

# UPDATES – THE FEDERATION – IMMERSION – STEP-DOWN – WALK-IN ALIENS ON EARTH



Conocimiento Pleyadiano

May 31, 2021

Video URL: <https://youtu.be/tH6y4Njqy88>

In this live we will talk about the different ways that aliens have to enter Earth and the role that the Federation of United Planets plays here.



## Live With Cristina & Estel·la



Estel·la.- Hello everyone. Welcome to Pleiadian Knowledge. How are you?

Cristina.- Well, today we want to explain several things. To begin with, we wanted to first clarify a little the issue of 'step downs' and dives, we have seen that in the last video in your comments there were many people who did not quite understand these concepts, especially step down. And

then we wanted to make an update on our contact, how we are at the moment and talk a little about the Federation. This is a little bit of the plan we have for today.

Estel-la.- So, as Cristina explained to you, to begin with, we wanted to clarify some points about immersion and step-down because in one of the last videos that we shared called: "Stellar Technology", where we talk about the holographic computer and about the immersion program, we saw many comments from people who did not quite understand the concept of step down and then about an explanation and a comment that Anéeka made about the profile of the people in step down returning to "bite you". So, we wanted to explain this now.

Basically tell you that, the concept of step down, which in Spanish would be something like: go down, step down, thus trying to translate it. They are referring to when a person goes down with his physical body to another planet, in this case it would be going down to Earth. So we have to keep in mind that there are several methods to do this, one of them is the immersion method and the other method is the step down method. What is the difference? Well, when a person does that, he is going down with his physical body to this planet. That is, a person who is in orbit in a ship that for X reasons decides to go down to do anything, be it a mission, a task, or to explore ... there can be many reasons, and go down with that body that that person has to inhabit, to live together to be on this planet, for example, here we could be talking about the Earth.

So when they step down there are consequences. First we will tell you about Anéeka's comment that said that there is a profile that returns to "bite you." This is because when an alien decides to come down to this planet to do something, he has to create a whole imaginary false profile to justify his presence here. This on other planets that we know of is not necessary, but here it is, because here we are in this Matrix where people believe that we are the only ones alive in the Universe. So, as we know, there is a program (mind control) of disinterest in extraterrestrial life, because when an alien has to come here to play with others, they have to create a false profile around their person to justify their presence on this planet. That is, you have to get a false passport, you have to create a family, you have to get documentation, many times it depends on how long you have to stay, you will have to have a job to justify your income. All so that, if anyone interacts with that alien, you have no way of knowing that that person is actually an alien and that he is with his body here interacting with you.

So what happens when they do this? That, basically since they have created this whole profile here and there is all this evidence that this person has been living on this planet for as long as it took, let's say there comes a time when this person returns to the ship. So what's up? If that person who has returned to the ship decides, for any reason to participate in the Taygetean outreach, or pass on information or interact and that person at some point says that he is Pablo and shows a photo of him, or gives information about his person, then people will not believe you because they will find that there is a whole profile related to that person who has been on Earth. That is, the followers, for example, could find all the information of this person and see that he was living in Peru, and that he was working on such a thing, this hurts them when it comes to credibility because in the end you have the same face that you have been using to be here interacting on Earth that is the same as when you get on the ship. And, if you decide to give details about yourself, you get into conflict and that can create misunderstandings. Basically, this is what Anéeka was referring to by that comment.

Hope now you have been able to understand better. Also, doing this has other consequences, and since you have to create a whole profile around yourself and you have to interact in a certain way because you have to adapt to the culture we have here and it depends on how long that person stays on Earth, this planet, which can create an identity conflict, because this would be like an actor who is in a super long saga for a certain time and in the end what happens to that actor is that he ends up bringing to his person the personality of the character that they were interpreting. So, yes, there are times that it has happened that it depends on the time that that person is in step

down that later when they return to 5D, to the ship, to life on their planets they take customs of the Earth, and in this Taygeteans have had problems because of the type of behavior, customs that that person brings with him and that are frowned upon. And, there can also be this identity conflict of having to differentiate who you really are and that you are no longer that person that you were pretending to be for a while.

Also, tell you that being in step-down brings consequences in the sense that as they are using their physical body they can get sick and this would be what we have commented previously, which is the dissonance of frequencies, what they also call alien evil. Here on this planet we are in an artificial 3D and the frequencies are much denser, much lower and being here through this method there are certain difficulties because here we have more gravity than they have, for example, speaking of Taygeta, in their planets or the one that is adjusted in the ship. Also, food is complicated because here we have a variety of vegetables that is much less than what they have. So in terms of nutrition they also have problems. The oxygen that we have in our atmosphere is also much lower since the numbers are reversed, I believe that, here we have 20% oxygen and 80% nitrogen and in the ship it is the other way around, they have it reversed. So they have all these factors that make it difficult for them to interact in this way and be able to step down.

And, as a curious fact to tell you that there was a season in Taygeta that was experimenting a lot with this many years ago and they realized that, from approximately 2 weeks, they were interacting with their body on planet Earth, their bodies they were already having difficulties and getting sick. So, this on the one hand, and then also tell you why this profile has to be created and who decides this is the Federation. The Federation is the one that controls this entire planet and is the one who gives the authorization to enter this planet and the way they have to justify it is with all this that I have explained to you now about the profiles and all these things.

So, I hope this concept has been understood a little better now. And, also tell you that one of the most important differences of being in immersion or being in step down is that, if the person in immersion dies, that is, the person here in 3D dies, he wakes up in 5D, but if the person who is in step down dies here on Earth, he simply dies and will return to between life, to The Source, he will incarnate at any other point depending on his frequency, his interests and what that person wants, those are the bigger differences. You are only you and you only have this body. In immersion you have at least two bodies.

A follower says: *Always with the authorization of the Federation?*

Yes. The Federation has to give the authorization.

A follower asks: *How many times were you able to do this type of intervention?*

Many times. This is something that they have been doing throughout our history. Also, to say that the people who do this are usually people who are highly trained, not only to face the physical conditions, but how to interact with the human race. That is, they are highly trained, they prepare for years to know how our psychology works, our mentality, how they have to present themselves, what they can say and what not. They are people, in the case of Taygeta, for example, it would be the Hashmallim and Shinonim who have been training especially for this for a long time. Not everyone can do it because it has many consequences and is complicated.

Cristina.- Yes, and not only to interact, as Estel-la has said, knowing how to move as a human without attracting attention, but also in personal defense since this planet is considered a hostile planet for the races of the Federation. It is not a safe planet to be on the surface.

Estel-la.- As you know, there are many interests now. If they are already chasing us with all this inoculation and DNA tests and all this, then a person who has all 24 activated chromosomes and has a different biology. If the Cabal found out then these people would be in danger. So, this is something very important, that is why these people have to know how to defend themselves and be trained to do this.

Cristina.- Question from a follower: *Girls, but there are races that do not belong to the Federation and that go down to Earth to investigate, why are they allowed to enter?*

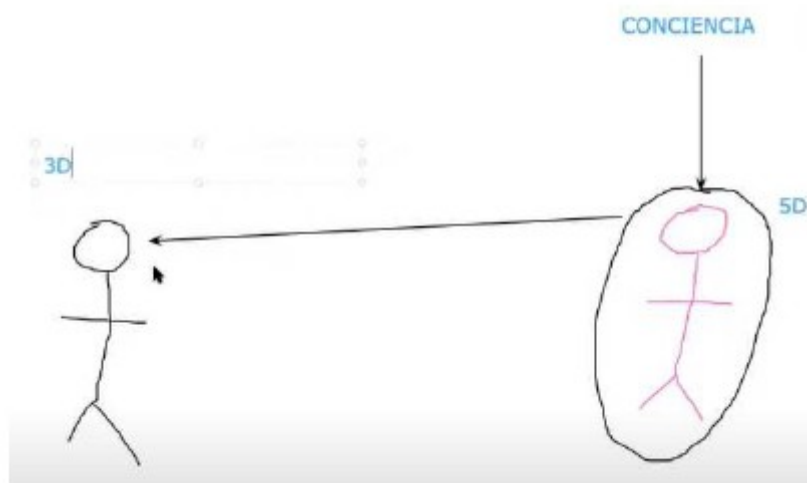
I imagine you mean going down as step down. Tell you that, no matter if you are a Federation race or a collaborating race, you always have to go through the Federation filter. In other words, no one enters or leaves here without the permission of the Federation.

Question from a follower: *Do you know how they have solved possible combustion problems or explosions with such high atmospheric concentrations of oxygen? Thank you very much, girls.*

Here, we are going to go into the other side which is immersion. Estel la has just explained a way that non-human or extraterrestrial races can be here interacting on the surface that is through their biological body, and there is another way that is through technology through immersion and this technology, contrary to what Estel la has told you about as the step-downs that, for example, how you go down with your biological body if you die you go to The Source because you have no other body, through immersion you do preserve your original body and a body is created, or refined in some way, here so that you can use it and your body is in a safe state and if this body dies for whatever reason, it does not affect your original body, more than the experience. Of course, from what you have lived that you will always take it because this is an experience.

And, I am going to explain, simply for those people who do not understand the differences very well. There are two ways of diving: One is dry immersion and the other is wet immersion. Dry immersion, is that you download here using a body not yours, an avatar either created, inserted in the Matrix and, normally they are for a job of a day or several days and then you return and then you can go back down or whatever.

Wet immersion, is that you come down here to Earth for an incarnation. And, here we wanted to clarify a little so that those people who do not quite understand it very well what happens to one body, what happens to the other, if one dies. I am going to share a screen with you and, I am going to make you simply a small diagram since, we have here in this program that we can use a blackboard because we are going to exploit what we have here and, I am going to share with you to simply make a small diagram so that you can see how immersion works, both dry and wet, but in this case we are going to focus on the wet.



We are going to start first with the basics, which is what has already been explained before in the sense that, as you know, we are not this body. We are going to put here, the consciousness that is what we all are. You know that the consciousness or the soul or whatever we want to call it is not within the body, but is part of the Universe, it is the Ether and there is no space or time, it is simply in some way directing a body or paying attention to a Body.

So, let's say that we have a 5D body here, which is what you all know. We have a body, we are going to draw like this a little bit, a body in 5D and this this body is the one that consciousness is

animating in some way. Remember that consciousness animates the body as if it were a drone, it simply pays attention to it and it is in this way that it gives life to what the organism is. So, this body that we have here if, for example, we want to enter with this body on another planet, for example, Earth, or it is also used to enter planets that do not have suitable living conditions for your body, be it for an atmosphere that is not breathable for you, or whatever. This technology can be used for many things. But here we are going to focus on incarnating on Earth as a human. So, to incarnate on Earth, you know that each organism, each body has a unique frequency. So, we first need to have another body that has the same frequency as our original body that is in 5D, and to have this body we need to adapt it and this is where it comes in, normally the work that we have already talked about both on the Robert and Gosia channels, as with ours, on the work of the gray gardeners who are the ones who do the abductions and readjust the bodies so that people can enter through immersion.

So, we have a body that can be readjusted here on Earth, either a fetus because we have the possibility of entering from birth, here. Also, tell you that ethically this is done before a soul enters naturally. As you know, normally this varies between each body, but normally the soul does not begin to pay attention to the body, to the fetus, until approximately 4 weeks. But it is approximate, it varies. So let's say this has to be done before there is a natural soul that has used that body. Take a body that is not yet used and connect it with our signal in 5D. Once we have the body, the person in 5D has to enter the wet immersion chamber, it has already been explained how this chamber works and how the whole body is maintained. And what happens here is that in the immersion chamber what it does is that it sleeps the person inside the liquid, which is a liquid that as you know has nutrients and oxygen, it is a kind of amniotic fluid. Between a mixture of amniotic fluid and brain fluid from the head, I can't remember the word. And then this person falls asleep, the computer sleeps him, they put him in suspended animation, that is, the body stays there as long as it is needed, it is eternally. And, the senses are isolated and what is done is that the signal, your signal of consciousness, the computer simply redirects it towards the new body. Let's say that the signal passes and is directed towards the new body that is in 3D. And, once we have this consciousness directly what is redirecting the new 3D body while the 5D is totally suspended. What happens here if the 3D person dies? As we have explained that is why this technology, on the one hand, is considered safe, although it has its pros and cons like everything else. Well, if the person dies, the signal automatically returns to the 5D body, which is the original. But if the 5D person in the immersion pod dies then the 3D person also dies because the computer redirects the signal and it has to pass through the 5D body, it does not send it directly to the 3D body. Therefore, if the person in 5D dies, let's say that the immersion pod is in a ship and it is attacked or by anything that destroys the 5D body, because the 3D person would also die, automatically because there would be no such connection.

So, here I explain that, I see that in the chat you were already asking about the subject of walk-ins. Here, we have given you an explanation that is to enter the Earth in incarnation at birth. But that can also be used by entering from another moment in the life of another person, that is, if a person is born here and has a life agreement that will be only 30 years on Earth and his body is fine, there may be a prenatal agreement with another consciousness that uses the body. At the age of 30 the first person will leave and the second person will enter and, this is called walk in which is like an incoming soul, it is as if you took a second-hand car, to give you an idea. And, this is when normally this is when the first person - the first consciousness that occupies the body, because there is some kind of traumatic accident or whatever and that is when the change of consciousness is made. And, this is to explain a little how it worked for those people who did not understand. Tell you that it is the safest way to enter Earth here because as you can see, if you die, you return to 5D and you continue with your life there. But also, it has its cons and that is that what the person is living here in 3D is not a game, but is real life for that person, or for all the people who are here immersed, and everything you have done here and all your experiences are

complete with you when you wake up in the pod. And, also all this that you are experiencing you will take with you, you will carry it with you.

That is to say that it is not that it is erased from your memory and you no longer know anything, but that everything that you have spent here you carry with you. This is a bit the problem of cons or whatever we want to call it. Also, it depends on the experience of each person of what they take from here, but hey, basically it was a little bit to explain this to you.

Estel·la.- Yes. Basically the conflict you were saying now, Cristina, is that in the immersion problem when you are simply in step-down, you only have some interests that are yours, but the immersion problem is that it may be that the interests that your 5D self has are different from those that your 3D self has. So, there it can come into conflict because it may be that you in 5D have an intention of something that you want to experience, but then the 3D avatar, either due to memory erasure or due to different issues, loses this. Then, they can dedicate themselves to doing other things and when you return from immersion you may realize that you have not done what you wanted and that can create loops and wanting to go back in or there is also the conflict that, for whatever reason, you end up being extracted and you are faced with having two bodies and you are faced with finding yourself in a situation that perhaps was not within the plans and interests of your 5D person. So it is also complex in that sense because it is not only the same consciousness, but at the end of the day they are like two parallel lives.

Question from a follower: Greetings, how do we know that we are immersed? Thanks, a hug.

Cristina.- Well, it's something that only you know. It is an internal feeling, and you can only really know for sure if the race you belong to has data about you and tells you that you are immersed. Immersion is not only a Taygetean thing, but is used by most races in the Federation. Each one has different technological variants, of course, but it is something that is used by everyone because it is already the same frequency manipulation mechanism as navigating with a ship, also, it is the same technology.

Estel·la.- A follower asks: *In immersion, are the 5D and 3D bodies the same?*

Maybe, maybe not. It is a program, you design your body, so there may be cases in which your 5D and 3D body are very similar and there will be cases in which they are not because you want to experience seeing yourself totally differently. It is how you design this avatar, this biological body according to your interests. It depends solely on the person.

A follower asks: *When you come to Earth by those methods that you said, do you remember who you are or do you also lose your memories?*

It depends on the interest of each person. For example, if you come through step-down, yes or if you are going to remember everything because it is you, and you are totally aware of where you come from, why you are here and what you come to do. If you are through immersion, it depends on the interests that you have, you are going to manipulate through the frequencies what you want to remember and what not, and depending on that you will design your experience here, on Earth. If it is more of a memory erasure it will be one way, if you leave more memories it will make you interact in another way. This you can program.

Cristina.- Normally you come with the veil of oblivion, or not complete erasure, but quite a bit, more than anything because what you are looking for by going into immersion here on Earth with wet immersion, that is to say, of long duration, is to live the experience. It seems a bit absurd seen like this, to come here and not remember anything because in reality everyone looks for that knowledge that they do not remember, but if you think about it you will realize that if you remembered everything, or remember a large part, somehow you will not know how to live life as humans. You would not live the experience of humans or it would not be lived in this way or so

intense and it is also that knowing everything that each one is outside of the Earth implies that you also carry everything that is behind and somehow do not let yourself go here the incarnation. Imagine that you have a family out there or whatever, then here you would no longer live the same experience because you would be very conditioned with the information, with the data that you already know. For this reason, that veil of oblivion is also sought to really live this experience and adapt here.

Also, I don't know if you've ever heard ... I had heard many years ago about these children who remembered everything, because they remember everything and knew where they came from and there are many cases of these children dying of grief because they cannot go on (with their lives). Imagine that you come from a society in which there is none of this and you live in a totally different way and where there is not so much suffering. So, really having all that information makes it very hard to carry on here day to day. In some way, the veil of oblivion could be said to be like protecting you so that you can really do your mission here, or whatever you are doing here. This is very personal since each one has their own way or their reasons for having entered here, although now it is not remembered.

Estel·la.- Question from a follower: *Girls, could someone in immersion come as a walk in?*

Yes, these concepts can be superimposed, they can be complemented. As Cristina has explained to you, a walk in is when two consciousnesses use the same body. This is generally by agreement. And, it may be that a person decides to enter a body by immersion at a certain age and not from birth, but at 30 years old, for example, or at 15 or 45. And that would be a walk in because that person is entering that body, and the one that existed before it may be that it was immersed or it may not have come directly from The Source. So the concepts complement each other.

A follower asks: *What would happen to the 3D person if the 5D avatar wakes up?*

Cristina.- Die. If the 5D person wakes up, the person here dies. Because consciousness is giving attention to the 5D body, therefore it is no longer giving it to the 3D.

Estel·la.- Exactly. This is, in fact, just like the Avatar movie. I don't know if you've seen that movie, but there, if something happened to the protagonist and they woke him up from the immersion machine, in the chamber, his (avatar) body would collapse, it was empty. Suddenly it fell because there was no one there, since consciousness was no longer embedded in that body. And, in this case it would die.

Cristina.- What happens is that in Avatar it would be more simplistic because in the film when he goes to sleep, he wakes up in the dry chamber, there it would be like a dry chamber and here it really is not like that. Here as long as the computer is redirecting the signal you will be here in 3D. And, if the 5D person is awake because the computer is no longer redirecting the signal then the 3D body would be left without a signal of consciousness, that's why it dies.

One Follower Says: *But, Anéeka also said that a dry immersion above can last a week and down here can last decades.*

You get confused with wet immersion because dry immersion is very short time, usually there is not much time-slip. So it really is about the same time. But it is true that wet immersion, as you know, there is a time slip between other planets, and especially in other densities here on Earth. In the case of Taygeta, if I remember correctly, 5 years in wet immersion from there, to come here, it would be a whole incarnation here, approximately. I'm not sure, but I highly recommend that, if some of you are new or have not yet understood very well, that you watch the videos of the Cosmic Agency channel. It has 3 videos only about immersion and you will understand everything much better.

A follower says: *Does this comment have something to do with the sudden deaths of people on Earth?*

Yes. Many times if the 5D person is awakened by a chamber failure, here the 3D body would die, seen by our medicine as unexplained. It is often attributed to sudden death. It is a sudden death and the doctors find no symptoms. But not always, because as you know that, we have already published a video about Anéeka's exo-medicine, our medicine is not very advanced in this aspect and it may be that there is also another reason that they are not really seeing. It doesn't have to be just this.

A follower: *What would happen if the person who is immersed here on Earth becomes full of attachments and dies here?*

Well, if you are immersed, you will wake up in the immersion pod. But as we have said before, everything that you have lived here you take with you and it is part of you. In itself, once the incarnation has been done here, when the person in 5D wakes up, it may be that they are no longer the same person who entered the immersion, because the experience of the Earth has changed them.

Estel·la.- Yes. And, in fact, the Taygeteans commented that an immersion in the Earth, although objectively it is very few years because here we get sick and die very soon, the feeling is as if it had been much longer. You already know that time is relative and, although you may be living here for 60 years, the experiences that you take with you, it is as if it had been many, many more years.

Cristina.- A follower says: *Can you immerse yourself in this 3D to go to 5D?*

If I remember correctly, what Anéeka explained, in principle it is very difficult to enter from here in inversion to 5D mainly because of the frequencies. As you know, 5D includes 4, 3, 2, 1, but 3D does not include four or five. So, due to frequency affinity it is more difficult, or I don't know if it would be possible in this case, I don't remember, but I'm sure that it does appear in the videos that are on Cosmic Agency, there you will surely find Anéeka's answer.

Estel·la.- A follower asks: *So, not remembering anything, does it mean that we are here with the whole body?*

I don't quite understand exactly what you mean, but the fact that you have no memories of yourself from other lives, from another race is because you decided so and you can come from The Source as well, with this interest and with this same erasure, just like for immersion, too. So the ones who do remember 100% are the ones who are here as a step-down with their original body. And, as you know, the people who are extracted and go up to 5D have a reactivation of DNA because DNA is the crystallization of consciousness in a way, and here on Earth humans - the seeds - have between 22 chromosomes, some 23, and when you are extracted with the memories that you recover, your DNA is activated. For example, it is a natural period of about 7 years, then it reactivates and you have all 24 chromosomes again.

What about people who are in stepdown? Well, at first it does not affect them, they continue with the 24 active chromosomes, but if they have been interacting here on Earth for a long time, over time their DNA will deteriorate and in the end it would also drop to the 23 or 22 chromosomes. But this is already with the passage of time. All of this is because of the dominant frequencies that we have here on Earth.

Cristina.- A follower says: *It's like dreaming. You can live a lifetime in the dream, but in 3D it's only a few minutes or maybe an hour.*

Yes. Anéeka explained that those who go into immersion, what they report after leaving is that when they are entering the liquid rises, they first have to breathe in the water, but as you know we have all already breathed in the water when we were in the womb of our moms, so the body



remembers and does it again. But they say it's like they get sleepy and it's like they go to sleep and start dreaming. And, when they wake up in the chamber it is as if you are waking up from a long sleep.

Estel·la.- The following questions that I have seen in the chat are related to the Federation. A follower asks: *Is the Earth owned by the Federation?*

Yes. Basically the Federation is the one that governs, who decides and who controls what is happening on Earth.

A follower says: *Could it be that the Federation has been infiltrated by dragging 3D ideas to 5D? Could it be that we positively infiltrate the Federation, then?*

And, with this question, I think it would be good if we entered the updates that we have to give on this subject, which is closely related to the Federation. And, to say in short that you basically know how mirrors work. So everything that is happening here on Earth is also a mirror of what is happening there in the Federation, and it is clear that there is mutual influence.

Cristina.- In this second part, what we wanted to tell you is that, as has already been said on the Cosmic Agency channels and Robert's channel, in Cosmic Revelation, we have lost contact for several weeks. Communication with the Taygetean team has been cut off. And, as has also been said, it is because their internet connection with Earth has been cut off. At the moment we continue like this. We have no communication at this time.

Estel·la.- To understand how the Federation has been able to do this is that, basically as you know, our communication with the Taygetans is through the internet, but in 5D races cannot connect directly to our internet, but rather the Federation provides servers that act as an intermediary for this connection. And, the Federation is the one who gives permission for the other races to use them. But just as they can grant you this permission, they can also withdraw it. And, right now the conflict they are having with the Taygetans is this, that their permission to use these servers to connect to the internet has been withdrawn.

Cristina.- You have heard before that the fact that they control these servers is because they also control the information passed by the races that connect to the internet. And, through there they filter what is allowed to happen and what is not, in this regard.

Estel·la.- Exactly. That is why the Taygeteans did not provide their voices, they did not show their images, it is because there are many reasons for it. One of them is because it is guarded and controlled by the Federation so that this is not done. They have filters and they control that this is maintained. So why has their internet connection been removed now? Well, Taygetans have been in conflict with the Federation for a long time, because according to the Federation's point of view, the Taygetans are giving a type of contact, a disclosure that is too direct and that is providing information that is not of interest to the Federation. And why is it not of interest to them? Because what the Federation wants is to keep this planet as a 3D game, and they want there to be no access to all this information that is 5D, and that is extraterrestrial, and that gives you the keys to break this game. So, the Taygetean outreach is giving a lot, a lot of super detailed information and a lot of topics, which from the Federation's point of view breaks the rules of what is supposed to be the intention of this experience of being on this planet. So they have this conflict of interest and opinion. And, basically why the Federation has this strong attitude is that they say that what they are doing with this is defending the interests of people in 5D by caring, mainly, for people who are immersed and living a life here in the earth. So what happens? That there are races that are more logical, or less emotional, that might end up in the immersion program and say that their incarnation on Earth was not enough for them, that Earth is not so bad ... I don't know what it is

that they will say, but the problem is that there are thousands and thousands of races that are interacting on this planet and emotional races and, I can speak as an emotional race, that it does affect them and that there are many people who are having a very bad time because you are living this, even if it is a limited program, that experience you take with you, and the suffering you take with you.

So, the Federation says that it does this to protect the interest of the 5D person who said: "Well, I'm going to enter here, I'm going to forget about everything and this experience is going to help me evolve as a person." The problem is that this same person who is now living here, many are saying enough. It's enough. We read your comments and there are many people who say that enough is enough for them. Surely, many of you are also immersed and when you wake up and return to your 5D bodies you are going to take all these memories because they are your experiences, they are real. So the Federation forgets that by only respecting the interest of the 5D person it is trampling on the very person who is now having the 3D experience. So, it is not well done. Both should be considered, because everyone has the right to change their mind, everyone has the right to change their interests and it may be that a person has decided to go immersion for 30 years and have some kind of incarnation, but then take 15 and that's enough for you. And, that is totally acceptable or it should be. I see it that way. But the Federation says no, it wants to keep those interests as the most important thing.

Cristina.- Priority is being given to 5D, seeing this as something secondary when in reality, as Estel·la has explained, they are interconnected and they are the same people. And, somehow, before entering here, people had ideas and goals, or whatever, and being here makes it possible for this to change. For this reason, also, here I would like to add that for this reason, immersions are also used because a person can really have a goal before dying and going to The Source, but as you know, once these plans are accessed, ideas change, and it may be that you had thought that when you die you want to be an andromedan and will go to live an experience on Earth, but then later in between life or in the Ether, you change your mind and no longer go to Earth, but that you go to other places because the same plane, the same experience that you are living when you disincarnate is also changing you. That is also why the immersion is to make sure that you are really going to come here through technology.

So, here apart from the point of view that Estel·la commented, we have another problem that is also the chaos of the society that we live here on Earth. As there are so many races of the Federation here, some more emotional than humans, others like humans, others not so emotional, but who experience another type of Biology, with other cultures, other ways of being, another ethic because in the end you know that good and evil, ethics, is only a point of view, and many times it changes cultures. So all those races are using human containers. That is, biological bodies here, to become human, but they really are not. And, some come with more memories, others with less, because in addition each one chooses what they want and that also creates the chaos on Earth that we are seeing that nobody agrees with, that there are so many different opinions, so many ways to proceed and here we could already climb among everything that has already been explained.

Gosia recently uploaded a video in Cosmic Agency about the tulpas that you already know that everything that is generated here through all this circuit of all races, of all things and well ... and this is increasing. And, this is what we have as a human society, or as planet Earth, and all seen from the point of view of above. Seen as that, well everything is controlled, everything is an experience, everything is contained here and some races believe that this brings them positive things. But from down here things look different.

Estel·la.- Sure. It is that the limitation is personal. And, there are races that already do well with these types of parameters, but there are others that do not. The problem is that you must be able

to please everyone in some way and not just rely on a few. This is something that the Federation will eventually have to realize. All these people who are emotional races and who are going to return to 5D are going to find them head-on telling them that this cannot be so that something is wrong with this planet, that it cannot be pushed to this limit because in the end they end up being themselves.

Cristina.- Yes, because in the end mind control or censorship ends up being unethical, because on the one hand, you want to preserve the general interests so that the experience is not lost here, but then these people here change their minds and we simply want to know the truth and knowing and wanting and we are entitled to this information. And, the information is here simply for whoever wants to hear it, can hear it, and whoever does not want to hear it cannot hear it. Perhaps we have agreements to listen to this information or to be here for some reason, and at the moment that you decide what people can and cannot do you are becoming a dictatorship, no matter what good interests you have or no matter how good the intention you have. The moment you tell someone else what is good for them, you have already lost all your ethics.

Estel·la.- Exactly. Where is free will? Where is it? They are suppressing it. If you want to control everything that happens here and you want to take it down a certain path, instead of letting it evolve freely, you are suppressing people's free will. Taygetean outreach is not trampling on anyone. It is there, let it be there, let there be certain people who need this connection to awakening as an experience as well. There are many ways to get to that experience. So why not allow this type of information and that certain people simply have access to it because it is that anyway the free will of other people is not interested in all this and that they simply cannot hear it. You don't call them this and it's totally respectable. Okay, keep holding your Matrix job, keep leading your life as a human, great, but allow other people to have other choices as well.

Cristina.- Yes. I imagine that if they did not put their hands in the way they are doing, because in some way in the end this is a mass, it is the collective unconscious in the end it would end up being liberated sooner or later and the Earth would cease to be the game for all races who want to live a human experience here, or to experience I don't know ... evil or suffering sometimes too, because if you experience it here, you don't experience it at home. Here we have Port Aventura, in Catalonia, in Spain, it is an amusement park and this is like Port Aventura, here we are all going to have fun and release adrenaline and then each one of us goes home and nothing has happened .

Estel·la.- Exactly. But the problem is the Federation that is trying to maintain these interests of keeping the planet like this. The question is, at what cost? What is the limit of the Federation? What is it going to allow, what is it going to do to maintain those interests so that the planet continues to be a school, a video game ... call it what you want. I am sure that the experience that a person takes from here is worth like... ten incarnations, but at what price? How much suffering do people have to go through? How do they have to ask for it? What is the limitation? And that's what worries me a bit, apart from the Federation.

Cristina.- And here is the ethics. What right does anyone have to do this? Simply. In the end there are some interests, but then there is no ethics, or it cannot be promoted as if it were ethical.

Estel·la.- So, it is true that we make the Earth a mirror with the Federation and the Federation with the Earth. And what is happening here is that the global situation would end if all people, a large percentage of humanity said *enough*. If people were to unite with each other, and there was mass civil disobedience, it is what could end this situation because if you no longer follow the rules no one will be able to impose more on you. I mean, that would be the way to end what is happening.

What happens? That here, as they defend, there is a collective unconscious and the "majority of the people" is who decides and the rest of us are being dragged by that and that is why for now it seems that the agendas are going to continue because people are not taking action to end this. What happens in 5D we could say that the same thing happens here because those who would be like the awakened ones of 5D, in this case the Taygetans, are those who are trying to show other races what the Federation is doing, what is happening in this planet. As we have commented, the information they had themselves in Taygeta is different from what they found when they came here to interact here directly.

So how could this situation end in 5D, too? If all races or most races supported the Taygetans and said that this is not correct, they could face the Federation. According to what the Taygetans told us, there is a difference and that is that in 5D people are not asleep, but they are more aware and that they do not react like humans. There are indeed many races that are observing this process and are observing what is happening with the Federation with the interaction with the Taygetans. So, you have to see the other races here. We know that there are many who support them. They would be the Urmah who are hand in hand with the Taygeteans and we hope that in time other races will join as well.

Cristina.- There is also Karistus, and the Lyrian races are also supporting Taygeta. But in the end it is not Taygeta either, remember the Taygetean ship with Alenym, who is the leader, she is representing all Alcione, all the Pleiades. That is, they are not here representing Taygeta, but all the Pleiades. So how good are some who disagree with this. In itself, what would be ethical is to let humanity from within here guide its own experience and decide what it wants to do, if you want to wake up or not, but it is not correct that when we were going towards an awakening, because we were headed towards a massive awakening, and all of you have felt it in recent years how we were advancing at full speed to break the system and, how suddenly they have put all this in so that instead of advancing we are going backwards. And, this is what is unethical. Whether humanity can be wrong or not, but in the end it is the right of humanity to decide or it is the right of all humans to decide what they want to do because they are the ones who are here on this planet right now or we are the ones who are here, now.

Estel-la.- Exactly. Those who are in 5D cannot decide for you, even if we are the same. There are times that we are the same and there are times that we are not, but basically that is not the right thing to do. They have done a reprogramming of the Matrix and there were many people who were waking up and now there is another program, another agenda.

Cristina.- Yes, they have not only put their hand in, but their whole arm, really, in order to redirect where we are going, which is the absolute control of the human race, and in itself the extinction of the human race as we know it because we are in a reset.

Estel-la.- So with all this we also want to clarify that there are many planes of the Federation, which is a gigantic organization, which is interconnected from many densities, there are many interconnections. We are not saying that the Federation in general is regressive, this is not what we are saying what we are saying is that the faction of the Federation that is trying to maintain all this, it should rethink things, this is what we are saying .

Cristina.- Yes, it is the Federation that controls this solar system that, as you know, is located on Saturn and here on Earth it is in The Viera. And, also to tell you that it does not really mean, as we have explained, that they are regressive and that they do this out of pure evil, but what we are trying to explain is that their behavior is regressive. It is like, to give an example, so that it is well understood and not misinterpreted it is important, it is as if I catch a little bird in the street that has

fallen from the nest, I take it, I take it to my house and I put it in a cage and I take care of him the best I can so that he is well and cared for and I have him all his life in a cage because I think that is the best thing to do to protect him and that he is well, but I am really being regressive with the bird, because no one has asked that little bird if he wanted to live his whole life in a cage, but I do it with all the good intentions for this little bird. So, sometimes, the behaviors that we have, but for lack of points of view, no matter how the good intention we have, can be negative or regressive towards others and that is what we try to explain when we say that it is not that it is the regressive Federation, but it is behaving regressively not taking into account the point of view here from the Earth from a human being from the human experience.

Estel·la.- Exactly. It may be that their interests are perfect for seeds of more logical races, but they do conflict and seem regressive to us, or unethical for more emotional races. And, there is the problem that you cannot have the same parameters for everyone because then this is what happens. And, in this case, not seeing this, not trying to change it, is what is causing them to have this behavior. And basically the problem that the Taygetans were facing is that these people, this faction of the Federation is not even showing their faces, they did not know who to turn to, they are simply working from the shadows. They are sending the orders and setting the rules and enforcing them, but without being able to allow an interaction. So, this too, already indicates a type of behavior that is not very ethical, or not very correct.

Cristina.- A follower says: *Well, the Taygeteans disobey.*

Yes. That is what they are doing and that is why they are without internet, disobey. Because they were asked to withdraw from orbit, they were asked to cut contact through the internet, they have been told to do many things and they have not done them, and they have been and are there on the battlefield disobeying in the sense of everything that does not seem fair to them, giving their point of view, of course. And, that is what is really causing the conflict. But as we have explained, the Federation is the one that controls all this and it is as if I asked someone to disobey and not comply with the rules and whatever, that person will probably end up arrested by the police. You can do little against an entire system. So, there are ways to disobey within the law, but what can be done can be done. Even so, we all continue forward and with everything we can and denouncing all this because in the end it is us, we are here, and that we have this right and we have to demand it in some way whatever it may be.

Estel·la.- Within their capacities the Taygetans were already there, and they are, because they continue to do everything in their power to change all this, but it is like what they told us that in 5D there are also policemen. One of us can't just go to a hospital to destroy all the vaccine samples that are out there because that's just going to get you in jail, as they are up there. Yes, they are the rebels or the awakened ones of 5D, but they have a certain margin that they must respect and be careful not to cross because otherwise this is what happens that if they eliminate you from the map - in the end you cannot end up doing anything. You cannot continue to influence, you cannot continue working on what you wanted to do.

Cristina.- Many times you have to make smart decisions to achieve your goal as much as possible. Many people are also very in favor of the Federation and all this and also tell you here that there are many races, and that not all of them think the same. The Federation is not a group of people, it is a group of hundreds of different races and that it is really only a majority that is positioning itself this way, but that there are many that are in intermediate points, others that, as we have said, Taygeta, Urmah and others they are totally in opposition to everything that is happening. There is everything, it is not something simple to explain. But it is true that there is one thing that is clear what they say, or is said, that the Federation is going to solve the problem and the thing is that we

have been going on for a year and nothing has been solved and everything continues. So, here each one has to do self-reflection and really see what is happening, not only what is being told but what he is seeing outside, and that is important for all of you that at some point you have this doubt, because it is really something very complex and it is difficult to explain because they have many points of view and we could spend hours and hours here just raising the different points of view, different opinions and why are these decisions made and not others, and why is this? does it happen like this and not otherwise? Everything here is really very big, very big.

Estel·la.- There are certain people who are dedicated to declassifying or attacking Taygetean disclosure, or Taygetean contact, disclosure, defending the Federation and as Cristina says, there have been many opportunities where the situation could have been put to an end, but in this way the only thing we perpetuate is that we stand idly by waiting for someone else to solve our own problems. Then, there was this little encounter, or problem with the elections in the United States, that it was thought that there could be a better attitude or a better intention for change, for example, of President Trump with the elections and that from up there things were going to change and in the end we saw that the only thing they were doing was trying to calm the masses so that the agenda would continue to happen from behind.

So, this is simply hoping that the Federation are beings of light, benevolent beings and they are helping us and that they are going to come to rescue us at some point, the only thing they are going to do is keep us quiet waiting for this moment. And, we do not believe that this is the right thing to do, or what is going to help a person as an individual, because what helps weigh as an individual is to follow their day to day, to fight day by day for what they consider one which is the right thing to do until you get those changes. So each person can only go ahead on their own and do at all times what they consider to be right, and within the framework they can.

Cristina.- And, like the video that we uploaded of the influence of the starseeds as Sav'el explained there, in reality each of you has a lot of potential, you are the creators of this reality and, in some way, the system wants to maintain the passive people, doing nothing because they know the potential you have if you become proactive. So, here also when we talk about how each one can reach their goals in an intelligent way, here it also has to be clear that each one must be clear about who they are and the potential they really have. And, everything that you can do only with your thoughts and with your frequency without going out on the street, only with that you are somehow interfering here, or being a key piece, and that is what they do not want people to get. With your thoughts you put yourself in a way to say: No, no, I don't want this, I want this, and I am going to fight for this and I am not going to wait for anyone to come to save me, but I am going to look for all this myself. And this is what is really not wanted here.

So, it is very important that we also do not feel, or do not feel frustrated in the sense of believing that you cannot do anything because you are here, but in reality all of you are key to this awakening in the sense that all your thoughts add up and they count and it is very important that we do not deviate from what we want, and our path and do not focus so much on the outside, but rather that we concentrate at this moment on ourselves.

Estel·la.- Exactly. Very good words. Tell you also, that it is not only the thoughts, but that it has to be accompanied by our actions because if we do not enter the concept of New Age, to stay meditating at home for a better world, and that is not it, that is an extreme. It is clear that a person has to be consistent and know what he wants, what he is, giving himself the importance that it has, but this must go hand in hand with the actions he takes. As we say, each person has a different interference frame, there are certain people who can do certain actions, there are others that others, small, large is indifferent. The truth is that you do not have to buy them, each one has to

do, in their day to day, what they can, what they want and what they consider correct that is in accordance with their interests, with their intention, and with that together is how it is deformed the reality around us, around the seeds and how they come together. That is something important to keep in mind that we have to stay strong, but not only in thought, but also in behavior.

Cristina.- Yes. Super important. Well, we are going to read a little in the chat and in a little while we will be saying goodbye. A follower says: *Although, it is somewhat difficult, day to day to focus on what is happening.*

Yes. It is difficult because there is also a lot of bombing. The mechanism is at full throttle, and it is difficult because there are many things on the outside that distract you, or that somehow make you feel like you are not going to be able to do it or whatever. But really that is what they are looking for, that is what they want us to feel incapable of and it is precisely necessary to remind ourselves every day that we are not and that this reality is sustained by us. So, somehow as Estel·la has said, small actions in your day, look for what makes you feel good, things that make you feel good so that you keep your frequency high and nothing else. Sometimes you don't have to do great things or you don't need to do great things because in the end we are many and we all add up. So, the most important thing in these moments that we are living is to focus on yourself, on your core of people or loved ones who also accompany you in all this, and each one of you will find the little things you can do to be well and feel good, or somehow avoid being swept away by this mass of people. And, it is enough. Each one is where they have to be and knows where they have to go and where their limits are. Everything adds up, everything counts. So look no further than this.

Estel·la.- Exactly. And, in addition, you must always remember the butterfly effect. What we think is an insignificant action and then it ends up changing everything and it may be that a person's action is simply to go without a mask on the street and you think that you are not doing anything or you believe that it is not enough and that is the only thing that you can do and then you can actually be influencing half of the people you are crossing paths with. The fact that we are not aware many times of the effects we are having does not mean that they are not happening. So that is why it is very important to stay in what one considers at all times to be the right thing to do.

Cristina.- But it is even easier. You don't have to do anything to mold the dough, but just focus on yourself, what makes me feel good? What makes me happy? It makes me happy to do this, to do the other, do it and your frequency is already influencing. It is not necessary to demonstrate anything on the outside, if you can do it great, but if not, it is not necessary. Just that you are well, that you achieve what you want, that already influences enough.

Estel·la.- Exactly. You don't have to change the world. You have to change yourself. Everything we have inside is what we are seeing reflected outside. So, in this sense, precisely the starseeds feel that dissonance of saying: No, but how can it be! If what I am seeing outside of humanity does not suit me at all. Well, still, we have to keep that up and move on.

I have seen a person who commented that says: *And, the fear of not having it.* That is very important because we can never base our decisions on fear because that will never have good results. We cannot decide not to act or act out of fear, that cannot be the engine of our actions in our day-to-day lives, it has to be just the opposite. As Cristina said, what makes one feel good, what one believes is correct because in the end what fear does is shrink a person. And, in fact, many times it makes us act totally beside ourselves, doing actions that a person in a more balanced state of mind would never do.

Cristina.- Fear, among other things, deprives you of having more points of view or having more perception of what is happening, but rather reduces your range of problem solving, puts you in

survival mode. There is one thing about horses, as a trainer, when a horse is afraid it can never learn anything, nor can you ever teach it anything at that moment, because it is not capable. So, when you train with a horse that is afraid, the first thing you have to do is take away the fear, let it relax and, until it is not well, it will not be able to think because it only thinks of one thing when it is afraid, to run away and it cannot fix any kind of problem and only focuses on that. So, the same thing happens to people. For this reason, the mechanism that is getting into is fear because that way people do not think and just go, and they will look for the solution that is put in front of them because it is the only thing they seek to flee from fear, and they are not seeing anything around them nor are they capable of doing it. For this reason, as Estel·la says, one must avoid being carried away by fear. Although, fear is something natural and it is also our defense for survival, we must never let ourselves be carried away by fear because otherwise you are no longer being coherent with what you are doing.

Estel·la.- Exactly.

Cristina.- Well, here we are going to leave the live show, since we have been here for a long time. A follower says: *In Cosmic Agency there is a video about fear.* Yes.

A follower says: *Stop watching news and the media. We are fighting. Each action adds up.* Yes. Because all they do is scare you. Thank you very much for being here and listening to us.

Estel·la.- Yes, thank you very much to everyone always for your support to Taygetans and for making this move forward because at the end of the day it is thanks to all of us together. We will obviously continue. Regardless of everything that is happening and here we will continue. We will see each other soon in the following videos. A lot of encouragement and a lot of strength.

Cristina.- Between all of us we can. A big hug.

## LINKS

Youtube Video Link: <https://youtu.be/tH6y4Njqy88>

LBRY: <https://lbry.tv/@PleiadianKnowledge:2>

FACEBOOK: <https://www.facebook.com/Pleiadian-Knowledge-108034420679455>

TELEGRAM: <https://t.me/CONOCIMIENTOPLYADIANOTELEGRAM>

IN ENGLISH: <https://www.youtube.com/channel/UCe4VqunF6sfWEtxnU8SS9Gg>

THE TRANSCRIPTS CAN BE FOUND AT: [www.swaruu.org](http://www.swaruu.org)

Facebook: Pleiadian Knowledge PDF: <https://www.facebook.com/groups/2783294118568494>

Transcribed by Andrea Mdos and edited in this format by Toni Ruiz of Sociedad Taygeta

[https://www.facebook.com/groups/1212334248933444/?ref=group\\_header](https://www.facebook.com/groups/1212334248933444/?ref=group_header)

<https://www.sociedadtaygeta.com/>

English translation by SpaceMonkey of Taygetean Disclosure - English Transcripts

<https://www.facebook.com/groups/325586172179485>