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### ***How to Do Your Shadow Work***

Okay, I'm going to come right out and say it because you guys aren't getting the message: If you're not doing your shadow work, don't contact me! I'm not kidding.

I am not open for friendship with people who are not doing their shadow work - dualistic, third dimensional ego's, because that is a reptilian ego. And believe me, unless you realize what your shadow is, and what you should do about it, you are exactly that: a dualistic thinker who enacts the divide and conquer separation programming.

So many of you have proven it to me time and time again. I want nothing more to do with duality. And if you harbour any of it within your psyche, then I want nothing to do with you. It's that simple.

Those of you who laugh at the sheeple – that's duality thinking. Divide and conquer. Of course Facebook wants you to continue laughing at others so it blocks my posts telling you to stop it. You think yourselves so smart, but you're not because yet again, your big ego has fallen into the matrix's trap for you: you are hating on other people. That's what it wants. Keep fighting with each other, keep hating each other, and let it operate in the background to control us even moreso than it is today.

Ivo has explained to us how the matrix works to keep your vibration down. And there are many many ways that you enact this. Hating others is the biggest way, for whatever reason, it doesn't matter. That's divide and conquer. Obviously nobody expects you to like everyone else on the planet, but perhaps trying to have some compassion or to learn some tolerance – it doesn't all work your way – you're not the boss here and you don't get to say who lives on this planet. Stop playing God!

You have to wise up and realize that your shadow is you being mind controlled. Despite Ivo and my efforts to tell you this on this channel, you still haven't listened. The reason I know this is because you message me and then you start dumping your egotistical crap on my doorstep. I don't deal with ego's, sorry to tell you, because in dealing with ego's I'm dealing with the matrix. I'm done dealing with the matrix, and your presenting yourself back in my life is the matrix's attempt to drag me back onto the artificial timelines. It will always get the weak ones.

You people need to get it. You need to understand this. When you enact separation consciousness, you're just as enslaved in the matrix as those people you call sheep. You are still caught in the trap, it's that your big ego is telling you you're not, but you are.

I'm tired of starting conversations with people only to have to deal with your character flaws – those are the things you think that you won't take responsibility for. If you're controlling, think that everyone wants your help to run your life (oh yes, it looks like you're being nice, doesn't it?), you hate on others, or if you think you have to message me every day because for some reason you think we're best buds now that I've answered your message, you're deluding yourself. These are not things I want in my life: dependent people who don't really know how to create friendships, and codependent people who are



IMPLANT COMMUNICATIONS  
Article

also unskilled. All you're going to be is my next problem. Realize I'm living the life I want to now: it's quiet, I get to do my light work, I have the love of my life with me, I have higher guidance. What more would I want other than the house I'm to build a space port with? And that's coming.

I don't want to know your shadow. Can I make it any more clear? What do I have to do? I've already outlined all the traits I can think of of a person who is disempowered, that's on my website. I came up with 350 traits! Do I have to outline the traits of someone who is not aware of their shadow and dancing to its tune, when in fact it's not your shadow, your shadow is the matrix and your attachments putting thoughts into your head.

How clear do I have to make myself? It's not even you you're enacting! It's a computer program that syncs with your own lower frequencies.

Remember when you were a baby – that is more like how you really are. Very innocent, sweet, wanting to love. That is your soul. That is you. Are you like that now? Probably not. Why? Because you've been taught not to be.

Realize your lower mind operates on the same frequency waves that the Matrix does to pipe thoughts into your head! Your lower mind is being artificially regulated by low vibrational EMFs and you think it's you being nasty. It isn't. You're a being of Light who came here to save this planet. How can you be nasty? It's simple – you're mind controlled.

Now what you have to do is to stop acting out the thoughts you are having that are mind controlled. Just ignore them. If you have nasty thoughts, ignore them and don't act on them. Don't even tell your shrink because these nasty thoughts are not yours – they belong to the matrix and/or your attachments! They don't belong to you.

You want freedom? Do this work. Ignore your nasty thoughts.

You are watching these video's and you haven't even figured out that all your thoughts are not your own? What's worse, you think they're your opinion and you try to poison my life with your negative opinions? And you expect me to put up with that? The only reason I produce as much work as I do is because I don't allow personalities to slow me down. I have relationships with people on earth that are adult, mature and don't involve our shadows because we work on eliminating mind control and we get rid of our attachments.

But you guys are too green to be able to see this. Even though it's written in so many messages and repeated over and over, never mind not only here but on other sites as well.

Some of you are here to transmute the familial DNA. So all you do is realize that the nastiness that you recognize in yourself was learned from your mother or father. Instead of acting out your low self esteem, instead of being depressed and hating on yourself because you feel you're just like your parents



IMPLANT COMMUNICATIONS  
Article

and they were a couple of losers, send them love. Send yourself love. It's not hard. For your own sake, open your heart.

You just have to realize that this is not you! This is mind control.

So many of you don't, and you continue to act it out and create bad karma. The matrix loves you, the Deep State thanks you, and all the reptilians are jumping for joy because they sucked you in again. And again, and again.

You are not negative! You are a being of Light who came from higher realms to help liberate this planet and to begin the ascension event here. How many times do we have to repeat this?

If you don't like a particular race of people, then maybe what you need is to understand is that you are being prompted to hate others. If you think they have big ego's take a look at your own.

I have thoughts sometimes and I think, "That's not me! I could never think that!" One of them is that Ivo is ugly. Ivo is not ugly and I would never think so. So who does think he's ugly? Reptilians of course. They hate humans. Ivo is a beautiful human being that I love with all my heart. It is not possible for me to think this. It is an attempt to manipulate me into hating him.

The other thing you're missing in projecting all your mind control at others is the opportunity to learn!! You can improve yourself just by examining thoughts that come into your head. If you agree with yourself, then you have some negativity you need to work on. If you think, "Damn! I really hate that lady's blouse!" and you realize that that's mind control but you agree with it, then you have to understand you have a fear of being judged by others. That is you giving over control of your self to other people. "I'd better buy nice blouses otherwise everyone will hate them!" So now who's got control of you? The Matrix does. You want to stop this? Buy a really ugly blouse and go out in public. Deal with the feelings that come up within yourself during that time. Write them down and then go home and write about them. How did you feel wearing that ugly blouse? What did you think others were thinking about you while you had it on? Did you see the way that man looked at me? He probably thought I have the worst taste in the world! After you're done all of that, go to a Codependents Anonymous Meeting because what others think of you is far too important if you can't even dress yourself without worrying what people think.

If you don't like a particular nation of people, well, we all have preferences, but maybe they wouldn't like you either. You don't get to dictate who lives here. It doesn't all go your way.

We do have preferences, but earth is a diverse world. There's a lot of variety here of culture, race and more. Would you have it any other way? If everyone looked the same, all the walls were painted white, all the roads were black and people all wore brown clothing? Pretty monotonous, isn't it? So we have variety, and viva la difference! So if you don't like all of it, that means you have to learn to live with variety. You need to be more tolerant. You don't get everything your way here, besides who died and



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Article

left you in charge?

You don't have to love everything, you don't have to even like everything, but trashing out everything you can at the first chance you get isn't on.

If your idea of having a conversation is trashing out everything that doesn't suit you, you're pretty entitled. Am I doing the same here? I'm not. We've been telling you what to do about your ego and you haven't listened. Don't think that "going to 5D" you're going to get there with a duality consciousness. That sucker has to be transformed before the gates of heaven open for you because they are all of unity consciousness at that vibration.

If I told you the history of unity versus duality consciousness in the galaxy, that might inspire you to get on with it. Fact is, this universe was of unity consciousness until the negative ETs came along. It's due to their influence that you think the way you do. Haven't we made this clear? Do you really want to keep thinking like a draconian?

I've talked about two things here: There are those of you who are in your thoughts, and those of you who examine your thoughts. The ones who are in your thoughts, you need to debunk them by using the blouse example I just talked about. The smart ones are the ones who are above their thoughts and examining them, understanding that these negative thoughts are injected into their minds. There are at least these two ways of dealing with your thinking and it depends on how much you believe you are a negative thinker.

We've given you all you need to create great change within yourselves. If you're not going to do it, may I suggest you stop following this channel or at least stop contacting me, because the first thing I look for in people is how responsible they are with their thoughts. It's the first thing.

Maybe you find it hard to believe that you're so important that your mind is worth messing with to the extent that the negative alien alliance has done, but you are that important. You are a creator, and right now if you keep reacting/enacting every negative thought you have, then you are creating bad karma for yourself.

Continued....



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Article

Shadow Work is Easy!

Me: Ivo, I have to do this. Help me out here!

Ivo: I will, of course, my love.

There are many many ways to do it. We shall describe some here.

## EASY WAYS TO DO YOUR SHADOW WORK

First of all we told you, as we have told you over and over again, that any negative thought you think is because of either 1. dualistic thinking, 2. mind control or attachment interference, 4. thoughts and assumptions you made which are lodged in your light body as negative pockets of dark energy (energetic blocks), 5. stuff you took on, downloaded from parents and caregivers, 6. negative energy you got from other people or free floating negative energy that affects your mood.

There are ways to deal with all of these things, and they're easy.

There is one rule: Keep the focus on yourself, not on what you perceive as wrong with others. Take responsibility for your own personal growth and stop blaming others.

### 1. DUALISTIC THINKING

When you have a negative thought, like:

- I'm having a bad day – then consider what's so bad about it and how you can improve it. Typically having a bad day has to do with ignoring one's needs, so look at that. We are here to learn to love ourselves. The best way to deal with thoughts like this is to try to find something good about it, or to find something to be grateful for. Even if it's just that it's sunny out. You may also be being prompted by your attachments so they can feed. Remember, too, that you create your reality so if it's bad it's because you're in the wrong mindset.

- “My job sucks” - get another one that doesn't suck. And why do you not understand yourself enough to be able to net a job that doesn't suck? That's a question worth asking. You need to learn to know yourself better. One good start is to understand your rays. In thinking this, you may also be being prompted by your attachments so they can feed. If there is no job that meets your needs, then start your own business or service. I did.

- “My love life sucks!” Well, obviously you haven't met your right partner yet, but in order to find that wonderful Mr or Ms, you have to be their reflection, so get moving on your shadow work! You don't attract perfection by being negative; life is a mirror. If you think negatively of yourself, that's what you'll attract. You may also be being prompted by your attachments so they can feed.

We live in a duality reality – positive and negative because negativity can exist in this lower frequency. You choose between the negative and the positive every time you have a thought. That thought you energize and it comes back to create your reality. So think positively!

This is all fine and good, however the problem with duality is that the divide and conquer mind control



IMPLANT COMMUNICATIONS  
Article

programming is running on your head. You think you have privacy in your thoughts? Not a chance! Your mind is an open book being read by reptilians and demonics all the time. They know what you fear, they know what you hate, and they will help you to create these circumstances in your life so that they can feed their invisible friends at the expense of your moods!

Are you really okay knowing your mind is being controlled by a computer? Are you really okay with that? Don't you feel like fighting back and taking control of your mind again or are you happy having evil others dictate how you should think?

Have you ever wondered why this earth is so negative? Well, that's why? It improves as soon as you stop allowing them to run your mind. You move to higher timelines.

## 2. MIND CONTROL OR ATTACHMENT INTERFERENCE

When you have a negative thought, like:

- I hate sheeple – then you are a duality thinker and you're being prompted through mind control to hate other people. The reason you hate them is because you see yourself reflected in their behaviour somehow, but instead of looking at what it is you don't like about yourself, you hate on them instead. This is called “projection”.

- I hate myself – well, technically that's impossible, but again, you're being prompted through mind control to hate yourself. Of course they know that if you think you hate yourself, you're going to hate everyone else as well, so they have you where they want you. Maybe you don't realize this but they know life is a mirror.

- I hate a particular person – you have a fleeting thought that you can't stand a particular person. Maybe you've never had this thought before or it's contrary to what you ordinarily feel about that person, or maybe you really don't like that person and it just came up out of the blue – you're being prompted to reduce your own frequency so your attachments can have a feed. Their favourite flavours are fear and hatred.

- Maybe you have a fear of being fat or maybe you are overweight. This fear comes up when you see an overweight person, but instead of reminding yourself of the fear that you may have repressed (Oh yeah, I don't like them because I'm not happy with my own weight), you just hate on the overweight person instead. Again, that's projection. This is what judgment is about : hating others for reminding you of what you fear for or dislike about yourself. Again, you're being prompted to lower your vibration so your attachments can have a feed. Those attachments know you and will press all your buttons to continue feeding themselves! Maybe you're like me and fear losing your weight, because you fear how being attractive will garner you all kinds of unwanted attention from predatory types. So you keep overeating. Yes, an alien soul on earth finds all kinds of ways to protect itself.

- If you can't stand people who are low class, maybe you have a fear of being low class or a fear of losing your wealth or losing your perceived status in life, or maybe you are low class and your ego is keeping you from seeing that by telling you you have a better car than everyone else, you're smarter than everyone else, or you're more special in some way than other people are. Or maybe you're just insecure, a lot of matrix people are. You have that thought come up one day. Again, you're being prompted to lower your vibration so your attachments can have a feed. They're doing you a favour:



IMPLANT COMMUNICATIONS  
Article

giving you a chance to gain in strength and to look at yourself.

- If you can't stand people who belch in the mall, maybe you have a fear of losing control or a fear of appearing rude, and again, you're being prompted to lower your vibration so your attachments can have a feed. It's not about what you like or what you don't like – it's about what you love or what you fear. Maybe, like me you have a fear of society going downhill, which it has since I was young, and you don't like being reminded of it. People didn't belch in public back in the 60's.

- If you can't stand people you think are ugly, maybe you have a fear of losing your looks and again, you're being prompted to lower your vibration so your attachments can have a feed. If you can't stand people who are good looking, maybe you're jealous. Or maybe you don't like that in order to be so good looking, they appear to be really fake. Or maybe you dislike good looking people because they remind you of your home in the stars and the fact you're not there right now.

- There is one more I can think of. You react negatively to people who are lower in frequency than you are. Actually, that's a natural reaction because similar things attract and dissimilar things repel. It's because you came here to help them. But there are two ways of responding: in judgment, anger, fear and disdain, or with compassion to them for their plight. One is a low vibrational egoic response and the other is a high vibration soul based response, which by the way, your attachments can't feed from. Having understanding, compassion, patience and love for others no matter where they are in life is the only way to respond that does not feed the dark side! As for the particular situation with the “sheeple,” would you want to trade places with them? Would you want to be the one who is asleep? No? Then how about having some compassion for their plight, REGARDLESS of how ignorant, self serving, arrogant, self righteous or completely deluded their stance is. In the Course in Miracles, channeled by Jesus, he says to focus on forgiveness. The person to forgive is yourself because in learning to forgive yourself for your erroneous ways of seeing life, you will begin to see correctly. Believe me, it works.

- Not to be confused with self pity, compassion, patience, and kindness can be extended to the self first. When you are these things with yourself, it's easier to be that way with others.

Beware that whatever neuroses you have created for yourself throughout your life, your attachments will take advantage of to continue to lower your vibration. It's up to you to clear these fears, prejudices and resentments in order to strengthen your auric field and to kick these interlopers to the curb!

Another way to deal with this is kind of thinking is to just say “No!” to it or if you can understand your fear, then acknowledge it and admit it. They can't hound you if you admit your shortcomings. I use a technique called “thought stopping” when it begins and I feel myself responding, I say, “No. Not gonna go there. I'm not going to engage in this thinking. I'm going to keep my vibration up.” And that's it. I keep control over my mind and don't allow any negatives to gain it! Eventually you have to look at your shadow, sort out your issues and see them with compassion because your attachments will use them to torment you throughout your life, and it will keep you in a lower frequency and perhaps from ascending. You'll just keep creating loosh for these parasites, as they want you to.

What I learned is, having grown up in the matrix, there are a lot of things I don't like about this planet and those are my fears. I fear being very much like the people I see who belch in public, are overweight, rude, argumentative, self righteous, etc etc. I fear being like the people I see here. The



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Article

difference is I acknowledge it and I admit it to myself, and I understand that that fear comes from my childhood, not from my soul, and then I allow my soul to predominate by doing my shadow work and then realigning my chakras. Ultimately I realize I AM NOT like these people, I am my soul having a physical experience, so there is no reason to fear. So I don't act out these behaviours, I acknowledge them and send them love, accept them, and maybe have a chuckle over them – but I don't involve other people into them! Awareness is the only way to do that.

Acknowledging your fears to yourself helps you to accept yourself and life on earth as it is. Being unaware of your behaviours and then acting them out with others keeps the arguing and fighting going on, and that's what the dark ones want. They want you to be unaware and easily controllable.

By not acting out your fears, they lose power over you. Your dysfunctional past makes way for a better future and your vibe rises.

By the way, it's possible for you to have a fear of being some way, but also favouring being that same way because you believe it provides advantages to you. Like my being overweight. I fear being overweight, but I also love it because I feel it provides me with protection and I'd rather take rejection for it than lose that protection. Yes, humans can be complicated.

## MIND CONTROL

With mind control, you have to be familiar with the types of programming that are run on us:

- divide and conquer – this is you calling others sheeple
- sexual misery programming – this is you getting together with a partner who makes your life a living hell, this is you getting into an unworkable relationship but it's not limited to only that. It can include you marrying your handler, you being raped, you being sexually abused as a child. It can also be you never finding the right person.
- dark mother programming – this is you being abused by your mother, or your mother abusing you
- false king of tyranny programming – this is you being abused by your father, your father dominating and controlling the family, this is also politicians putting forth covid programming, and our world being male dominated.

The thing to do with mind control programming is to see it functioning in your thinking and to eradicate any thoughts that would align with this programming. Do not allow others to foist their programming upon you – for example if you're with a partner enacting the False King of Tyranny programming in your family, then why accept it and allow them to?

If you see your wife enacting the Dark Mother programming with your children, then what are you going to do about it?

Why do they run these mind control programs on us? Simple. Because that's how they think and they want to live among us. What better way to fit into a human world than to make the humans believe they are like you?



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#### 4. ASSUMPTIONS YOU HAVE MADE:

Throughout our life, we draw conclusions and make assumptions according to what we experience. Many of these can be false, especially since we live in a false Matrix. We have cut ourselves off from our entirety and created a shadow in order to fit into this matrix and it's this shadow that continually shows itself to us in our preferences and dislikes. Don't kid yourself, your attachments also know what your preferences and prejudices are and they will bring them up in your mind in order to continue to prompt you to create loosh.

What conclusions have you drawn about yourself?

What assumptions have you made about others?

What assumptions have you made about people, places and things without even investigating first?

How do you have a belief system of limitation?

Watch for these things in what you think and what you say. Then work to debunk them. You are not limited.

These assumptions are lodged in your lightbody as negative pockets. Therefore your lightbody requires regular cleaning, your chakras require regular rebalancing, and attachments, cords, tags and implants must be removed regularly. In doing this these pockets of negativity are cleansed from the light body.

The other way to cleanse these pockets of negativity is through doing your shadow work. When you become aware of a belief that doesn't work for you, examine it and change it. Many of your beliefs you formed when you were a child and incapable of looking at life through the same empowered eyes you currently have. Seeing things again as an adult often heals the inner child that was powerless. This changes the shadow by reducing it. Then there is less for you to be manipulated with by your attachments and they will go elsewhere in favour of a better meal than you.

#### 5. STUFF YOU TOOK ON, DOWNLOADED FROM PARENTS AND CAREGIVERS.

Parents who are unconscious treat their children the same way they were treated as children.

Your children end up like you because you treat them the same way your parents treated you. They will end up with the same problems you have had UNLESS they are more conscious than you are and use their inner guidance. However, if you are severely abusing your children, you will cause their soul to split off and fragment. Parents who abuse their children are enacting the False King of Tyranny and the Dark Mother programming. Yes, you were abused by computer programming that was piped into your parents' heads.

An alcoholic parent will have alcoholic children or the children will go the other extreme and never ever take a drink because they saw what it did to their parents. This is how lightworkers take on familial issues and transmute them. There's no way a child growing up in an alcoholic family will be indifferent to alcoholism. You take this forward into adulthood and, provided you grow in power, you will deal with these issues and perhaps be successful where your parent wasn't.

In these cases, you have to look at what you are doing that your parents taught you, because you sat there and watched them, and they moulded you in their image.

These things can be a diamond in the rough, because they are the stuff of ascension.



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Article

## 6. OTHERS' NEGATIVE ENERGY OR FREE FLOATING ENERGY

This is why cord cutting is important – you are automatically energetically corded to anyone you interact with.

If you sit in a room with people who are annoyed, angry, complaining, well, guess what. Either you will end up joining them or you will walk away, probably annoyed as well. Negativity begets negativity. Be careful who you hang out with because negativity is contagious. If you are in a negative room, draw in positive Light energy through your crown chakra and release it into the room, preferably to all the people in it. This may change the vibration of the room. If not, leave, but keep drawing positive energy into yourself.

You can also use the violet flame to transmute negative energy in the room.

Free floating energy can sometimes be seen as dark blobs in the air. Send this energy the violet flame to transmute it. We are a very negative planet with much of this stale energy floating about, or with spots on the earth that are negatively charged. And if you doubt that, go into that old house that everyone says is haunted, the one with the boarded up windows and ivy growing all over the bricks.

These energies can change your mood as well.

## ASCENSION

By the way, for those of you going through ascension right now, feeling terrible, having days you can't get out of bed, wanting to die because you feel so awful – the incoming light is expunging the negative energy blocks from your system, among other things, and it is ridding you of your shadow. That is the only way you can rise to 5D frequency – to rid yourself of any negativity you harbour. You may find yourself instantly being able to deal with things differently, or waking up and thinking more positively than you ever have had in your life. Your kundalini is awakening and clearing out anything standing in the way of your becoming homo universalis.

You have a choice: go through feeling this way until you finally are cleansed of all of it, or consciously do your shadow work and rid yourself of these negative blocks in a less painful way than having them taken out of you. What makes them less painful? The fact that you are willing. When you are willing to do something rather than resisting doing something, there is always less resistance to the process and it's the resistance to change that really hurts, not the change itself. In fact the changes you will see in yourself will be improvements.

One more comment, I might add.... if you think life is about going to work and doing your every day things and not looking at yourself, just functioning on autopilot, I feel sorry for you. You will probably stay on the lower timelines. Right now we are in a space of time where people are being asked to stand up for themselves. Only empowered people will go to 5D; those who never challenge the system will stay on the lower A.I. timelines. In challenging the system, you have no choice but to look at yourself and your beliefs.