

# Truth: the greatest healer



Most of us are beginning to realise that the commodity least available to us is the truth.

Politicised news now has so much spin attached to it that it is impossible to unravel the knots. Scientific news is proven to be wrong so many times that most have stopped listening. Flu pandemics turn out not to happen and the pharmaceutical responses turn out to have more severe side effects than if we had just put up with a few days of unpleasant symptoms. The sovereignty of every European country has been swept away in Lisbon and the Copenhagen Conference finished in shambles because the global climate has not changed for the last ten years. With all of these lies and half-truths in the 'official' world, is it any wonder that so many are turning to 'channelled' sources for information? But then we find that the likes of Lord Sananda and Lord Metatron are, at the least, very unreliable with the best interests of the Earth and humanity not being served. Question – why would beings who claim to be at the pinnacle of soul development still have an ego that requires the title 'Lord'?

Then, we are urged to take part in mass-meditation exercises which are supposed to help the planet. The first example of this was in 2007 with the cry we must 'fire up the grid'. This turned out to be an exercise by those who carry out psychic attack to see if the population was gullible enough to fall for the ploy. The 'grid' in question that everyone was so keen to 'fire up' was, in fact, the grid on the United Nations' flag.

Many are drawn to the story of the Annunaki and see them as humanity's hope but then we discover that Lords Sananda and Metatron are Annunaki. These are not our 'Gods' but beings who claim to have built humans as a slave race to serve them.

And on top of all this, 2012 is approaching very rapidly.

Is it any wonder that we are concerned and confused? So, where do we go from here? How do we obtain the answers we so desperately need?

Believe it or not, the answer is very simple. We have become so used to being told what to do by others that we have forgotten our own inner voice.

## **Raising our energies**

Since 1996, we have been changing our energy patterns, raising our personal energies to the point where we connect directly to our Higher Self. As we raise our energies and connect with the greater part of the soul, we begin to realise that we are not as small as we thought we were. With this knowledge also arrives the ability to recognise truth. This is how we can recognise the lies for what they are. A few years ago, we would have accepted what 'authority' figures told us without question but as we begin to fully connect to our own inner

reality, our own inner 'higher' voice also begins to speak and we have begun to recognise that there is an agenda at work which does not seem to serve our best interests.

No, this is not 'another conspiracy theory'. All you have to do is to carry out some research for yourselves. What you will find is that you only need to scratch the surface, you do not need to dig very deeply, and all sorts of half-truths come to light. If you do dig deeper, you will find all sorts of agendas at work, all designed to remove freedom of choice and to exert control over the population. All of this we can counter; if it is what we choose to do. By 'we' I mean each and every individual making their own choices and acting on them. It is no good taking to the streets to demonstrate, as all that will do is increase the amount of legislation designed to curtail our freedom to demonstrate.

### **An inner revolution**

What we need is a quiet revolution that takes place on an inner level. And this is what all of these agendas are designed to disrupt – our process of reintegration. We are not 'ascending' anywhere, even the term ascending was coined to deliberately mislead, what we are doing is bringing the whole of the soul back into the body. Take a deep breath and do it.

Start by making a positive affirmation quietly to yourself. This needs to be a clear statement of intent to your higher self saying 'I wish to reintegrate my soul without interference'. With that intent sincerely made, the next stage is to make room for the higher self to enter the body. This can only be achieved by clearing space, cleaning out all of the emotional debris we all carry around. The best, and simplest way of doing this is to use the giveaway – see below. We all carry emotions from our past and these need to be cleared. You will need to use the giveaway many times, not just once; you will know you have cleared a situation when you can think back on an event, think about a relative, a sibling, a parent, ex-partner, employer, etc and all we see is the event without any emotions attached. If you still feel angry or upset, you will need to do more giveaways. The more of these emotions you clear, the lighter and freer you will feel and the more you progress. The more you progress, the more you will 'know' and the less you will be taken in by misleading information from whatever source.

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