



IMPLANT COMMUNICATIONS Article

How To Make Contact with Extraterrestrials

~ Sharon Stewart

The way to make contact with ETs is through meditation. Sit quietly, focusing on your breathing, eyes closed. Keep doing this, keep practicing because more than likely your thoughts will be interfering. Half an hour twice a day, would help make some progress.

Your higher mind, along with the higher minds of all others, are connected. This connected area is what we call the multiverse, this dimension and all others we can't see. We create those dimensions with our minds, and we live in them. ETs live in them and help to create them as well, so the way to access ETs is through the higher, intuitive mind. This is why you have to meditate to make contact with them.

What you have to do now, by doing this meditation, is basically learning to use your mind differently. You've been using your intellect all your life and disregarding your intuition for the most part, so now to include your intuition, you have to keep focusing on training yourself to use it. There is still the veil and mindslides, tags and implants preventing you from using this fully, but you have to be patient and keep working at it. You haven't been using your intuition all your life so now you have to re-teach yourself.

It's no surprise as well, that to see them, you use your third eye, which is the 6th chakra. Your 3 lowest chakras, the root, the sacral and the solar plexus chakras, pertain to this physical dimension. So meditate, balance and open your chakras and then have the intention of contacting them.

One last point: "Your life's challenges lead the way to your life's work." How can that be, you ask? What has predominated in your life? For me, it was my task of overcoming the abuse my two narcissistic parents foisted on me as a child. I spent my lifetime overcoming that toxicity. How does this indicate my life's work? I'm a wayshower who helps people to overcome their lives of victimhood as well. Point in case: I have a free e-course on this website called, "Stop Being a Victim." If you could use it, check it out.