could complete third density karmic lessons and the myriad souls who would help them become enlightened so they could co-create the kind of world *they, the peoples*, want - it's the same world that Gaia wants for them. And, God authorized civilizations advanced in spiritual and conscious awareness to help their Earth family rid the planet of the darkness that has prevented them from manifesting that kind of world.

It is too late to think that you can rid the world of the cabal on your own. The massive light beamed from civilizations 80-some years ago interrupted the cabal's pervasive darkness that was controlling life in your world. Members of those civilizations who volunteered to go to Earth anchored that light and generated their own, thereby bringing to light the cabal's long-hidden heinous activities. Crews in your skies have prevented detonation of nuclear warheads launched by the cabal and are reducing the toxic elements in their chemtrails. Some of the many extra-terrestrials living among you have thwarted the cabal's efforts to start pandemics, some have exposed their other illegal and immoral activities, some are working to wrest from the cabal their control of the global economy, some are in the international group whose efforts eventually will hold the cabal legally accountable.

ETs also erected the light grid around the planet that prevents the entry of any source with low vibrations. Therefore, only beings with high vibrations can come to Earth, and those who have been waiting to join you have no intention or interest in profiting from your world's resources or controlling the populace.

Yes, their technologies will indeed change the planet. With swiftness that will astonish you, they will dematerialize nuclear waste; eliminate the toxicity in your soil, waters and atmosphere; turn deserts into arable lands; and expand the rain forests; and your scientists will work side by side with the extra-terrestrials in all of those endeavours. The populace will neither want nor need to become dependent upon other civilizations, and after the visiting helpers teach the use of their technologies and gift them to you, they want to return to their homelands and families.

Feel grateful for these "outside sources"! While your governments deny their existence, your entertainment industry gives them reality as monstrous creatures who will eat, annihilate or enslave you. That is more than enough for the society to overcome without adding concerns that people from other worlds intend to profit from your natural resources - that is what the cabal has been doing for centuries. Other civilizations have been helping Earth's peoples in myriad ways for millennia because the souls who embody there are beloved members of the universal family.

We say farewell for now, dear brothers and sisters, but in every moment we and all other light beings in this universe are supporting you with the power of unconditional love.

LOVE and PEACE

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