



IMPLANT COMMUNICATIONS
Article

How to Sense Energy

You do it all the time!

Ivo of Vega: Negative Energy Clean-Outs
8/9/2021

Something I was told last night by Sol de Naro, who incarnated as Howard Menger on earth in the 1950's/60's and who worked for the Light movement.

He told me that I can ask to have my chakras cleaned out. So I asked him if he'd do it while I was asleep. He said sure. He started with the two lower chakras and when that felt amazing, I asked him to continue. He did 6, didn't do the crown.

I definitely have more energy and am in a better mood, this week's sad events just a memory now.

I would suggest you ask your higher self, and don't worry if you can't hear them, ask anyway, to clear your chakras on a regular basis. Ivo and I put out a video last night about dark attacks and ascension, noting that they're stepping up their efforts, and now you can step up your efforts by adding this to your energetic maintenance routine.xz

I would still do chakra rebalancings in the interim but asking for a good clear out once every week or two weeks will help us secure the higher timelines. I'd guess once a week right now or whenever you get really bugged over something.

Also, be careful who you ask to help you. Make sure they're not dark entities because believe me, they'd be glad to be of "assistance".

Please share liberally. Let's aim to keep empowering the Light movement and the higher 5D timeline that is in question now.

How do you sense dark energy?

For some people it comes easy.

For others we have to work at it. I did. It's a question of understanding which way is easiest for you. I can look at a person's picture and get a lot of information about them. I connect visually with others. In the case where a picture isn't available, I can read you through your words. Don't be surprised to find me looking through your fb profile, because I look for pictures of some people.

The one thing you **MUST STOP** is intellectual interference with your intuitions. If your intuition is saying, "Nope, notta, never, Nein, go, run, flee, vamoosh, scam," and your intellect says, "Well, she looks like a really nice person. Look at her, sweet smile and happy eyes, I'm sure she's okay," remember we live in a world where all is not as it appears to be. Listen to your intuition. If you feel guilty about that, then you have to work on not feeling guilty listening to your intuition. Your intuition **WILL NOT** become stronger when you ignore it. You have to listen to it and make sure it's intuition and not negative interference because they like to divide and conquer - keeping you apart from other lightworkers who could be good for you.

Will you make mistakes? Yes, you probably will. That's okay. Keep going.

You will be given opportunities where you are shown the differences in energy of other people. I went



IMPLANT COMMUNICATIONS
Article

to the tanning salon one day and spoke to the woman there, who was lovely. Then I had to go get groceries and walked to the courtesy desk for some reason. Two women were there, an older one and a young girl. The young girl was fine but the energy coming off of the older one was almost evil it was so negative. You'll be shown. Look back and think of times when this could have been the case, otherwise ask to be given this type of comparison and watch for it.

I sense people. I've almost jumped out of my skin once around a neighbour who I'm sure was reptilian. She was the one who abandoned Merlin.

I find the easiest way to sense dark energy is to look for people who are predators, and yes, I can be that way when my shadow comes out too. I've not been immune to programming until now. The ones who hit the laugh button every chance they get to hate someone. That's an easy call. I just cull them from my followers' list. The easiest way is to understand negativity through the mental and emotional minds.

If you are fortunate, you can see demonic beings. If you are fortunate you may be able to see "black energy clouds" around them either physically or through astral vision. Maybe you can read aura's.

I can smell them with my physical nose. Sometimes you can smell things in your mind like the smell of your mother's perfume will come back to you and that may mean she is around, or it may be a memory. You have to learn to discern.

I believe I can hear energy as well. I've heard a screeching sound come off of someone's energy. As far as hearing negativity on this plane goes, listen to what people say. It's that easy.

I believe that working with the mental and emotional bodies is the easiest way to discern negative energy, but it doesn't help you with respect to demonics who are disembodied. You need psychic senses to help you or you can just assume they're there, and do regular energetic maintenance like removing tags and implants, removing attachments, removing hooks and cords, and watching your moods. If your moods swing downwards, then something's not right. If there's no reasonable explanation for your mood, then suspect something of an other-worldly type.

I just realized something this week.....

I was hurting from a nasty business break-up (yes, I throw my heart into everything, even business) and lost someone I had a lot of admiration for. It was devastatingly hurtful.

Then Sol de Naro, who was incarnated here as Howard Menger in the 1950's and 60's suggested to me to let him clear my chakras out and "do some repairwork" (my term for what he suggested), instead of taking all the pills I take to increase my energy, so I let him.

The next day the break up seemed like a distant memory, which tells me that things GET STUCK in your chakras or energy body and that keeps the pain fresh, whereas when they're cleared out, they become memories and not even so unpleasant at that.

I'm always worried about learning the lessons because I realize that when you start making better choices, it reduces the pain, it does for me anyway.

Keeping your chakras clear and functioning properly helps your experience of life here on earth.

However, that does not mean that you don't do shadow work, you still have to when opportunity arises to do it.



IMPLANT COMMUNICATIONS
Article

Another experience I had years ago, around 1992 I was in the Alps around Christmastime. I didn't understand the significance of this occasion until really a while ago, but it always stuck in my mind. I was almost alone, there was one other person there who was by herself as well. I walked up to Lake Constanz in the mountains and sat there mesmerized watching a mother duck and her babies swimming in a pond. Which, now that I think of it, seems kind of weird when you consider that ducks have babies in the spring, not at Christmastime. Yeah, now that's kind of strange, isn't it?

Anyway, now that will bug me... however what I realize now, as I stood there in that state of bliss and enchantment at the peace and tranquility of the moment.... is that I was being shown what I would call my "baseline." That's how I would feel without any negativity, and if my chakras were balanced and I wasn't feeling any stress from whatever situation life has concocted. Have you had any moments of this bliss as well, and yes, that would include during orgasm?

Have you ever been shown how you would feel with no stress? Because I was that day. Maybe there's no mind control in the mountains, who knows? Well, probably less out in nature, that makes sense. I believe it's focused on cities and it's passed on to us by other people.

Have you been shown how a negative person feels as opposed to a positive one?

Have you been shown what your baseline is?

Have you walked into a room, or the mall, or you couldn't even get yourself to go to the mall, because of all the negativity there?

Have you had someone call you and you just can't pick up the phone (or answer the call, whatever you do on a cell phone)

Ivo: There are many ways to sense negative energy and they have to do with your predominant chakras. Sharon is a Scorpio which aligns with her sacral chakra and she senses energy through her emotions. She will come across a person, perhaps a complete stranger, and just feel like she does not want to get to know this person.

Me: Like my new neighbour. He's been parking in the next door neighbour's driveway like he owns it. Just proves my point. I believe he's entitled.

Ivo: And then there is the room in your basement which raised the hair on the back of your neck. Archangel Michael has put a divine seal on it so that it cannot be used as a dark portal.

Me: Yes. I love him. He's my "wing man". Ha ha. Get it? Wing man.... I know you get it and you're thinking, "Get over it Sharon, it was a bad joke." We have to start having appropriate jokes in our community. Let this be the first.

Ivo: You have also had times when you can see dark spots on walls and oozing, dripping strings hanging from the ceiling.

Me: Yes, and I might add, I've depicted them on our website on the "photo gallery" page.

Ivo: Someone who has a dominating third eye will see more things astrally but will also see in the



IMPLANT COMMUNICATIONS
Article

physical as well. Someone who has a dominating throat chakra will hear and you do as well, that is another strong chakra of yours.

Me: What about someone who has a strong heart chakra?

Ivo: Ah, yes. That is the most important because when one's heart chakra is in balance one can discern love from hate. They can discern intention.

Me: I usually can. And I wouldn't say mine is even balanced.

Ivo: No, but you have much energy at your disposal. This is another factor.

Me: Okay. What about learning to sense negativity in your aura? There are awesome people who can do that, as well as sense attachments in their energy fields.

Ivo: It is a question of practise, my love. Negativity will always manifest as physical pain, so where do you have illness, body pain or strong tendencies towards conditions.

Me: Are you kidding? Where don't I? I have everything from allergies to whatever.

Ivo: And so you must stop manifesting this. Affirm that your body and mind are healthy. You must command your body. Give it instruction.

Me: Okay.

Ivo: Now the last point I wish to make is that too many of you are spending time in front of boxes. Be they television sets or computers, you are overstimulated in the physical senses. We have so many asking what it takes to manifest multi-dimensional senses and the way to do this is to use them instead of your physical senses. That is why you live the hustle and bustle lifestyles you do: in order to keep you focused in your physical senses. Turn off all stimuli when you get home from work and shut your eyes especially. Stay within the darkness and shut off the mental mind. Give it time. What do you sense? Do you hear any inner voices except for your own? Can you sense that they are different from yours or not? Are they positive or negative? What do you see? Do you see colours? If you are then you are seeing energies. This is excellent. When you begin to see energies eventually you will see those who manifest energy into a self.

Work on your focus. Do not allow yourself to be distracted. Get all your commitments finished and then do the work otherwise what you have yet to finish will gnaw at you until you finish it.

Yes, Sharon, you can also sense the baseline of those around you, which will come individually if you focus on them individually or collectively around you.

Me: Yes, my city doesn't feel very good. But I moved here for a practical reason: I could get my own apartment.

Ivo: Yes, your city is negative in nature. Drive around to other places such as out in the country. You can all practise this. And go and see how it feels. Do not look so much at it but feel it, sense it. How do you feel in this area? Does it feel good to you or not?

Often areas of water have higher frequencies because water is a purifier. Is there water nearby?

Have you ever gone to a haunted house? How does it feel? Yes, your fear is piqued, but how does the house feel to you?

Look back to old bosses you have worked for. Which did you like? Which did you not like? Why?

Obviously ones that were too negative for you you would not like.

Me: I liked the ones I had at Fidelity Investments, it's the fact that the company was so fluid I didn't like and the job itself was too boring. But I liked my bosses.

Ivo: Yes, learn to pick out the elements in a job, your reactions to each part of the job.



IMPLANT COMMUNICATIONS
Article

Again, what about teachers if you have not worked very much. What about schools you have attended? Sometimes you did not like the curriculum in the school and changed colleges, but perhaps it was the energy of the area.

It is all energy and it can all be sensed. You are sensory beings. All of you. You are simply out of practise.

What do you think creates an ambiance in a bar or a restaurant? Do you think it is only the decorations or the bartender or servers or is there more to it than that? When you consider you are drinking toxins and eating cooked carcasses it is a wonder that these places have any ambiance at all, but some do.

Why do you dislike going into hospitals? Sharon cannot stand them.

Me: No, I can't.

Ivo: It is because of the low frequency of the patients that she will not go there. The sickness. Compare going to a cemetery and then going into a garden planted with so many flowers. What difference do you feel?

Try these exercises or think back to experiences you have had and remember how you felt.

What is more, begin to give your psychic senses some credit.

When you say, "I just can't stand that guy," but you do not know why, respect that.

Humans are far more complex than you know. Life is just not that simple but it need not be hard to navigate.

Me: Thank you, Ivo. I sense you all the time. You have lovely energy. Others have commented as well.

Ivo: Thank you, my dear. I keep myself in prime condition always.

Ivo of Vega: Sensing Energy - Watch How You React
8/10/2021

Sensing Energy: Watch How You React

Just an add-on to the last video we did where we were talking about sensing energy and comparing things in order to drive home the idea that their energy is different.

Here's something else to compare: Early Beatles music pre-1965, the "She loves you ya ya ya" music to Nirvana's Teen Spirit. I rest my case. You can sense energy. They're both good music, well done, but one is definitely darker than the other. They never called the Beatles' music "Grunge" either and there's a reason for that.

The innocence of the Beach Boys' Little Disc Coupe or Little Ol' Lady from Pasadena versus Metallica's Sandman.

What happened? The Deep State happened, to turn our music dark on us. It went from groups about



IMPLANT COMMUNICATIONS
Article

bugs to Deep Purple, Black Sabbath and being in Chains, references to penises as if they're evil, and Fecal Matter. This is social programming. The hippies of the 60's were a large wave of starseeds from other planets, so the DS used their attempts to bring light into this world by darkening it. And you see it today. Few can get along, kids are being trained to kill via their xbox or whatever, and now we're being trained to see everyone else as a pile of germs.

I'm going back to that grocery store incident where I was accosted by one toxic woman's energy as she served me. I felt the knife in my back as I walked away. What surprised me, though, was the way I reacted. I started acting like a kid again, trying to be sweet and innocent and caring towards her, in the hopes she wouldn't slash me to bits with her harsh energy. That was how I acted as a kid – subservient. These are survival behaviours.

What I believe happened is her energy put me right back in the same state I was as a child whenever my father would bellow in rage or be at his toxic worst. And I believe it has to do with energy being vampired as well, because believe me, I'm usually not that powerless when it comes to anything. Anymore I would look at her and shield up if anything. Or just assert my right in my own mind, to exist as I am and sorry for you, lady. I wouldn't let her steal my energy.

People who do have many attachments or their soul is negative in nature. Or both.

I have a new neighbour now. Guy lives alone in the apartment behind mine. He hasn't said anything to me yet, but when I focus on him, I get nothing. What just occurred to me is I connect with people soul to soul. I connect with the soul first and then find out later they have a shadow, but that's another story. This guy I've focused on and he doesn't seem to have a soul. I can't sense anything. I can't say I even like him, either. I can't sense a soul. To me, he feels like there's nothing to connect with, and it's not like I was going to anyway, considering the trouble my neighbours have given me.

That would explain a lot about how I sense energy in others: either negative souls like my ex-neighbour who abandoned Merlin or the incarnated black-eyed demonic who used to live above me, regular earthly souls, starseed souls like the neighbour I talk to who I have given many chances to despite his egotistical treatment of me, or no souls like this new guy. Maybe I've been doing this all along and I just needed more to compare before this really clicked in.

I can say I don't like this guy already and I don't even know him. That wouldn't make sense to our intellectual minds, would it? But it makes sense to our intuitive minds. Very much so. He gives me a feeling of the lights are on but nobody's home. I don't say that to be demeaning, but I'm saying that



IMPLANT COMMUNICATIONS
Article

because I get that feeling from him. Nobody's in there.

I think there's another type in my neighbour across the street. She's about 80 some odd years old and really negative and I don't sense much from her either. Many old people on earth have been through the Matrix and it has whittled their soul connection down to an absolute fragment of what it was when they were born. You see no light in their eyes and they are miserable. That's because these people have been subjected to mind control and have had their energy vampired so that their life force is at a minimum, barely keeping them alive. My mother was like that too.

These are not the people who would break out in a cha cha in the middle of the market square, not robust enjoyers of life. They just do what they need to to exist, and complain of anyone who appears to be enjoying themselves. My neighbour is like this. The only thing is she loves her animals and watches over all the animals in the neighbourhood too. She asks often about Merlin's health and had noticed his bum knee.

You are probably doing the same thing. You can feel a connection to some people and instant repulsion to others. This also works at the ego level, I find because there are people who are of high light, or at least who claim to be, and watch out for this too, who I don't like because they're too big for their britches as the old expression goes. They think too much of themselves. There's that too.

You can probably sense people on many levels. The one thing you have to do is to understand your initial reaction to them and to honour it. If you have a negative reaction to someone and you don't listen, believe me, you'll end up getting the karmic lesson. Many people react negatively to others because they embody the very faults that you don't like about yourself. That's easy to deal with. Ask yourself if they remind you of you at any time in your life, not just the present, because these things often get buried for a long time and you have gotten good at hiding them from yourself.

When I was a kid, I thought that everybody was really toxically negative. I was surrounded by so many people who were manipulated by the matrix and demonics that I took that for normal. One of the things that changed my opinion was working in corporate offices, believe it or not. Because I started to meet gentle people. I started to meet kind people. I started to meet people who, yes, were part of the structure but were not ruthless and harassing in nature. These people were professionals and they enacted professional standards and thank God, because they helped me to understand there were other people in life. Thanks to these people, I could see a way out of my nightmarish life. My first 30 years I was surrounded by complete toxicity, even by the shoemaker who asked if he could kiss me. Yeah, never went back to him.



IMPLANT COMMUNICATIONS
Article

I had to get away from my family even part time to begin to understand there was better to be had in this world, and that they were not typical. I expect I learned to trust people moreso when I worked there and I could see that there were people who valued me, even if they put a price on it, for who I was and for what I did.

If you're surrounded by toxic people, it's not their fault. I expect that a lot of families who are like mine are that way because that's what it takes to keep them from ascending, that much abuse. In my family's case, it was my father who was the starseed and he has returned home now.

One of the things that really helped when I worked in offices was corporate policies regarding sexual harassment. That is maybe even a divine injunction levied against the false king of tyranny mind control programming, and the sexual misery mind control programming. These policies help both men and women begin to see each other in a different light and like I said, who knows, maybe God levied that injunction to stop this nonsense.

Ivo: As for sensing energy, my love, again we stress the difference between sensing energy at a higher soul level, and your intellectual opinion. You must learn to differentiate. The best way to do this is not to have an opinion.

Me: LOL Too late for me.

Ivo: Your opinion is turning more benevolent, forgiving and more compassionate as you begin to understand the true reality of life. So you can then sense something and understand that a feeling of negativity is something you are sensing, if your opinion is more positive.

For example, the french fry truck just pulled up. Let us take that as an example. Imagine having to make a living selling french fries from the back of a truck. Flipping hamburgers for a living.

Me: Yes, our illustrious school systems cranking out another burger flipper. Yes, that's why you go to school for 12 years, folks. No offense to burger flippers, I was one in my last job as well.

Ivo: So you have compassion for the man who earns minimum wage working in grease all day. Were you to walk up to the truck, how would you feel?

Me: I'm not eating french fries at the moment, I'm off of a lot of fast foods I used to eat.

Ivo: Yes. So you have an emotional feeling of this is not good for you, that is your mental and emotional mind working together. At times, though you are able to hear the thoughts of the meat that is shaped into a hamburger.

Me: I know. The hamburger that told me how it didn't want to die. If everyone could talk to their hamburgers there'd be more vegans on the planet, I'm sure.



IMPLANT COMMUNICATIONS
Article

Ivo: Yes. So you were telepathically connected to your hamburger.

Me: I've also heard chives screaming as I cut them, which wasn't pleasant either. I've got to eat.

Ivo: We have the perfect solution. We make food from energy. That way no animal or plant is killed in the process.

Me: Yes, food synthesizers. Like they had on Star Trek.

Ivo: Yes. I might add that you are able to block your telepathic ability as well when it does not suit you and you did this with hamburger meat because you still eat it, and yes, you are iron deficient so you crave it.

Me: I know. Some people do require what meat has to offer the body.

Ivo: I would like you to open your communicative channels to speak to the fruit, meat and vegetables that you eat. You might get a broader understanding of life that way.

Me: Okay.

Ivo: What would you do, then, how would you feel walking up to the french fry truck?

Me: I would feel like there was grease all over my face. It's too greasy.

Ivo: This is intellectualism.

Me: It's going to start raining. Maybe I can talk to the thunder cloud.

Ivo: Yes, that is another task. What if you could talk to the clouds and get the weather to change by cooperating with them?

Me: Interesting.

Ivo: You can feel the clouds.

Me: Yes, they feel forboding, but maybe that's from when I was a kid. I think all weather, ultimately, is nourishing.

Ivo: So there is much intellectual interference between you and nature.

Me: Yes, another one the school taught us. Rain was bad. That's why people complain about the weather too, because they learned it was bad in kindergarten. Get over it, folks. Weather is weather.

Ivo: Focus on feeling the clouds rather than intellectualizing them. Do this with everything. Do this with your amethyst gems, your other crystals. Feel them.

Understand that most of what you learned does not serve you now. Like the rain being bad. Like meat being good for you, for most it is not.

Involve more of your Self into your perception of everything.

Also try psychometry. You have done this before.

Me: I know. Hold onto something and read it. Get ideas of who owned it before you, etc etc. Or who made it. See what you see in your mind's eye and try to ignore intellectual interference.

Me: I think those rain clouds feel exciting.

Ivo: Yes, there is energy in them. Positive ions and negative ions. There is much wind circulation in a thunder cloud. Try to feel the energy.

Me: I get a sense that me and thunder clouds aren't so different. Humans are electro-magnetic beings. A cloud is electric. Our thoughts are electric. I guess that's how rainmakers work. The natives probably knew this and they could send electrical energy up to the sky in the form of their thoughts.



IMPLANT COMMUNICATIONS
Article

Ivo: Yes. That is also why humans must be careful of lightning storms. Because they are energy transmitters and so is a thunder cloud. It, too, is an energy transmitter and it is easiest to connect with a thing similar to yourself. Unfortunately the thunder clouds are more powerful than your body so you tend to be burned.

The body cannot transmit the charge without any damage.

Me: So the mind is that much more powerful than the body?

Ivo: Yes, solid matter, if you wish to call your body that, is slow enough of frequency to be seen by your eyes. Your thoughts, typically are not.

Me: I've seen them coming out of one woman's head once. It looked like one of those glow lamps.

Ivo: Yes. It seemed a blob to you in the physical but in its own dimension, a thought is a fine beam of light.

Me: So the difference between just a fluffy cloud or a chemtrail and a thunder cloud is pretty phenomenal. Regular clouds are just collections of moistness. A chemtrail is a spray of chemicals. But a thunder cloud has activity and emits rain and lightning. The thunder, of course, is the air splitting apart by the lightning. Yup, there's Merlin at the door. He knows it's going to rain. He's so in touch with the energy of the weather.

Ivo: All clouds interact with their environment. When the regular cloud (cumulus or stratus cloud) attains enough moisture, it morphs into a rain cloud.

Me: What makes it thunder then? It's just starting now.

Ivo: The heat.

Me: So throwing bolts of lightning cools down the ground?

Ivo: It changes its frequency. That is the easiest explanation. Heat is released when one's frequency is higher. The sun has a high frequency so it is very hot. The way to change the frequency of the ground or localized area is to change its polarity.

If the polarity is too positive, a negative charge will be created in order to neutralize the ground and cool the air in the area.

Me: I get it. Thanks Ivo. So we went from sensing energy to a weather lesson.

Ivo: If you wish, you can sense the energy changing during a thunder storm. Sit outside under shelter and feel the air change. This is another way for you to sense energy and to reconnect with nature.

Me: True. Thank you.

Ivo: You are most welcome. I must admit that you will see more UFOs around thunder clouds as we tend to like them.

Me: Why?

Ivo: Because of the neutrality they create on the ground and in the air. It does not affect our own personal polarity as much when we fly, and also the ship flies easier in a thunderstorm because of the neutralization of the air space created by the lightning. We prefer positive polarity or neutral will suffice as well. Your world is largely of negative polarity and this makes it more difficult to fly our ships. They are not made for negative polarity flying. That is why they crash occasionally.

Me: Maybe make sure your pilots are in a bad mood, LOL.

Ivo: No, this would not work, my love.