

**QHHT = Quantum Healing Hypnosis Technique**

I received without knowing that QHHT was there, I received an invitation from Priscilla Tielman to experience such a QHHT session, see also the webpage <https://www.praktijkazura.nl/>

Priscilla gives QHHT in exactly the same way that Dolores Cannon has always done.

Dolore's book – **Three waves of volunteers and the new Earth** is very much in line with my personal mission on Mother Earth.

Have already experienced a few things myself and I was already very happy with that and especially because I help many with their galactic questions / problems and I already loved my contact with the Arcturians and already had a feeling that little would come out of such a QHHT session because there is a self-imposed blockade for me somewhere, which I consciously chose in a past life, but... .

My previous experiences, especially when a week together with 70 others, gave me a lot of confirmation, see also [https://galactic-human-journey.orgfree.com/#Wie\\_ben\\_ik\\_als\\_Rene\\_Yanadath](https://galactic-human-journey.orgfree.com/#Wie_ben_ik_als_Rene_Yanadath)

But this QHHT session gave me a struggle with myself, especially because it showed me who I really am and when it comes to someone else, I immediately feel everything and nothing is crazy or weird to me.

But in this QHHT session was a revelation for myself that I myself had not expected at all, but my Galactic view of everything has healed even more and I am even more ready to assist humanity in the transition to the New Earth – that urge that I always feel so strongly – my mission to raise awareness of humanity.

I will add and mention a number of parts from the detailed session in terms of subject.

**The New Earth & The Creators**

P: A beautiful white city not on earth?

R: Not now on earth

P: Describe him?

R: Yes, they are white bulb houses, large and small and around it is nature, green, little green brown.

P: Is nature earthly or is it different?

R: No, it does look earthy.

P: And those buildings you describe, white spheres, are the roofs convex?

R: The whole houses are convex, all spheres, say small, big, very big.

P: And are there windows and doors in there, can you say something about that about the architecture?

R: Yes, there is a door in it, but the windows are, smaller, I don't really know that well, I don't even know, you can go in, no there are no windows in it, you can just go in, without hey, without a door you can just go in.

P: All right, and now when you come in, house, what does that look like, what's coming in to you?

R: It's so weird, ("must laugh in amazement") it's very groot and the floor is very smooth and ceiling, the first thing that comes to mind is very light blue. ("I just say everything that comes to mind, it seems like I'm suddenly remembering what I've ever seen before, ok I'm telling) I see a number of chairs standing there and a number of creatures, with something red, ("start to get slightly emotional")) have a red long cloak on so.

P: And what does that creature look like?

R: It's weird, I'm in that space and yet, I'm far away from it, it's also a very big space, but I know a lot of 50 or 100-meter something like that, very big in any case, the dome is also very high and there are a few chairs and there is a tall creature with a red cloak and the face, the skin is very light, or light yes, is slightly on the head.

P: Can you say what it is, is it a hat or something else?

R: There's something golden, no I can't really see it very well.

P: Has a shape?

R: No can the creature, I see the head, but not whether it has eyes, mouth or something, there is something golden on the top side.

P: And are there several or is there only one that is there?

R: In the beginning I had the feeling that there were about 3 chairs.

P: So not just the one with red?

R: That one is red, next to it on the left, it's with a blue cape, and next to it, I just didn't see that, it's also with a yellow cape.

P: Tall creatures you say?

R: Yes, 2 sit and 1 state.

P: Are they also thin, how am I supposed to see that?

R: Ze they are very long, about 3 to 4 meters, ("I start crying lightly, emotions").



P: What's happening?

R: I get emotions from them, when I describe them, I don't know why. Lijkt whether they change, yes, I see again, comes through again, of what I do share on my website, something like that from starwars or something, I know a lot, but that comes right through, there is a man on such a chair and a very long creature of 3 to 4 meters and that has to do with it.

P: Yes, ok, look at yourself, at your feet, when you look at your feet, what comes in?

R: Don't see feet

P: ok, stick out your arm, what do you see when your arm sticks out?

R: Yes, I see a long arm, ("laughter", It's long gray, het is very long, snif, yes.... With see no, it is very long, longer, or 2 times as long as my own arm, I think. It is a bit greyish in color and it is not thick, lewdly thin, thinner than you are used to.

P: And your hands?

R: Yes, I had a feeling that there were fewer fingers on it, but can only say what my feeling says. I see 3 fingers and a thumb, something like that.



P: And the rest of your body, try to focus? Just go from your arm to your belly, chest?

R: ("Emotions") I get to see those pictures through it.

P: That's normal, that they belong to it.

R: The pictures that I keep sharing ("again a lot of emotions, crying") of Antarctica those tall creatures that come from Mars, those with those skirts, learn things from Antarctica with that city that is there with that dark one with those symbols that look like and not Egyptian, but that's loose, but so I look like, and those are those gray long creatures, gray, tall, little lanky.



P: And their heads?

R: They are bare. So that's it. That picture was projected through.



P: So, you're in that space with those three, you're No. 4, what are you doing there, what are you doing there?

R: ("cryer") they were waiting for me, ("I have to cry a lot").

P: How do they respond to you?

R: Ze stand at a distance, they are just standing there very friendly, nothing hey, 2 zitten and 1 stands and that one looks like, but can only see that long red a bit more and the others just can't, I know the one is red, blue and yellow, but can't see them.

P: ok, you're there now, they're waiting for me, so what's next, tell me what's happening?

R: I'm standing there at the beginning of that hall and they're sitting there a little bit further down the road, on those chairs.

P: What do you want to do, what would you like now that you're there?

R: I'll go to them then

P: Tell me what happens when you do that?

R: I just walk there, I also walk very differently, then I walk here on earth now, bomb bomb goes.

P: A little lanky?

R: Yeah, a little lanky, maybe that's it. I get closer, ("Yes I have to say what comes to mind huh") is that we touch each other with the fingers against the head, on two sides of sleep.

P: On both sides of sleep?

R: yes, to both, but fingers of both hands I take against the head of 1 of the 3 beings, that is the way of greeting and connecting, as we hug, do them that way

P: Ok, nice, how do you communicate?

R: Telepathic, without words, yes nice and quiet, yes, my goodness.

P: Look what happens, do you get information or what's next?

R: It's totally.... hey..... ("whatever comes to mind") a fusion, ("that's what my head says now ") I see all colors or something, I actually see more, not in this head but it seems to be disguised in gold, the whole

room, so that light blue sky becomes shiny colored.

P: So, because of the fusion?

R: Yes, because we touch each other, it seems like that whole room that was then very light blue, just like here the sky is very blue, then becomes completely gold, yellow gold, that says my head, I don't see it literally and yes ("says more mn head") those other two also come in

*(It is for a gigantic struggle between this reality and seeing, without our earthly eyes, I see herrings as photo images, many see herrings as clear as just looking earthly, with me there is a conscious closure, so that I go for feeling, connecting, inner trust, since I am also life now also my higher self and am now slowly becoming aware of it)*

P: And what are they of you, how does that feel, what are they of yours, what comes in when I ask that?

R: ..... it's family after all

P: Nice.

R: ("Crying", Yes, I have longed for them for so long.

P: Ask them in your way, as it is, if they know where you come from now? Look how do they respond?

R: Yes, they know everything, they know that I am here on earth now.

P: ok, what's the reason you were brought to them, it's not for nothing that you're there?

R: .... ... .. I just can't put it into words — they let me know that it's just okay and that I have to be on earth now and that I just, that I chose to do it myself, and they didn't think it was necessary, but I did find it necessary, for a reason, and why.

P: Is that reason known, so there with them?

R: yes, ("haha"), my stubbornness hey, I thought it was necessary, because of what is going on on earth.

P: No

R: ok, it's to earth whatever everyone else is doing, yes, those white houses, those are not our houses, those are the new houses that will ever come to earth, that are already ready. But not yet visible on earth. It's not no, we don't hear, there they were, but just waiting for me.

P: Well, Rene, ask them and in your way again, what is the connection you have with the earth?

R: Yes... ("The first thing that comes to mind") **We are the creators of the earth** ("I speak very emotionally"))

P: Do you have a name for the earthlings?

R: Yes... yes. **Ela-an-toe** – can't pronounce it properly, that comes to mind – ("comes out emotionally again"))

P: Ok, the creators of the earth, is that also what is now also seen as the designers?

R: Yes, they create worlds

P: So, worlds, so you're real creators?

A: In

*(Rene has a lot of internal struggles, Rene is always open to everything and everyone, with Rene there is nothing crazy, is really always open to everything and helps everyone in the whole world, but now it is about Rene himself and that is very difficult for himself to accept what his high self is now telling him)*

### **Antarctica**

P: All right, just ask if they have a message for you or what, just look what's coming?

A: Antarthetisch

P: Wat is with that? What's going on with Antarctica?

R: Yes, I kept talking about in a dream of the week, that image comes in again now, then I see two of those medpods, those big capsules, in which there is a body, with that yellow liquid, and there are also of that great being, but could not distinguish them, but those were also long, but feeling says I'm lying in there,

but another part of what I am now, and being there or something.

P: Dus there those Medpods are there?

R: Yes, there.

P: So can I say that the beings are on earth now, if I may call it that, or that is it a part of them being there or how should I see it?

R: No, My original body as theirs is there in that medpod, in which you stay alive and what you just said is such a walk-in like, Rene is here on earth and another part is now there with them there now, to get in touch with now. Op antarctica are several of those medpods, I only see two, for some reason, but there are a lot of them and that, hey... , then ("emotion") and that's what Gorey Goode described, Yes, ....dat I'm like that.

P: Does this come in as a joke what Rene as a memory, that it's really, a feeling huh, that you're connecting with who you are the deepest or a part of it?

R: Yes.... he... I keep getting the images coming forward, and they have been touched in the conversations, I saw those images.

P: But Antarctica is important to Rene?

R: Yes, important Yes, I see those people who are also on a mission, the secret armies have gone in there, they open that door, those corridors, and those very large buildings and everything they've taken out of there, and then I see again that picture that I shared myself, what those creatures look like. Yes.....

P: And what is the intention then? Ask them, what can you do with this? What is the intention that you get Antarctica through, is it a message, I have asked, you get Antarctica, what can you do with that, just ask?

R: Yes, A healing, healing, so healing, that with consciousness I get through, that's what they say

P: Getting more healing in consciousness, healing in consciousness should I see it this way?

R: Yeah, I get through the de-hug, sit there.

P: The denouement of what?

R: Yes, from the earth, from what's going on now.

P: Aah, so it's a very important puzzle piece there, would you say that?

A: In

P: And Rene has a part in that?

R: Yes, yes, we all do hey, everyone who is consciously doing it, a kind of snowball effect.

P: What does it take for him to be able to? In what way?

R: He just has to keep going. How it is going on now. Yes, it's all people on earth are working on it and each on their own and they don't have to be fully aware of it now, but just being on earth is enough.

P: Ok, well, ah, so it's a very important puzzle piece, so what Rene is doing and with that he's also informing other people, is that one of his reasons why he's here on earth right now?

R: Yes, that's what he chose.

P: To make others more aware of what's going on?

R: Yes, and to help become more aware

P: So, can you say the way he's doing it now, is actually doing well?

R: Yes, it's good, there's a struggle, it takes time.

P: Do I have permission to speak the higher self of Rene?

A: In

P: So, can you say Higher self, that Rene has always been open?

R: Yes, Yes, it is ....

*(Rene can't accept that he is now also his higher self, he keeps feeling, this can't be true, while he knows*

*it's true...)*

P: Sit in your heart, you know how to do that, heart knows the truth? So now I ask from the heart is it nonsense, is this all nonsense?

R: No

P: Well, Higher self, do you want me to talk to you too, Antarctica, I want to go back to it. What is that there, you have already said, the beings have said, that beings are familie, white houses that come to earth, the beings, the creators of the earth, but that Antarctica, why is Antarctica so important in this case? Naming everything, saying everything, did you show it to him, those beings, is it true that Rene has just seen, why?

A: In

P: What are the reasons?

R: For connecting it is

P: Why? Why was it important to him?

R: It's kind of an opening.

P: That opening that you just mentioned, a kind of opening, opening for what?

R: The personality, opening for humanity

P: And are you talking specifically about Antarctica?

R: No, the whole earth

P: okay,

R: But there is something in Antarctica, what needs to change, or sigh

P: But what on Antarctica is that important for Rene, to know what's going on there?

R: No, he's there

P: ok, so some of him is there?

A: In

P: oh, so can he, can he do something about it then, is there anything he could do or what?

R: He, he's lying there in that medpod and that's why he's here in Rene now.

P: And, okay

R: and through and is Rene connected to the earth he helps all of humanity

P: ok, so that body if I may take it that way, that's in that medpod, is that just ok there, is that okay?

A: In

P: ok, does it wor is protected in a certain way? How should I see?

R: Yes, it's a very protected part of Antarctica which is separate from everything from the Secret Space and from the Dracos and reptiles that have been in another part.

P: ok, so they don't know it's there?

R: No don't know, they can't see that, otherwise

P: oh, and with how many? How many are they there with those medpods?

R: Yes, thousands and ..... ("that monkey fights me") .. I feel like I'm making everything up

P: Everyone has that, just give him a banana, which also happens with Dolores, so play along.

R: ok, I'm going to go beyond and yes, then exactly what I read in Gory Goode of those creatures from Mars that are on Earth, there's something wrong with that Zulu, that's all coming, those brown creatures.

P: So, they're connected to it as well?

R: yes, that is...

P: Did I tell you in advance and you already 20 times, go on

R: yes, it's such a huge battle in me – because of that – that medpod, I'm just going to keep going... that's how it feels so strong to me, I say it – I put it there – sob – damn me – ('I suddenly talk very loudly, 'my voice is even louder') I put there as a kind of creator being in that medpod and there are all others also from those creators and other races also from Mars, they are all in those medpods and they are all here now also in an earthly human life, being body and those are all concerned with those fields that are all around the earth on the earth, I can't say exactly how, those are recovering, everything is energy, orbits, fields, dat all have to change what, 'yes, I'm just going to keep going' means what I, what comes to mind, I,,,, it seems like I'm just making it up, but well I'm just going to keep going Yes, I can do it, yes the Moon there are those computers on, they keep us in that low consciousness and that's changing and that's what's going on and for that the dark forces are busy with vaccination and that ....and yes....I am now.....



("I have already said this now, I had a very strong feeling beforehand that this, the acceptance will be the biggest problem for myself, I have imposed something on myself for whatever reason, before I started this life als Rene", all has to do with my earthly mission, I was not allowed to know anything in advance and now dependent on the progress of the collective field, I suddenly get and suddenly it is not, that is for the feeling of Rene so, but everything is controlled")

P: Stay out of your head

R: No, I go on, am I then, am I myself then as a higher self, that's what it looks like.

P: So, restoring fields, in and around the earth

A: In

P: Because hey, the moon is dissolving more and more and in what way is that happening? Why is that? That they are now pulling out all the stops, what is happening?

R: The consciousness of the earth, of humanity is rising, the field. Everything is at a certain frequency outside the earth ... . " I'm just going to keep going"....oh....on.. laughter... on the moon is a spaceship, on the moon there are computers that are already 13,000 yrs old, they had left them there after that great Galactic war and they did them there for the reptiles, only they hacked it again in a completely different way Yes, and that, that is fading and therefore also our consciousness rises and also all those fields that are being healed

P: ok, so that's all related

R: Were connected first. It's very complex

P: ok, so and what's going to happen, where are we going to go if this continues? That consciousness of humanity?

R: It has everything to do with consciousness of man, man has to choose for himself, free will, speaks and yes, everything is actually already ready, so there are just several senarios possible. It can be in one go together, can also be in parts, and that depends entirely on how man becomes aware.

P: ok, but is it inevitable that such a thing will happen?

R: Yes, everything is being done to make it succeed actually

P: okay

R: But yes, it is, it is only the question of when, it has to be done, it should have already happened, but humanity

P: Timelines on Earth should it have happened already?

A: In,

P: So, what's it like when you look at Galactic?

R: It should have happened already, but it is slowed down by all the conditions on earth, people have to see it through and as long as they don't see it through.

P: So, then there are also other people who, with their consciousness do their best to be able to get those people on board, is Rene also 1 of them, is that correct?

R: Yes, Rene tries, yes as many people as possible

P: ok, and high self is there another way of You now say we can also do now? Or is this just the way he's doing that enough?

R: Yes, what comes in is with energy, but don't understand what energy,

P: Wat you see, what does higher self show you? Want to know, to feel?

R: yes, I hear something, I hear vibration, crystal that comes to mind

P: Vibration via sound?

A: In

P: And are they special sounds and are you thinking about something?

R: Yeah, comes back to what we did in Blegny with such a large group

P: Ahh

R: Then you come, then by doing it with many, you come out in a certain one tone and that gives openings in the field and in healing of the people, in their, now everyone is just analyzing in a head, but you can't figure that out.

P: No

R: With the help of sound you can't sing, but you just have to pronounce your primal power, out of sounds, just what's inside you, just throw all out and you have to do that with all of you, preferably with as many people as possible.

P: So that vibration

R: Yes, that vibration

P: It takes care of it

R: Yes, the more the better, the more people, the better, because all those people and all a different galactic being and they are all connected to a different vibration and then everything comes loose, open, healed, healing.

P: ok, nice, so is he able to do it with groups?

A: In

P: ok, nice, good?

R: He's known that for a while.

P: ok, all right.

R: So, what is, hmmm.

### **Arcturianen**

P: And his name, he once said that he once had his name his galactic name Yanadath of three Arcturians and hey and can you say anything about that? He has written a whole story about it, but also told, what kind of relationship does he have with the Arcturians, what is that?

P: Commitment

P: Is there a particular commitment to them? Should I see it that way?

A: In

P: Can you comment on that? What kind of connection is that?

R: Yes, Past life, or also a kind of life next to it or at the same time.

P: Yes, so could you say then Higher self, that rene is also connected to all those other parts of himself, like we pretty much this morning, those aspects?

R: yes, it looks like that

P: Could you say that another aspect of him is also in an Arcturian life, why he feels that connection, is that kind of true?

A: In

P: And that life is parallel to this life?

R: Yes, yes, because we ("emotions")) are the creators. damn....sigh... because we are creators we are connected to everything and that feels like it, some lives come through a certain way, which I don't understand stronger.

P: So feeling more connected than with others?

R: Yes, that..... that (haha... hmmm) they do that for Rene on earth. to not understand him what is really going on, gives him support in that way, people on earth have, Yes, needs memories or something to know ... what he does here... he doesn't need it.. but.. but because he is, everything is at the same time, everything is now. Lives now and man on earth sees it all differently, as separate parts, but everything is at the same time and everything is now, all lives are now and man on earth sees it all as separate parts or but everything is 1 and everything is connected, but that is as, creator very normal , but for man because of that low frequency not to understand and therefore he is even , but he is so much more, but he has that, he has enough of this now, but he can help with others om another , like that Jessica where that now and that chinese lady from china who can help him all by giving them information and talking to them about it that is something he has to do and further Yes ..

P: ok, but very well, that he and also that connection with the other aspects has felt

A: In

P: That also takes away from your doubts

A: In

P: ok, nice

R: That example you just mentioned of that lady who had the button on.

P: Yes, so, is that correct, so?

R: Yeah, you didn't just tell me that.

P: No, okay

R: That's why I told you that's why

P: Yes, so do you feel that's right with him?

A: In

P: ok, so he and she are looking for a little boy to turn it on, when you don't have to?

R: No, because the button is already on.

P: But that's why the monkey is going to doubt

R: Yes, that's the earthly piece

P: But good doesn't matter, because hey, because you know your higher self, actually I would like to know from you or ask you, Rene has brought quite a few questions about Galactic he found very important, but what is important for now for him to know, what would you like him and we are in this session and what would you like to give him answers or to confirmation or what effer?

R: Yes, he is me, so he does not have to doubt, the exact thing he feels every day, just continue and in, he is me, feels me, he speaks to me, also everything he passes on speaks it from me, but only because of the

what is going on on earth he only gets a part of it, he is also in the medpod and he has deliberately chosen that way and there he has been for a long time in, and many, but that's all a way to humanity but also ourselves, from that creator, there is something on earth, well, not everything is going on that you want to create, but there are also things going, yes. Is so hugely complex and so many other races and so many other interferences and things have gone differently than the creators, and that is being solved, but, yes, that is going to come, but that can only come from man himself, so and yes, billions of people have already sent to earth of everything and yes, yes, all those people are all souls of other galactic civilizations, yes... he... and they can only solve it together and come to realization, consciousness and then humanity enters a new phase, only yes, yes that takes time for the earthly man, because earthly life is limited and we become from our concepts man does not really become 80 to 90 years, for many other civilizations, that is only very short.

P: And, okay

R: Yes, but we once chose and the intention in the new phase, of the new earth, as you call it, is a different frequency, then the lives also become much longer, but then there are no more diseases, but one must first of consciousness and then people will also live much longer and they will also grow more in their consciousness.

P: ok, and so you say there are a lot of other Intelligences present on earth that have linked to human body if I may put it that way, hmm so there is actually enough present to make the shift also called? If only they were aware, aware of themselves and?

R: Yes, but because of the compaction, because of the low frequencies, everyone suffers from that, which also bothers Rene from that monkey. Yes, and that you keep looking outside yourself while and we should actually stop, the human being on earth, all inwards and yes maybe with sound, is but

### **A character**

P: ok, and hey, higher self I also always work as I call it with a being hey, hmm I know Rene has a lot of contacts with you, do you find that difficult to accept that, maybe not anymore, but is it, hey good, to do the way in which to do that, because now also with Rene to do, that he can already meet his being and or see in his way and is that good for now or hey?

A: In

P: What I would like Rene to see an image, preferably in yourself, yes in your head, in your heart what you want from your self, when you were a very small boy, preferably as small as possible, maybe you can remember a picture, maybe your image can see, doesn't matter

R: I know a picture

P: ok, but this guy, put him down and let him look at you, so you make him alive, ok? How does he look? How does he look at you? On wat for a way? A look? From this guy? That you have made alive, lives, you look at you, what is his look, how does he look?

A: Nine already, ...

P: Does he look sad, does he look happy, neutral, does he look lonely or whatever, does not matter. What's coming in for you?

R: on the one hand happy, and a smile, but I actually feel more like I'm not, so

P: Doesn't matter. But you know that you are, even if you get the feeling, is that right? You know the photo or image, right?

A: In

P: So, this boy, show him to me, tell me what he looks like, how old is he about

R: Well, he's 1, he's very fat, but yeah, he's not running yet. So, everything is thick, alles thick, belly thick, arms thick

P: Do you have any affliction with this guy?

R: No

P: Make him older than, that's me

R: .. sigh....yes that's a little boy

P: How old approximately? 5 2 10

R: No older, year or 6, 7

P: ok, how does he look, what does he wear, what about her, tell me what it looks like? What's coming in for you?

R: Just emotion, a lot of emotion

P: So, what do you feel? To emotions

R: unhappy, doesn't want to be here

P: ok, so if you look at him like that, can you feel love for him?

A: In

P: So a piece of soul, what you once put outside of yourself and **there are all these stars around you now**, I'll just say it, then it's also on the recording, you know, it reacts, on what you've done, so you have a piece of your self someday outside of yourself, out of protection, that's what the whole world does, you didn't want to feel that anymore, that sadness or whatever, you put it outside of yourself and now you've taken it back to you

A: In

P: But now embrace it, but now you also recognize that you are

A: In

P: Let it come in, flow, this powerful being is you, how does that feel?

R: Delicious

P: ok, so this boy, who is also there, where did you give him a place, in your heart, look into your heart? There it is a bit busy, but that boy is there, but who else is there, Rikkie (asked in advance, was my dog in the past) they play with each other, they have the greatest fun and your being is there, enjoy it, stay there in observation and I now ask your higher self, because I am now talking to your higher self again, would you like to give Rene an image or a symbol or something else with which he can very easily make this feeling, what he feels now that connection with his core, his being again on the basis of that image whether you show him now? What do you show him? Or feel or hear or know? All is well, What's coming Rene? You've already gotten it

R: Hey... haha... hey. such an Ankh from Egypt and that thing

P: Yes, an Ankh, what color

R: Hey, I had it made there myself, it was silver, but I actually see it more gold.

P: So, an Ankh

R: yes, but different, than they make it there, but then I get another picture through it, which I have shown on the internet this week

P: What then?

R: Well, saw of the week, I was, I showed him, is also about vibration, chilling, and then you see that Ankh, but there's a wire in there and and a coil or something is in it.

P: Yes, so that image, did it store somewhere? That came along like that? You say huh?

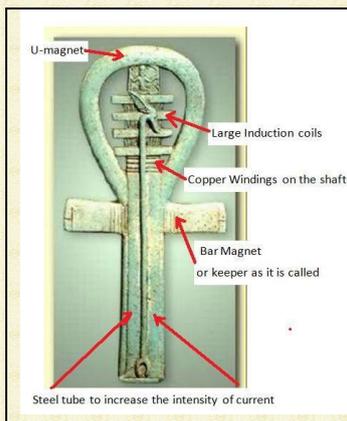
R: Yes, I have, was busy because Jesscia who has to do something else big later, and does something with sound and then I went looking or I let him search just like that, then that came, I showed him

P: And, and, okay

R: That was that Ankh

P: So, every time, is it good do higher self, every time Rene visualizes this or looks at it or has that image, that he immediately needs that deep connection with you, if I need that, is that ok?

A: In



ANKH = raising consciousness

Raising awareness with the ANKH

It will make clear to its wearer the deeper meaning of life and its cosmic connection, by over-ascending the illusion (ego).

Through separation, caused by various currents, which have made us as human beings more insignificant and meaningless, more fearful, we have placed the Upper Self outside ourselves.

By giving humanity the ANKH symbol, one attunes oneself to our HIGH SELF. As a result, the DNA of man shifts, to more and more wholeness, the natural state of man.

<http://physicsonly.com/nikola-tesla-electric-oscillator-and-egyptian-ankh/>

P: Yes, very nice, ok, very good, high self effe a question to you hey, hmm I know that is never for nothing that someone is lying here huh, and usually it is so High self the person, in a certain way directs, not sends, but that, that this comes my way or that the practice finds Azure and others, but I actually invited Rene, did you give me that signal, to do that?

A: in

P: Aaah, then I took care of it well

A: In

P: Nice, is there anything that you say, that's why Rene had to come here, what was that?

R: Well, that he knows now, that he is me and that is not like with others, but that is because of that medpod, he is even more connected to everything and with others that is more separate, but not with him. But that is with more than one that he is now in contact with, is that so and they also see a kind of similar kind of something or feel something, everyone does it differently, and they all come together now, to help each other and a piece, each is a piece, the whole consciousness is one, and everything is chopped up in this, by, say that hack or it's not, not just any hack, something giga has ever happened and there everything is split into pieces and everyone is a piece, so everyone feels and sees it differently, no one can experience the same thing, and feel and think, so that way.

P: okay

R: So, and, he, and.

### **Dream**

P: And dromen also has it often and also says that that pyramid that is under my bed, that I have more dreams because of it, or that I can remember them better and hey he had a dream this morning, which keeps coming back to him, can you say something about whether it was important to him? Just say it

R: Yes, he is with us, only he is not allowed to see us, because then he is distracted from his mission.

Q: In

R: So he's with us for a while.

P: Ah ok

R: He's there again, he sees who it is, but, but if we show it to him.

P: Then he wants to go home?

R: No, but then it distracts from being, look the problem is, we can give any being all the knowledge, but then it does not solve the collective consciousness he, the problem on earth is collective consciousness to in that Matrix in that field and that is separated from the real collective field of which all, all the others of the source, but it is separated from that, that was once also intended that way, only that is that weird hack has come in, well it has to be completely from within everything, everything has to be rebuilt, so if we all get too much knowledge in 1 time, yes, then it does not synchronize with other earthly people who are not yet ready.

P: okay

R: So, is already very aware of everything, but then he can not help the others well because then he is too far away.

P: ok, obviously, that's actually the distance is actually getting too big.

R: And that's why he's not allowed to see all the time, he's also seen things, always in pieces, but not too much, all the time, can only when the collective field also grows and then it all rises with it.

P: Yes, ok and that dream he had, that saw those letters pass by, is that what you're talking about or is that something else?

R: Yes, that's, we have in mind, a certain transitional scenario, in that scenario a number of people will work together more and he wanted so badly to know what came here to do, so we showed him some names, but he only knows the 1st letters.

P: Well, is that good or does he get these kinds of messages more often or?

R: Yes occasionally

P: ok, so is it enough for him?

R: Yes, he chose it himself.

Q: In

R: Yes, he's me, and actually he's already determined this all-in advance, so, yes, only he doesn't know. But he has chosen that himself, yes and that always feels.

P: Yes, he feels that he has chosen it, do you mean that?

R: Yes, but he sees it as, he thinks it's because he has imposed something on himself and yes, he actually has, but not in the way he thinks it. But that has all played out, but because it is everything at the same time.

P: Yes, of course it's not quite easy of course

R: No, in the earthly that that is not quite comprehensible

P: No, he also told me tomorrow that he actually says until he is 27, he says that sadness his greatest friend. What was that, that sadness?

R: Yes, he knows that sadness from those Arcturians, but he actually feels, but he feels the suffering of all humanity, but, but for them mission, look we are creators we understand, feel, know everything, but in 3d, in deze density, you can only carry it out further if you have felt the suffering yourself. So he thought he was sad, and he had, but, he had to himself who suffered that, that inner he, inconsolable sorrow, lostness, abandoned, he had to live through all that, so that he can now understand others in their grief and in their search and yes that actually, also that again in the field, to open, but you can't open it until you know how it feels

P: yes, if you are aware of it

R: Yes, that is actually and he has been very long and for that he himself chose because he knows that the only way is and that has everything and all souls have that now, look all civilizations are connected to the source, know everything connected, but here on earth what has been devised by a way and that has gone differently in one and we can not do all that more with and only through the feeling and feeling, sadness, pain, and that is all 1, all felt loosely separated on earth and yes, must undergo that suffering in order to understand it and also to solve it again

P: And it brought a lot?

R: Yes, certainly, it wasn't he who should have done this, but he felt it was necessary, and there is, and there was once that universe call made for all and many have heeded billions.

Q: In,

R: And he found it himself and we preferred to stay there, but yes time is not there that way, so everything you choose is good

P: And here the time takes quite a long time?

R: For earthly standards that is true, but for us that is, what an earthly life is here lasts 80 to 90 yrs and is

only very short on our side, so yes,

P: Yes, obviously, ok, as a child hey, Rene often dreamed that he always went on a trip with a UFO and I want to know you, was that really the case?

R: Yes, yes, we made him think that he was going to Tibet, there is, but because of that performance he had confidence, alone and we have already made him read everything about Tibet and there is a huge leader Tibetan people oppression by the Chinese and also all for awareness of humanity to see through suffering by seeing through the real reason. the dark can wake up humanity from and grow in his consciousness, so he did not want to see us himself, but yes, to give some strength from time to time and he thinks that he will fall asleep, he also does in the earthly body, but

P: He was conscious, but not to bring it back, in memory?

R: No, he didn't want to.

P: So, at the time, he was there to fall asleep?

R: In advance, that's all life, all the scenarios, possibly all have been discussed in advance.

P: So actually, you could say so no blockade is in that area with him?

R: No, yes, a kind of a blockade, but has consciously chosen it

P: So, before he came alive, so to speak.

R: Wanted to take on this life

P: Let's see, yes, it is necessary to say something about that week in Belgium that there is that he saw through the eyes of the people the Galactic race of everyone connected and he saw at 1 a very large green creature, what would you like to say to him about that?

R: yes, he was just searching, digging, outside himself, after our contact, he himself chose only contact before this life started, but occasionally, thinking after yes, we give him something and there he got confirmation that he had felt inwardly for a long time and what he had really chosen and also knew that he was going to propagate and that was an extra confirmation and that was an extra confirmation and he could also help with that and that happens occasionally and that we still show him something

P: Spontaneous?

R: Yeah, well, planned out, for him it's then, he has to do something for it, he's done something with drops and then fields changed and then he sees a glimpse and then he can go again, that gives him some hold

P: Yeah, ha, well very good.

R: But he actually knows, but now he knows all the way.

P: He also had a question about that woman, in the telegram group went to give birth to the 3rd sees Arcturians and got there, he got more and more contact with that and it seems that she, is his galactic daughter, is there anything to say about that?

R: Yes, that's, look the Arcturians are also kind of creators and they're connected to their part of their central sun and they're also very involved with humanity and yeah, that life that, is just a life a part that he, that I've been through and long. that was also just a piece of my own, just like now, but that, yes that was a part, which just appealed to me the most, liked me the most, it was also helping in large areas, in big conflicts, but there was, there again in that life it should not have been as planned, and there also things go wrong, and that part and there are also things not completely resolved, there is a commitment, so many who come his way in a special way, have a clear reason, again to show him of yes, it is good, go on, but especially in that way, look that Stephanie who is very powerful, very strong, but still and that is what Rene also needs, certain people that he can trust 100%, can talk to, so and it is necessary, that certain people speak out more, connect, and in that way already come together to get into 1 of the scenarios and then you have certain blades that should already be more aware of each other that they exist and if something is going on, they can do more together to yes the person than in a conflict within themselves, because I suddenly change so giga on earth, understand it well and can then be better supported, be helped again.

P: Ok, obviously, ok, and he also dreamed a while ago he had to secure a president in a galactic spaceship, were lured into a kind of trap, she questions is why do I dream and never before in this way, what has that

been?

R: Yes, hey, yes there are many things going on on earth, with good and not good, and because he with others, yes that arcturian life that appeals to him, me very much and that desire is so, that desire is so in him and yes by showing images, that is what he is, but yes, he is everywhere, but we can't show everything, sometimes, but we show him facets from time to time and that helps him grow in his consciousness and also towards others

P: So, he can see it that way, ok part of me doing the same? Just to be aware that he's a lot more than just Rene, well, just, it's a lot of

R: Yes, the others with whom he helps, who helps him to understand that better, we show him that, so that he can then explain that with others, if they say or tell that kind of thing, better, yes.

P: Yes, ok, obviously, and then he also has a question about when he lost the tip of his finger, that was a day before his 3rd birthday, but I see myself sitting at the kitchen table afterwards with my finger in soda water and sitting at the head on the other side of his father, left mn mother and next to him brother, each on a stool, but my brother is 3.5 yrs younger than me, so actually not true in this reality, what really happened, what is that memory, what can you say about that?

R: Yes, the way it is on earth, has come into this body, because I myself now put in that medpod, I could not be born in a normal way, we come into a body as in trauma and there is, a lot in between, so not , he was there later in this body where it is now and therefore the attachments have not gone 100%, so a part is not, yes he thinks that, but there it comes now , because he is with you now, he finds out that that time is not 100% correct, but we thought then, that it was good enough, which little so far back and so yes, there were some years in between, but in itself he has his brother, but he has consciously distanced himself from it because, he needed a place to land and he did not come, and because he does not fully understand that love and earthly life and was allowed to go along with it, he is distanced from it and is good, to be able to do his mission as well as possible

P: Yes, ok, so he can totally take it, what you tell, all right. And then I'm curious, he also told me this morning that he has on his head or was present and that woman who took that away in contact with others, that pain that arose there, is that in a very good way, what was that?

R: Yes, all, yes all starseed beings that come into a body are also galactic or just like any body you now have such a silver cord on earth and but they are also all bound to a kind of grid on the earth also because of those medpods, but in a way, yes that has to stay connected, but yes, but have also beings come to earth with other intentions and also earthly people are, are also in an earthly body, but they think to do the right thing, but they do it well from, more dark side because also the dark is needed to come to consciousness, if everything is only loving the process does not go fast enough and there is, yes, he wanted to experience it, yes, he felt it himself beforehand, would I do it or not do it, he wanted to experience it, well he has experienced it, it is, they disconnected it, he was loose, and felt it and we later restored it, he knew that, but he wanted to know if it was there.

P: There have been no consequences?

R: no, it has been disconnected, but yes, they did have more things, but it was necessary for him to experience that.

P: Yes, ok, so it meant something to him, that he this?

R: Yes, who, in the earthly, humanity is looking for sage and they are not there on paper of course, so we can only make them feel and experience and then it is also, one believes it and yes that

P: ok, clear. Well, my next question, is there anything else present in system, rene's body prevents him from being able to be himself?

R: Yes, well, he wants that, but we all want that, that it rises to the next, you call it new earth, but a higher frequency, yes, he had wanted that for a long time, but yes, it was already intended in 2012, but yes.

P: He's doing a good job of it?

A: In

P: ok, very good. Is there a question that has not been asked, but that you would still like to answer?

R: Well, I think he now knows that he is me, so yes, he can search

P: Yes, but in himself, then he has contact with you

R: Yes, I'm him, but that way it's not that common, so you look for it in the ways, as it's described, often from other experiences.

P: and that's also the reason this morning to him said it's always different than you think, so he did a good job huh, so went through huh?

R: Yes, he himself, yes because you asked him, actually we asked you, to make him even more aware of it, this now, of who he is now, he knows that too, but still, he remains, yes, he will not want to come to the fore, and that was the intention, that it does not come to the fore, because yes, if someone on earth, he stands out too much, and that can also give consequences. Yes, everyone needs less

P: ok, very good, beautiful, so higher self did Rene receive what he needed today in this session?

A: In

P: ok, then with a lot ofief and gratitude to you for your help and the information that has been given to Rene today we end this conversation, thank you

R: Please, with love

At the end after the QHHT session my whole body was stiffened, my head was to the right, I turned it upright, heard my neck creak, could not move my arms directly, my hands could not bend and could not stand up, 2 attempts made, before I succeeded again.

She told me that she saw my face change during the session first as a woman with a bald head, that must have been the pre-adamites, who have come from Mars to Antarctica and a man with brown skin, such as the Zulu breed



### **Antarctica pre-adamites ruins**





Mars pre adamites hieroglyphs, images have been removed from the internet, are in my head, but unfortunately can no longer find them.

<https://exopolitics.org/visit-to-antarctica-confirms-discovery-of-flash-frozen-alien-civilization/>



- <https://galactic-human-journey.orgfree.com/Rene-Yanadath.html>

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## Rene Yanadath



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