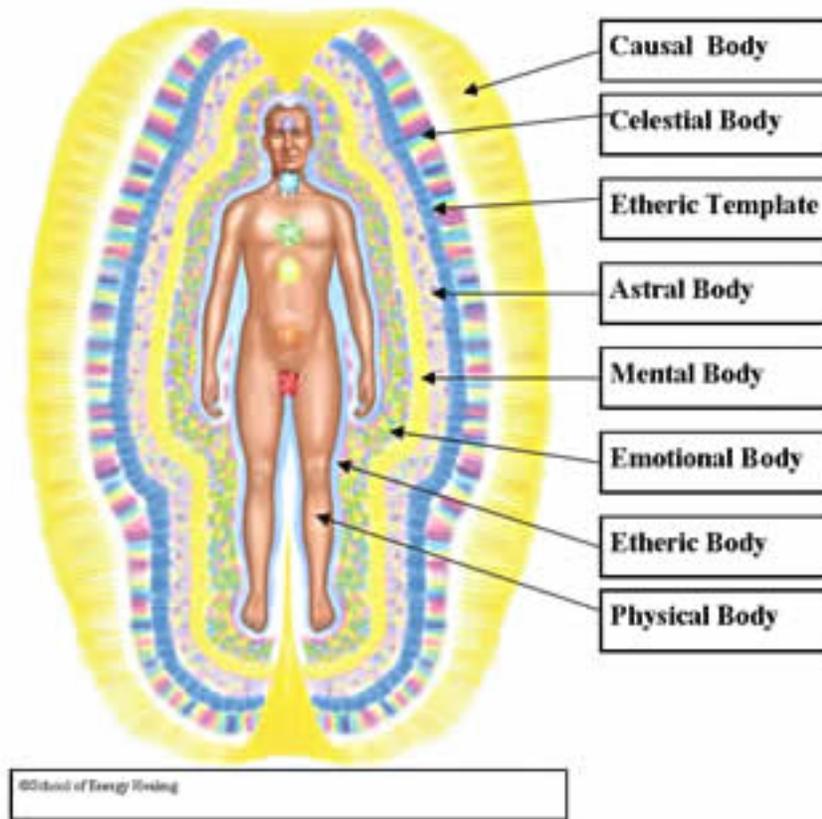




Energy Management



A lot of what I'm going to tell you I got from Ivo, some is from books that I've read, and as usual, some will be from personal experience.

Ivo has told me that appearances can be deceiving. This deception is what has led to the manipulation of our minds through the Archontic Alliance. We have been deceived into believing what only our physical eyes and ears tell us. Most on this earth don't believe that there is anything to others or ourselves beyond what we see, despite the fact



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that our eyes only perceive a small band on the light spectrum. And most of us grew up believing that this was the basis of life and interaction with all others.

Imagine the day he told me, “First and foremost, you are an energy being.” It's true. I am even starting to see part of that energy field that I am, that surrounds the physical body I have always perceived myself to be until Ivo corrected me. It took a while to get it through my head, to start to change my thinking to accommodate this truth, but I have.

Our physical bodies, in fact, are energy as well. Everything is. But these bodies are slowed down to the point that we perceive them to be solid but anyone whose eyes were still open in grade 6 science class will remember the lessons on kinetics – that all atoms vibrate. And if they vibrate, how can we be solid? We're not. Even our physical bodies are vibrating energy.

Our physical bodies are part of, well, what I like to compare to nested dolls. There's one inside the one that's inside the one that's inside the one, each layer having a higher frequency than the next, the physical body being the lowest frequency. Our 3d light bodies have 7 layers, all of varying vibration (frequency). Each layer corresponds to a chakra which is an energy “portal” that corresponds to a gland in the endocrine system. These glands are the “attachment points” between the physical and non-physical light bodies. Everyone knows of the pineal gland, the little pea-sized pinecone shaped gland buried deep in the brain. It is the “attachment point” for the third eye or 6th chakra which rests between the eyebrows. The crown chakra corresponds to the pituitary gland in the brain. And so on.... thyroid is throat chakra, thymus is heart and so on. For more info, please read this article.

<https://www.timothypope.co.uk/chakras-endocrine-system/>



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So once I learned this fact and began to ponder how this should change the way I view life, I realized it changes EVERYTHING. I realized I was onto something that could, when I worked it, change the way I related to, looked at, and dealt with life. Because of course, I had only been dealing with life from a physical perspective.

ENERGY BODIES

Some basic facts about these energy bodies then. Our energy bodies interrelate. Yes, they can attach to each other by way of energetic cords. ANY transaction with another will create a cord. Empaths are particularly careful about cord cutting, breaking the attachment they have created to other beings, so as not to lose their precious life energy to others.

And herein lies the whole can of worms – human interaction is created with these cords. This little energy cord between new acquaintances, or the thicker energy cords created between mother and child, man and wife, or friends, facilitate the energy exchanges between us.

In extraterrestrial worlds, such as Ivo's, all beings are basically balanced; loving, caring high vibrational human beings who freely exchange their energy with others of the same frequency. Their worlds are balanced and harmonious, because they, the “parts” of their system are all balanced and harmonious. So they relate easily to one another.

They understand Universal Law and live by it. The universal Law of Oneness says that all are one. The ETs understand that all are interconnected so they are in fact, one. And they live their lives on that basis. Different from us, they are service to others, not service to self. To care for another is to care for yourself because they are all connected.



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Then there's earth. So, what of earth?

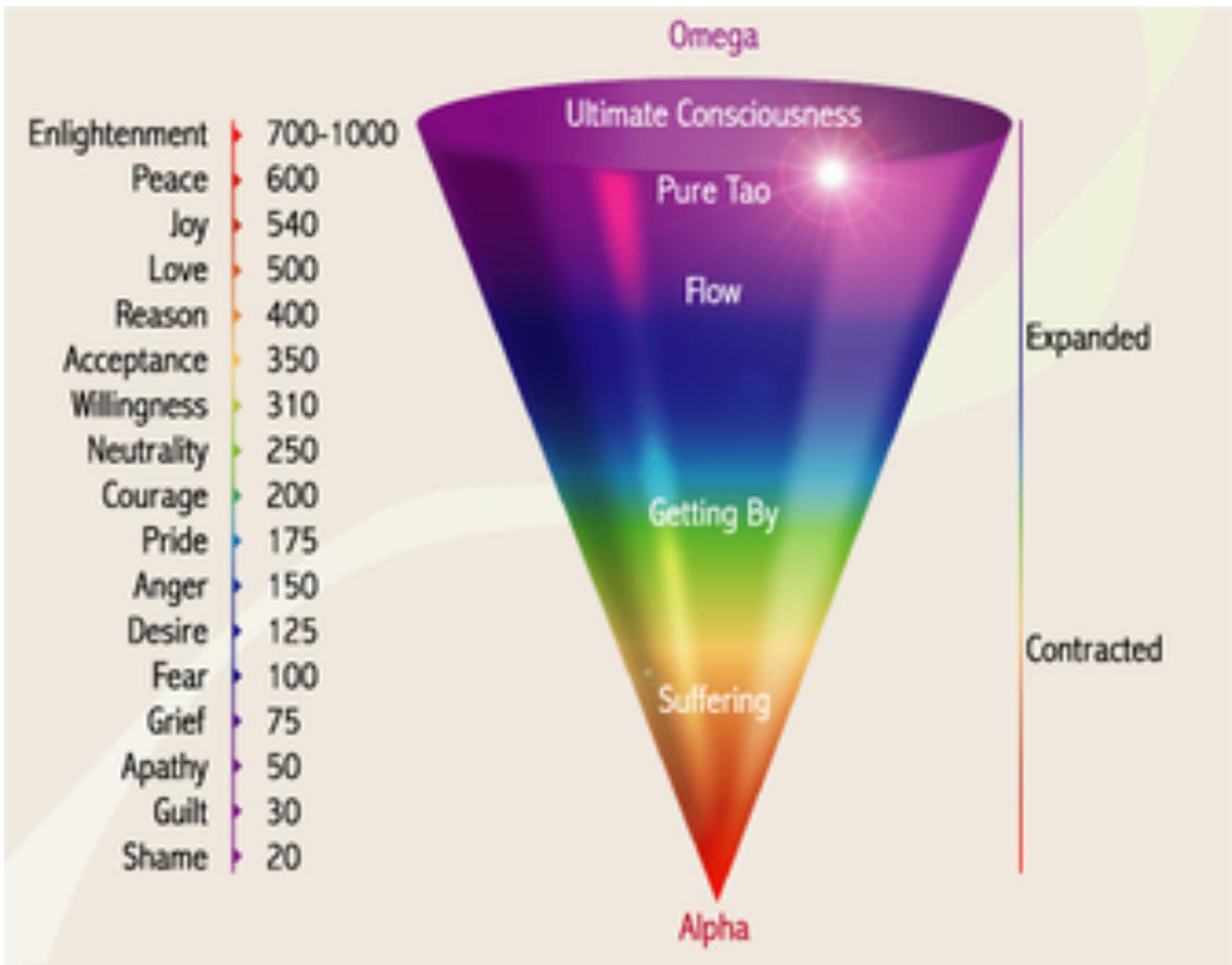
That's not the case here. Which is part of our problem. There are some that are of high frequency and some of low frequency and some of every imaginable frequency in between. There's a range here; not everyone is on the same page, so to speak.

As an energy being, your frequency (your vibrational level – I tend to use both expressions interchangeably) responds to your intentions. If you're a nasty person, always looking to take advantage of others, lying to them and trying to manipulate others out of whatever they have that you want, and this could just be high energy as well, your frequency will be lower as a result of this. If you're a nice person, who's cheerful and likes to help out others, caring and genuinely virtuous, you will have a higher vibrational level than the manipulator. Well, most of the time....

Sound confusing? Maybe. BUT we have this excellent system of determining where our vibrational level is at at any time! It's called our emotions. Our emotions will tell us where we are on the vibrational scale, and I will put up an image of a range of frequencies for our emotions.



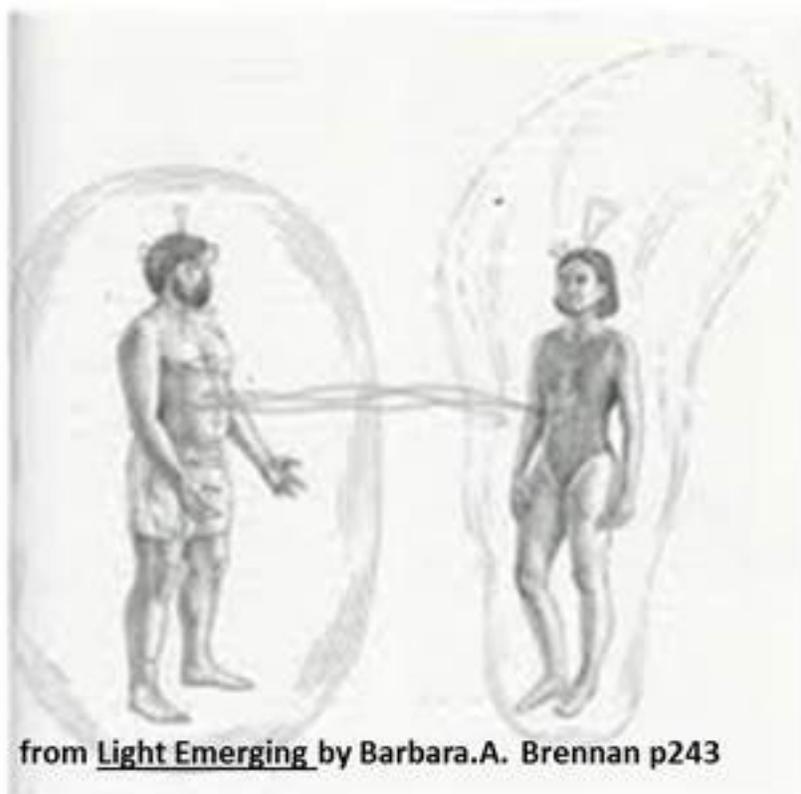
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Energetic Cords.



from Light Emerging by Barbara.A. Brennan p243

So when we're in a bad mood, maybe angry or depressed, we are in a lower vibrational range. When we're ecstatically happy, we'd be in at a higher vibratory level. Our emotions, our moods, will tell us where our emotional body, which is one layer of our light body, is vibrating at. Presumably we want to be happy so we have to work at getting it to go higher.

Now I said earth has people who display a range of frequencies. We have a range, like the keys on a piano and you can play them to your heart's content.



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Trouble is, so can others. Yes. If you let them.

Remember those energetic cords that form when we interact with others? Suppose you are in a fabulous mood, feeling great when you arrive in the office Monday morning, but your boss comes in pissed off, and starts to tell you about her lousy weekend where everything went wrong ... she's so glad to be back in the office just to get away from her miserable blah blah blah blah. You offer sympathy, hoping she'll stop, but she keeps going on now that she's got your attention, on and on and on about her misery this weekend. You squirm and sweat, trying to think of a way to either stop her or get away from her. You alternate between trying to console her and trying to think of a way to run away from her..... then suddenly, she seems to brighten up and smiles, saying, "I always feel so much better when I talk to you." Then she walks out the door, to go back to her work.

Yeah, she feels better but you're pissed off now, feeling taken advantage of.

You were in a great mood but now you're mad at your boss. Sure she feels great but now you're in the dumps, like she was! Is it just normal for you to be pissed off when people complain? Maybe you'd like to help them instead of getting mad. But why are you angry now? Why do you always react this way? Then you go into self-recrimination, "What is **WRONG** with me?! Why do I always get mad at people when they have problems?! Why can't I be more caring?! I'm **SO** not nice!" You want to care for others but you always end up pissed off. Getting them to stop is more important to you than helping them, and you can't figure out why.

Remember those energy cords I mentioned. Yeah, you just interacted with a pissed off woman, created an energy cord between you two, if it wasn't there already, and she just stole a good dose of your high



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energy, enough to put you in a foul mood. And the reason you always behave this way when people complain is because you always give them your energy when they complain. It's an energy transaction that's very common. I've done this a lot of times and I am that office worker in that picture. Or I was, I should say.

You walk down the hall of your office and oh oh, there's the department head... Mr. Nasty. You hate that guy because he's just like a snake... he smiles at you but you just KNOW, it's just screaming at you that he's as phony as a three dollar bill! You try to avoid interacting with this guy but he sees you coming.....

You're brave and you smile, hoping to get past him but he's blocking the hallway. You have to stop. "Oh hello, Joan." "It's Jane." "Oh, I'm sorry. I'll try to get it right next time." "Thank you." "My, you're looking lovely today. We always like our office women to be attractive for us. You know us men work long days in the office and we don't get to see our wives very much." Oh, great! You think. Wonderful. "Well, have a good day, then Joan. We'll be seeing you later." You feel helpless, powerless and angry.

This one's not so obvious, is it? You're in a bad mood, because first of all you realize you fear talking to this guy. You KNOW with all your heart he's looking you over, stripping off your clothes as he ogles your body, which you now wish was dressed in army fatigues or something equally unattractive. The fact that he won't get your name right, what's up with that? You feel dirty because you can sense his hidden agenda: ogling the office women. He appears to only want to chat, but in fact you know what's going on. He is misusing his power to sexualize you, to demean you and this is an energy exchange as well. He is putting across the idea that he can do this because he pays your salary and if you want to get paid, well, you'd better learn to love it.



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I've been there too.

“Hey, Judy, can I borrow \$20 till payday?” You have \$25 left and payday's on Friday. “Well, uhhh, I don't have much left myself.” “Aww c'mon! I need a friend today and I KNOW you're always there for me whenever I need love. C'mon. What's the matter with you today? You're my wingman, you've got my back. I don't have any food for the rest of the week and I need to eat lunch. You don't want me to starve, do you?” Again, you want this person to stop so just to get him to stop, you give in. You now have \$5 till payday and you have to go into your credit to live for the rest of the week. At 18% percent interest, you don't want to use it you've racked up enough on it thanks to this guy's borrowing. And he never pays it back!

Again you go into self-recrimination. “What is WRONG with me? Why do I always do that?! I need money and I give it to him all the time. And he never pays me back! Do I just have 'sucker' stamped across my forehead?”

You just gave in to a manipulator. He not only got your \$20, he got a dose of your self-respect and a good chunk of your positive energy.

You're an energy “leaker.” People know they can tap you because you leak energy. People can sense it. So they come to get it. You're nice and they know you won't be able to say no, and you'll cave in to their requests every time.

A firm “No” will stop some of that leaking. Boundaries in relationships, stop leaking energy from the light body. It's your body, it's your life. You have to command it – own it.

“No” is a small but very powerful word. It can stop energy leaking and



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taking energy right in its tracks. I use it to tell others that they're not entitled to my energy. I cut cords frequently, so I don't continue to give out energy after the fact. When I say no, though, I have to mean it. Not say no once or twice and then give in. I feel the energy in my system when I say a firm "no" and mean it. I feel totally different than those old days when I was Judy, Jane and the frustrated office worker.

I've used assertiveness techniques to help with energy transactions and cord cutting and shielding are other key tools.

Practicing good energy management helps me to love myself more. I no longer go into tirades of self recrimination "for being so stupid" and I can be more at peace with others as well. I can let others be who they are because they don't affect me adversely like they used to. When they do, there's still more to learn.

END OF PART ONE – more to come