

# Understanding Change

## An Essay

by

**Chris Thomas**

© Chris Thomas 2011

**W**e humans need to get a grip. We are poised to undergo the greatest level of change ever seen in this, or any other, Universe.

All souls, that have adopted human form, made a promise to ourselves, to the Earth and to the Universe at large that we would fulfil our promise and potential that was offered to us when we undertook a physical existence.

In 1996, we each looked at our state of readiness to reach our full potential. Every person on the planet, at that time, had the ability to achieve our goals but only 40 per cent of the then population decided that they were ready.

Since then, we have undergone massive changes of energy, on a personal and planetary level, and have arrived at the time when our potential could be fulfilled and yet the number of people who are ready to undergo soul reintegration has dropped. Instead of the 40 percent of 1996, by 2011 there are only 15 per cent of the population who have made the necessary adjustments to their lives in order to move forwards.

These are the figures and percentages recorded within the Akashic – for a fuller explanation see below.

This 15 per cent represents about 1 billion people and this figure is barely enough to carry us through our change. What is needed is a minimum of 25 per cent – about 1.7 to 2 billion people undergoing soul reintegration at the same time to make our change as smooth as possible and counterbalance the forces that would prevent this change from happening at all.

## Our Origins

**I**n order to understand change, we must first understand who and what we are. Our Earth is the most important planet within our Universe. This does not mean that humans are particularly special, just that we live in a special place and are subject to energies and energetic forces that exist nowhere else within the whole of Creation. Apart from 2,800 “First-Born” souls who were Created to be true “Earthlings”, every other soul that exists on Earth has come here from somewhere else within our Universe.

The story of the First-Born is outside of the scope of this essay but these are souls who were specifically Created so that Earth is their place of “soul-origin”.

What does make humans unique is that in order to become human, we must leave our place of actual soul origin, leave behind any bodies that we might have had and cloak our souls in the “soil” of the Earth in order to build for ourselves a new body.

In other words, we do have a soul but a soul that has built for itself a body that must correspond with the “human template” that the Earth considers constituting a Human Being.

In order to maintain our position on Earth, the energies of the soul must be altered so as to resonate with the energies of the planet.

It is not gravity that keeps us on the planet but the energy frequencies of the first chakra. The chakras are aspects of the soul within the physical body and the frequencies of the first chakra connect us to the consciousness energy that is the Earth. This is why the first chakra is also called the “root” chakra as it literally roots us into the Earth’s energies – an immensely powerful soul to soul connection.

## Soul Energies

**T**he Earth exists in order to explore the potential that “physical” life seemed to offer. It was always planned that a form of Human Being would exist but not what it looked like or how it functioned.

All of the forms of life that exist on Earth have been created or adopted by the Earth’s consciousness and, initially, this was also true of Her experimental human forms. However, difficulties were experienced in developing a human form that was capable of supporting a

“full soul”. In order to explore these difficulties the problems were first studied on Lemuria and then experimented with on Atlantis – see *Synthesis* for the full story of human development.

By the time that we had finished our experiments on Atlantis, we had developed a human body form that could accommodate the **whole** of the soul.

However, we began to experience difficulties in maintaining the whole of the soul within the body and set about exploring the problem. Unfortunately other events prevented us from finding a full answer before we, collectively, had to destroy the Atlantis continent.

## The Human Plan

**I**t took 40,000 years to undo the damage that resulted from destroying a continent and we returned to Earth about 20,000 years ago.

On our return, we were as we were on Atlantis – the whole of the soul contained within the human body.

It is difficult to describe what is meant by a “whole soul” state as we do not have the necessary vocabulary.

The primary difference lies in the density of the human body in that a whole soul state brings about a lightening of density and major changes within our cell structures – everything becomes much lighter and much less dense.

When we began again, 20,000 years ago, we anticipated that we would experience difficulties in maintaining this whole soul state for the whole of our natural life spans – about 1,500 years.

As we began to lose some of the higher brain and psychic functions, we began to build energy enhancing structures that could re-merge the whole soul back into the body.

These energy enhancing structures are the pyramids of Egypt, South America and several other locations on the planet’s surface, as well as the Silbury Hill/Avebury/Stonehenge complex in Britain.

Unfortunately, these energy enhancing structures could only restore a full-soul state for a temporary period and so we began to look for other ways of solving our problems.

The underlying problem was this:

The Earth has a resonance, a base-note frequency, with which all living things resonate. This is the frequency of the root chakra. In order to Create “physical” forms of life, the Earth chose a frequency of 7.56 Hz (this means 7.56 cycles per second).

This frequency was too low to hold the whole of the human soul within the body; what we needed to do was to find out what this base-note frequency needed to be raised to in order for us to remain as Human Beings.

7,000 years ago, we put into action a plan where we could experience all of the possibilities that physical life has to offer as a means of discovering to what frequency the Earth’s base-note needed to be raised.

In order to put this Plan into action, we deliberately divided the soul into two – the physical self (about 25% of the total soul) and the higher self (the remaining 75% of the total soul). This division made the physical body very much more dense than it had been and we lost most of our psychic and sensory abilities.

We also became, as far as the Earth is concerned, sub-human – the Earth defines a Human Being as a whole soul contained within a physical body. We have been in this sub-human state for the past 7,000 years.

This, essentially, is The Human Plan and we allowed ourselves 7,000 year to complete it.

According to the Akashic, this 7,000 year period runs out at the end of 2011.

## New Energies

**B**y 1996, we had worked out what the Earth’s base-note frequency needed to be raised to in order to allow soul reintegration and to maintain that whole-soul state indefinitely.

This new frequency is 3.5 kHz (3,500 cycles per second).

With the answer arrived at, two other important events also occurred in 1996:

First, a new energy was connected to the planet to assist us in our soul reintegration process. This new energy contains approximately 53 million dimensions and is, effectively, limitless.

Secondly, a question was asked of the whole human population as to whether they were in a state of readiness to undergo soul

reintegration. At the time, 40 per cent of the then global population said yes, they were ready. In 2005, a second census was taken of the global population to find that this percentage had dropped to 35 per cent. As of mid 2011, the Akashic records that this percentage had dropped to 15 per cent.

**In other words, people were too afraid to change.**

This fear of change is quite surprising as there is very little work required to fully prepare ourselves for our soul reintegration.

The first thing that needs to be done is to clear the body of trapped emotions. On a chakra level, unexpressed emotions bring about symptoms of illness.

On a soul level, unexpressed emotions take up a great deal of available space within the body that would be better occupied by the soul.

In order to achieve a clearance of these unexpressed emotions, the best tool to use is called a “giveaway”. This is a very simple process that is very effective – see *Synthesis*.

The second thing that needs to be done is to ensure that the physical body, particularly the brain, has the right mix of nutrients – see later.

That is all that is required – a body free of

emotional debris and an appropriate diet – the rest then follows on naturally.

Once the answer to the Earth’s base-note frequency had been deduced, the Earth began to take steps to bring the necessary frequency changes about.

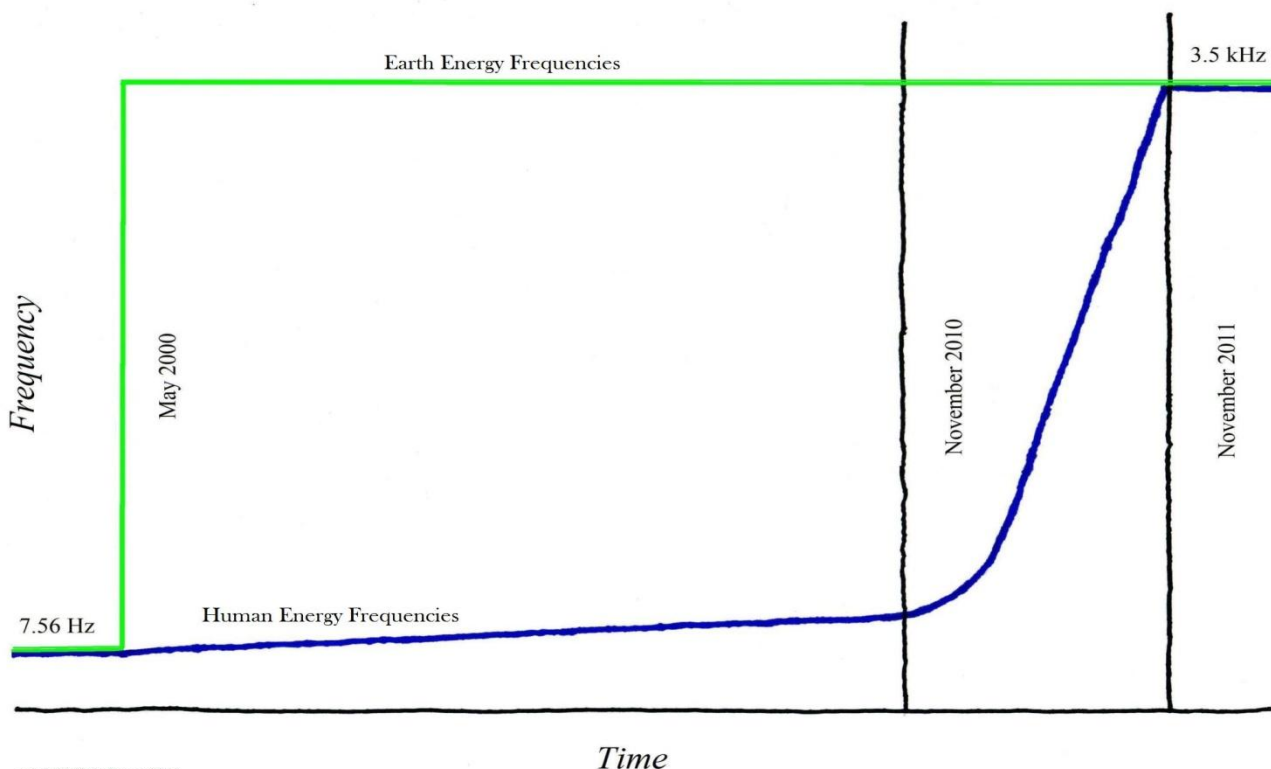
Every single living thing on the planet needed to change their root chakra frequencies and this was achieved in May 2000.

Overnight, all of the life on the planet, apart from humans, changed their frequencies to match the Earth’s and all non-human life has resonated at 3.5 kHz ever since – see graph below.

It was possible for all humans to alter their root Chakra frequencies at the same time but, humans being humans, we prevaricated and it has taken us a further 10 years to catch up with animals and plants.

It is only since November 2010 that we realised that we needed to get a move on that we accepted acceleration of our energies. Even then we insisted on having a year to adjust – to November 2011 – in order to reach the same base-note frequencies.

At the time of writing (August 2011), most people – the ones who are actually changing that is – are in the 2 kHz range. Not there yet but not bad.



copyright Chris Thomas 2011

## Completions

**H**owever, not everyone was afraid of change.

Very quietly, a number of people decided to be the vanguard for human change and, since 1996, have undergone full soul re-integration. Currently, mid 2011, there are over 3 million people, worldwide, who are in this complete soul state.

All of these Human Beings live in isolated areas, deliberately keeping themselves hidden from human, particularly western, eyes.

So change, soul reintegration, is not impossible. All that it requires is application and the will to do so.

## The Physical Body

**U**p to now, we have only looked at the energetic nature of change but we also need to look at the physical aspects of what we need to do in order to fulfil our chosen potential.

Whilst everything is energy, the frequencies from which the human body is constructed we perceive as “physical” tissue. In order for change to occur, we need to ensure that our bodies are functioning to the best of their potential in order to accommodate the remainder of the soul; after all, the Earth defines a Human Being as a whole soul contained within a physical body. This means that we have to provide the body with the right combination of foods to maximise the efficient workings of the body’s cells.

The soul is not centred in a particular region of the body or brain, like the amygdale, but is woven through all of the cells of the body – we are not a body that has a soul but a soul that has built for itself a body.

In order to maximise cell efficiency, we need to eat a diet that feeds the cells properly. What follows is totally at odds with currently accepted “healthy eating” practices and dietary recommendations.

For the past thirty years, we have been told that we need to cut down on saturated fats, increase polyunsaturated fats and increase our carbohydrate intake and reduce cholesterol.

**This is the exact opposite of what the body’s cells actually need.**

To understand this statement, we need to understand how humans developed on Earth.

It is now acknowledged that our direct ancestors were Cro-Magnon Man. This proto-human first appeared planet-wide about 3.5 million years ago.

Their bodies were cruder than ours and, at the time, did not have individual souls but were part of a group soul – see *Synthesis*.

They were hunter-gatherers; that means that they hunted for meat and gathered fruit, berries and nuts as the seasons permitted. They ate very little in the way of vegetable matter and even less in the way of grains or cereals. This lifestyle continued for over 3 million years. In other words, the human template is built around the body form that developed as the Cro-Magnon evolved.

**The human body’s primary dietary needs are centred around meat and saturated fats with some fruits, nuts and berries and very little in the way of carbohydrate.**

The current “healthy diet” is specifically designed by those who would prevent us from undergoing soul reintegration – see later.

The simplest way of showing that our “healthy diet” is wrong for us is to ask the questions:

After thirty years of eating for health, why do we have illnesses reaching epidemic proportions particularly obesity and diabetes?

If our diets are so healthy, why are we not healthy?

As our great grandparents’ diet was the exact opposite of what we currently eat, in terms of fats and carbohydrates, why did they not have worse health problems especially as most of our current killer diseases were unheard of in their time?

It is very clear that our bodies are in a state of terminal decline and yet we are *supposed* to be eating the diet that is the most healthy for us.

So what should we be eating, especially as we need to be on the optimum diet to help us through this period of change?

## Cholesterol

Cholesterol is, arguably, the most important substance that the body produces for its own well being.

We all “know” about cholesterol:

It comes from eating saturated fat.

We must keep our blood cholesterol levels *below* 3 millimoles per litre (mmol/l) – (actually, the current recommendation is 4 mmol/l but there are moves to reduce it to 3).

Very few people are aware that cholesterol is, in fact, manufactured by the liver.

The liver expends a huge amount of energy producing cholesterol in a very complex chemical sequence that does *not* involve any kind of fat. The liver does this 24 hours per day, 365 days per year. The liver does this because every single cell within the body, of which there are trillions, needs cholesterol every single day.

The only difference eating food that is high in cholesterol makes is that the body uses the cholesterol taken from food to *reduce* the amount of cholesterol produced by the liver.

Q. How many types of cholesterol are there?

A. One – it is called cholesterol.

Q. What are HDL and LDL?

A. HDL stands for High Density Lipoprotein and transports cholesterol from the liver to wherever it is needed within the body.

LDL stands for Low Density Lipoprotein and collects any excess cholesterol from the blood and (probably) returns the excess to the liver for recycling.

HDL and LDL are lipoproteins and are *not* types of cholesterol.

Q. My doctor has given me a blood cholesterol count – what does it mean?

A. Cholesterol does not exist in the blood, what doctors give out are lipoprotein counts.

Q. Why should I reduce my cholesterol levels?

A. You shouldn't. You cannot have too much cholesterol in the body as the body is self regulating; the liver only produces what the body needs and no more.

Q. Can you have too much cholesterol?

A. No; there is no such thing as too much cholesterol, the liver only produces as much as the body requires and no more. Whatever

your cholesterol level is, it is what your body needs. A high cholesterol level means that the body has problems which it is attempting to repair. If you reduce the body's cholesterol levels, it cannot repair itself and the cells begin to die, eventually leading to death.

Q. So what does cholesterol do?

A. Its primary role is to do with maintaining the integrity of the walls of the body's cells – too little cholesterol and the body's cells begin to collapse with disastrous consequences; cancer being a prime example.

The brain is made up of roughly 70 per cent fat and 30 per cent cholesterol. The brain also uses cholesterol to pass messages across the synaptic gaps.

Every single cell within your body needs a supply of cholesterol every 24 hours otherwise the cell cannot maintain its integrity which would allow in viruses, bacteria and other undesirable debris.

When a cell dies, cholesterol is needed to build its replacement cell.

If you cut yourself, the area of the cut is flooded with cholesterol to build new cells to repair the damage and rebuild the skin or, if the cut is internal, such as in an artery, the damaged region is flooded with cholesterol to repair the damage – cholesterol does not cause heart disease, it is part of the body's defence and repair mechanisms.

A simple truth is that when your mother became pregnant with you, if her body did not produce sufficient cholesterol, you would not be here.

Simply put, cholesterol is necessary to create life and maintain that life once it exists. Denying the body its ability to self-repair, by taking cholesterol reducing drugs, is a form of suicide.

Q. What happens if cholesterol levels are artificially reduced such as by taking statins or cholesterol reducing foods?

A. The first side effects of statins is reduced short-term memory – this can be quite severe in some instances.

Over time, statins reduce the body's store of co-enzyme Q10 which begins to destroy the body's connective tissue. This results in the muscles atrophying and the body becomes very much weakened.

There is then a ripple-down effect where all of the body's systems gradually decline eventually leading to death.

A cholesterol count of 4, or below, leads to mental problems, depression, paranoia and whole system failure eventually leading to death.

Cholesterol is essential for life and the maintenance of the physical body. To undergo the process of change that humanity is undertaking, natural cholesterol levels are essential. In other words, it will be impossible to undergo soul reintegration unless the body's cells are fed with sufficient cholesterol.

This is so far against the current medical advice and advertising propaganda that there will be many of you saying this is rubbish. Fine. The author has no problem with that but, if you want to go through the process of soul reintegration then I would suggest that you get yourself clued up and do some research for yourself. As a start try:

*"The Great Cholesterol Con"* by Dr Malcolm Kendrick published by John Blake Publishing Ltd., ISBN 978-1-84454-360-1

**Another statement of fact is that you will not be able to undergo this process of soul reintegration unless your cells have a sufficient supply of cholesterol – this means natural cholesterol levels that are determined by the body's needs.**

Q. So why all of the propaganda about reducing cholesterol?

A. There are forces at work who are attempting to stop us from reintegrating – see below.

## Fats

**T**here are four different types of fats:  
**Saturated fats** – these are obtained from meats, butter, whole milk etc.

**Mono-unsaturated fats** – these are obtained from olive oil, palm oil, coconut oil etc.

**Poly-unsaturated fats** – these are obtained from vegetables such as corn oil, sunflower oil, etc.

**Transitional fats** (commonly called trans-fats) – these do not occur naturally but are man-made from vegetable oils.

In order for the body to function properly, it needs a varying combination of the first three fats on a day to day basis.

The fourth type of fat – trans-fats – is not digestible by the body and can cause

considerable harm by disrupting many of the body's systems.

As we saw earlier, our bodies evolved as "hunter-gatherers" with our primary source of nourishment derived from meats.

Although we consider ourselves to be "wise man" (Homo Sapien), our bodies have not evolved beyond our basic hunter-gatherer requirements. In other words, our bodies still consider the best source of nutrients to be from meat and the saturated fats associated with it.

As a simple example:

Since the early 1800's, explorers have encountered many peoples living a "traditional" hunter-gatherer life-style in many parts of the planet.

When these traditional peoples were forced into eating a "western" diet, they all became subject to exactly the same illnesses and ailments that we do in the west. Before the introduction of a western diet, these peoples were extremely healthy.

The most recent example of this is with the Inuit and Eskimo peoples of northern Canada. These peoples have always had a diet which is comprised entirely of meat and fish with only a very small percentage of their diets made up by seasonal nuts and berries.

They were extremely healthy and they had no histories of obesity, diabetes or heart disease. In recent years, following western intervention, their diet now includes a severe reduction of fats, the introduction of white bread and cereals and their health has deteriorated to the point where obesity, diabetes and heart disease are as prevalent as in North America.

The only thing that has changed is their diets and they have gone from people who were extremely healthy and perfectly adapted to their environment to requiring medication and hospitalisation.

The plight of the Inuit and the Eskimo perfectly illustrate that a traditional diet high in saturated fats is healthy whilst our western so-called "healthy diet" (low saturated fats and high carbohydrates) is a killer.

The two biggest problems with our western diet are carbohydrates and trans-fats. We will look briefly at the problems of carbohydrates later but let us first look briefly at trans-fats.

Vegetable oils (poly-unsaturated fats) are liquid at room temperature. This makes them unsuitable for spreading on bread. In order to

make them spreadable, they are turned into margarine. In order to do this the oils have to be hydrogenated, heated, and put under enormous pressure.

The molecular structure of vegetable oil is “kinked”. It is this kink that prevents the oils solidifying at room temperature. In order to achieve room temperature solidity, the molecular structure needs to be straightened. This straightening is achieved by adding a hydrogen atom into the area where the molecule is kinked – this is hydrogenation and it is a very haphazard process.

A simple explanation would be this:

The vegetable oils are heated to very high temperatures and put under huge pressure. The oil is then bombarded with hydrogen atoms in the hope that they will connect into the correct place in the oil molecules.

This is why they are called trans-fats; the hydrogen atom creates what is known as a trans bond within the molecule.

The process of hydrogenation is very haphazard and the resulting oil is swamped with unpaired hydrogen atoms. These unpaired atoms act as free radicals within the body whenever hydrogenated oils are eaten resulting in a huge amount of damage to the body’s cells.

To make these hydrogenated oils into margarine, they undergo numerous chemical processes which all add other chemicals into the mixture. At the other end of the manufacturing process, the margarine emerges as a grey gloopy substance. To make it more palatable, a coloured dye is added – yellow – to make it look more like butter!

Margarine contains an average of 25 artificial or chemical ingredients; butter contains one natural ingredient – milk.

The number of health problems that are connected to our eating hydrogenated oils and margarines – trans-fats – is huge and too long to list here but primary amongst them are heart disease, cancers (particularly breast cancers) and obesity.

The following foods are all extremely high in trans-fats:

- Pre-baked pastries from commercial bakers
- Pre-made meals from commercial suppliers
- Fast foods of all kinds

To understand the kinds of mixture of fats that our body actually needs is demonstrated by the fats present in breast milk.

Assuming that your mother had sufficient cholesterol in her body to make you, once you are born, the best start the infant can have is to be fed breast milk produced by the mother. Not only does breast milk provide natural immunity to many bacteria and viruses, it only contains the mixture of fats that the growing infant needs.

Breast milk is made up as follows:

Saturated fat – 54 per cent

Mono-unsaturated fat – 39 per cent

Poly-unsaturated fat – 8 per cent

If saturated fats were unhealthy for us, our mother’s bodies would not produce it in such quantities in the food she manufactures to feed her child.

**Our bodies need saturated fats.**

## Carbohydrates

When we speak about carbohydrates, we usually think of foods like bread, sugar, pasta, potatoes, etc.

But, this is too narrow a definition as fruit and vegetables are also carbohydrates.

Essentially all sugars and all starches are carbohydrates from whatever source. Everything that is vegetable or derived from vegetable sources is a carbohydrate. Or, put another way, virtually all foods that are not meat or fat are carbohydrates.

What makes carbohydrates so appealing to eat is that we usually get an energy “rush” which makes us feel as though we have eaten the right thing.

The problem with carbohydrates stems from how the body processes them.

When we eat carbohydrates, the body converts them to glucose. Whilst glucose is seen as an energy source, it is not one that the body can handle easily.

In order to maintain the body, the body’s cells need an energy source. If the source of the energy is glucose, the cells cannot accept it in that form. In order for the cells to make use of glucose, the body also needs to produce insulin.

Insulin acts a little like a key in that it “unlocks” the cells and allows the glucose in. However, the body’s cells can only make use of a limited amount of glucose to supply its energy needs. When a cell has reached its “glucose threshold”, the cell is still crying out for an energy source and, if the food we have

eaten can only supply glucose (from carbohydrates); the pancreas is forced into producing more and more insulin to “unlock” the cell walls. Over a period of time, the cells increasingly resist the glucose and the insulin. Once this stage is reached, the cells are, effectively, insulin intolerant – a state of diabetes. As the cells no longer accept the glucose, the insulin then stores the glucose in fat cells.

The more the cells become insulin intolerant, the more the glucose is stored in fat cells resulting not only in diabetes but also obesity. Being overweight does not cause diabetes, being insulin intolerant because of a high carbohydrate diet causes weight gain.

However, if we substitute saturated fat for carbohydrates in our diet, the cells readily accept the fat, our insulin levels drop and we lose weight. This is why high fat/low carbohydrate weight loss diets work.

## A Correct Diet

The current “healthy diet” that we have been propagandised into believing is good for us – high carbohydrates/low saturated fats – is the exact opposite of what the body actually needs to maintain a healthy body.

There have been thousands of studies carried out to prove the “healthy diet” is the right one and every one of them has failed to do so. The results of scientific studies depend on who was paying for the study to be carried out.

Scientific studies are written in three parts. The first part is an introduction – a declaration of what the study is being carried out for. The second part is the actual results reached from the experiment whilst the third part is a summary of results and how they have been interpreted by those who carried out the study.

Most scientists and doctors only read the introduction and the final summary; very few read the body of the study – the actual study data.

If the study was sponsored by, let’s say, the margarine industry, the summary will conclude that the high carbohydrate/low saturated fat diet is correct. But, if you then study the actual data, you will find that this conclusion is not borne out by the facts that the study uncovered. In other words, a high

saturated fat/low carbohydrate diet is the best.

The margarine industry is a good example to choose as they have been trying to prove that margarine is healthier than butter ever since margarine was first developed at the end of the 1800’s. It all began as a marketing ploy to promote margarine over butter and the whole thing has mushroomed from there.

There are also those who oppose our consciousness shift and are adding their propaganda to the material first developed by the margarine industry in order to make us so unhealthy that we cannot undergo our soul reintegration.

We noted earlier that our bodies have evolved to live on a high fat diet. Once we stopped living as hunter-gatherers, we developed a diet that was best for our changed life-styles. This is the diet eaten by our ancestors such as our great grandparents.

Their diet was:

Fatty meat, butter, whole milk, hard cheese, lard and dripping, some fish and some fruit and vegetables in season all cooked from fresh ingredients.

Their diet is what our current diet should be.

The proportions of these various types of foods that are necessary for optimum body performance are these:

Carbohydrates: 10 – 15 % of total calories

Protein: 15 – 25% of total calories

Fat: 60 – 70 % of total calories

Again, these conclusions are totally at odds with the advice we are led to believe and many will be sceptical.

Fine. Go and research your diet for yourself and then you will see how much we have been wilfully misled. As a start try:

“*Trick and Treat*” by Barry Groves published by Hammersmith Press Ltd.

ISBN 978-1-905140-22-0

## Other Problems

### Fluoride

The fluoride added to drinking water is a chemical called hexafluorosilicic Acid. It is eight times more toxic than lead. It has been linked to osteoporosis, cancer, kidney and thyroid problems.



## **Microwaves**

There have been a number of studies carried out into the effects of microwaves but they have not been widely published.

**Microwave ovens.** Repeated exposure from use of these ovens causes sterility and cancer. Foods cooked in microwave ovens put cancer causing substances into the blood.

**Mobile phones.** These include cord-free phones. The type of microwaves used by mobile phones causes cancer of the glial cells, especially in children – glial cells are those that make up the nerves that connect the inner ear to the brain. Mobile phone emissions also kill bees.

**Wi-Fi.** Wi-Fi is the most serious form of microwaves. Wi-Fi masts have been shown to kill off all insects and birds within a 200 m radius; any trees within this range show symptoms of tree “cancer”. No studies have been published to show the effects of Wi-Fi on people, especially children.

## **Soya and Soya Milk**

Soya, in its natural state is indigestible and toxic to humans. In order for us to make use of this plant, it must first be processed and undergo a form of distillation to purify the toxins. As part of this distillation, soya “milk” is produced.

This “milk” contains most of the toxins that have been removed from the processed soya beans but, more importantly, the “milk” contains high levels of phyto-oestrogen. This is a substance that is chemically very similar to the female hormone, oestrogen.

Adults eating soya or soya milk can have problems with the balance of their sex hormones because of this phyto-oestrogen but by far the biggest problems occur when soya milk is dried for formula milk to feed babies.

In recent years, there has been a move to dissuade mothers from feeding their babies formula milk derived from cow’s milk – too much saturated fat (see above for how much saturated fat an infant actually needs) – with soya milk being the recommended alternative.

In using soya formula, the baby is being fed with the toxins that have been distilled out of the soya bean, which is bad enough, but the worst impact is by feeding babies high quantities of phyto-oestrogen. The comparison is that if a baby receives the normal number of daily feeds, the baby is receiving the equivalent – body weight to

body weight – of the mother taking up to five contraceptive pills per day.

The effect on the child can be very problematic. With girls, this level of phyto-oestrogen means that they will undergo puberty at a much younger age – instead of the traditional ages of 11 to 13, girls as young as 8 or 9 undergo full puberty. In some instances, girls as young as 3 can exhibit indications of puberty such as breast development.

In boys, there are greater problems. The phyto-oestrogens conflict with their natural testosterone levels and can cause slow development of the brain; particularly the development of spacial awareness. This shows itself mainly in boys finding it extremely difficult to learn to read or to understand mathematics.

These phyto-oestrogens are also one of the major causes of the rise in skin cancers as skin cells have oestrogen receptors which readily accept phyto-oestrogens instead of the body’s natural oestrogen.

## **Medical Treatment.**

In 2008, the American Medical Association (AMA) published their final report of a five years study into the effectiveness of current medical treatments. Their conclusions were that more people die of the medical treatment they receive from their doctors than from any other single cause of death in the western world.

They broke their figures down into two categories:

1. Those that died from their medical treatment and no other factors were involved.
2. Those that had some kind of serious health problem but the determining factor of when they died was the medical treatment they received.

Every year in America, the number of deaths from the first category was 760,000. The number of deaths from the second category was 2 million.

The British Medical Association has stated that in Britain the number of deaths under the first category was 93,000 – the BMA has not carried out, or at least not published, a study similar to the AMA’s so this figure is probably optimistic.

Buried away within these figures is the number of deaths caused by adverse side effects of pharmaceutical drugs. In America, 136,000 people die from drug side effects every year. In Britain the figure is 10,000 but

an additional 250,000 people are hospitalised every year.

How many deaths are recorded for alternative treatments per year in America and Britain? – Zero.

## Conclusions

Everything stated in this essay is backed up by thousands of medical, scientific and independent studies. They are not referenced here due to lack of space and also to encourage people to investigate these issues for themselves – the internet and many books do give full references or even the studies themselves.

What it amounts to is that we have been deliberately propagandised into believing the exact opposite of what we should be eating to maintain a healthy body that prepares us for the process of change we are currently undergoing. Most of the advice we are fed by doctors, scientists, dieticians, etc. is deliberately intended to prevent us from undergoing soul reintegration.

### Why?

There are two answers to this question.

The first can be found within this statement:

*“Maintain humanity under 500,000,000 in perpetual balance with nature”*

These words are written, in eight languages, on four standing stones that were erected in Georgia in America in 1979. Nobody knows who erected the four “Georgia Guide stones” standing stones but the message they carry is reflected in internationally agreed documents.

The main document that reflects these figures was agreed by heads of government of 93 countries at the United Nations Conference on Environment and Development (UNCED) in Rio de Janeiro in 1992 – the document is called Agenda 21 and is an environmental plan for the 21<sup>st</sup> Century.

Given that the official figures for the world’s human population are set to pass the 7 billion mark in October 2011, it means that to achieve this level of population reduction (to 500,000,000) by the middle of this century, a total of 350,000 people must die every day – that is a minimum of 128 million per year.

There are numerous other government policy documents that reflect the same aims, all of these governments being signatories to Agenda 21.

### Why?

What possible motivation can all of these governments have for murdering their own populations? For a full answer to this question see *“Project Human Extinction”*.

## Conspiracy

Whilst this has become a “dirty” word – something to be ridiculed – in recent years (mainly from media derision) does not mean that conspiracies do not exist.

One major such *proven* conspiracy was over climate change being caused by human activities. Climate change is occurring because of an increase in the sun’s activities and is *not* caused by anthropogenic carbon dioxide – see later.

So what “conspiracy” are we talking about?

In western countries, we believe that we live in democracies. This is not the case – governments are determined by shadowy organisations who dictate not only the policies of governments but also which party forms a government. The votes cast by the electorate, of a particular country, are meaningless except to perpetuate the democracy myth.

One such shadowy organisation that has become better known in recent years is the group who call themselves “Bilderbergers”.

This is an organisation made up of the heads of state of some countries, industrialists, financiers, heads of NGO’s (Non-Governmental Organisations) and those who own the media as well as visiting advisors as necessary.

Note: 80 per cent of the world’s media – newspapers, TV stations, radio stations, magazines, books and the internet – are owned by 5 individuals, all of whom are members of the Bilderberg Group. This is the way in which propagandised messages, such as “healthy diets”, can be made to a global audience following Bilderberg instructions.

With the growing public awareness of the Bilderberg Group, many felt that they had discovered who was at the top of the pyramid as far as global control was concerned. However, it soon became clear that the Bilderbergers were only a layer, albeit an important layer, in how governments and populations were controlled.

Behind the Bilderbergers we have the Illuminati. This is an organisation made up of only 19 people and has gradually taken

control over governments and world finances over the past 235 years.

However, there is one final layer to this pyramid of control and these are a non-human race who are known as the Velon.

## The Velon

**T**he Velon are a semi-physical race who, for some complicated reasons, decided that the Earth should be their home planet.

The Velon story is well covered by the author's books and so there is no need to go into too much detail here, only some of the important points.

It would be fair to say that everything that has, and is happening, to prevent us from progressing towards soul reintegration has been as a result of Velon activities.

Apart from taking control of the Illuminati, and the power it has over governments, the main "weapon" used against us by the Velon are channelled messages.

The name Velon might not be familiar to many people as they tend not to use that word for themselves. They are divided into six "races" and it is their race names that they more often use in their communications. These are: Annunaki, Hathor, Oa, Mila, Johnaan and Jjundaa and many of you will be familiar with them.

However, the Velon are a very determined race and have adopted many disguises in an attempt to fool people. These disguises include, but are not limited to: The Galactic Council, Galactic Federation, Council of Nine, Ascended Masters, Ashtar Command, Mary Magdalene, the Christ Consciousness (Lord Sananda), Lord Metatron, Orions, Reptilians, Tall White Nordics, Watchers, Nephilim, Dracos, Ascended Sirians, Venusians, Saturnians and Angels.

*According to the Akashic, all of the recent channelled material connected with Angels has originated from the Velon; in fact over 90 per cent of all channelled material over at least the past 50 years is of Velon origin.*

**All of this channelled material has been deliberately designed to mislead us and make us believe that we are incapable of soul reintegration not only by ourselves but also on Earth.**

The Velon have very deliberately attempted to remove the vast majority of humans off the planet in order for them to take the planet for themselves. Those humans they allow to remain – 500,000,000 – they intend to use as slaves.

This might sound like the plot to a second rate science fiction movie but more and more people are waking up to the reality of the Velon's presence and their aims and the damage they are doing to human aspirations.

However, we are not alone in our fight against the Velon plans.

There are those who act as "guardians" of the Earth and those who act as "guardians" of our solar system together, they have prevented the mass landings and invasions planned by the Velon.

Beyond our solar system, there are others who are very closely watching the Velon activities around Earth.

Our Universe is founded on the concept of "freedom of choice". This means that every soul that has been Created for this Universe has the absolute freedom to choose their actions; the only limit to this "Universal Law" is that nobody can choose to act in such a way as to remove the freedom of choice of another. In putting their plans into action, the Velon have violated this Universal Law.

Not all of the Velon population have taken part in the plans to take over the Earth; those who opposed these plans have been removed from the Universe and placed into an isolated solar system from where they can be allowed back into this Universe at a future date - if appropriate.

The Universe is maintained by Thirteen beings who act on behalf of the Creator to maintain the balance of energies and ensure that the Creator's wishes are carried out.

With the Velon taking unprecedented action in attacking the Earth and its inhabitants, the Thirteen, along with the Creator, have taken the decision to remove the whole of the Velon race from this Universe and erase all of the energy patterns connected with the Velon (those Velon who are in their new solar system are protected from this total removal of the race). It is only the Velon who have taken part in their attack on Earth that are being destroyed in this way.

This destruction of the Velon existence is almost complete. The only Velon energies that remain are within our galaxy, particularly around our solar system and on Earth. The reason why these remaining Velon energies have not been destroyed, along with all of the others, is the number of humans who are, wittingly or unwittingly, helping the Velon.

Earlier on, we mentioned that in 1996, 40 per cent of the population said they were ready to undergo the process of soul reintegration. By 2011, this figure had dropped to 15 per cent – a difference of 25 per cent. So what happened to this 25 per cent to change their minds?

The answer is the Velon.

Many of those who make up this 25 per cent are those who have taken on board the Velon propaganda and done nothing to help themselves reach a state of readiness for soul reintegration. Most of this group are ones who are waiting for the Christ Consciousness to return, are waiting for Ashtar Command to turn up to transport them to a “5<sup>th</sup> Dimension”, are waiting for an “Angel” to help them or are expecting the Galactic Council to choose them as their representative on Earth.

There are those who have taken part in exercises to build “portals”, there are those who have taken part in building “celestoriums”, there are those who have taken part in mass meditations to take over the energies at Silbury Hill in Wiltshire and there are those who opened their front doors at 10 pm to allow in three “Angels” who would stay in their home for five days whilst these so-called “Angels” planted Velon “djed pillars” in their homes.

All of these activities have been carried out because these people have fallen for the Velon channelled propaganda. The net result of these activities is to hold the remaining Velon close around our solar system by their feeding off the energies supplied by these people.

**These activities, by humans, are holding back those who wish to complete their soul reintegration and preventing the Creator’s desire for the complete removal of the Velon from this Universe.**

We are running out of the time we have available to us to complete our soul reintegration. We all need to stand back and take a look at what we are doing in our lives

and look to see if we are being misled by beliefs that have originated from the Velon.

Nibiru is not arriving, Ashtar Command is not arriving, the Galactic Council does not exist and we are *not* ascending to a 5<sup>th</sup> dimension.

The people who have refused to take responsibility for their own choices, such as waiting for Ashtar Command to turn up and Ascend them to a 5<sup>th</sup> dimension or some other “Alien” race to save them, are effectively selling their souls to the Velon and the price is the Earth.

The whole purpose of living on Earth is that we return to being true Human Beings. We cannot achieve this goal anywhere else within this, or any other Universe. It is only on Earth that physical life exists, it exists nowhere else in the whole of Creation.

Once we have undergone soul reintegration, we will have unlimited choices open to us. If we do not achieve our goal of soul reintegration, we face an uncertain future possibly even as slaves to the Velon.

Only you can choose.

## Completion of the Human Plan

**T**he Earth defines a Human Being as a physical being that has the whole of the soul within the physical body.

When we first arrived on this planet, on Atlantis, we were in this state. When we returned to the Earth, twenty thousand years ago, we also had the whole of the soul within the body – this is our natural state and all of the body’s structures and cells are capable of maintaining us in this state.

However, we encountered an unexpected problem and in order to solve this problem we have been living in a state the Earth considers to be sub-human for the past 7,000 years. We deliberately adopted this sub-human condition as a means of investigating why we could not maintain the whole of the soul within the physical body for our natural life spans – as a true Human Being, our life span averaged 1,500 years.

For the past 7,000 years, we have reincarnated into numerous bodies, lived in every region of the world, been male and female in order to understand the problem and to learn the answer.

The answer, as always, is about energy and the specific energy frequencies that allow us to cloak the soul in a physical body. It turns

out that the Earth's original estimate of the correct energy, base-note, frequency was too low at 7.56 Hz and needed to be raised to 3,500 Hz (3.5 kHz). Now that we know what the frequency of the root chakra needs to be, we can once again become Human Beings.

When we embarked on the Human Plan, we set ourselves a time limit to find the answer. The time limit was set to coincide with cycles of energy that occur beyond our solar system. This was so we could take advantage of these energy cycles, some of which will not reoccur for another approximately 26,000 years. So the time is now.

The Akashic records that the end of this 7,000 year investigative period finishes at the end of 2011 and this is why time is short.

We have experienced many trials and tribulations during this period, many of which have not been of our making. The Fourteenth Faction and, more recently, the Velon have all served to deflect us from our chosen path and have ended up being misdirected, misguided and badly led into blind alleys or looking for an "Alien" saviour. But, all is far from lost, we have arrived at the answer and we have arrived at this time where transition can occur relatively intact and unscathed.

What we now need to do is to ensure that our bodies have a proper diet and we remove the emotional debris of our pasts. Once we have achieved this, we can undergo the process of soul reintegration. This is all that we need to do to become Human Beings once again.

It is that simple.

We do not need to look for answers outside of ourselves, we do not need to look to others to take us through a process, we just need to be us. Only we can do this, each individual has to take these steps for themselves, nobody can do this for us and the Universe is holding its breath in anticipation.

One of the main goals of this Universe was to explore the possibility of "physical" life. In order to explore this possibility, our solar system came into being.

At first, our solar system contained 13 planets and every planet developed and supported life. The variety of life-forms and diversity of life was astonishing; nobody could ever have anticipated how physical life could flourish in such abundance and variety.

Unfortunately, 3.8 million years ago, a solar system-wide disaster occurred and, effectively, all of the planetary life within this solar system was destroyed. Only our Earth decided to continue.

But that does not mean that life within this solar system cannot be regenerated.

The activities on Earth have been very closely watched and the outcome of our exploration of the correct energy frequencies has been eagerly awaited. With humanity's arrival at the correct answer, the whole of the solar system can now begin its own reawakening.

In the same way as the Earth orbits the sun, the sun also has its own orbit that takes approximately 26,000 years to complete. Each orbit brings our solar system into direct alignment with the centre of our galaxy where renewing energies are available; and this is where we are currently located.

Our 7,000 year exploration of the correct energies for life was deliberately designed to coincide with our conjunction with these galactic energies.

In response, the whole of the solar system is responding: all of the planets are radiating more light and more energy, they are beginning to stir with new life and the solar system is set to begin a totally new cycle which will carry on well into the future.

Our sun has also responded to these new energies and the closeness of our completions by pouring out considerably more energy than it has in our recent past. This is the real reason for global warming; the sun is providing us with new energies that are intended to help us through our soul reintegration.

## **When Will Completion Occur?**

**I**n November 2010, we began an acceleration of human frequencies so that the root chakra coincides with the 3.5 kHz that the Earth is already resonating at. This acceleration will be completed at the end of October 2011.

Once we have achieved equality with the Earth's frequencies, we will be in a position to undergo soul reintegration at the first suitable opportunity.

The determining factor is the time at which we overcome the Velon energies that are holding us back.

Fortunately, the Velon energies will not stop reintegration occurring but it will determine how easy or difficult our transitions are.

If the number of people who are in a full state of readiness can be raised to a level that is closer to the original 40 per cent, instead of the current 15 per cent, then our transitions will be very smooth as we will be able to sweep all opposition away.

If the number of people does not rise above the current 15 per cent of the population then our transitions become more difficult and the level of difficulty we will experience is currently indeterminate.

The route to soul reintegration is not that difficult: all it requires is a little work by each person who has chosen to undergo change.

Ignore all of the Velon propaganda about Ascending to a 5<sup>th</sup> dimension, ignore the Annunaki fantasy story, ignore this fantasy about Angels and look to yourselves.

Ensure that your physical body has the right nutrients and balance of fats – this will help to raise your body's frequencies and prepare your cell structures for the higher frequencies of the total soul.

By making use of the giveaway, you will clear out past emotional debris and provide space within the body for your higher self to occupy.

That is it – you need do no more, your higher self will take care of everything else.

---

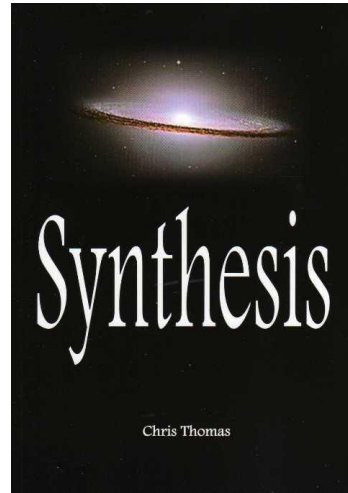
The author has been working as a psychic and psychic surgeon for about 30 years. He was born “hard-wired” into the Akashic, the record keeping aspect of the Universal mass consciousness, which he can access at will without any form of meditation or intermediary.

He is the author of 11 books, has two 2 hour interviews available on DVD and two one hour radio interviews available on:

[www.thespiritguides.co.uk](http://www.thespiritguides.co.uk)

as well as a 2 hour interview on YouTube.

He lives with his wife, Di, in Wales.



**Synthesis**

by  
**Chris Thomas**

Synthesis: the merging together of our past selves with our current selves to create our future selves. In his new book, Chris Thomas brings together his thirty years of exploring the Akashic and historical records to give us an overview of Universal history from the Creator's first “Thought” to the present day and Earth's crucial role in the development of the Universe.

Creation, “The Divine Plan”, ET's, Atlantis, The Lady and the Faerie are all explained as well as answering the thirteen most asked questions. Chris also provides some much needed clues as to our near future.

There are also some very useful meditations and exercises to help us undergo our process of change as well as a meditation to help you to begin accessing the Akashic for yourself.

178 pages paperback

ISBN: 978-0-9566696-1-2

UK price: £9.50 (p&p free in UK)

*Published by:*

**Fortynine Publishing**

**PO Box 49**

**Llandysul SA44 4YU**

If ordering direct from the publishers, please make cheques payable to Chris Thomas.

Available from all book shops

Also available at discount prices from:

Cygnus Books

[www.cygnus-books.co.uk](http://www.cygnus-books.co.uk)

**This book is not available from  
Amazon**

## **Books & Recordings by the Author**

### **The Journey Home**

Published by Capall Bann ISBN 186163041-7 UK price: £7.95

### **The Fool's First Steps**

Published by Capall Bann ISBN 186163072-7 UK price: £9.95

### **Planet Earth - The Universe's Experiment**

Published by Capall Bann ISBN 186163 224 X UK price: £11.95

### **The Universal Soul**

Published by Capall Bann ISBN 186163 273-8 UK price: £12.95

### **The Human Soul**

Published by Capall Bann ISBN 1-86163-299-1 UK price: £13.95

### **Project Human Extinction - the Ultimate Conspiracy (co-written with Dave Morgan)**

Published by Capall Bann ISBN 1-86163-312-2 UK price: £16.95

[www.capallbann.co.uk](http://www.capallbann.co.uk)

### **The Annunaki Plan? or The Human Plan? - One will kill you; the other will save your life**

Published by Fortynine Publishers ISBN 978-0-9566696-0-5 UK price: £6.50

### **Synthesis**

Published by Fortynine Publishers ISBN 978-0-9566696-1-2 UK price: £9.50

[Fortynine Publishers, PO Box 49, Llandysul SA44 4YU UK](mailto:Fortynine Publishers, PO Box 49, Llandysul SA44 4YU UK)

## **Books about Healing**

(co-written with Diane Baker)

### **Everything You Always Wanted To Know About Your Body But, So Far, Nobody's Been Able To Tell You.**

Published by Capall Bann ISBN 186163098-0 UK price: £17.95

### **The Sequel To Everything - The Case Histories.**

Published by Capall Bann ISBN 186163 1375 UK price: £11.95

### **The Healing Book.**

Published by Capall Bann ISBN 186163053-0 UK price: £8.95

[www.capallbann.co.uk](http://www.capallbann.co.uk)

## **Two DVD's are also available of interviews with the author.**

**Hardwired into the Akashic** by Terje Toftenes which last approx. 2hrs 20 mins.

### **The Velon Threat to Human Existence**

by Miles Johnston which lasts approx. 2hrs.

(this interview is also available on YouTube)

Both DVD's are available from:

[eileen@gibson398.orangehome.co.uk](mailto:eileen@gibson398.orangehome.co.uk)

Two one hour audio interviews are also available on:

[www.thespiritguides.co.uk](http://www.thespiritguides.co.uk)

All books and DVD's are available at discount prices from:

**Cygnus Books**

[www.cygnus-books.co.uk](http://www.cygnus-books.co.uk)

**Please note that all of these books and DVD's have been banned by Amazon.**