

BACK COVER.

Imagine you have a blindfold preventing you from seeing. You are hitting and pushing, putting obstacles in your own way to stumble over.....But the moment that you take off the blindfold things become clear, you see what you were stumbling on and you see how hard you have made things for yourself and you can look back at all the bad intentions you had that cannot continue anymore.

Well good, in this book you will understand and see why we are so unhappy, the anguish and fear that rein in our lives, and that keep us from harmony and happiness.

You are going to find answers to questions like: from where did we come from? Where are we going? What are we doing here? And also why are we never satisfied? And unable to find true happiness?

There will be times, now and later, in your life where you will come to know what is being told in this book. I will just say one thing in advance:

LOVE has a huge importance in our lives. LOVE harmonises, balances and allows everything to flow in our lives as a human being. For this I say: LOVE IN THE LIFE!!!

We must remember if there is no love, there is nothing.

La Gran Verdad

I take advantage of these lines in order to give thanks to the life for finding me a soul of an angel called Karina and for giving me the opportunity to share this journey with her and to thank her for her love and understanding in this somewhat abnormal way of life that I have chosen to live.

....And to my grandfather Jose, who has been and still is the sun in my life, embracing me with his rays, feeling always his warmth.

Also I want to send a hug full of love and thanks to a friend from this wonderful adventure, Osvaldo. Thanks for being there!

!LOVE IN THE LIFE!

He's awake, Blanca whispered excitedly. The nurse who is taking care of Jose enters the room.

-Can you hear me love? Blanca asks.

-At the same time Jose asks, "what am I doing here?", "what happened?"

-Jose, how are you feeling?

-“I'm ok Mum” Jose answers, “but what happened?”

-“You have been fourteen days in a coma. They found you in your bathroom collapsed on the floor. Since then you've been in hospital”.

-“It gave you a slight stroke but don't worry”.

-“Mum, I can't feel my left arm, or my left leg either, I don't feel them” Jose exclaimed nervously.

-Meanwhile the doctor enters the room.

-“Hello Jose, how do you.....”

-“What happened to me doctor? I can't move the left side of my body”, Jose exclaimed with distress. His state becomes gradually more tense and filled with sorrow, so much so that the doctor gives him a sedative.

-“Leave me alone please”, says Jose,” I need some time to accept what happened”. And so they left him alone.

After some hours Jose hears a dispute in the corridor.

-“I can't go in?”

-“But I want to see him”.

-“Pablo”, Jose cries out, “let him come in please”.

-“Pepé, how are you?”

-“Pablo it's so great to see you, don't go, stay with me please”. The eyes of Jose are full of tears.

-“For sure Pepé, I'm not going to leave you, don't worry”, Pablo says to him taking his hand.

-“Pablo, I want to share something with you”.

-Its “dinner time”, the nurse announces while calling at the door to come in.

-“Thanks, leave it there please”.

-“Jose love do you need something” asks Jose's mother.

-“No thanks Mum, I just want to speak with Pablo. Get yourself home to rest”.

-“Ok son, call me if you need something. I love you.”

-“I love you, see you tomorrow” replied Jose.

Jose and Pablo are alone in the room. They’ve known each other for many years, both are pro tennis players, and have been through a lot together. They know everything about each other. Well so Pablo thought.

-“I want to share something with you, something very personal”.

-“Of course, tell me Pepé”.

-“Do you know why I have this stroke?”

-“Not really no, it surprised me a lot, with your level of fitness and health, I suppose these things happen”.

-“Please don’t say this to anyone. The truth is that I’m bulimic. Many years I have felt awful, empty inside. I tried to fill this emptiness with food but after I would feel even worse. It came to a point when I was vomiting up to eleven times a day at the worst point”.

-“I’m sorry Pepé, I had no idea. Why didn’t you tell me earlier?”

-“ I didn’t know how to. I suppose I was too proud to speak of it”.

From childhood, the life of Pepé was relatively normal. He was the youngest of three siblings. His parents separated when he was four and his father passed away when he was seven. Even though he got through these hard times bravely, Jose couldn’t avoid feeling guilty about what had happened.

A short time after Pepé and his family moved house. This new house had a tennis court. It was here that he discovered the sport that would change his life. At the age of ten, Jose decided, by himself, to move to Barcelona, the only place at the time, where one could train to reach an international level. There he lived with a host family who treated him very well. Even though his Mother visited him often, and supported him as much as possible, the loneliness was terrible. There wasn’t a night he didn’t cry. As he grew, the pressure Pepé felt increased, even though he was progressing in his tennis, he wasn’t achieving the “success” expected of him. Every time he won a match he felt happy, but if he didn’t, or had a bad score he felt completely terrible. It was anguish and emptiness that, after some years, led him to becoming bulimic.

-And what has this got to do with a stroke? Pablo asked.

-When constantly forcing oneself to vomit, after some time the body, for defense, makes it each time more difficult to bring up the food. But one who's bulimic only understands that if you have eaten a certain amount of food, then that amount of food must be brought back up, and it's this constant battle of the obsessive mind against my natural body that wants to save itself that led to me collapsing as the pressure in the veins of my head couldn't resist anymore.

-But Pepé I can't believe it. Can I ask you something?

-For sure Pablo anything.

-How have you played at the highest level being bulimic?

-I read a lot about anorexia and bulimia in the last few years. It was as if someone said to me that I was ill. Normally people deny to themselves that they are sick but in my case it wasn't like this. First I looked for professional help but they didn't know how or I didn't allow them to help me. I felt like it was something stronger than me that I couldn't control. It was then I started to read everything I could find about bulimia and anorexia, finding out the harmful effects and what the symptoms were in my case. For example, when I forced myself to vomit, I always did it with clean hands so as not to get an infection in my mouth or throat. After each episode I would wash my teeth and gums, so that my stomach acid wouldn't damage them. I would take a liter of water with tablets of potassium and magnesium and other minerals to help replace what I vomited. Very often I would vomit nine to ten times a day.

Also I used to calculate the calories I would burn up each day depending on what I was doing, and take a proportionate amount of protein, carbohydrates, fat and fiber to cover the necessities of my body. This I never vomited, and like this I had the energy necessary to play tennis. Of course, many times I did it to the point where my veins couldn't tolerate it.

-Oh my god Jose, I would never of imagined. And you were able to do it even though I was always with you?

- Yes as you can imagine. Also taking soft drinks used to help me bring up the food much easier. Like this I could get away with it much quicker and quieter.

-Well Jose at least now you can start to recover. You can count on me for whatever you need.

-I am aware that this may happen again. The doctor said that I will recover physically, but still I feel awful.

What Jose didn't know, was that the doctor gave him a fifty percent chance to recover completely.

-You know Pablo, just before coming out of the coma I felt the presence of something that made me feel very peaceful and at ease. Without form, or body but I felt a presence.

-No way really?

-Yes and it said to me with all its force that there are words that are known by a Lebanese lady that will help me to wake up consciously. Then it said to me that in this life, I must help humanity to wake up inside each soul with the love way. A bit strange don't you think?

-Wow Jose amazing.

-The truth is I don't know if I believe it or not or whether it was a dream. You already know that I'm a very realistic and hardheaded person. I've never been very spiritual.

-Yes it's true.

A DEADLY PATH

During the first few years after his comatose state, Jose felt a great need to understand and know more about the psychology of the human mind, to manage, to understand and to control his own situation. He read all he could on the subject, with the idea of relieving his discomfort. He worked with great discipline to achieve complete physical recovery that he expected.

But arrived a time when he recovered to about sixty percent of his capacity, when he noticed he wasn't evolving or growing anymore. This led him to visit the doctor to receive the unpleasant news.

-Jose your recovery has been a complete success. People don't normally recover to fifty percent physically at the best of times. But not only have you recovered but you have also surpassed that fifty percent. You have to be proud of proud and you can now live a completely normal life.

-Success??? What type of success is not being able to play sport competitively- or even to go running. No way!! I have to get better, I can't stay like this!! This is not a life.

Jose couldn't accept the situation and fell into a big depression. The following months he looked for a new, well renowned psychologist and he found one who understood him very well.

-Marie Jose, I still feel bad. I'm not happy and I can't accept my situation.

-I know Jose but you must understand that everything comes with time.

-What time?? I know what happened to me and what I would have to do but I can't.

-I understand Jose. You know all that happened and how you would solve it but.....

-But what Marie Jose but what?

-The same thing that happened to you happens to a lot of people. We know it, but our fears make it more difficult", said Marie Jose, understanding perfectly what she would like to say to her patient. She was also aware of the big blockages in her life, without the power or maybe ability to do anything to help many clients, even with all the psychological theory she attained.

-There has to be another way. I refuse to give up.

Jose left the consultant, entered the lift and pressed button B, which was of course to the exit of the building. His mind was in another place and his state of desperation was enormous.

The lift stopped on level 5. The doors opened to reveal a thin lady of around fifty years wearing dark glasses.

-Hello Jose.

-Hello. Do I know you?

-You don't know me but I've been waiting for you. I can see your pain and suffering.

-Would you like to be freed from it?

-For sure, there's nothing I would like more.....

Jose felt a certain relief with only the presence and voice of this lady.

-What is your name?

-I am Siham. If you want, come tomorrow at five. I live on the fifth floor, door number five. I will be waiting for you", she said as she kissed and said goodbye to Jose.

LOVE RETURNS TO JOSE'S LIFE.

And so came the next day, Jose didn't know why but he felt something inside that pushed him to go see Ms Siham. It was five in the afternoon.

-Well hello, how are you?". She gave him a big hug full of love and welcomed him in.

-Hi Siham, thanks again for seeing me, but can I ask you something?

-Please, tell me Jose.

-How did you know about all the things you said yesterday, my name and the intense pain I feel.

-I saw in a meditation and in dreams that I would come to know you and that I would have something to share with you.

-Really??? And what do you have to share with me?

-You will see. At the moment the question is, do you want me to help you improve how you feel.

-For sure yes, please.

-All right, then I will see you for twenty three consecutive days, if you are willing?

-Yes I am. Can we start already today Siham?

-Yes Jose –let’s start. Lie yourself down here face up without your shoes. I’m going to harmonize you.

At the end of the harmonization Jose felt really relaxed and peaceful. For three hours they talked afterwards.

-Well Jose, I will see you tomorrow at the same time.

Jose was amazed at how he felt, how his emotional state had improved. Like this they spent their days and each time he felt better and better. Not only with his feelings but also the left side of his body started to recover at a miraculous speed.

-What are you doing with me?” Jose exclaimed to Siham after the first two weeks.

-I feel transformed, so much inside and outside.

Siham replies-“Answer me this Jose. What is it that we have talked about most and what are the deep feelings you have in yourself?

-“Love” Jose answered immediately without thinking.

-Exactly. This is the only transformation that you are realizing in yourself-to live in love. On one side, harmonization is the most pure divine love energy that exists and on the other, the things we have spoken about help you to see and understand the way to live in love. You are only changing your way to live, to feel and to think in love and that’s all. There you have the result, health and harmony in your body and in yourself.

-But how is it possible Siham, that by only living in love you can free yourself from physical and emotional sickness?

-Yes you can.

-How?

-I will explain something Jose, the human being in its entirety is energy. On a physical level we can say that the human body is part solid and part liquid. If we take any portion of the human body, study it, look at the cells that are formed with atoms, which are nothing more than protons and neutrons rotating at great speed. The cells appear solid to our naked eyes (as viewed through a microscope), but in reality it's not like this. It's energy vibrating at a high velocity.

-When a person is sick, if you measure the level of energy (it's to say the frequency of your vibration), it appears less than when the body is at full health. Meters already exist, that can check this and also have shown us that the frequency of the person is elevated to high levels when you have feelings of love. On the other hand, when one lives in such emotions of anxiety, hate, anger, anguish, all of them come from fear, the frequency of vibration is much less, giving rise to illnesses.

-Amazing Siham. But then it's very easy to be healthy and happy.

-Yes Jose, it's like this.

-And why doesn't somebody show this to everyone? The remedy is free and without side effects.

-Well, this is another story, which, after your twenty three days I can explain to you if you want?

- Then I will wait. I wish to know it with all of my soul.

-Yes it's like this Jose, whatever your soul wishes will always happen.

The time passed and arrived day twenty three.

-Well Jose, this has been our last day. How did you find it?

-What did you mean how did I find it-Incredible. My body is close to being completely recovered, but the best of all is that I'm another person. With all you have taught me I see the life in a completely different way, from the soul with love.....full of love.

-This is what has cured you Jose, the love has been reinstalled in you. You never lost it, only you forgot it. When we are kids, we are pure love. But with time we erase it from our memory, and you have recovered it again. From this rediscovery you feel such happiness and harmony now in your life.

-Siham, why doesn't everyone know this? Who prevents it, what is it that happened?

-I'm going to be busy the next two weeks, but after I will call you and we will meet every five days to explain THE BIG TRUTH.

-Thank you Siham- I love you.

-Thanks Jose, you too.

Some days later Jose went to a routine check-up to a doctor who had been treating him. As he entered into the hospital clinic the first thing the nurse said to Jose was..."Oh Jose how well you look, your eyes are so bright and full of life, and you are full of happiness".

The doctor Jose was waiting on passed by and he too was astonished.

-“Wow Jose, you look so well. What a pleasure it is to look in your eyes, so bright and full of....

-“love, they shine of love”, Jose said.

-Maybe yes Jose maybe.

-YES doctor I am full of love.

-I’m happy for you. What do you think if we take a look at your body.

-For sure Doctor.

The doctor stayed captivated and enchanted in front of the purity, sweetness and the depth of the look of Jose, that he didn’t even recognize his physical body. He started to do the tests.

-This is incredible.

-Its more than incredible doctor it’s amazing.

-You are almost one hundred percent recover- I can’t believe it- what happened?

-Shall I tell you the secret doctor?

-Yes for sure. How have you done it?

- With love.

- What are you saying Jose?

- Love doctor, I feel love inside myself and this is what has improved me so much outside, physically, and inside emotionally too.

-Well Jose, I would love to know more but unfortunately I don’t have time, I have more patients to see. I will call you so we can discuss it at another time. I’m very happy for you Jose.

-Thank you doctor.

Jose left the doctors and thought-What a pity that the doctor doesn’t understand that “the love” doesn't understand time.

THE KNOWLEDGE OF THE BIG TRUTH.

– Hi there.

– Hello Siham. It's so good to hear from you. I'm so glad you called. Everyday I've been waiting for it.

– Jose, it's better if you don't wait for things, this only disturbs us. Simply allow the things to arrive at the time when they are supposed to – in harmony with everything.

– Wow Siham, every phrase you say resonates inside me. What wisdom all your messages have.

– No Jose, they are not my messages, they come from the light – from the origin of everything, from God or how you want to call it, but not from me, only through me. Do you still want to know “The Big Truth” to get answers from all those questions there is inside you.

– For sure, Siham, I'm ready.

– Great, what if we started tomorrow at five?

– Yes, tomorrow at five, I'll be here.

* * * *

– Hello Jose, come in.

Jose felt a great peace inside receiving a hug from Siham.

– Sit yourself down. Would you like tea or juice?

– Yes, some lemonade please.

It was a studio apartment: the bedroom, sitting room and kitchen were all in one area. It was not the biggest or most luxurious apartment. It was small and modest but it could transmit the warmth, the peace and the comfort that was offered by this “piece of heaven” on earth.

– Well Jose, would you like to ask or say something particular before I start to share with you “The Big Truth”.

– Yes, Siham. Yesterday, when we talked on the phone, you said that you transmit is not yours, but that it comes through you, from the light or origin of all, from God. And when you named “God” I had a hint of rejection, there is something in me that when someone mentions God, I don't like it.

– Well Jose, you are going to understand everything when we begin to speak. Before starting, Jose, I want to say to you that all I'm going to share with you, with my upmost respect, are my beliefs and points of view. And my intention is not to categorize, that the truth is only what I

say and everything else is untrue. I will simply share with you the knowledge that has arrived to me and that you can choose to listen to.

– Siham, I always like how you express yourself, I can hear the humility and respect in your words.

– Well Jose, I will start by telling you that to be spiritual is one thing and to be religious is another. I will speak now in a normal way, so that later I can explain more deeply the subject. In spirituality we can say that there is contact with ourselves (through our feelings) with the divine source of light or origin of God. It's not possible to contact with this source through the mind (the thoughts). So that you get the idea I will give this example. You cannot love from the theory of it, this is not love. Imagine a person who wants to experience love with his partner through the mind. He would plan something like this, "I have to pick up Julia from work, and I'm going to bring her a rose. After I have to open the door for her to step out of the car and try to speak about something fun so she doesn't get bored or think negatively of me".

The contrast would be- "I'm going to go look for Julia because I can't wait to see her. And I feel my heart beats full of love for her. I can't stop to think what to do, I only feel the will and desire to see her. Everything else can wait and be how it must be".

In the first case this person was taking steps that he had been shown so that he would arrive, without experience, to the feeling of love in its pure form, but he had acted from the mind. Doing this he probably only felt a very minimal level of love.

Mean while in the second situation the man had felt completely in love, without plans or thoughts, simply feeling and being connected to his self and his emotions and not to his mind.

-Well good Jose. Spirituality is the connection with the divine source from the desire, the feeling and the freedom. To sum it up in one word...Love. Religion is the creation from the human mind with a series of rituals or dogmas and guidelines by human beings so that through them you arrive to love. We could say that twenty percent of religion is wonderful with its teachings and spiritualism in order to come into connection with the divine. Like for example the prayers and to pray. But there is very high percentage of teachings in religion that speak of punishment or threats if we don't continue to stick to their strict guidelines of how we should live and be and so the human mind has modified these teachings for their own benefit.

-Jose let me repeat what I have said with all my respect to you and whoever has a different opinion. My intention is simply to share my point of view with you and ask you not to believe in all I am going to share. But that you check it with yourself and how you feel about it. Or simply forget it and continue with the way that makes you happiest.

-The only thing Jesus Christ talked about time after time was love, from forgiveness (which is nothing else but love), to be yourself and don't allow yourself to be manipulated, to be free in love. All his teachings are of love as the only and almighty pillar, and the religions that force us to be a certain way, they threaten us by saying if we don't do things in their way we will be

judged and punished. And how many amount deaths were there in the holy war. Where is the love there? Where is the part of religion (the small spiritual part) that speaks that, they can remove you physically, but not touch your divine spirit, which is nothing else but pure love?

-I have explained all of this to you Jose, because I understand very well your negative feelings or rejection when we say the word "god". But I don't speak to you of this god in religion, the one who we will be judged by. I speak to you of the divine god, original creator of all that is pure love, and who's always there when we need him, without exception. That is why I am always referring to him as "divine light, origin of all, creator of all, god", because it's all the same. Religion took the name of god, and used it to manipulate people who don't share the same idea, using the name of god like a flag which enforced in people a strong rejection towards this word. But I don't speak to you of this god, I refer to this almighty kind energy that is pure love.

-It's true and very different to what I have known Siham.

-For sure, and I hope you continue understanding many more things.

-But Siham I need to ask you something.

-Of course Jose anything.

-From where did we come from, and where are we going and what are we doing here?

FROM WHERE DID WE COME FROM, WHERE ARE WE GOING AND WHAT ARE WE DOING HERE.

-Well Jose, we have arrived to the time to speak about this now. Let me say to you first that, this question you ask me is inter-dimensional. It's not a three dimensional question, tangible and physical. In fact the contrary, it's metaphysical and we have a big obstacle in our vocabulary in this three dimensional place to speak and deal with inter-dimensional things. For this reason I am going to make use of stories, accounts and parables so that I can share this wonderful information with you. What do you think?

Jose was in awe with what Siham was sharing with him. And besides all the love and respect he had for Siham, something in his interior said to him, "this is the truth, it's completely true, without a single doubt".

-Well here is the answer to your question. (Siham helped Jose by using her hands to explain, we are going to explain it with this illustration).

THE ORIGIN, GOD, DIVINE LIGHT THAT IS INFINITE.

WE COME FROM THE
ORIGIN

WE RETURN TO THE
ORIGIN

WE ARE HERE TO EVOLVE AND RETURN AGAIN
TO THE ORIGIN FULL OF LOVE.

-Imagine Jose, an ocean. If you take a drop of it to analyse, you would see that the drop and the ocean are made of the same elements. The ocean is nothing more than a huge amount of drops together.

-Good well now imagine the origin, the divine light, god, that is a vast infinite being (ocean). It signals to its drops and says how great it is to be here with all the love peace and harmony. And all the drops, after hearing such an affirmation, they look at him and shrug their shoulders and make a grimace with their faces as if to say, what? Good? Love? Peace? I don't know what you are speaking about and god said." For sure you don't know how good you have it that you are here, and the divinity that we live in because you don't know any other way. I'm going to set up a game with you, so that you can be conscious of your circumstances".

-And giving them a little push, one by one each of the drops (souls, pieces of god) were taken from the origin to the school (life), in order to learn every different type of situation through their emotions. To do this I provide each drop with a dense energetic body like a vehicle of his true self (soul) and a body (called human) with senses (sight, hearing, taste, touch, smell). The place where these drops are going to learn (the school) will be called planet earth (Gaia) and there, everything will be three dimensional, and thanks to the senses that I created for them the human body could perceive and live the earthly experiences.

-In this creation (game), god left the instinct of intuition very much alive so that each drop (soul) would return to the origin of all (ocean). That is why every human being looks for happiness, peace and harmony most, in their lives. And the search for it, from what they teach us, and how we put perspective on it, is the best way to find it. And this is where we have been cheated and deceived, by making us believe that happiness comes from external material things. Nothing could be further from the truth. One receives happiness when we connect with the feeling of love.

-Jose, let us make a break here in order to continue later in the explanation of the divine game.

REINCARNATION

-Jose, like I always tell you, don't believe me, let your instinct, that is nothing other than your soul, that is to say your drop that is connected to the ocean (creator of all), guide you and say to you if it's worthwhile or not, to listen and believe this. Besides that, if it's like this, information will arrive to you that will strengthen what you are receiving. Life is magical like this, when everything is everything.

-Jose I'm going to talk to you about reincarnation. There are a lot of people whom, when they hear this word, put up their guard or close up, because of fear. In my opinion, there is a lot of misinformation, and not only this, one who touches on the theme is treated or looked at like a freak, from the negative feelings that this, and many other words bring about. It's nothing more than being unable to fit the pieces of the puzzle, and they don't know the truth of things. While knowing the truth we cannot be manipulated.

-If I was to tell you since you were a small child, for example, "that a certain place is prohibited to go into, that there lives a man who kills and eats the people who enter". You would believe in this false information and you would never go to this place. And I would have achieved my objective that was to protect all the gold and precious stones that exist there. And you would continue depending on me for whatever drabs I give you, like food or some other gift. Besides you would see me as your savior, when in reality I am depriving you of a much larger welfare since you are under my control and at my service.

-Therefore it is important to know the truth and the interest of others to hide and distort it (as in the case of religion, which modified and was biased to a lot of information) in order to have the power in the hands of the few over the many. For this I want to talk to you about reincarnation, so that later we can continue learning about the divine game of the creator.

-Jose, the soul is eternal and immortal, a small part (one drop) of the original creator of everything (ocean) and only the physical body (vehicle which houses the soul) is temporary and mortal.

-We make this big journey, or as you might call it, our departure from the origin, in order to learn and develop until our complete revolution and then we return again to the origin, we don't just have time to grow in one life, which is at the best of times around ninety to a hundred years. Our evolution process has been completed, when we finish and return prepared (or complete) to the origin full of light, perfect and illuminated.

-What does this mean? The beings who only have pure love inside their body without fear, resentment, judging, rage, envy, material desire return back and may stay at the origin.....the only thing we are is pure love.

-If we talk with one elderly woman so that she could tell us of her life, for sure she would give us one or two things that she really learned from her years lived. It could be, for example the lesson of treason, either being the victim or the culprit of it. And at the end of her life she understood how senseless and what a load of nonsense it was, that it was only to attain more,

(material) and in the end the only important thing in life is, to be calm and feel good with yourself. To sum up, she was deprived of the most important thing, LOVE.

-If you stop for a moment, Jose, you will see that the happiest and most peaceful moments in your life have come from the situations of LOVE, your first love, or the birth of a son or daughter.... External things give you a sensation of euphoria, which is exacerbated "joy", not harmonic. And that sensation lasts a lot less and enslaves you in that you must find other things to keep experiencing it. It's the same with drugs, each time you need a higher dose and more often, until finally they take your life, either physically or emotionally. You become a slave to the euphoria.

-For this love is the way to follow or continue, without any doubts, it gives us continuous peace and harmony.

-They say Jose, that everything in life in excess is bad. It's true, except for one thing, one thing that the more you experience it the better for you, the LOVE. Remember that our instinct or intuition is to return to the origin, which is nothing more than LOVE, at its purest level. Therefore, the more love we feel, the closer we are to our task, that is to return to the DIVINE LIGHT. If we are to learn so much, we will need time to do it. For this we have many physical lifetimes.

-Siham , but why one can't do it in only one lifetime, instead of many?

-Good question Jose. The fact is that, one has many lifetimes so that after each one we can review and rest over our life experiences. In order to be certified in a certain profession we must first, go through the first levels of junior school, primary and secondary, later one must do various courses in a university to finally become, a doctor, architect, teacher or electrician. If we were to follow this way, first we would be exhausted without any periods of rest, and on the other hand we don't attain that much knowledge.

-Also understand Jose, the first few lifetimes, when we are beginner droplets, the acts we commit and receive are very hard to digest, and if we weren't able to rest it would be intolerable for our carnal state, for our mind. Also each time we are reincarnated we delete from our conscious (more than from our unconscious) other lifetimes we had, as in would be unbearable in many cases.

-Why for example, if you take a set of twins, that eat the same, go to the same school, have the same teachers and education, can be complete opposites. One could love sports while the other could have a passion for reading. Probably in a past life one was an elite sports person and the other was an intellect or philosopher. Or one could love to be in the sun and the other hops from one shaded place to another.

-Why is there some four year old children with a huge level of music theory who learn it almost by themselves, with only a small amount of guidelines from their teachers and is able to compose pieces that neither their mentor can do? A probable answer is that in a previous lifetime this child was a wonderful musician.

-I will tell you something that occurs very often, but something that many are afraid to share.

-A couple who are just married go on their honeymoon to Egypt and in one guided tour the guide begins to tell roughly about the life of the Pharaohs and the lineages of that place. He describes to them one by one and when they arrive to a certain point he tells who they were and the characteristics of their life. The woman of the couple recently married interrupts and says to him "it was rather not like this" and she gives to him a series of specific details about this person. And the guide immediately answers "excuse me, I was telling you by mistake about the Pharaoh that comes next. You are completely right in what you say". The husband was shocked and surprised and asked to his wife how she knew all that and she replied, surprised herself, "I don't know, I can't say from where it came from, I just knew it".

-After some months this lady had some emotional problems and sought to speak with someone to do a regression to try to help her. She found someone and the result was that, in previous lifetime she was a Pharaoh, precisely the one she knew all the details of on her honeymoon.

-Incredible Siham, but what exactly is a regression?

-It comes when the mind of the person is under hypnosis, and is lead back to the start of this life or a previous one. It frees us from space-time as we understand it. I have done many regressions and experienced it and I don't have a single doubt that the previous lifetimes (the incarnations) are real.

-I will tell you another one of many of these experiences. One lady, who was in a regression, was a teacher in a previous life. This life was relatively recent, around about the 1930's or so. I can see that if she had no objections or discomfort while we are going through the experiences of previous lives then everything in that regression is certain. Jose, I was a very hard headed person also and I would need tangible tests and a lot of clarity. The lady had no objection and like this we did it. Well we found out everything was ,as she said in the regression.

-There is a book called, Many Lives, Many Masters, by Bryan Weiss. In it he recalls the experiences of some of his patients and accounts of past lives whilst being regressed. It's a very interesting subject. You would like it.

-Well, Jose, let me continue now with an explanation of an example of the divine game of the creator, in order to answer your questions, from where did we come from, where are we going and what are we doing here.....

-Yes Siham, I remember where we had come from. Can you talk to me now about how we have been thought to believe that in order to be happy we must attain material things. But who are they that have shown us this and why?

-You will know everything, but in its own time. Let me say this....

-The creator, to continue organizing his divine game, conforms in a team of entities and beings who are highly evolved and to whom he gives a lot of power. However, he reserves the absolute power if he needs to intervene. There are fourteen of these entities (this figure I don't know for sure, Jose, and it has nothing to do with numerology). To this group of fourteen he explains his task and says....

-Look, I have created a kind of game and in it all these souls (drops) are going to live through very complicated moments and are going to need your help. And you, with the power I have granted to you all, you will help them always when they require something from the heart, not from the mind. WHAT I WISH IS THAT THEY LEARN TO ASK FROM THEIR TRUE SELF (FROM THE LOVE) AND NOT FROM THEIR MINDS, ONE ASKING FROM THE MIND DOESN'T FEEL THE FULLNESS AND HARMONY. MEANWHILE ONE WHO ASKS FROM THE HEART, WITH LOVE, WILL COME TO RECIEVE PEACE INSIDE AND THE JOY OF LIFE. And one very important thing, don't act ever, unless someone asks for it. Allow them to make mistakes, this provokes the feeling of discomfort and pain, that brings one to ask, later on, from the heart". And everyone understood perfectly.

-The power of these fourteen entities (that you may call angels, archangels or illuminated beings to understand better) is enormous, close to all. And one of the fourteen, who felt more superior said to himself, "I am really the all powerful. I am going to create my own kingdom and direct everything in it". Then he came into contact with all the souls (drops), who were in the process of evolution (human beings), which was strictly prohibited. Logically the other thirteen entities claimed that he wasn't complying with the divine plan of the creator. The fourteenth looked at them with contempt and said "you don't have any idea who the boss is here. You are all useless. I am the biggest and I'm going to create an empire better than the one from the so called creator".

Immediately the other thirteen entities of light addressed God about the horrendous actions of the fourteenth and he calmed them with a satisfied smile and said "don't worry, this is good news. Now the game is finishing and ready to be played". "What? exclaimed the thirteen entities all together, "we don't understand".

Of course, if this fallen brother didn't exist, the fourteenth, it wouldn't be possible for all the souls who make up the game to know every type of emotion, good and bad. The fourteenth is going to help us by flirting with temptation and even abusing all the external material things. Then they, the drops, will suffer and will realize that that is not the way and it's here where you thirteen will give help to those who need it, showing them that by returning to the origin they will find peace and harmony, it is in the self not the mind (ego) where the LOVE resides".

-Of course, said Jose. Because if they leave from the origin (which is pure love and light) and come back without having any stumbling blocks or difficult experiences, then everything would be wonderful and God would ask, "Well how is it there?" and everyone would say "well it's pretty much the same as here, no difference". And then they would continue without

knowing how wonderful it is to be in a state of LOVE. However this way, falling into temptation and deceit of the fourteenth, they will suffer a lot and realize to ask for help from the creator and through these thirteen illuminated entities they can return to the love way of the origin, and if asked by God they would answer "This is amazing, to be here in LOVE, one is divine".

-Exactly Jose, you have understood perfectly. This is the game.

-It's magnificent.

-Well Jose, what do you think if we continue tomorrow? It's already ten in the night.

-Really! We have been talking five hours and it felt like five minutes.

-This demonstrates, Jose, that time doesn't exist, it's an illusion.

Jose returned to his house full of energy, jumping and running. Nor did he remember his physical problem. He felt like a completely new person. He arrived to the house of his mother, she said to him "What energy you are giving off son. And your body is full of life. What a jump you have made. But what happened?"

-Mama, love cured me, it cures everything. I love you Mum!

TRICKS AND METHODS OF CONTROL BY THE FOURTEENTH ENTITY

On the fifth day of meeting between Siham and Jose, this was the question,

-Siham, could you give me an account of how the fourteenth entity acts? In what way does he take us from the love way and corner us in fear?

-Of course I can tell you Jose. Let us start.

-The fourteenth entity knows nearly everything about the game and also he knows the power the souls (drops) have in their interior. He knows that to be connected with our interior self means that we are connected to the Origin, the Creator. In effect, we become co-creators or co-gods and in this same instant he loses all the power and influence over us and his objective of being the owner of our lives and of the world (the school) is finished. In the same way he knows that if he keeps us distracted, living in the mind, then he can control, dominate and abuse us. To reinforce his plan he too has his team of helpers, which he has persuaded to join him in order to gain complete power. The interweaving of his legions hierarchy is very complicated, but I will try to simplify it, so that you have an idea how it goes.....

-I have explained to you in a simple way about the team of the fourteenth entity, but now we are going to concentrate on the illuminati, the other entities are in other dimensions and it would take too long to go into it. But I can tell you where you can find out more about them, if something in your interior tells you. Look up David Icke, he has a lot of books, conferences and interviews on Youtube. Also Gregg Braden can contribute in explaining the reality in which we live and how essential LOVE is in our lives.

-Like we have said before, the fourteenth entity knows very well his task, to distract us by making us live from our mind (where the ego resides), so he can keep us away from our big treasure, which is nothing other than living from our true self (where the LOVE resides). The mind lives and is fed from external activities and stimulations while the true self lives and feeds on internalization and stillness.

FOURTEENTH ENTITY

ANUNNAKI

REPTILIANS

ILUMINATI

MOTHER EARTH, GAIA

The fourteenth entity is close to being the cleverest, he has things very clear. He says to himself "I want to have them living from the mind so that they are easily manipulated. Then what I have to do is stimulate them with external things". And another very sneaky move on his part "I'm going to create an atmosphere of chaos to bring fear into their lives so they don't stop thinking about ways to solve it". This has a double purpose, on one side, it keeps us living from the mind, and on the other it keeps us away from the stillness by not allowing time for us to rest.

To achieve this he has used this group of "people"(if you want to know more about the illuminati Jose, go to Youtube or Google, you will understand why we quote them as people), called Illuminati, who are the implementers of the plan of the fourteenth entity here in this planet.

Jose, I want to keep you crystal clear on this, they can't do anything if we live in LOVE and connect to this high vibration. There is nothing they can do to anyone who is living in high vibration, which is nothing other than LOVE. To vibrate in LOVE is to be connected with ourselves, and therefore with the divine light, creator, god or whoever you want to call it. And that means we become co-gods.

-Ok Jose, do you want to see the methods and tricks that the fourteenth entity uses through the illuminati?

- Yes Siham, but tell me first if it's possible, about who or what the illuminati are.

-Ok sure. The illuminati are made up of thirteen families which control and direct the world in all fields that influence our society. They are the ones who take the decisions of importance in matters to do with politics, economics, military, religion, and the press....

-But how can they control everything?

-They have made the world move with money and they have bought everything which has a high relevance, or have obtained posts that would control under their command. But look! They are so high up you wouldn't know. They use at their will a team "exercise" to act out and direct as puppets from the most secret anonymity.

I'm going to give you a practical example using the elections in the United States. There are two candidates with possibilities of power, A and B. And what does the political party's arrival to power depend on? A few things, but one fundamental thing, the financial backing put in place for the marketing and electoral strategy. This costs hundreds of millions of dollars. Then the party's go to big enterprises or Lobbies, which in turn depend on these illuminati families.

Seven enterprises give financial backing to party A, providing them with 300 million dollars. And we can say eight enterprises back party B with 350 million dollars. What is not often known is that is that these fifteen enterprises all have the same owners, the illuminati. Let's say party A wins, then the president must pay and comply with the decisions made by his

bosses, who are, thanks to the financial backing, the ones who put him in power. And if party B had won it would be the same story.

The most dangerous thing to believe is that we live in a democracy with laws, when in reality it's an absolute covert power. From there a lot of governmental decisions are made with no thoughts about the people. They can even go against the party in power but.....they must obey to the interest which has put them there.

-They are very cunning, intelligent and subtle in their ways, but the moment to WAKE UP has arrived Jose.

-Continue please Siham, it's wonderful to wake up.

-Well Jose, there are two ways they use to keep us from being in contact with our true self,

- One is through the mind
- The other is by diminishing our physical body

In the first case they install an idea in our head which is, in order to be happy, we must have a collection of things in our lives, a house, a wonderful family, a nice car, the latest electronic gadgets and good physical appearance so that people respect you. And if not then you have to get plastic surgery, for everyone else's opinion of you is greater than your own.

To obtain all these things, except for the family (well sometimes also families are created for economical interest or for the necessity of money). In order to afford these things one must work in a company (as an employee) or in your own company (as a businessman). And it's from this that we depend completely on them and their movements. To summarize, they control us.

The employee depends on the company, the company depends on the performance of the country, or on the world in total, which depends on the decisions of the leaders and like we have seen before they are not the ones who make the decisions.

Therefore, to have all these things that the society demands of me (or rather the assembly created by the fourteenth entity and his diabolical game) to gain happiness, I have to work a lot. This means I must devote a lot of time (which means I don't have time available to be with myself and my interior in order to connect with me) and when I finish I'm exhausted and the only thing I want to do is rest.

And this also leads to a disregard for one of the pillars which nurtures and feeds the human being with LOVE, which is the home and the family.

Imagine for a second, today there's a very high percentage of families where both parents work, in order to satisfy their needs for all the material things which they have to have to arrive to their dream of happiness. And if they get them, one or two years later, they have to change them because they are out of fashion (or they don't work) and they keep spending and therefore working hard (one could say removing time to connect with their true self)

When they arrive home, they are so tired and with constant thoughts about what happened at work and how to solve them the next day, in effect they are still at the office, not physically but mentally (which is what the fourteenth entity intended) At the same time the children are at home, wanting to speak and play with their parents, but the only thing they receive is inattention. In order to get attention the kids must do prank calls and various other things, then the parents lose their nerve and release all their stress fury and rage, contained in living this robotic life (work, rest a little, return to work) towards the most loving and precious beings that they have. This undermines the relationship and destroys the sanctuary of LOVE that is in the home.

The fourteenth entity jumps with joy “job done, I control them. They are far from connecting with their true self and also far from happiness. They are mine. I’m the most powerful”.

Another trick which the fourteenth uses is to deplete our physical body until we are sick. So we must be dedicated in body and soul to survive (in order to live a full life, which is natural for the human being).

Since we don’t have desire to connect with ourselves our physical discomfort reins in our life.

Some means by which they try to deplete our bodies are:

- By contaminating the food.
- By pollution from motor vehicles.
- From medical drugs.
- And on top of everythingfear.

A great majority of food we eat these days is processed or canned with a huge amount of chemicals in them, and the only thing they help us with is filling our hunger, feeding us a little but contaminating a lot our bodies. And not to mention the tap water that people drink, with calc, chlorine and even on occasions with fluoride.

-But Siham if fluoride is bad, then what about toothpastes?

-Jose, when you know everything that I’m going to share with you, you will feel emotions of rage, frustration and fraud. But you will know the truth and it will be a moment of change and I will also give you the solutions of course. Because the best thing of all is that there’s a happy ending even when many things look so bad. It’s like in the movies, the middle is always very complicated and full of trauma, but the outcome is wonderful. This is the same, and we are entering a historical outcome, one where humanity wakes up and opens to the Origin, the Light and the LOVE. Allow me to continue Jose.....

There is now, since quite a while, cars which work only with energy that doesn't contaminate like petrol (gasoline) but they are being retained and held back from production for as long as possible, and why wouldn't they be since the current cars contaminate our cities and continue to deplete our bodies.

- Another thing they do is group us together in cities so that we are far from nature and the open spaces free from contamination, like this they can control us better. It's much more efficient to control and direct a group of three million together than smaller more dispersed groups of two, ten or even fifty thousand. And they've been selling us the idea for years that the cities are the future and it's just there where we barely get by and survive. Whenever we have some free time, the first thing we do is escape to the mountains or the beach to recharge the batteries. It's a bit contradictory isn't it?

In the next topic I want to first comment on how much respect and admiration I have for doctors and medical people, for the time they have dedicated in their lives to learning new ways and therapies in order to help many people who need it. But if studied it's not the quickest or most clean method (on a level of side effects) that exists. We know that the pharmaceutical industry is one of the most powerful Lobbying Groups that exists, and as you can imagine, the ones who run this empire at the top level are of course, the "Illuminati". And listen to this, Jose.....

We know that medical drugs have side effects that, on occasions are very harmful. There are other ways to be cured that are not so aggressive, without side effects and that are much quicker in many cases. And someone might say "But this can't be, the doctors would know and administer it". Yes, if they would know, but if they didn't or someone said it was a farce, they are not going to apply it.

The conventional medicine of today works basically with drugs which in turn produce side effects, eroding or disturbing another part of our bodies. Then it's necessary for one to take more drugs and like this it continues, until it arrives to a stage where we're taking fifteen different tablets. This affects our immune system and also contaminates our bodies with chemicals.

From this situation two outcomes arise:

- One, the pharmaceutical companies of the illuminati get richer and more powerful.
- Two, the population becomes each time more impaired and have less free time to focus on their interior and connect with their true self.

- But.....Then.....

- Jose, don't worry, I will explain later the alternatives and solutions that we have. Relax.....You are in a state of LOVE, this is the greatest protection of all.

- Have you noticed, for some time now the trails left by flying aircraft are very long? Do you remember as a child how fast these trails used to disappear in very little time, nearly immediately? Now there are a large quantity of aircraft leaving trails kilometers long, and this they call chemitrails and its nothing other than fuel the aircraft has used up, combined with a series of contaminated chemical substances. The idea is to spray them from above us (as if it were fumigating) in order to deplete even more, our bodies and keep us from a good state of health and engaged in subsistence, that is not living.

- Fear is also the most potent, dangerous and effective method of control which the fourteenth entity uses (through the illuminati).
- Remember what we said earlier that we are Co-Gods or Co-Creators and this means we have the ability to create what happens in our lives?
- What Siham?
- Through the Law of Attraction.
- And what does this law say?
- Well Jose, first I will explain to you this Law of Attraction and later we will return to talk about how they control us through fear.

THE LAW OF ATTRACTION-

- Everything in our planet is energy. And not only our planet, but the universe too, for everything is born and comes from the Origin, the Creator, God... Energy is nothing more than vibration. This vibration can be dense (low vibration) or more elevated and pure (high vibration). We could say that fear is the densest energy, which is the one the fourteenth entity and his entourage like most. LOVE is the most elevated energy that exists, which is God. Have you noticed that when we are in a state of LOVE (being in love with another person or the recuperation of a loved one from a deadly illness, or the birth a child) nothing can interfere with our state of happiness? And also, as if by magic, things we usually classify as being big problems reduce in magnitude or even in some cases, are solved on their own. Fear on the other hand, provokes very unpleasant feelings in us and has the snowball effect where each time we think from a worse perspectives than before. Here is where the Law of Attraction comes into play. I will continue to explain Jose.....

Our thoughts too are energy, waves of energy. The Law of Attraction says this: all you transmit you attract. One could say there's a vibration scale that goes from 0 (the densest, fear) to 10 (the most elevated, LOVE), just say I vibrate at level 3 then I'm going to attract things from vibration 3. And if I vibrate at level 8, then things come from vibration 8. This law works in everything and with everything.

A radio for example, emits a certain series of waves (which can be our thoughts), and depending on the dial I press I get one station or another. If I tune into (which can be our vibration level) 100.7 then I can listen to Sport Radio, meanwhile if I tune into 93.2 then News Radio comes. I can't listen to Sport Radio from 93.2, for this I must change the tuning to 100.7. Well we humans work exactly the same.

0 1 2 3 4 5 6 7 8 9 10

A lot of Fear

Absolute LOVE

(Therefore unhappiness)

(Complete happiness)

Everything that exists in our world is made of energy, you could say, its alive, absolutely everything.

- But Siham, a piece of the door isn't alive, or a plastic chair?

- In my opinion, and with all my respect, Jose, I don't share the same opinion. You will see.....Is it true that everything on this Earth, the trees, plants, stones.....are made of atoms and therefore energy?

- Yes, I agree.

- Then name something that comes to mind that you have seen on this planet, for example, the piece of door you mentioned. Is that ok?

- Yes perfect.

- Well in order to make this door, wood from a tree is needed and therefore it still vibrates, maybe just a little less. And this occurs with whatever object. Any sort of clothing or whatever product you can think of all comes from mother Earth, cotton from the plants, and wool from animals. And you may ask, "Well what about polyester, which is plastic like that chair, where does it come from?" I will say to you, without having the concrete knowledge from where exactly it comes, but that it comes from some material from mother Earth and therefore its loaded (maybe a very low vibration) with energy.

Jose, don't worry, you will understand better when I share with you the ways we can come to know true happiness and free ourselves from the fourteenth entity.

We shall continue for now, talking about fear, which is the main weapon the illuminati use to manipulate us.

As we have spoke about earlier, the illuminati have a big advantage over us in that they understand the Big Truth, which is nothing other than the great power we have when we connect with ourselves(drops) and instantly we become Co- Creators of our wonderful lives with the feeling in this state of being totally free from all manipulation. Their biggest priority is to keep us in a state of fear. How?

- Through the media: television, press,radio.....
- By creating economic chaos.
- By generating political unrest.....among other things.

They have the power over all the material and exterior things in our society. It has been them who have created most of these things and anything they haven't created they can buy with money or attain with all the power they have.

And like this none of the media can escape their control.....haven't you ever wondered how TV news, information bulletins from the radio or the newspapers only speak of misfortunes and pessimistic things? Is there nothing good happening in the World? Is there no good news anywhere on the Planet?

For sure there is, a lot of good things happening, but they know that often when people get up in the morning they have breakfast watching or reading the unpleasant news (of low vibration), we eat while there is a review of this unpleasant news taking place, and we finish each day with a second roundup before we go to sleep. And when we continue like this every day it's completely normal that we think in a negative way and have a pessimistic outlook on things which is of course a low vibration.

"Job done, I have them in a low vibration (fear) and this means they will attract more of the same in their lives, more low vibration", celebrates the fourteenth entity. It's practically impossible for us to wake up like this. And he achieves his goal of keeping us away from a state of LOVE and from time to time to be calm with ourselves in order to connect with our great power (our drop or soul).

This is their cunning way of making us dependant on them and under their control: fear.

HOW TO FREE OURSELVES FROM THEIR CLAWS

- Siham, I have understood everything perfectly and I feel it's so clear....How can I thank you for opening my eyes to the Big Truth. But also I feel a little depressed as if there is no escape," if this is how it's supposed to be, how do I get rid of them, in this social network that they have organized and like you say, they control everything?". I don't see the solution....

- I understand Jose. First let me say that I'm not the one who has opened your eyes, I simply shared some information with you and it has been you who has decided to accept it, because you have felt that it was true and you have opened the door to this information to allow it to enter in your life. At the same time there are people, with all the right in the world, who close the door to this information and don't allow it to enter. My utmost respect goes to those who do so, for all is Divine and one must be free to do what they want or feel. In the end life is the great master. If our decisions make us happy, then continue with them, and if not then perhaps this is the time to change them. So it would be good if we don't close ourselves off from everything. Test it and maybe it can help you and if not, then you already know that this is not the right way for you to continue.

Maybe we are so dogmatized since childhood that we reject new things, limiting ourselves of the chances to know new ways that can provide us with more happiness. And Jose, don't forget that these dogmas or teachings can come from the fourteenth entity, interested in keeping us away from the knowledge that would free us from his control.

Returning to your feelings of discouragement, Jose, I have to give you some good news. First I must say DON'T have fear, this is what the fourteenth entity and his entourage (illuminati) wants, living in fear doesn't free us from the low vibration.

The good news is that now comes the best part of all: to know how to relearn to be the owner of your life, not to depend on them anymore and to be completely happy!

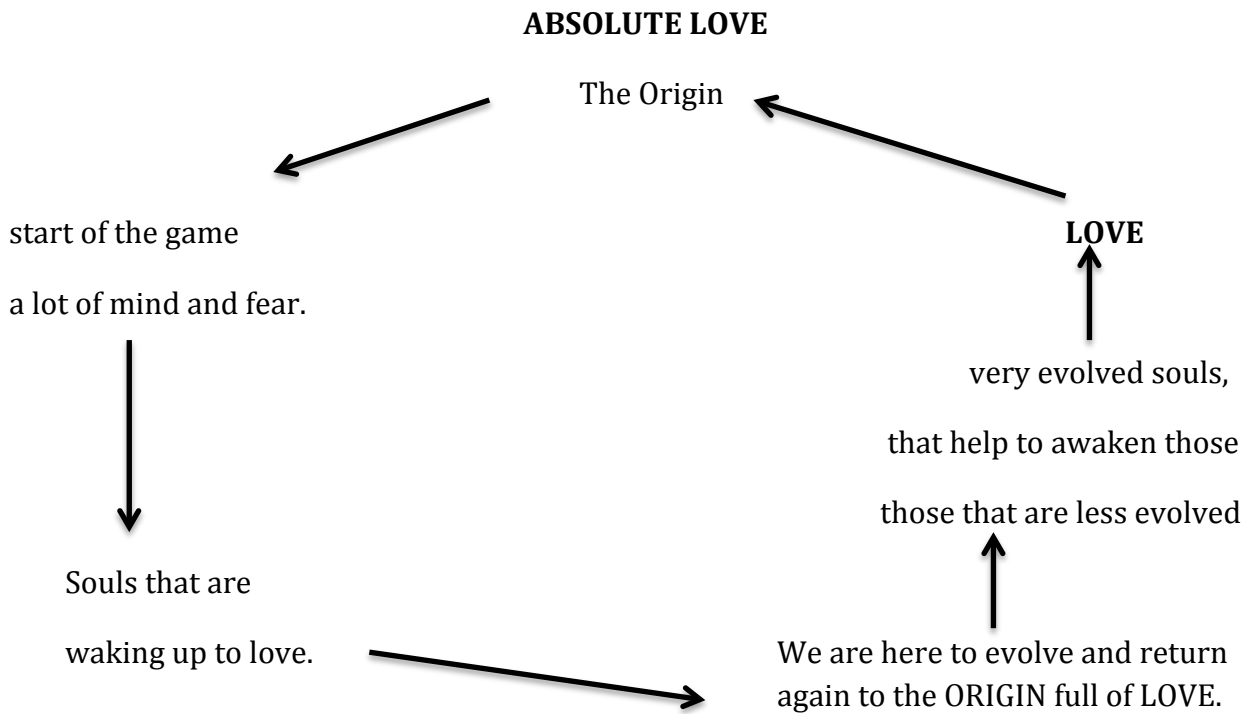
- Did you say "relearn"?

- Yes Jose, relearn, all of this your soul already knows. What happens is that when we come to this life, by a general rule we forget it. But when the soul is close to returning to the Origin of All it becomes ready to know it in the physical life also.

- This means that my soul is a little bit evolved?

- The people who feel this resonating inside of them are the ones who are closer to LOVE than fear. One could say, suitable and ready to wake up and learn the way to a happy life, in peace and harmony.

- This, Jose, is an indicative diagram of the steps to be followed by a soul evolving and learning during the passing of many physical lives, in order to know truly what LOVE is, that it's the Creator, Origin, God.....who wants us to learn in order to live in complete bliss.



HOW TO FREE OURSELVES FROM THE FOURTEENTH ENTITY, THE GREAT SECRET

- Jose Imagine you are in a room that is completely dark. Now imagine that you raise the blind and the light comes in. What happened? The darkness disappeared, didn't it?

- Yes.

- Good, well this is that same thing that occurs with fear (that is the darkness) and LOVE (that is the light). The darkness (fear) only has opportunities to exist in absence of the light (love), but as soon as the light appears the darkness disappears.

The fourteenth entity, through the illuminati, does everything possible to stop us waking up. One could say, we are in a low vibration of fear and they don't stop giving us situations to enhance that fear. Well Jose, that lets us know that the solution to free ourselves from the fourteenth entity is very simple: just to be in a high vibration of LOVE (turn on the light). In this same instant the fear (the darkness) will not have a place, as it cannot exist when there is light.

The principle is very easy, but it involves difficult work also. We have been trained through our minds to believe and think in fear. We have been constantly subjected during many years of so much negative information (of low vibration, darkness), that as a result it becomes difficult to get rid of it. To give an analogy it would be like an ex-serviceman in the Vietnam

War or whatever other war, that is no longer on the battlefield, but continues to relive those experiences.

I'm going to show you how to get rid of this dark programming that we have been subjected to since childhood. If you think about it, from the time we are a small child, we have fears, but by being trained we are afraid of many more things. And with the best of our parent's intentions, in order to protect us from what they have been taught to fear (always through the illuminati) they transmit those feelings of fear to us.

And one could say: "There are real dangers that one must take note of, which we must protect our children from. Like for example, if you don't teach your child about the dangers of crossing the road then they might get run over". And I would answer "for sure, in this case yes, the parents are there somewhat to protect their children whilst they can't fend for themselves". But this is not the same as being all the day: "be careful on the bicycle it's dangerous", "be careful going down the stairs, you're going to fall"This is the bags of unnecessary fear that I'm referring to.

I have been fortunate enough to visit villages in the Amazonian jungle in Brazil and to see the children there only one or two years old walking around alone. And not to mention the five year old children, who delve into the jungle alone, with all the "dangers" that we think it has. In my imperfection and pollution of fears, that I have also been submitted to, I asked the adults and wise people of the tribe if it was dangerous to leave their children so young alone in the jungle, and they replied to me: "they are not alone, they are protected by the biggest guardians". And I said "by who?" I don't see anybody with them. And they, looking up answered: "By the father-mother Creator or God, they are the protection".

And giving me a bit of his time this wise man gave me an insight: "Is it true that the human is limited?" "Yes", I said. "Is it true that God is unlimited?" "Yes", I said again. "Is it true that a father and mother would do anything for their children?" "Yes" I answered, sensing his next comment. "Well imagine what the great Father- Mother would do for us", and he continued: "there is nothing worse in the World than to live in fear".

And that made me remember...thoughts came to my head about when I was a child and we played on the swings in the park, and the few things that happened to us that might have been so much worse, being centimeters or millimeters away from hitting our heads on something that may of gravely injured us. And many more things.....And this is the protection that we all have, especially the children, energies of light looked after by many angels.

And remember that in the worst of cases, (seen from the tridimensional mind) if we leave this body (physical mind) through an accident, illness....even as children or adults, we DON'T die, our soul (droplet) continues living to return again. And besides our physical game (death) in many occasions helps the closest people to us, friends and family, to change what they value in life, it helps them to appreciate their lives more and not to focus on material things, which they did hours or days before.

This also brings pain to us, but if we know all this Great Truth that you are learning, Jose, then for sure the suffering is not the same.

We all have a very big protection, and not only this, these other thirteen entities of light are waiting for us to ask them about what we need, from the heart.

I assure you again, Jose, I don't speak of religion, I speak of spirituality;

1. When one prays, instantly one feels a great stillness, calm, peaceful and harmonious. In this instant you are connecting from the self (droplet) and humility with the divine entities, and because of this the feelings of inner peace come quickly.
2. Another way we can connect with our soul (droplet), and consequently with our origin (the creator, god) is through meditation, which also gives us feelings of LOVE and peace.

But the fourteenth likes to be in all places, and through the religions we have been largely separated from spirituality. One example is: when someone prays because they feel bad, we have been taught to say this: "My God give me the strength to stand up, please give me the strength". And God gives you the strength.

Imagine that you are a slave in a concentration camp and you have to carry stones all day in order to eat and your family must do so too. And you ask like this: "My God give me strength so I don't get sick and help me to survive, and also the same for my family so they can eat". Wouldn't it be better to ask like this? : "God, Creator Origin of all, I ask that you free me from these people who abuse me and that you give me freedom to live in or to come to your light, from the peace inside and the joy of life".

So to summarize, that which we ask we will receive, but they teach to us to pray for strength and to continue to labor for the illuminati.

Another thing that they teach in religion is not to ask for yourself, not to be egotistic and be thankful for what you have already. And they give us the image of Jesus Christ and all his suffering.

Firstly, if I don't have water, I cannot give water. So, ask for happiness and love for yourself, so that you are able to give love and transmit happiness to others.

And secondly, Jesus didn't lack anything. His clothing was of a high quality and there were very wealthy people and families who facilitated him and his apostles with all they needed: shelter and food, of a high standard on many occasions. He didn't care at all for these material things. All he wanted was to spread the message of the Creator: LOVE, LOVE AND LOVE. And how it's possible that the Creator gave him and his escorts (apostles) all that they needed? The Creator hopes that we find the way to return to the Origin (the LOVE way) and that we don't have a need for anything. But it seems that the religions intend to dictate the way towards God, of whom they speak, has gone through great pain and shortages to live. And meanwhile, they enjoy tremendous processions and luxuries. I don't refer to the parish

priests, they do out of love, but to the senior clergy who seem all but older members of society.

I'm going to explain to you an energetic work, Jose, through prayers, which you and whoever else can do to free themselves of their fears (darkness). I will teach you to pray the Rosary. But first I will speak about numerology.

To put simply numerology is the study of the universe through numbers. Like I have said before, everything is vibration and in order to put it in a language that provides us with information about this vibration we use numbers. You may have heard at some stage that everything is born from mathematics, or in other words, everything that exists has an explanation in numbers.

- In numerology every digit from 1-9 has a determined vibration. The rest of the numbers can be "reduced down" until it comes to a number from 1-9.

For example:

23-- $2+3=5$ The vibration of 23 is 5.

175-- $1+7+5=13$ — $1+3=4$ The vibration of 175 is 4.

72123— $7+2+1+2+3=15$ — $1+5=6$ The vibration of 72123 is 6.

Let's only concentrate on the vibration of 1 and 5, which are the ones most influential whilst praying the Rosary. Roughly the vibration of 1 represents the start, the new. Meanwhile the vibration of 5 refers to change. Good. The Rosary consists of 10 units ($1+0=1$). We repeat them 5 times, in addition to the request or desire that we ask from the Origin or Creator.

REQUEST

OUR FATHER

HAIL MARY

GLORY BE TO THE FATHER

As we have said, there is 5 blocks of 10 — $1+0=1$

On a vibration level this means: that I'm going to ask for a change (the energy of 5) from how I am to a new state, to start anew (the energy of 1) how I wish to live.

HOW TO PRAY THE ROSARY

- One starts with an Our Father (the ball that is next to the cross)
- This is followed by three Hail Mary's, 1 Our Father, 1 Glory be to the Father and we arrive to the request (in some rosaries one imagines the Virgin Mary or Jesus Christ) and it's there where we ask and give thanks.
- The first sentence I recommend to all is: Virgin Mary, Divine Mother, Mother of the Light and Love and Jesus Christ, brother and teacher, I ask to you to intercede with the Celestial Father, Divine Spirit, Creator of All, asking him to transmute (transform) all my fears, negative energies and emotions, with his divine light, to energies and emotions of love and light, giving me peace inside and the joy of living.
- After the request one continues the Rosary with;

10 Hail Mary's, 1 Glory be to the Father, 1 Our Father

10 Hail Mary's, 1 Glory be to the Father, 1 Our Father

10 Hail Mary's, 1 Glory be to the Father, 1 Our Father

10 Hail Mary's, 1 Glory be to the Father, 1 Our Father

10 Hail Mary's, 1 Glory be to the Father. This last one finishes here.

- One must recite this 3 times a day (it can be done consecutively or spaced out) for 18 (1+8=9) days, the first 9 days one must request and the remaining 9 days one must give thanks for what we have asked.

In order to change the request from asking to giving thanks (we take the example from above) and exchange the words "asking him to transmute/transform...." for "and give thanks to him for transmuting/transforming".

The reason why one recites it 3 times a day for 18 days is:

3—Represents the Trinity

9—Is 3(the Trinity) times 3 (the Trinity)

18—1+8=9, which is 3 times 3

OUR FATHER

Our Father, Who art in heaven
Hallowed be Thy Name;
Thy kingdom come,
Thy will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil. Amen.

HAIL MARY

Hail Mary, full of grace.
Our Lord is with thee.
Blessed art thou among women,
and blessed is the fruit of thy womb,
Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

GLORY BE

Glory be to the Father,
And to the Son,
And to the Holy Spirit.
As it was in the beginning, is now,
And ever shall be,
World without end. Amen.

Another tool we have is the Violet Flame. The work consists of visualizing a violet flame surrounding our whole aura (energy field that surrounds us) repeatedly (if you feel comfortable, also it's good to do this): "I am a being of violet fire, I am the purity that God desires".

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      XX    XX
      XX
X  X  X  X          XXXX
      XXXXXXXXXXXX
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The purpose of the violet flame is to transmute (transform) whatever type of negative emotion or energy to energies and emotions of light and LOVE and it's very powerful.

Also the platinum ray can be of great use to us. It's simple, one must order the following: I order to receive the Divine Light the Platinum Ray to make the way for my evolution to the Fifth Dimension, changing the composition of my DNA and cells from carbon-silicon based, to crystal and light.

Another wonderful tool is to ensure the actions of our daily lives come from LOVE:

- When you get up, the first thing before anything else is to be thankful for this new day (This is LOVE), for the ability to open your eyes and take a deep breath, for the power to use your legs and walk.
- When you drink or eat breakfast or whatever other moment give thanks to the life and love for what you eat or drink.
- When you shower do the same.
- When you walk out on the street and breath be thankful for the oxygen that gives life to us and the air that refreshes us or the sun that warms us (this is LOVE) and love of life.
- When you pass another person that you don't know and think in your inside "I love you friend, you are another droplet". This is LOVE.
- When you go to speak with someone do it with a face of LOVE and a smile. Remember that they are you and you are them, you are all drops from the same place. Smile and give LOVE as if you are giving it to yourself.
- When someone does something that has been thought by society that hurts you, say to yourself from inside: "I understand you, I love you". These acts are worth double, therefore more difficult. This is LOVE. Surely this has been done due to stress which comes the pressures of society which are created by the Illuminati.

- When you lie down after the happenings of a long day, be thankful, for these have been lessons for you evolution. If it has been rewarding, pray that it repeats and if you have suffered, ask for the power to modify attitudes and actions, and like this you evolve.

This is Love of Life.

- Well Jose, these are some of the tools we possess, but not the only ones. They are simple to put into action and if repeated continuously are very, very effective. Besides these things that we can do, since 1987 Mother Earth is receiving from the so called Harmonic Convergence, injections of energy to help us wake up, each one being assiduous and increasing in intensity. The last one happened during the last full moon (19th of January 2011), where we have been given a so called good “shower” of energy and love ray, that corresponds to the 7 rays previously together, called the Platinum Ray. This will help us to change our cell structure and DNA.

HOW TO LIVE INDEPENDENTLY OUTSIDE THEIR SYSTEMS

- My last question, Siham, would be: people need money to live in this society and this makes us depend directly on them, on all the power that the illuminati have. What can I do to free myself from them? Is there a solution? Do you have a response to this “nightmare” so to speak?

- Of course I do, Jose, listen carefully, or even better listen with your heart, here comes your gift, so that you can finally be sovereign and be the one in control of your life:

- You see Jose, to us through this society (through the ones who control, the illuminati), we have been taught that in order to get things (food, house, car....) one must first obtain money and with this money we can get material things.....giving total and absolute value towards money, as without it in this socioeconomic system we can't live. But there is another way one can obtain what they need, or better said in this case, desire. And this way they have been very careful in hiding it away from us.

It's nothing more than the Law of Attraction, as we have spoken about briefly before. Remember that there is an Origin, Creator, God, and that there is a team of light entities (the thirteen) who are waiting for us to want for something in a clear manner so that they can make it arrive to us. But the fourteenth entity has been interfering with the Creator and his team, and us, and making it so that we live in fear and in the mind, making us believe that the obtaining of material things is the only way there is.

- But Siham, people ask for things and don't obtain them. For example if I said this to a person without work: “you have to desire and want to find a job and see it as if you already have it”,

he would reply: "are you stupid? What do you think....that I don't ask and wish for it all the time?" And to these people it doesn't arrive.

- This is a very good example Jose. I will say to you this....This person who is unemployed thinks:"what a disaster that I don't have a job! I need a job, I want a job and I wish for a job. But the situation is so bad, especially in my state.....now in all the jobs here they ask what languages I know and I only know my native language....this is terrible, it's so hard!"

- What does this mean Siham?

- That for a moment he had connected with a vibration of level 6 or 7, but he didn't have enough faith to ask for a job.

But for the majority of time he connected with a really low vibration, 0 or 1, with fear and therefore what he is really obtaining from the Law of Attraction is a result in accordance with what he has been thinking and this has been nothing other than negative.

The way to obtain it would be as follows:

You lie yourself down in a relaxed place, close your eyes and you visualize (or you see) yourself in a job that you would like, imagining as many details as possible. Imagine yourself surrounded by a harmonic atmosphere with your peers, feeling comfortable and valued. You look happy and you are content with the job you are carrying out. Imagine also an abundant payroll at the end of the month and you are very satisfied with it. Always imagine it feeling like reality, as if you already had it. In this manner you can be sure that you are in a very high vibration and you will see that the Law of Attraction will compensate you with the same.

One can also try using the rosary and complete it by saying: "I ask you to free me of whatever negative emotions and energies that can get in the way of me attaining the job I desire and transform these energies and emotions to ones of love and positivity, so that I can attract this wonderful job that I ask for and that you have for me".

This would help you and after doing the visualization don't allow the negative and pessimistic thoughts to come back, as you would return to a low vibration and you wouldn't attract what you were asking for.

It's true that there are people who want and desire something with great determination and you see quiet frequently they get what they are looking for. This person without knowing is using the Law of Attraction. In the same way you may know people who are always pessimistic, everything goes wrong for them and they are sick quiet often. These people are also using the Law of Attraction, but with a low vibration.

- So it's like this, I wish or ask for something from the heart and I imagine it with all the emotions it would produce in me (joy, satisfaction, well-being), then, I am attracting it?

- Yes Jose well said. One knows when they are asking and desiring correctly when ones feelings from the visualization are pleasant. This means that you don't wish it from the mind,

but from the emotions and sensations (in your true self, soul, drop), connected directly with the Origin and his team and skipping the fourteenth entity.

Remember and be clear, that nobody from the group of the fourteen can make you believe otherwise, that God and his team want the best for you and he is “eager” for you to be in contact with him and you can ask for all that you want so that finally you come to know that the only way to happiness is through him, and through LOVE, as God is LOVE.

And keep in mind that he and his team (the thirteen) have a principle not to disturb anyone, to wait for each soul to understand that the way of the fourteenth entity (which is, the ego, individualism, put yourself first, judging, material things) only brings suffering, by connecting with LOVE you will receive all that is necessary for your happiness and evolution.

Probably when you act in this way the people who know you might say: “Are you crazy, these people are stupid and they have brain washed you”. These people haven’t woken up yet and they continue, as you know, living in the hands of the fourteenth entity. It will be them who are wrong, those who have been dogmatized and convinced to continue in a tortuous and unhappy way.

The answer to any kind of these situations is easy. Try both and choose the one that makes you feel best. But judging something unknown doesn’t make much sense. But that is how we have been directed by the fourteenth entity: to make you reject everything that has not been created by him.

- Siham it’s divine! Thank you for sharing this treasure with me. I will put it in practice and I’m going to be free and happy. I will say another thing to you Siham, with all my respect to other opinions: I feel one hundred percent that this is the way. I was under the control of the fourteenth entity and my life was hell. Even achieving this hypothetical success that the fourteenth entity promised would make me feel happy, was a lie, it made me feel alone and unhappy. And now I understand completely because there are so many big stars from movies, music or sport that due to their unhappiness turn to drugs, alcohol, or gambling. They have all that the fourteenth entity promised in order to be completely happy but they are not. Why? They are not happy because this way is a big lie.

- Jose allow me to finish by saying this to you, one must not judge and dismiss the fourteenth entity. We should be thankful to him for performing this task, as without him the Divine Game wouldn’t have been able to take place. Besides, if we feel anger or hatred towards him we move a step away from the love way, and also we make him happy, for his task is that we live in negativity.

So as a final thought we must be thankful to him and send a big hug full of LOVE to him, for he too will go and return to the Light, to join with the other thirteen, realizing that there is only one Creator or Origin and that what he did was a divine mistake, programmed in order to give us all a big present which is to be conscious of what it is to be in a state of LOVE.

- Siham, if I have a question of my own or if someone I share this with has a question about these things can I send you an email?

- For sure, it would be a pleasure. You can send it to this address: consulta@lagranverdad.es. Maybe when we have a good amount of questions already answered, we can gather them and put them in a new book, so that the questions from some people may also bring direction to others.

- I love you Siham!"

- I love you Jose!

!!!LOVE IN THE LIFE!!!