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Sessions Transcribed and Released By [Ras Namaste](#) (Chris) on Tuesday, 11 October 2011 at 00:07  
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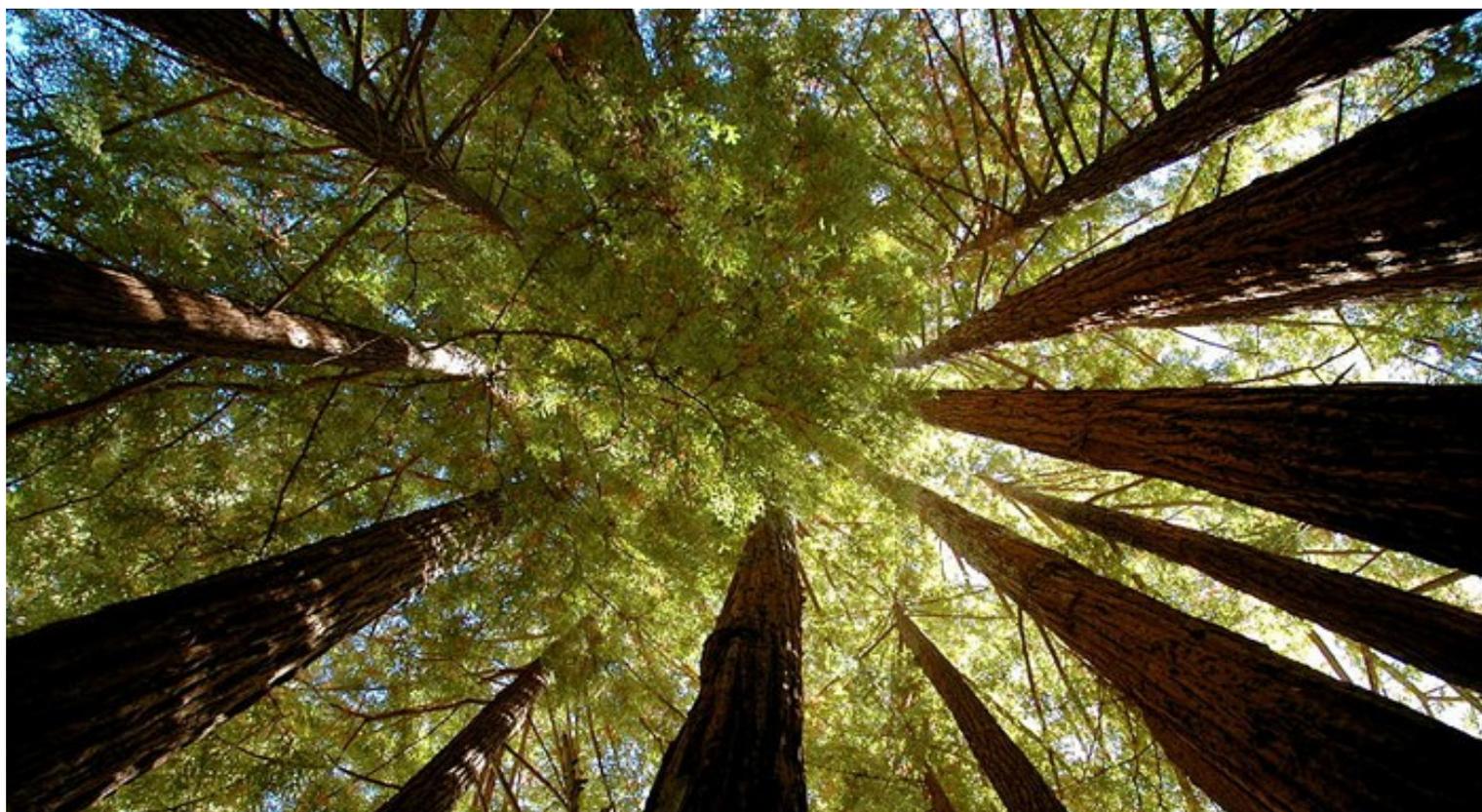
Prior to starting the session Ev and I were chatting, I recall saying “You are God/Source!, this is because if God is ALL things, or a part of all things, then all things are God and are part of God, just because we awaken into forgetting every day from birth, does not mean this concept is not true. Although I believe Ev understood anyway, the Subconscious showed us both how that was possible via the limitless transmigration of the Soul Consciousness... Higher Dimensional beings can do this easily and it seems all ET races use it for reconnaissance of planets and other dimensions, especially Earth since the dropping of

the first atomic bomb because believe it or not, it didn't only damage our planet, it damaged other, more sensitive planets also.

As always, you need to remain very open minded as some of the concepts appear very "alien" but the main thing is whether ET or Human, our Souls are all the same with all of the same abilities, many humanoid forms (minds) however are almost opposite to most other species in the Galaxy, leaders on other planets invest in raising the consciousness of their people simply because they know that their own will raise even higher in Oneness (Ascension). Here on Earth the few leaders focus on improving themselves and those like them and as humans are not drones within a hive mind, blindly and robotically following orders it causes stress (dis-ease) and division (descension). A good analogy would be "If you wish to control your heartbeats consciously, in the end, Source will stop doing it for you – Likewise, if we wish to control Earth and its nature, whether human plant or animal, in the end, source would stop providing them!"

Normally at the beginning of the session we follow a basic procedure to go to an appropriate time and place but Ev didn't waste time & went straight into a scenario, although a small part at the beginning was not recorded, I was so amazed by the info that I remembered most of it so I will start from a cut down memory version and blend it in...

In the beginning of the session, all I wish to do is have the Client look up into the sky and see a cloud, this proved quite difficult and funny in the beginning but there was a perfectly good reason for it, Enjoy



## Creation, Cloud Beings, the New Earth, Other Dimensions and much more (Past Life Regression)

*(Distant Memories from an incarnate hu-man/woman being named Ev)*

*QHHT/Chris = Quantum Healing Hypnosis Therapist....*

Chris: What do you see around you?

**Ev: I'm in a forest**

Chris:: Can you see the sky from where you are?

**Ev: No, I think I'm in a tree, I can't see outside of it but I can see the tree rings, I can see up inside the tree as well.**

Chris:: And you can't see the sky?

**Ev: No.**

Chris:: Ok, well can you move to a position where you can see the sky?

**Ev: I think I'm in the ground now**

Chris:: The ground, can you see the sky from there?

**Ev: I can look up but I can't see the sky, the trees are in the way.**

Chris:: So you're "in" the ground looking up, unable to see the sky because of the tree canopy?

**Ev: Yes.**

Chris:: Well if you could move to a position where you can see the sky that would be great.

**Ev: I'm a lizard**

Chris:: Ok, can you see the sky with the lizard?

**Ev: I'm trying to, I'm climbing the tree**

Chris:: You've entered a lizard and taken over its motor controls in order to climb the tree and see the sky?

**Ev: Yes, it's a huge tree**

Chris:: Is this a fast lizard? (being somewhat impatient)

**Ev: It's quite fast**

Chris:: Well let's move forward to when you're at the top of the tree and looking up into the sky, what do you see?



**Ev: Oh, it's a Dragon**

Chris:: It's not a lizard, it's a Dragon?

**Ev: Quite small, a little dragon, with a little horsey type shaped head, looks like a little seahorse but with legs**

Chris:: And what colour is the dragon?

**Ev: I didn't actually see his colour**

Chris:: Oh ok, are you still in it, being it, climbing up the tree towards the sun?

**Ev: No, not any more**

Chris:: Oh, not towards the sun towards the sky... So what's this dragon doing now then?

**Ev: It's gone. (laughing)**

Chris:: That's fine

**Ev: Yes, I keep seeing like a little cut-out, I think I'm supposed to go along there, it's like a cut-out in the Earth. I can't explain what I mean really, um, a bit like a mark that a big tractor would make but it's not a tyre mark, it's just like a pathway, maybe animals use it or something but it's quite cut out**

Chris:: Like a trench?

**Ev: Yeah! Yeah! That's right, see if you can join me**

Chris:: Um, I'm meant to be here, asking Ev questions **(Ok)** I can try to use my imagination to join with you and I am doing that as much as I can so I'm glad you're filling in all of the fine details for me so as I can get a better picture of what you're actually seeing so that's good.. So you've left the dragon

**Ev: Mmm Hmm (yes)**

Chris:: The small baby dragon, is it a baby dragon?

**Ev: I'm not sure, I think they just come in different sizes (Oh ok) I think it was, not particularly a baby dragon it was just a little dragon.**

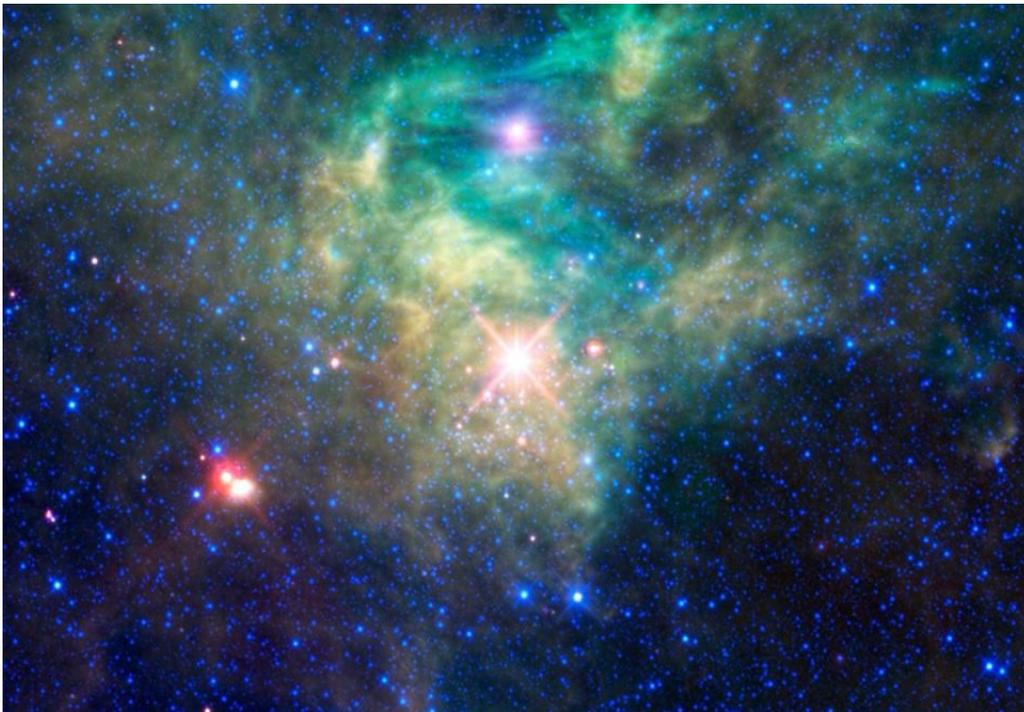
Chris:: So have you gone down the ditch, the crevis?

**Ev: Yeah but not seeming to be getting anywhere, I feel like I'm bored where I am, I don't want to be there anymore**

Chris:: Well that's fine because all we're doing is looking for the sky, you've done all you need to do there **(yes)** and all we need to do is find the sky really so if you could look up into the blue sky and find a cloud for me that's all you need to do

**Ev: I'm looking up but I'm seeing a night sky with stars**

Chris:: That's ok, you can enjoy that for a moment, **(whispers "where's the sun?")** is it a clear night with loads of stars?



**Ev: Oooh Millions, Billions, Trillions**

Chris:: So your atmosphere is very nice (more like having infinite vision)

**Ev: Mmm (yes) It looks more like snow than stars.**

Chris:: Wow! Because you can see so many?

Ev: **Mmm (yes)**

Chris:: WOW!

Ev: **(whispers) Oh where's the sun?**

Chris:: Oh that's fine, don't worry about that just yet we can enjoy the stars, so as you look around, can you describe any other things you see to me?

Ev: **Just like um, unusual stuff that I have never seen really, like um, it's like umm, ripples in the sky, like somebody's pushing, no, throwing stones into a pond but it's not a pond it's above me... Yeah! It's like um, it's like the atmosphere or what ever's around me is like water and you touch it and it's moving**

Chris:: Wow, that's incredible

Ev: **So there's like these whirls**

Chris:: Ripples everywhere

Ev: **Yeah! That's really cool! But I'm still not seeing no blue sky (laughing)**

Chris:: That's fine, there's a reason why you're being shown these things and I'm sure you'll become very enlightened as to why, you can still see the night sky (**Mm Hmm – yes**). If there was a cloud in the sky could you see one (**Hmmm – thinking**)

Ev: **Kind of but it's just like every thing's up the wrong way, a different way, it's like the clouds are more like waves**

Chris:: Well we can ride the waves



Ev: **I can see like, an unnatural looking cloud but it is something, it could almost be... umm... (thinking hard)... A cloud before we would ever have known that they looked like that, it's more like...It's shaped with more purpose almost if you like, it's not like a fluffy cloud like what we see, it's more round ...**

Chris:: Has it got an intention, is it more alive?

Ev: **Yes, it's more like a spaceship (laughing)**

Chris:: Oh right, that's fine...

Ev: **But it's a cloud and I have heard they did have them so...**

Chris:: I have had a similar experience seeing a craft that was cloaked as a cloud, could this be similar technology?

**Ev: I think there's a good chance of that yes**

Chris:: So there's a good chance also that you may be able to get up and into that craft

**Ev: Mmm Hmm (yes)**

Chris:: Well if you could float up to the cloud, do you go inside of it or...

**Ev: We, um... coming up into... into it... yes... up from underneath of it (yes) floating up through in a tube (excellent!) I'm going into it**

Chris:: You're going into it now?

**Ev: Yes, a cloud ship (chuckles)**

Chris:: So as you look around inside of the cloud ship can you describe to me what you see?

**Ev: Um, It's just like um, it's just like energy at the moment,... like sun-ray if you like coming out but you've got the feeling that it is some sort of ship but nothing like... I could sort of say "Oh it looks like..."**

Chris:: It's not got buttons and knobs

**Ev: No, it's just like energy, the whole thing is just like a spinning, but it's not spinning, it appears almost like a Catherine wheel, like a firework but not bright and sparkly like that but.... It's just energy**

Chris:: Well you could be able to draw it

**Ev: Oh I can draw it!**

Chris:: Well after the session you'll be able to draw that

**Ev: Mmm Hmm (yes)**

Chris:: So they're just energies, are they different colours?

**Ev: It's almost like um, apart from the dragon, the little dragon that seemed.. and the trees, that seemed like Earth sort of thing (yes) but all this, it's not, it's like um, just created through energy, it's got no (solids?) sides or solids or anything like that, that all I keep seeing, it's like this spinning energy (yes) It's like vortex's of energy just spinning and then like the one I'm seeing now it's like going down in the middle and pointing in the middle and then spinning out around the edges, I think they're just showing me or something's just showing me what was in the beginning maybe even, like spinning things like spinney tops of energy**

Chris:: Yeah, that's the nature of the universe it all spins doesn't it

**Ev: Yeah, it's not really too helpful so maybe they want me to move on (laughing)**

Chris:: Well it's very interesting, the planets spin, the universe spins, galaxies spin, everything spins, electrons spin (so they say)

**Ev: Yes, it all moving isn't it.**

Chris:: All one universal motion then?

**Ev: Yes. I think it's showing me how much space is around everything, it's like it's saying "There's no real solidness to it, it's just a mass of stuff going on and spinning and..." It's way before our time that's for sure, this one anyway**

Chris:: Yes, matter has not manifest yet?

**Ev: Yeah that's right! That could be it yes**

Chris:: So it's before materializing.

**Ev: Well I've just seen a tree now being created, it just quickly showed me a tree being created right, and it started at the bottom (yes) but it didn't show like a baby tree it showed a big tree and then this spinney light was all the way around the trunk, yeah? (yes) Spinning energy, coming out like in umm, again I'd have to draw it, and as it's going up the tree it's spinning the energy (yes) and like above it, it's just like misty and then as it's moving up below it you're seeing the tree being**

**formed (Wow!) It's as if like showing you quickly you can create and re-put a tree (massive realization) Hey yeah!! It's putting the trees back where they're meant to be, maybe, maybe it's showing us how the trees are going to be put back**

Chris:: Wow that sounds amazing!

**Ev: It's just like a spinney thing just goes up from the root and recreates a tree as it should be, as it would be (yes) not a baby, a huge tree, (Wow) being put back, that was maybe chopped down, I don't know, I'm just trying to guess, it's showing you how it's done though, it's showing you it can be created really quickly, in a matter of moments it's like one of those computer games you see where something's spinning and below it something's being created instantly sort of thing, a whole big tree (Wow) It's pretty cool that.**

QHHT: So is this happening on another dimension? Is this a higher vibration?

**Ev: I'm not sure, I don't know if it's about healing or if its how things started in the beginning when they were seeding the Earth**

QHHT: When they were first manifesting matter **(yes)** into being **(yes)** Ok, so it's being spun out of the pure air **(yup)** and intention **(yup)**

**Ev: Whole forests**

QHHT: That's incredible! Do you think it may be instruction on how we could do it? **(Yes)** Now?

**Ev: When the time is right yes**

QHHT: When the time is right **(Mmm Hmm)** And do we do that collectively?

**Ev: One person could do it on their own (really?) Yes,**

QHHT: Do you think it could be instruction for the new earth?

**Ev: I think so, I'm not positive. I really think and believe that it was how it was in the beginning, when they were having fun creating and turning invisible, matter, I don't know what you call the names of it, darkness, it was quite dark, and stars, billions of stars, and then they started to create things, tree were some of the 1<sup>st</sup> I believe, to be made and then I think it's showing us that maybe that's how we're going to recreate and put the trees back because they need to come back so quickly, we can't wait thousands of years for the redwoods to grow, we need to put them back quick!**

QHHT: And that is a full possibility we believe? **(Yup)** Excellent, so if we could be part of that acceleration that would be great

**Ev: They'll show us how to do it**

QHHT: Will they show us soon? **(I hope so)** because some people want to get to work..

**Ev: I think as soon as they're able to become part of us again, join us properly (yes) They're going to show us quickly how to do this because it's so important because the Earth is suffering really really bad because of the lack of trees, that is more important than all of the other stuff, it's the trees, and the huge trees, the trees as they would have been had they... you know... been left alone?**

QHHT: We miss them, the ancient ones

**Ev: Yes, the really really ancient trees, these are the ones they want to put back, the really really ancient trees and that will help to fill back out the earth with all the soil and everything that needs to come back that's been taken out and all the minerals and golds, silvers and crystals**

QHHT: It's had a hard time

**Ev: But it's nothing that can't be put back, easily!**

QHHT: That's comforting, that's good to know

**Ev: It's easy for them, childs play**

QHHT: It's easy for them to do it then, are they the ones that are going to do it then?

**Ev: With us**

QHHT: Excellent, and they're going to give us instruction at the right time?

**Ev: Yes.**

QHHT: Do you know how close that time is?

**Ev: I saw 2014 but...**

QHHT: Ah, that's clever

**Ev: Hopefully, Hopefully, it's all ready to go, it's all there**

QHHT: And does this have something to do with 5D earth (**pardon?**) is this part of the raising of the frequency of the planet?

**Ev: Yes absolutely, the trees are all part of it, without the trees it'll take too long, they seem to be one of the key things, the trees, the sea is all messed up but the trees seem to be the priority, it'll all get done at the same time I expect**

QHHT: So the sea's going to have a massive clean up as well

**Ev: Oh God yes!**

QHHT: And the energies are going to move in to do that is that correct, are they beings from here?

**Ev: From all different places**

QHHT: Dimensions and galaxies?

**Ev: Yes**

QHHT: We are aware that there are many here

**Ev: There are many here now and there are many here that are of them already who will know what to do once they're reminded or be shown. Yes, it's easy for them, they create universes, you know? It's what they've been doing (laughs) it's what they do**

QHHT: And this is the same energy that we're working with now?

**Ev: Um, I'm not sure..**

QHHT: Using Quantum Healing Hypnosis Therapy

**Ev: Oh yes**

QHHT: Where we ask the subconscious questions and it knows all the answers, so I guess you guys as universe makers do also have the answers to all of the questions, if you so wished.

**Ev: We.. (would?).. From...(Our perspective?) It wants.. It will be shared, remind you?**

QHHT: It will be shared and what sorry?

**Ev: Everything that needs to be done to put things right, is already in place (uh huh) it's ready to go, it's ready to be done, it's been done before... It's just ready to go,. It's exiting ,it's really exiting**

QHHT: It totally is!

**Ev: I can't wait (laughing) "me personally" and I'm sure they can't either, all of them.**

QHHT: Definitely. So the main thing and the first thing to go back is the trees, then the water, because the water is in a pretty bad state (**Mmm Hmm - Yes**) I know they can create universes, so they can just shift the energy back?

**Ev: Once the trees and every thing's back into place, the energies shifted anyway (yes) by the humans,then everything else will quickly just... Domino effect.. It's bad, it's bad for humans, yeah? (yes) and the planet but it would be easy to fix if there were no humans on it**

QHHT: I can understand that

**Ev: But because there are humans here... You know... You don't want all of the chaos, loss of life**

QHHT: We're going to avoid that though are we, or is there still learning for some?

**Ev: Some are going to go, but there is no end so "hey ho" (chuckles) you know, it's a mess and it's got to be sorted out!**

QHHT: About time in my eyes

**Ev: It's what it is, it's how it's got to be**

QHHT: It was a great teaching while it lasted, a bit of a dark legacy (**Mmm Hmm**) to be leaving behind but hopefully we've learned something from it without destroying the planet and most of the population and creatures (**creatures**) and beings on it.

**Ev: Creatures!.. It's mainly about "The Earth"?... as a being?.. umm, the centre of the Earth and the connection, "they'd like to come back on top and have a look about, it's not good up here at the moment!"**

QHHT: We're quite hostile aren't we?

**Ev: Mmm Hmm (yes) but, like little children**

QHHT: Well other people have less nice words to say about them.

**Ev: Yes but within, within...**

QHHT: We are all the same

**Ev: Not all, there's been some nasty ones here but they're gone... Mostly. There's just some of the darkness left but it's just a residual energy left behind but that'll go, that 'll go. It'll be fine, it'll be absolutely fine and if you can keep your body and make it through that's good**

QHHT: We can do that though can't we?

**Ev: Yes, if you choose**

QHHT: I have heard about the rainbow body but that seems like a lot of work, a lot of dedication. Am I correct in assuming Freedom and peace is going to be around for a good time?

**Ev: Mmm, mmm (Yes, yes)**

QHHT: So the dark ones are losing their power?

**Ev: Yes, they're just kicking a bit but they basically lost it already, it's just like we were saying earlier, it's just an illusion, it's a game, it serves its purpose**

QHHT: It's a very difficult game to play (**yes**) but I'm not too sure I would have opted for it had I been a bit more aware but there's so much to learn here that it can't really be missed I guess.

**Ev: You wouldn't have missed it (laughing)**

QHHT: I don't think I would have missed it either, there's people (souls) cueing up for it aren't there?

**Ev: Too right! (laughing)**

QHHT: Ok, so now we can evaluate and say that the future is looking very bright indeed (**Mmm Hmm**)

**Ev: I've found a cloud at last, I'm going to go up and sit on it..**

QHHT: Excellent! Perfect!

**Ev: I can see the top of a volcano, and it's like all snow on the very top of it, I'm way up now, I'm way up in the sky!**

QHHT: So is there a reason for you to be up on the cloud?

**Ev: I think we just got up there to get on it initially but um, I don't know where we're off... Dunno.**

QHHT: So you can see the top of a volcano.

**Ev: Mmm Hmm, very pointy... could almost be ummm... maybe a pyramid (pyr = fire, mid = centre, or Volcano) that looks a bit like a volcano I don't know, a bit pointy..**

QHHT: Is there any significance in this?

**Ev: Yes, I'm right over the point of the V.. Umm pyramid thing yeah, sort of looking down inside now, looks like... Mmmm thought I was going to go in then but I didn't (oh right) I don't think I really wanted to (laughing)**

QHHT: That's fine...

**Ev: 1, 2, 3, 4, it's got four sides, they have more than that don't they?**

QHHT: No, that is a pyramid (**is it?**) yes, it is a pyramid (**ok**) What do you believe is the relevance for being shown the pyramid?

**Ev: I'm not sure yet but I'm just seeing like, a doorway now, and over the top of the doorway you've got like the top half of a dogs head umm, I've seen something like that before so I don't know if that's my conscious mind making it up or not I don't know**

QHHT: No no no, if you can see it there then that's fine because you can look around, if you saw an image one thing you can't do is look around it, but this is different, you can look around that image

**Ev: I can see it, like the nose, top part of the jaw is sticking out like a canopy**

QHHT: There you go then, it's not just a picture you're actually there

**Ev: Yes, there's steps going up to it**

QHHT: Ok, well follow your natural course then..

**Ev: Ok,... Well there's some huge big doors, and they're like arched at the top and I'm pushing, or they're opening! (surprised) or it's pushing (yes) now the skull bit, not skull, the heady bit, the jaw, is almost like it just disintegrated (woosh sound) disappeared and then there's like this great big bright light now (Uh huh) Um, I think that's telling me that there was something not very nice there but the light overcame it, I think that's what that meant. That's my feeling I got anyway, so anyway, let's have a look now, so I've gone inside and there's more steps! Right, I'll go on up there, I can actually imagine myself walking up these stairs (amused), it's even got banister on the side, that's really weird! It's just really smooth walls..**

QHHT: Shiny? Polished?

**Ev: Mmm (yes) and it's coming out now onto a flat part, okaay, now I'm seeing something that looks like ummm, Stonehenge but much more refined, it's a circle, and it's got pillars and it looks as if it's dancing but it's not people but it looks as if it's moving, (yes) and it's got other ones inside it moving in different directions like cogs almost and there's lots of light in there. And now there's something right in the middle and it's opening up (wow!) it's like (starts laughing) a Cadburys Chocolate Orange, they open up when you bang 'em (yes) like that, it's opening up and there's an immense light coming out of it! And I think this is telling me, this is, this is the pyramids reactivating (wow!) this is actually happening! It's showing that the thing what was controlling it, which was not very nice! (yes) is gone and the light's back in the pyramids and they're reactivating... Are activated now! (WOW!) And it's showing it happening. I cansee all this, it's a similar thing to what I saw in the sky but it's on the floor now and it's moving and it's more structured and it's spinning in different directions and it's opening up and this huge, really bright light is shooting out, that's cool!**



QHHT: And this is happening now?

**Ev: This is happening now!**

QHHT: Can this be seen on the physical 3<sup>rd</sup> dimensional level?

**Ev: It's showing everything just disappearing now so whether that means "No."**

QHHT: That could possibly mean no, so as we go up into a higher dimension you should be able to see it happening

**Ev: Mmm (yes)**

QHHT: And it should be back to it's normal glory

**Ev: Yes, absolutely yes! You will see it and it looks like umm, again I could draw it, you can see all, umm, the petals of a flower almost. You know when a flower opens?**

QHHT: Like a Lotus?

**Ev: Yes, sort of yes! And then it's opening up and this immense light is shooting from the centre core up into the air (Wow!) That's what I saw, I'm still seeing it now**

QHHT: So that says to me the Earth is Enlightened

**Ev: Absolutely! And this is happening all over** (To add more confirmation, 7 volcanoes awakened simultaneously this month of November 2013) **This is so cool, this is really good! (very impressed)**

QHHT: Sounds epic!

**Ev: I've never been in a pyramid so, I don't know what they're like... That is really good! I don't think you can see it with your physical eye but you will do, you will do, eventually**

QHHT: Do we have to phase into it, do we have to change as a species in order to get there a bit quicker or is it just happening anyway?

**Ev: It's happening anyway because if it waits for everybody to catch up it just... (wouldn't happen?) No, it would take too long**

QHHT: (Laughing)

**Ev: And it's got to happen so it's going to happen anyway**

QHHT: I understand

**Ev: And then everybody will just... They'll catch up, they'll catch up**

QHHT: Well it's about time anyway

**Ev: Absolutely! Needs to be done... I can just see lots of variations now, lots of these things opening up, some of them are almost like, not in pyramids they're um, like in volcanoes or hill tops, mounds**

QHHT: Well there's a lot of extra terrestrial activity going on around volcanoes

**Ev: Oh (surprised)**

QHHT: It's quite strange you using the word volcanoes

**Ev: It's saying a lot of them aren't volcanoes, they're actually camouflaged to just keep you away, obviously if you tried to go in there you'd die because it's too hot (yes) but if you could see it from how I'm seeing it in my mind, it's not a volcano, it's actually like a huge beacon of light (the Sumerian Clay tablets mention a beacon of light coming from the top of the main pyramid in Egypt) but it just keeps certain people away, looking very hot and... killing... And it would at the moment but it won't do once everything takes its true (course/form)!**

QHHT: There's one going off in America, it's becoming unsettled, could this be a similar device?

**Ev: Yes, I'm being told yes, yes.**

QHHT: Ok, so we'll trust that implicitly...

**Ev: Chaos though (pardon?) It is going to cause some chaos though, it's not going to be the actual real um, the energy within it, that's good, that needs to be but in order for that to take, umm, to form into what it should be ,if you like (yes) and it will cause some shaking and stuff, so it will cause some trouble**

QHHT: But we don't die so "hey!" that's fine

**Ev: Mmm (yes)**

QHHT: And things can be fixed as you say

**Ev: Yes.**

QHHT: So you've been through the pyramids.. So the energy core, was that firing up?

**Ev: Mmm Hmm**

QHHT: It's based on Stone Age technology am I correct?

**Ev: Way back before that**

QHHT: Oh before stones?

**Ev: Mmm (big yes) Yes, way back before that, way back**

QHHT: So this is just energy then?

**Ev: Yeah when everything was literally like um.. to start with, ummm, like all the (whoosh sound) and the (lower frequency whoosh sound)**

QHHT: All of the reactions of the steam and the cooling down of the planet

**Ev: Yes, Stonehenge and other symbols were put there more to remind... Maybe not remind, like a "map" if you like, (alright) yes, they were later (oh ok) but some of the pyramids and the actual energy, the really powerful ones that are covered with pyramids are much more ancient, much more than Stonehenge**

QHHT: Is this before Atlantis?

**Ev: Well, "yes" came to mind.**

QHHT: That's ok, we'll go with your initial instinct

**Ev: Yes, really really, the beginning when everything was created and then the energy of the Earth was just so pure and almost all like water, loads of Ocean everywhere, and the water made the energy more than what it is so there's loads under the ocean, energy spots um energy Pyramid things and they're being reactivated in order to... But of course it's like the energy of us humans 'n' that all together is what's helping to raise the energy so it all can be reactivated, it's all got to help, everything is kicking off against itself and it's good**

QHHT: So if we keep our vibration high, things are going to go smoother?

**Ev: Much smoother yes but it's difficult sometimes, it is difficult but again, as you said earlier, try to...Well don't try, Be as much as you can in the now and let the past be there but it is done**

QHHT: Yes, we don't cling to that

**Ev: No... Oh yeah! That's the other thing, it will all come out like musical notes, um, the knowledge from the power From the Light? (yes?) from the Pyramids? (yes) because in that is a lot of the activation for everybody**

QHHT: So we've all been sort of pre-conditioned (**yes**) to and prepared.

**Ev: Aaah, yeah yeah, because when they shut everything down and change the DNA and made us lesser, you know, without our powers (yes) Umm, they shut that all down and so they've had to keep that, the ones that were doing all the mischief but now they're gone and the energy will reactivate and like musical notes it will just flow into you, through you (Wow!) and everything will reactivate, I can't really explain it except...**

QHHT: I know what you mean because I watch a thing where they were actually picking up radio frequencies out of the top of a Pyramid (**Mmm**) So they have detected already, coming from the top of this "Bosnian" pyramid, it's a huge Pyramid (**yes**) they know the frequency of it (approx' 27Khz) as well and they also say that as they move away from this pyramid the energy becomes even stronger (above the peak and upwards)

**Ev: Yes, it's something to do with the frequency being changed slightly, so it's been made, like you were listening to music, the frequency isn't so pleasant to listen to but it will become as it should be**

QHHT: It is a frequency all the same (**yes**) and even though it's not going to sound like music to our ears (**no**) as such but it's going to have a beautiful effect.

**Ev: A resonance with your inner being, who will know it & recognise it and it will change everything, we will wake up and everything will just be like you've been walking around in a daze**

QHHT: That'll be great

**Ev: It certainly will, and it's coming now, it's happening now, there are those that are already experiencing it you know and you can become invisible**

QHHT: Yes, it's a matter of consciousness?

**Ev: Mmm Hmm (yes)**

QHHT: Controlling our own minds and thoughts?

**Ev: Yeah, and the vibration, just become with intent, if you choose, you don't "have to" you could become so high and pure that you'd become invisible but you'll still be there**

QHHT: Yes but in a different dimension?

**Ev: Sort of yes**

QHHT: Slightly out of phase

**Ev: Yes, you know like people think some people can see spirits (yes) and ghosts (yes) and others say they're not there because they can't see them (yes) well some people would still see you but some people wouldn't. If their energy was too low and yours became very high before them because you're more open to it and you're attracting it more, you could physically disappear to their eyes (yes) but you would still be there.**

QHHT: I do understand yes.

**Ev: I don't, (laughs)**

QHHT: I do understand because it's talking to my technology of frequencies and I do understand that if your frequency is just at the right degree you can literally vanish (*As a sound engineer I understand that electronically,  $(+6) + (-6) = (0)$ , so if my happiness is  $+6$  and your sadness is  $-6$ , you will not be able to see me, if I come down as low as you, you will not fully understand me, nor I you*)

**Ev: If you think about yourself as pixels, like a tv (yes) and you could put enough space in between each pixel, eventually it would be pretty hard to see you there, even though you would still be there and if you condense back down you would still be there (yes) but if you allowed enough space in between.. There's masses of space there already but if you allowed even more you could kind of... A bit like those pictures, where you look at them and you can see something that other people can't (yes) it's kind of all like that, you know, people might just see like a glimmer in front of a tree and somebody else may look and actually see you**

QHHT: And this is to do with your vibrational state in relationship to the 3<sup>rd</sup> dimension?

**Ev: Yes, as you're coming beyond the 3<sup>rd</sup> dimension, you know, the energy in the 3<sup>rd</sup> dimension is too thick and heavy and gooey (yes) You'd have to be incredibly.. you know, like Buddha (chuckles)**

QHHT: That's what I was thinking

**Ev: You'd have to be so.. so.. You'd have to master it, takes a long time for a lot of us.**

QHHT: Ok, so we've seen that the pyramids are the energetic equivalent to a volcano? (**Mmm Hmm - yes**) And that they are similar devices..

**Ev: To the Sun**

QHHT: To the Sun?

**Ev: Mmm Hmm, it's like um, they are hot! Just like the sun is in the right situation but if you know... I can't explain that bit... If you know how to approach them (yes) if you were allowed to, when you're allowed to (yes) Not yet! (chuckles) Don't try going there yet! (no no, obviously) It won't hurt you... It's just like a smoke screen just to keep certain people away**

QHHT: And it does a good job (**yes**) very good job. Because only certain technology can get past the barriers (**Mmm Hmm**) And could I say that this technology comes from a higher dimension?

**Ev: Absolutely yes, yes, yes**

QHHT: And can we be like them, we want to be in a higher dimension, you can get some idea of how we can be like them and see them and even their craft are hard to see aren't they? They phase and shift and come and go and don't even say hello!

**Ev: The words that come into my mind is "Gods timing is perfect!"**

QHHT: I'm being reminded, yes ok.

**Ev: When the time is right, and I know we're all impatient (chuckles) it will happen and it will be. And it may happen in a situation where you never expected it to be, it may not be on a dark sky, it may be in the middle of the day and it may be something that you just did not expect in the sense that a spaceship or things you might like to see aren't always big (yes) they can be very small, very small, (yes) and they could appear just like a little bright light and you may not think you've seen nothing at all**

QHHT: Wow, well it's hard for those little bright lights to evade me and I quite often see little bright lights, glimmers

**Ev: That's them entering in and popping back out again (woosh sound x2)**

QHHT: Well they're clever aren't they

**Ev: Mmm Hmm, it's just to tease you a bit**

QHHT: Well it would be nice if they hang around

**Ev: Keep Putting that thought out! Ask for it, I know you have, you can't ask more, but just say you know, this is what I want, show me! Show me! I want to see! I'm ready! Bring it on!**

QHHT: Right on, I'll go with that!

**Ev: Show me! And then it will.**

QHHT: Excellent, so I'll take that as wise advice and a good little practice (I give thanks) – Ok, so if we can move on and find that cloud (**Mmm Hmm**) have you found one (**Mmm Hmm yes**) well if you'd like to follow the normal procedure (**Mmm Hmm yes**) are you on it already?

**Ev: (Starts chuckling) the cloud turned into like a... (starts laughing) like a little space ship and I'm sat on top of it, it's like a little hover board almost if you like**

QHHT: (laughing)

**Ev: I don't know where I'm off but I've become very child like now and I've got pigtails (laughs) So I'm a little kid on this thing...**

QHHT: So we're going to have some fun with that (Mmm Hmm yes) and that's great because your little hover board will hold your weight just like magic –

## Space

*-This part of the session started with a much more serious tone-*

(we continue to go to an appropriate time and place) Are you coming off of the board yet?

**Ev: No but I'm having a strange experience, my heart is beating faster than normal I felt my body expand and I've experienced this before when I've channelled, it's a totally different place but at the moment it's just um just dark, I can't see any visions at the moment**

QHHT: Ok, well you don't have to have any physical reaction in this body. So you say it has something to do with channelling?

**Ev: Mmm (yes) I'm in a different zone right now.**

QHHT: That's fine, as long as you're comfortable

**Ev: It was a bit uncomfortable to start with but I'm getting used to it now, it was making my heart race a bit because there's nothing there... That's what it is, it's just an empty space.**

QHHT: The space of all spaces?

**Ev: It's just empty**

QHHT: That's everywhere though isn't it? From there we can get to a lot of places, because it is all places, am I correct?

**Ev: Yes, Is this normal then?**

QHHT: Oh absolutely (recalling my own sessions) I love that place! **(it's very strange)** There's nothing to think, **(laughing "there's nothing!")** nothing to see, **(there's nothing!)** nothing to do

**Ev: That's nothing, that's really...(strange?)**

QHHT: There's nowhere to go **(no)** it's beautiful!

**Ev: I felt my whole body expand, that's what I get sometimes when I meditate**

QHHT: Because you are the universe, do you not possibly think this could be the reason why? **(unsure Mmm)**, That you are part of Source Energy and sometimes when you access, or get into the correct state of consciousness you can access that energy, could that be linked?

**Ev: I think so, it's just strange how that was just totally different then, it's calming now but it was totally different, I panicked a little bit**

QHHT: Because of the sheer nothingness of it all?

**Ev: Mmm! (Big yes!) it just went completely and my whole body went "Boof!!" and just expanded, it's still blank but I know I'm here again now, just like I disappeared for a minute**

QHHT: Oh well that's perfectly normal **(cool)** because we go into the void every now and then... It's just on the border of the void really

**Ev: Mmm, very interesting.. All you can see is like, your own energy within your head moving around and making shapes within your eyes if you like, just your blood and everything**

QHHT: And do you think our form is determined by what's going on in our head?

**Ev: Yes I do.**

QHHT: They are directly related?

**Ev: Mmm (yes)**

This section covers anti ageing and the end of fossil fuels, it is also possibly showing us accounts of the future - During the session it is mentioned that ageing is nothing more than conditioning of the mind, in my account "A Garden in Heaven & the Book of Life" age was not a concept, we know there that we are eternal and nothing more. Enjoy!

## • Part 4

**Ev: All you can see is like your own energy within your head moving around making shapes within your eyes, if you like, just your... sort of blood & everything, in your eye, do you know what I mean?**

QHHT: It's the consciousness that manifests it is it?

**Ev: Yes**

QHHT: And do you think our form is determined by what is going on in our heads?

**Ev: Yes, I do.**

QHHT: And they're directly related

**Ev: Yes**

QHHT: So that means ageing might be just a figment of our imagination to a certain degree, could it not be that belief systems have tainted the speed of our life-span?

**Ev: Yes**

QHHT: Because we can live much longer than 120 can't we?

**Ev: Absolutely!**

**QHHT: I am fully aware that that could happen.**

**Ev: Absolutely, it's just conditioning that's all**

**QHHT: So we stay young with our young thoughts...**

**Ev: I'm starting to see a few shapes now...**

**QHHT: Sometimes we're communicated to in shapes and symbols, sometimes different colours...**

**Ev: It's all black and white at the moment, oh, and Light as well...Sparkle... I just saw this thing that looks like um, you know the bobbin' donkeys, or horses, whatever they're called what they use for the oil (yes) I just seen them..**

**QHHT: Oh right, well there's a reason, it's a metaphor, normally there's something there to understand about it**

**Ev: It's about stealing the Earths resources isn't it.**

**QHHT: Possibly, and this is something we have to get away from?**



**Ev: I'm being shown a scene that's, not scary or anything but not very pleasant... It's um.. It's baron! And just these bobbing horses stealing the energy.**

**QHHT: Oh! (realizing) they're oil rigs! Bobbing horses.**

**Ev: Yes, they have those things that go up and down don't they (yes) and pump the oil.**

**QHHT: I can see yes, out on a desert.**

**Ev: Yes, the ground looks all sort of dried out, not like soft desert or land, it looks all cracked like an old Elephants skin...**

**QHHT: Is it being drained lifeless?**

**Ev: Yes, very. It looks like the skin of an Elephant and it's grey and dead and blank, there's no trees, there's just these..**

**QHHT: Is this because they're sucking the oil out or is it a maintained area to make it easier to move around?**

**Ev: I think the message is, oh it's funny, these little bobbin horses have gone a bit crazy and they're like going up in the air and refusing to work (laughs) That's funny, it shutting down like a book, it's just literally um... There's this scene yes (yes), like the Elephants back, with the bobby horsy thingies (yes) taking the oil (yes) and then, all of a sudden - and then it looked like a half-moon, half moon scene (yes) but dark and dismal, well not terribly dark, "greys" and then the horse, well these thingies (that look like bobby horses) they put their heads back if you like and they started to close the picture up like a book (oh right) if you can understand what I mean, like sandwich it together and then shut down... And there's like a clasp with a buckle shutting it off, finish,done!**

**QHHT: Wow!**

**Ev: I think it's telling us that the days of robbing the earth are over.**

**QHHT:** About time!

**Ev:** Yes, and it's a different colour as the book shuts it's a different colour, it's just gone back to it's like, um... Base again now.

**QHHT:** So when the bobbing horsies stop, does the land restore?

**Ev:** I'm seeing these things come up, ah YES! Do you know what it is I've just seen?

**QHHT:** Carry on...

**Ev:** It's like, no it's really good when you talk to me because it kind of triggers little bits. You know like, a little cress seed? (yes) and it's coming up, that's what I'm seeing like "little creatures"? (yes) With funny long heads, it's a seed!

**QHHT:** But you saw it sped up?

**Ev:** Yeah, I saw it come up like a little creature, like a little ducks head almost (oh right) and then it turned into a seed

**QHHT:** Into a plant

**Ev:** Yeah that's cool, yes it's saying everything will be fine and regenerate itself once they're all gone

**QHHT:** Ah that's brilliant! And can we confirm... Is it because of the presence of these objects, these drilling machines that the place is dead (Yes, absolutely!) and desolate?

**Ev:** Yes (Emphatic)

**QHHT:** Like...

**Ev:** Parasites!

**QHHT:** Parasites...

**Ev:** Robbing the Earth of her lifes blood (yes) it's meant to be in there (yes) not meant to be burnt.

**QHHT:** Yes, it's not the best thing to do with your mother.

**Ev:** No!

**Part 5:**

**QHHT:** We moved forward to an important day... "What do you see?"

**Ev:** I don't know really, it's weird... It really is like a ledge, it's a tall ledge and I think I'm on top of it, it's not something I remember doing (ok) I don't think it's connected to an important day.

**QHHT:** The Subconscious is showing you thing's, there is something important there

**Ev:** Ok, it's like a ledge and it drops away but it's like a conveyer belt, um, you know how the stairs move on a conveyer belt? (yes) Well this ledge, or like a waterfall ledge if you like, is moving, that's why I say it doesn't make a lot of sense (yes) and the edge of it is like it's moving like a conveyer belt, it's not like water, it's weird! And it's just... Dropping down!

**QHHT:** It's just different?

**Ev:** It is different yes, it's very strange... I don't really know what that is, I mean I could say it's a waterf all but it's not.

**QHHT:** Yes but if it's a waterfall in a different dimension it may well have different characteristics

**Ev:** Oh yeah! I've just seen a really amazing waterfall now, oh mate that's high! That's really high, you would not want to jump off there! Huge! Thousands of feet down, you can't even see the bottom, just mist, oh I don't want to go over there!

**QHHT:** No need to go over there...

**Ev:** No, I'm just flying off, I'm flying now (chuckles), I turned into one of them pelican thingies and flew off (Laughs)

**QHHT:** Perfect, so you can fly...

**Ev: Yep, and sit up a nice big tree**

**QHHT: So you can test your wings...**

**Ev: I'm in a nest now, with my little babies right up above this great big waterfall and she's really safe and happy... Yep, spreading her wings out, it's not me anymore now it's just like she was just a symbol of me carrying me away from that place and putting me in a nest.**

**QHHT: Perfect! So how many babies are there?**

**Ev: 3**

**QHHT: Excellent, I suppose it's a big nest.**

**Ev: Oh God yes! It is a big nest and it looks like it's being held by a big hand**

**QHHT: And that is a tree.**

**Ev: It's a tree really but it looks like a big hand**

**QHHT: And it's very high up.**

**Ev: Yes it's very high up in this tree, we're back to trees again (laughs)**

**QHHT: Well at least you're on the outside of it this time.**

**Ev: Yes, my bodies calmed down again now (perfect) I think I came out of that zone again, that was weird,**

**QHHT: It may be a way of transitioning from one place to another I'm not sure but as the bird and as the pelican (Mmm Hmm) you have wings and you can get some idea of what it is like to soar and just fly up..**

**Ev: Ah it's beautiful! I am lucky, I have the ability to fly in out of body, had the experience of flying and taking off and soaring, I've done all that so it is good, that's probably why it's relevant just to lift myself up and fly away from what I didn't like**

**QHHT: Yes, we can move our consciousness into different things can't we?**

**Ev: Shape-shift.**

**QHHT: In a way but isn't it just like moving our consciousness to a different location?**

**Ev: Yes, I think so, all is one, one is all?**

**QHHT: Yes, that's how I understand it and thank you for that confirmation**

**Ev: Yes to shape shift doesn't mean to lose yourself, it just means that you can if you want to you can choose to shape... change your structure and um, to enable you to experience something different so you can be many things and still be you.**

**QHHT: Totally, and everyone has this ability?**

**Ev: Yes absolutely!**

**QHHT: It's just the intention then I guess.**

**Ev: Yep, and I think to be a bird would be one of the easiest ones to start with, to be a bird because, well from what I've experienced just to see yourself bend your knees and have the intention that you're going to push off and when you push off you will take off and fly and if you want to you can jump off something that you feel safe to jump off, not too high to help you, but I've never hit the ground, always flown**

**QHHT: Ok, so you're still in bird form...**

**Ev: Yes, but it's not a pelican it's one of those big Crane things, it hasn't got that bit under the chin like a pelican it's not one of them it's one of those with a more pointy face**

**QHHT: What about an Ibis? (a who?) an Ibis, they're similar to a crane (yes) only they drink pure water (apparently)**

**Ev: Yes, with a dark, it's got a dark shading to its colour on its head**

**QHHT: Does it have a crest on its head that point upwards?**

**Ev:** It's got some little feather bits, like a little fan of feathers coming out of the back of its head (oh right) I don't really know what it is, really long neck, long legs, nice looking bird, long pointy beak

**QHHT:** So you know why you were shown that scene then?

**Ev:** Yes, it's showing me that even though things can look incredibly desperate and so easily you could have fallen over the side and ended it all, if you chose just to turn around and flyaway and nest down and find comfort in the one that you love, as in the birds little babies in the nest, I think that's what it meant (wow) that's probably where I got some of my courage from I don't know

**QHHT:** Well you would know in this state definitely because your mind is much more enhanced and much more easily able to understand things from that perspective (we move forward to an important day) What do you see?

## Healing:

**Ev:** I see the important day is now, and I see myself lying on this table (*No, I do not conduct sessions on a table, lol., it was a couch recliner that Ev was relaxed on*) Strange costume on or something (ok) well it almost looks like armour (yes) and it looks like I've got something around my head, like um... Almost like a ... Weird.. A bubble? Like you'd wear in the olden day when you went diving (ok) but not solid, it's completely see through.. And I know it's me in there, I can see me (yes) and it's like I'm lying there and I'm waiting to be healed and I want to be ok and at the moment I feel like I've got this armour on me that's stopping me being free and moving (Aah) and I want this armour to be gone, I want to be free

**QHHT:** Well that is the intention of this session, to go through those sections of armour and get you functioning normally, so you see yourself in a completely different suit...

**Ev:** Yes it's like a, it's like it's sectioned almost, it's like the old armour they used to wear years ago but not (laughs), like a modern light weight suit of armour (yes) and I'm literally stiff "like that", like my arms and my legs down straight and the only thing that I can see as me is my head, my face inside this globe thing around my head.

**QHHT:** So would you say the armour is for protection?

**Ev:** No! (Emphatically)

**QHHT:** Is it for restraint?

**Ev:** Yes.

**QHHT:** - Being someone who goes on concise information I was having trouble working out what to next do on the fly but Ev' soon helped me understand

**Ev:** It's like it's showing me that I've built up this armour around me, trying to protect myself and now all it's done is restricted me (Oh right, I do sort of understand that) and I need to get it off,

**QHHT:** Well the subconscious can help with that.

**Ev:** Like I need to unzip it and step out of it

**QHHT:** Well you can do that in that realm, you can have the power to remove each section bit by bit.

**Ev:** I'm just taking the helmet off, I've reached up and taken off the helmet

**QHHT:** So you're able to move your arms, so your will is strong, stronger than the suit

**Ev:** That's true! Now I've taken off my shoulders, I've shaken it down because it's heavy, it's like what you'd wear on a motor bike, that's what it's like! It's like the armour of leather you wear on a motor bike, you know it's all stiff and heavy, my shoulders in the morning, they hurt and to just get dressed hurts sometimes (oh right) so the sensations of taking it off my shoulders I'm aware that it might hurt... But I don't think it will

**QHHT:** I think that once you've got all of that weight off of your shoulders all of that discomfort may go, you might be surprised...

**Ev:** I'm slipping my arms out now, and I'm slipping the other arm out now and I've unzipped it and I've got my legs in it still and I'm sat up.

**QHHT:** Well at least you've sat up.

**Ev:** Yes, I'm sat up, I'm doing it quite quick actually, that that determination in me... Underneath it got this like cotton thing on me, like, as if it's been giving me extra comfort within this heaviness (oh right) and there's like this padded cotton suit on my body inside because I can't see my body, I can only see my body covered with this soft cottony stuff. But now I'm standing, I'm shuffling off of the bed now, my legs are really heavy and I put my feet on the floor and I'm taking it off now (off of your legs?) Yep, I'm just slipping it off round me bum and sort of pushing it down my legs but it's so stiff... And I've got these big boots on! I'm just kicking them off now and now I'm just shaking it off my feet.

**QHHT:** So it was really heavy this suit.

**Ev:** REALLY heavy yes!

**QHHT:** So at least you're released of all that

**Ev:** Now I'm stood up and I'm going YAAAY THAT'S BETTER!

**QHHT:** You are free

**Ev:** Oh my God that feels so lovely and I'm just rubbing my arms 'n' that

**QHHT:** Brilliant!

**Ev:** (Big Sigh) Oooh that's better!

**QHHT:** Well, carrying all that...

**Ev:** Mmm, it's sat on the floor now, it's just sat there

**QHHT:** Well I don't know how long you were lying there (wow!) but maybe it's about time eh?

**Ev:** Mmm (yes)

**QHHT:** You can enjoy that to the maximum, just to have all of that weight completely removed from your whole body.

**Ev:** That is so cool! How it was, how it looked and how it just came off me, it wasn't as difficult to get off as I thought it would be, I thought it was going to be a lot more difficult than that... That's strange -

**QHHT:** That's how profound the subconscious can be, we don't really know its methods, to me seeing the suit 1<sup>st</sup> of all made me think you were in a space-man

**Ev:** (Laughs) Ah yeah!

**QHHT:** I didn't realise it was anything else.

**Ev:** Yes, it was restricting me!

**QHHT:** But now you're completely free and you're much much lighter (Yup, Mmm Hmm) and now there's nothing holding you back (No), especially nothing holding you down (Nope) and now you're completely free to get up and move in any direction you so wish

**Ev:** Mmm hmm, I can actually... I'm actually seeing now like um, I don't know if it's me or not..

**QHHT:** It is, the subconscious is giving you images to look at..

**Ev:** I'm seeing my inner skeleton? (yes) and like I'm looking at myself and I can see my skeleton... Which is really strange, and you can see like, not flesh but you can see like where my flesh would be is Light (yes) like Light energy, all over my body but it looks very strange to be looking at yourself and see inside yourself... I can't see my organs but I can see all of my bones (Laughs) it's weird!

**QHHT:** It's a good perspective, it sounds like a Buddha perspective you've got going there (Really?) can you see energy lines as well?

**Ev:** Um, I can see all of my bones, I can see my back-bone, my ribs, my skull really clear, in fact it's moving now as I talk (laughing) it's funny.. You know, you imagine your jaw moving and you can see it, the bones

**QHHT:** Yes, well you're in a position to carry out any further healing

**Ev:** Yeah, Im just checking out my teeth while I'm there, mmm. I'll clean them all up I think, sort them out, get rid of that, and that, and that, make them healthy again.

**QHHT:** And the bone structure, that's fine too?

**Ev:** Yup, put that back, um... My bones look absolutely fine, I can see me twirling my fingers and everything's fine

**QHHT:** Perfect

**Ev:** My spine's fine, I've got a good back, I've always known that, I don't know how but I have, it would be nice now for all the aching to leave

**QHHT:** Well we're healing as we go so there's more healing to come (*Note: even reading this will enable more healing and understanding*) but you're free of your armour...

**Ev:** Sorry I just got to tell you what I see because it's so interesting. I've just seen myself breaking through like, it's not water but it's soft like water (yes) and I'm breaking through it, I believe it's me head first heading for somewhere, I don't know where... As if I'm diving through, head first through energy

**QHHT:** Ah, well that's quite symbolic, the subconscious is always telling me where to go (oh good) but now you can look back and tell me what the purpose of those experiences were

**Ev:** The feeling of the armour?

**QHHT:** The Volcano, the..

**Ev:** Oh everything? (yes) Well, it's reinforcing and telling me what I feel within me is the truth (yes), it's showing me in different ways than I would have probably tried to express it but it's basically saying the same thing... I didn't know you could remake tree like that, that's pretty cool, I like that a lot. I didn't know about the sky and that if you touch it, it could move, that's really good. The Dragon, I like Dragons so maybe that one just showed up to show me that.

**QHHT:** To give you back that memory

**Ev:** Yes... I've got a, I won't say I have now but I've got a.. I've had a.. Um, I don't know how to put it in a positive way. Um, I've never been a lover of water (yes), so I often see waterfalls and I often see crashing waterfalls, very high and look over and (gets a chill down her spine) Ooo it's a long way down and I don't particularly enjoy deep water and things like that but I think it was showing me that I can just accept it, it hasn't harmed me and I'm still here and I can just fly away from that thought, it probably is something from the past and I do know that I did drown when I was a child and I was brought back from death after drowning, I like waterfalls. But it's basically telling me that what I feel and believe is true. The armour bit, I didn't expect to be shown it like that but in a way I think I have built armour up around me over the years, I been through some horrible stuff and I've tried to protect myself in the best way I can dealing with the noise in my head and sometimes feeling like my heads in a bowl, I just thought about that, it does feel like that, like I can't escape from it, can't get my head out of it

**QHHT:** There you go, so you got your head out of that bowl

**Ev:** I got my head out of it and I got the armour off (yes) well, it was a kind of armour, it was protecting me but it was...

**QHHT:** So it was protecting you but it was also holding you down

**Ev:** Definitely, it was definitely holding me down. I think it's more like the energy around you becomes so compressed and dense when you feel threatened and your body is trying to protect itself and it gets too thick and slodgy and big, heavy and it weighs us down and we're not meant to be that way, we're light beings (yes) You know we've created that because we think that will protect us and it does I suppose but it causes us issues and we need to get it gone (absolutely!) get it gone! 1:39

**QHHT:** Excellent! (we moved forward) Ok, did you leave a form when you entered into that place of energy?

**Ev:** I felt like I left a body when I jumped through that water because I emerged though and as I was going through, I knew it was me but as I was coming out the other side I was like just Light energy, I was just like a being of Light, (in your true essence) Yes, I don't know how I died (that's fine) but I felt like maybe I drowned

**QHHT:** But you know you can't really die

**Ev:** It doesn't really matter but I think that was a point of passing actually yes

**QHHT:** I have heard of another person who had to jump into water, or into a whirlpool to come to life (oh right) yes, so they did it in that way, they just jumped in a river, happily floated down (to purify them and cleanse them) yes, well they were coming into life, the the next thing they knew when they went into the whirlpool was that they were being born in a body

**Ev:** Oh of course yes, the water bag, the water bag yes

**QHHT:** Well, she recalls saying goodbye to everyone, then she jumped into the water into the whirlpool...

**Ev:** And then she cried

**QHHT:** Yes probably, because she was lonely?

**Ev:** Yes

**QHHT:** Ok, so as you left you form, do you have a guide to take you on the next part of your journey... Did you pass over into the Light?

**Ev:** I'm just seeing myself lying there at the moment, as a Light being, oh that's weird... Have you seen the film cocoon?

**QHHT:** I might have done, if you carry on I might be prompted

**Ev:** Yes, well it just like they unzip this um, human form if you like and when they step out it's just this light being inside (yes) well it's a bit like how I've just seen myself. I'm in a light form now, I'm walking now, I'm somewhere, I'm not sure where I am... Ok, I see steps again, I often see steps, it's very misty

**QHHT:** A beautiful mist of light?

**Ev:** Yes it could be actually, it's quite misty all around, I don't think it is what it is, it's not a place where I imagined I would go (ok) it's more like maybe where I really come from and not where I thought I come from, which is like the spirit world, that's where you'd expect to go when you die (yes) but this doesn't look like the spirit world, this doesn't look like where I went when I saw my mum which was magnificent, vivid colours, flowers and trees, there's none of that, it's just like um, it's quite misty, there's this thing about these energy circles again (yes) all over the place (chuckles) and I'm kind of like walking amongst them and I don't really recognize anything too much, I've just seen like a passage way, it's got either a structure or trees but it's got like an avenue which looks like hands, big hands, you told me to tell you what I'm seeing and it's really weird (Laughing) like big hands making like an arch way, oh now there's some people coming, that's cool, good. And all of these people that are coming towards me (chuckles) are coming at me quite quickly and they all look very similar to how I look

**QHHT:** And they want to see you?

**Ev:** Well I'm not quite sure, it's almost like I'm not there, it's like they're rushing by like they've got somewhere to go, there's thousands of them, there's loads of them! How weird, and they've like um, and it's getting bigger now the passage way is getting bigger and there's more of them and now I'm up higher watching them (wow!) this is strange! Thousands of them... Why am I shown that? Hmm, this place isn't very nice I don't think.

**QHHT:** Could this be a different place, a different dimension?

**Ev:** I think it is yes

**QHHT:** Of a different race of beings?



Ev

Ev: Yes, they're different, they're definitely different, I don't think I like them too much, they're not horrible, they're not hostile, well I don't think so (giggles) but they kind of look a bit intrigued with me. I'm a different colour to them (ok) I'm definitely a different colour to them and now I'm up much higher and I'm looking down and I've got my bubble of Light around me and I'm opening my arms and I'm doing a gesture to them all they've all stopped now and they're looking up at me, I can't see their faces but they're all a darker colour than me and I am having a strange sensation through my body as I say this and I am now offering them Love and I'm helping them to raise their selves up and as I'm saying this to them they are changing colour, just like a chameleon and it's starting at the top, the ones nearest to me and it's flowing back through them, and there's lots of them...

QHHT: And they're getting brighter?

Ev: And they're getting brighter and they're changing colour, it's funny because when they look up at me they look like skeletons, they've got very flat heads, they've got like "skull" type features if you like, they look lost, they're not really having a good time and they're fascinated with me and they are ALL eyeballing me but "I am" perfectly safe. (Spoken with nobility and very emphatic)

QHHT: Could it be your life's experiences that's created your evolution into the light?

Ev: It could be because I seemed like I was the same as them to start with and then I didn't, I went up these step things, just like "floated" up there and I was way above them and really aware of this egg around me of light, it was put there, I didn't ask for it, it was just there, protecting me and it just stopped them in their tracks, they were climbing up towards me not to hurt me particularly but just intrigued and then I made this gesture, I sort of waved my arms out, it makes me sound really Godly, I don't mean to be like that (you are) But (chuckles) I think that's what they think I am, and as I moved my arms out it was as if I threw my Light at them.

QHHT: Waves of Light.

Ev: Yup, and it just washed all over them and they're the same form but they're kind of a different colour and now they've just turned to like, they just kind of like melded in now, they've kind of disappeared a bit, yes they've disappeared, they've gone, they're gone.

QHHT: Completely gone?

Ev: Yes, they've gone.

QHHT: So they come out to see you..

Ev: Well I thought they came to see me but they were coming really quick and they came rushing straight by me almost like a train of human people, like a big long column of train that was going to come straight at me and knock me over but then I moved slightly out of the way and started lifting up and they just all run straight by me and then turned back round and then there's "loads" of them, then they turned and then they started looking at me, it was like they didn't even see me at first and then they must have felt me, felt my energy and then they wanted me, they wanted what I had.

QHHT: Wow, so you give 'em some!

Ev: Yep! Isn't that weird? That's crazy that is.

QHHT: Well in some cases (on the other side) we're all connected as one being and we go off for a life experience and we come back with so much wisdom and knowledge that it actually brought us closer to the god being that we actually are

**Ev: Wow!**

**QHHT: Well a lot of people are not comfortable with experiencing hardship of any kind**

**Ev: That was ok, I got a little bit panicky at first and then I realized I was fine because I had this egg around me, this white light around me and I knew, they just stopped in their tracks and they were just looking at me, they weren't particularly going to harm me although I think they could have done if they wanted to.**

**QHHT: But they saw that it was a good energy and a useful energy. And you can just wave that about and share it?**

**Ev: Well I'm blasting it up now into the universe, and I'm still stood there on top, I'm not me really I'm this light being thing (I know) and I've got my arms up in the air and I'm just glowing like a great big "white thing" (laughs)**

**QHHT: Wow! (Seriously impressed- Giving one's Light in gratitude to the Universe is in deed a Virtue that seems not just restricted to native cultures on this Earth-Plane of existence, it is also done by ascended (higher vibrational/dimensional beings of Light)**

**Ev: And I'm blasting the energy up all around me, I think I may have come from this place**

**QHHT: It might well be Home**

**Ev: Yes, but I certainly wouldn't want to go back there, they have no trees!**

**QHHT: They have no trees? (No) What happened to the trees?**

**Ev: I don't know but it's very baron, it's dark and black and miserable, it's mainly just like I said, it's misty and dark and like rock and it's not, that's what I said to you it didn't look like the spirit world that I would have imagined you go to, it was somewhere totally different (wow) it wasn't like "creepy" but it wasn't somewhere I would expect to go, I wouldn't want to be there, I would have imagined if I ended up there I would immediately think of a wonderful loving thought and get my ass out of there, I wouldn't want to stay there but I think I went there to serve a purpose maybe, or maybe that's where I'm going to go to serve a purpose, I don't know.**

**QHHT: Yes, because you share Light**

**Ev: Yup, and like I say, they've kind of like, they've just all gone away now but it's all very dull there, very dull, I'm looking around and it's just like um, yeah lava! You know if like a volcano had gone off and there was masses of broken up old lava everywhere (oh right) making strange shapes, not a pleasant place to live, it doesn't have no smell or atmosphere, there's no sky or sun, it's kind of weird place.**

**QHHT: Well I suppose life can go anywhere can't it (yes) find it's way anywhere (yup)**

**Ev: I think that was the "object" if you like just to go there and it showed me, maybe to demonstrate how one person could make a great big difference if their energy is bright enough you can... I think that message was for you to**

**QHHT: Starts Laughing**

**Ev: Because that's what just came into my head**

**QHHT: It's just come into my head as well (laughing)**

**Ev: I think that was for you, it was saying that, you know, you are who I was up there (yes) and you are shining your light, and there's many many people out there on "this" planet, that see this planet as I see that place, as a dark, horrible place and they need your healing, they need our healing (yes) and you can do it you know, we can do it.**

**QHHT: We try our best don't we? (yes) to the best of our abilities**

**Ev: (chuckles)**

**QHHT: And according to the limitations were presented with**

**Ev: (starts Laughing)**

**QHHT: It would be nice if thing could be much easier**

**Ev: They will be**

**QHHT: We look forward to that so much don't we (yup) - Ok, so we can call this home then, to you it's not the best of homes, it's a bit desert and a bit dark (yep) but do you not have technology?**

**Ev: Um, I think that if they did have technology they either overused it or they did something or maybe they were just made that way, I can't see that any Source energy would make a place like that**

**QHHT: Hmmm, do you think they broke it?**

**Ev: It wouldn't have been made with Love, it could only... Maybe it became that way because they did something but I don't see any light there apart from myself stood up on that thing (wow) and their colour changed, they did change slightly but the mist was a little bit light as well so there's some light energy shifting around there but... it's not "all" dark, it can never be "all" dark but it's certainly somewhere... you wouldn't want to go there, or if you did go there you'd be wanting to go with your lovely bright white suit on to protect yourself from their sorrow, it was like they were very desperate, rushing around trying to find something**

**QHHT: Sounds a bit like this planet**

**Ev: Yeah! You know what, like commuters they were, yeah, trying to catch a train**

**QHHT: Well maybe not the best way to be (Nope) they forget about life don't they (Yes), is that maybe why the planet suffered?**

**Ev: Well, people don't realize what they are, they think that they are what they see when they look in the mirror, our aches and pains and all of that (yes) and go to work and come home and get old and (big sigh) by the time you've paid all of your bills and your mortgage you're too old to enjoy it and then you get ill and grumpy and old and knackered and die and then it's done but of course it's not like that is it?**

**QHHT: No**

**Ev: So when you know it's not like that, I know it's not like that, I "know" it's not like that, so, I know that the best part of my life is probably going to be either when this earth evolves, if I live that long, or when I die from this life, so death to me is a glorious beginning (absolutely) but most people don't even know that.**

**QHHT: I agree a thousand percent...**

**Ev: And that's why they're so sad, because they've been indoctrinated to believe that they are "less" than they are.**

**QHHT: I agree**

**Ev: And it's a scary thought to think you just die and that's it**

**QHHT: It is to most people yes**

**Ev: Horrible!**

**QHHT: So they block their selves off from the possibility of having think that thought again don't they (yup) but with this we can let people know that they have lived many many past lives**

**Ev: Yes, I tell everyone (giggles)**

**QHHT: And that's how you shine your light and increase your light by sharing in your experiences**

**Ev: Yup, every time I see a little thing saying "rest in peace" I say they're not resting in peace, they're having the time of their life!**

## **The Subconscious**

**QHHT: You chose to show Ev certain things when she passed over, why did you show her that?**

**Ev: The power of the intent to spread the Love, and Love being the most powerful Element, Love is more powerful than anything else in this universe (uh huh) and if you can Love someone even though you hate them, or they hurt you, if you can just Love them right back in spite of everything.**

**QHHT:** That was the teachings of Jesus (I studied a few religions) because you said, “Love your enemies”

**Ev:** Love your enemies, send them Love, they’re the ones that need it the most!

**QHHT:** Brilliant!

**Ev:** I just did that (smiling)

**QHHT:** Excellent! That’s good healing then.

**Ev:** Very good! - Everything is perfect, it’s just flawed by our own way of thinking.

**QHHT:** If our thinking is flawed, as soon as we’ve perfected our thinking then the flaws will vanish

**Ev:** Yes because they won’t be able to have the hold, the foundation to hold, it’s only what we’ve been taught, you know, This ‘n’ that, people say things and use these words like “Oh I’ve always” and “it runs in my family”, you know, “My dad had it therefore I’ve got it”, but really and truthfully, you have the ability as you said earlier to be perfect, your body can mend a broken bone, your body can stop itself from bleeding, it can produce a child, it’s just incredible, so why can you not be perfect?

**QHHT:** So you’ve restored Ev’s eyesight?

**Ev:** Yes, but as you said very wisely, some people need to feel things to serve them, it’s a shame, we’d rather it wasn’t that way, sometimes its got to be that way.

**QHHT:** But Ev’s not one of those people is she, she took her armour off willingly (mm hmm) so that to me is a blessing

**Ev:** She just needs to believe more.. Walk the walk, instead of the talk (Oh ok) Because Ev’s good at talking to others, “I heal them”

**QHHT:** Ah but Ev needs to look after herself first?

**Ev:** Yes, I need to believe it, I need to believe that I deserve to be healed..

**QHHT:** Well we don’t give up, I don’t give up, there’s no giving up because I have too much Faith in the Subconscious, I have too much Faith in peoples (Inner) beings..

**Ev:** You have the faith of a child that’s reborn into this place and still remembers, I don’t mean an ignorant faith, I mean that Faith of belief, like when you believe in Father Christmas (I did, laugh), and like you belived you were brought in by a little Stork and left under the bush (yes) You’re that innocent, lovely, you need that, you need that faith! We lose that because we get told “It’s silly” and “Don’t be so stupid” and “grow up!” and “that’s nonsense” and “how ridiculous” and then you get scared to speak your truth and you should speak your truth!

**QHHT:** Now it’s time for the truth to come out

**Ev:** Mmm Hmm, and the more you speak your truth, in a round about way you give other people the courage to speak theirs (yes) because they don’t feel so odd, they don’t feel so alone and they radiate to you, they want to come to you because they can talk their talk to you.

**QHHT:** Yes, my child faith serves me well.

**Ev:** Mmm hmm, the Peter Pan within... It’s good.

**THE END.**

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Dedication: I would like to thank Ev for allowing me to share this incredible QHHT account and allowing me to share this amazing Journey with our obviously amazing readers, I thank her also for being both a guide and a teacher. I also thank you, the reader for encouraging me to do this work and sending me the energy to continue. May you all be eternally blessed! - [Ras Namaste](#) (Chris)

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