IMPACT ON HUMAN BEINGS

Part 2
The vibratory change is going to impact human beings at all levels: physical, psychological and energetic. The transition period we are presently going through—and will still be crossing for some time—is the most arduous. Our bodies have to constantly adjust to the progressive elevation of frequencies. Once in the next dimension and after a time of adaptation, it is probable that organisms will be balanced again. This balance will be different from the one in the 3rd dimension. Don’t let us think that once we get to that point, we will resume business as usual. On the contrary, everything is going to change and then, human beings will see and live the essential.

Why can this passage be so difficult?

This passage can be painful for individuals who resist the change they are undergoing and therefore the way they live is unbalanced.

First of all, the elevation the Earth’s vibratory frequency is going to act upon the human physical body. Turbulences are going to impact all the body particles, atoms and all molecules. Moreover, since the cells are minuscule electric batteries as well as emitters/transmitters, they will also undergo these successive vibration changes. It is going to disrupt them and impact not only organs’ function but also hormones, thereby inducing miscellaneous disorders. This situation will last until individuals become adjusted to the new ambient vibration.

Additionally, as the work of the Japanese Masaru Emoto\(^1\) has demonstrated, water structure varies according to vibration frequencies. Now, our body is composed of 70 to 80% water, so this vibratory change is going to restructure the water network of our body. And since the general frequency level is increasing—it becomes lighter and more spiritual—the water structure of the body is going to transform and attune to the ambient vibrations.

However, with this new frequency, the toxins, toxic substances and acids inside the body will have a tendency to slow down and even keep the body cells and the body water from synchronizing their respective vibrations. It is going to create a “push-pull” phenomenon that will translate into more or less serious manifestations and disorders in the body.

Furthermore, the human brain in a normal state produces waves in resonance with the Earth’s frequency—notably, the alpha waves between 8 and 12 Hz. Traditionally, frequencies lower than 12 Hz resonate with states of relaxation, drowsiness, hypnosis...

\(^1\) “Water Crystal Healing” or “The Hidden Messages in Water”
whereas frequencies higher than 12 Hz resonate with states of mental agitation, anxiety, intense cerebral work… Thus, the Earth’s vibratory level has recently risen from 7.8 Hz to 12.8 Hz and therefore strongly stimulates the psyche of people… This phenomenon first generates stress, anxiety, even depression that, in some cases, cannot be handled by everyone.

It is likely that the profusion of artificial electromagnetic fields (cellular phone grids, radio, television, radar, microwave antennae, electric power, screen, wifi, Bluetooth, high tension lines, portable telephones….) where human beings are living, will not easily allow the body to attune to the Earth’s frequencies. These fields tend to garble the body’s vibratory reception and to aggravate already-felt disorders.

**Genetic modifications**

In biology, and specifically in genetics, the new field of epigenetics has shown that our genes respond to our life situations and our environmental exposure. Genes are not going to change but simply open or close, i.e. become active or inactive with all the possibilities within this range. This mechanism is achieved by methylation of a DNA sequence to deactivate its expression.

Thus, it has been demonstrated that stress, the environment, food, famine, smoking, emotional shocks and in vitro fecundation can alter the genes of individuals. For example, the anxiety of pregnant women during the September 11 events activated a stress gene in their babies. It can be measured in their blood as their cortisol level is higher than the average of children of the same age.

Today we know that many diseases have epigenetic origins like cancer, diabetes, obesity, allergies, autism, schizophrenia, Alzheimer’s disease, and probably many others. This means that they are associated with genetic modifications due to environmental situations or abnormalities. It is important to remember that these genetic modifications can be transmitted to the next generations.

But aside from these pathological conditions, positive changes in the way we live such as healthy food, regular physical exercise, meditation, breathing exercises, etc. can also produce positive epigenetic alterations during this time, as was noted on men suffering from prostate cancer².

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² Geminal Study – French Daily journal “Quotidien du Medecin” dated 6-20-2008
This is how the new high frequency energies coming onto the Earth are going to activate certain genes and deactivate others that have become useless in individuals. This will cause an in-depth transformation of humanity.

In our genome, 65 to 70% of our genes are silent -- our DNA intronic part. It is where our organism taps the best solutions to adapt to our environmental changes. With the new vibrations, some genes are going to be activated and we can trust that these changes will be beneficial for our future. As, since the dawn of time, the arrival of man on Earth, his evolution and transformation have been the Universe’s work. The Universe exists only for this reason, otherwise, we would have disappeared a long time ago.

What are the most frequent symptoms during this transition period?

As we just saw, the vibrations elevation of the Earth will impact the physical and mental well-being of humans at many respects. Here are listed a few symptoms:

- **Fatigue** is often the first symptom. Awakening in the morning is often difficult and time is needed to recollect oneself. Fatigue will require efforts to carry out daily activities. This, in turn, impacts work quality and the need to sleep longer will be felt. Now, fatigue happens to be the most frequent complaint heard in medical offices.

- **Concentration disorders**, memory troubles, transient disorientation... one has difficulties finding one’s words or book, movie titles...It can also happen that, for a few seconds, one does not know where they are or what day it is... All this can cause lack of concentration at work, at reading and even at driving. These symptoms feel very disconcerting and may even happen to young people.

- **Sleep disorders** as one wakes up often at night, needs to sleep longer or/and wakes up early and tired. Sleep can also be very deep but not beneficial and is often associated with sleep apnea.

- **Vertigo** and sudden loss of balance that are often temporary but that can become more frequent and more intense. This can happen in any position: lying down, sitting or standing up. This is temporary and only last a few seconds. It is caused by vibratory modifications and also changes in the Earth’s magnetism.

- **Extreme mood swings** giving way to intense reactions as faced with events, easy crying, sudden sadness but also stress, anguish without reason, sleep disorders and greater irritability.
• And many small symptoms:
  - Night sweats and hot flashes,
  - Itching on the whole body and particularly in the eyes,
  - Feeling more thirsty,
  - Vision troubles: blurry vision, difficult eye accommodation…
  - Tinnitus,
  - A modified sense of taste,
  - Rapid growth of nails and hair,
  - Acidity, sourness and digestive disorders: slow digestion, swelling, intestinal transit dysfunction, nausea, etc.
  - Palpitations,
  - Aches and soreness especially in the neck and spine areas,
  - Contractions, spasms and cramps.

These symptoms are a sign that the body is reacting to the frequency changes and that it is attempting to adjust.

What can make this transition easier?

This is probably the most important question to ask ourselves while we are going through this period. We are all undergoing this vibratory change but some people do not seem affected by it, whereas others may present strong signs: fatigue, anxiety, concentration disorders… Why such a difference?

The answer is multiple:

- In general, people who are attached to the past, refusing to change and evolve and who want to remain in the same space in their life, will have difficulties accepting these changes that are, however, ineluctable.

- The other important element is the way of life. If the body is clogged by food toxins, atmospheric pollutants, waste induced by stress…the adaptation will be much more difficult. The toxins will move into the body water and impede the restructuration process… They will also clog cells and organs and disrupt their functions. Fatigue, brain disorders, vertigo, etc. will greatly be caused by this phenomenon.
- The need to rest is another important point. The body and the mind need resting time to attune with the new vibrations. If individuals are constantly on the move, their transition will be disturbed, and even more so if they undergo a long period of stress.

- Other types of fatigue due to disease, deficiency, pregnancy, stress, insomnia...will disturb the body’s organism and will prevent its attunement to the new frequencies.

- During this transition period, old conflicts, the old elements of the past that have not been resolved will surface up from the unconscious where they were locked up. They will add up to possible issues in the current life and will make it even more difficult.

Thus, our world is not propitious to prepare us and adjust to the transformations that are taking place. Being always on the run, permanent competition, trips, television, mental overload, stress, lack of sleep, drugs, medication, modern foods...all these contribute to disrupt people’s transition. Moreover, insecurity generated by international tensions, threats of economic crises, unemployment...compound the difficulty.

Disorders might persist: they may trigger diseases

Normally, the troubles and miscellaneous manifestations are temporary. But with some individuals, they persist. At the beginning, organs, hormones and brain... disturbances are very light...Then with time, they may cause real diseases such as:

- **Chronic fatigue syndrome**, significantly reducing one’s capacity to carry out daily activities. Life becomes a stream of efforts and sufferings.

- **Allergies**. Experiments have shown that some electromagnetic frequencies can trigger allergies, whereas others can erase their symptoms\(^3\). These experiments could explain why the number of individuals with allergies has significantly risen in our countries for the past few years. Studies indicate that within 10 years, in France alone, one out of two persons will be affected by allergies ... The presence of

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allergies indicates that the body’s organism has difficulties attuning to the current vibrations elevation.

- **Irritable bowel syndrome** (IBS) and also inflammatory intestinal chronic diseases (hemorrhagic rectocolitis and Crohn’s disease) are very common nowadays. They irritate the intestinal wall, destroy the flora, generate permeability (dysbiosis), thereby opening the organism to the action of pollutants (pesticides and others), toxic substances (heavy metals) and germs. Autoimmune diseases originate from this phenomenon-- rheumatoid arthritis, Hashimoto thyroid disease, scleroderma, etc., candidiasis (yeast infection) and chronic infections.

- **Overweight problems** caused by stress (snacking), intestinal troubles and hormonal disorders.

- **Anguish, phobias and depressions**, schizophrenia (psychosis), aggressiveness... become more and more frequent among young people, compounding with insomnia, dark and suicidal thoughts.

- **Neurological and neurodegenerative diseases** caused by neurons inflammation due to higher vibrations: Parkinson’s disease, Alzheimer’s disease, multiple sclerosis, amyotrophic lateral sclerosis... but also disorders such as fibromyalgia, restless legs syndrome.

- **Cancers**. Some authors state that vibratory disharmony can also induce genetic mutations causing cancers.

- **ElectroSensitivity**. This is a new disease like many others on the list. It is caused by artificial electromagnetic fields, but the Earth’s vibratory changes can also contribute to it.

It is also troubling to see a significant increase in chronic diseases among children: attention disorders, hyperactivity, fibromyalgia, obesity, allergies, asthma, behavior disorders, learning disabilities, anorexia, cancer... the Earth’s vibratory change is undoubtedly one the main causes of this world-wide phenomenon.

It is obvious that all the above-listed diseases are not caused only by the simple elevation of the Earth’s vibratory level. However, a good number of them are new and

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their appearance seems to coincide with the beginning of the vibrations elevation. So even if the frequency changes are not the only culprits, they strongly contribute to the appearance of these diseases and could explain why more and more individuals are currently getting affected by them.

**Time acceleration**

The other perceptible element in the current Earth’s frequency change is time acceleration. Days seem to go by faster than before. We have the impression that we do not have enough time to do everything we want to do.

Some have measured the actual length of our present days and assess they are 16 hours long. It looks like we have lost close to a third of our days! The reason boils down to time acceleration, but this impression is magnified because we accumulate more and more activities and everyday we receive more and more information that we need to process. These compounded phenomena give the sensation that time has lightning speed.

It is also possible to feel that chunks of time are missing. For example, during an activity, one may feel that only a few minutes have elapsed whereas in reality after checking the time, more than one hour has gone by.

These modifications about time going by—faster or by jumps—are clues that vibratory changes are presently taking place. These are also elements that are going to aggravate the disturbances at the human body level. The body’s internal clock loses track of time, particularly in sleep patterns and hormonal secretions.

**Development of new perception acuity**

Aside from the disorders listed above, there are other more subtle symptoms. They could be caused by the action of the new frequencies upon human DNA. Whereas some authors conjure up the possibility of genetic mutations, it would be more logical to call them epigenetic modifications—as already discussed. It is obvious that the current vibratory changes induce epigenetic mechanism that will wake up some DNA genes and potentials that were in sleep mode in human beings and turn off others. This seems to particularly affect the sense organs:

- First, the 5 senses (hearing, sight, smell, taste and touch) modify and sharpen:
- New **sounds** become perceptible. Hearing becomes more acute as sounds are heard that were not heard before.
- **Visual impressions** occur such as sensing movements, black or colored stealthy images that depict elements from dimensions other than ours. These perceptions will tend to develop.
- **Fragrances** of perfumes, of flowers manifest without any justification for their presence.
- Particular sensations in the **mouth**: metallic taste, prickling sensation on the tongue, sensation of irritation...
- **Hot hands**, tingling sensation in the fingers, acute sensitivity of touch, new perceptions can also appear.

Then, new “senses” appear:

- **Intuition** happens more and more and provides information and indications on one’s life directions, what decisions to make…It goes together with more and more synchronicities.
- **Feeling/sensing** also increases. It can happen when meeting other individuals. Their feelings, their mental state or their sufferings will then become perceptible to others. Also, it is possible to feel if a product, a type of food or a device is good or noxious to oneself, according to the body’s sensations. An unpleasant feeling, ill-being or nausea will be negative clues whereas relaxation, well-being or strength will be positive clues. We will also feel more the animals' feelings and those of the plants in our environment. This is why it will become more and more difficult to eat meat or trim trees…
- **Sense of globality** at two levels:
  . external globality: the sense of belonging to the human race, and not to a nationality but well beyond, to the entire universe.
  . internal globality: the sense of connecting the mind – that has dominated our actions up till now—and the heart.
- **Clairvoyance** will allow us to see the consequences of our actions upon others, to read the body’s pathological conditions, to apprehend the best decisions to make and many other things that we cannot yet see today.
- **Telepathy** will also happen. It manifests itself, for example, when we know someone is going to call before the phone rings or when we know immediately who is calling before picking up the phone.
Of course these modifications and manifestations are light and subtle, particularly at the beginning. They are often concealed by:

- **Stress**: it does not allow time for reflection when a new impression comes up;
- **Mental overload**: it garbles any manifestation as the individual’s anxiety prevails;
- But above all, the mind is the first hindrance to these manifestations. The mind will consider them as mere mistakes and false impressions that do not mean anything.

**At the level of the energetic bodies**

All the human body energetic bodies are ebullient! They are directly undergoing the action of the abundant new energies. The outermost bodies are the most affected with emotions, the mind, and spirituality…

Indeed, the chakras are spinning faster. And because we evolve, new chakras\(^5\) appear: located above the head, they are directly associated to our new senses and to the elevated vibrations of the new dimension. They will move us more toward love, compassion, altruism and spirituality. Our contacts with the environment and nature will be easier. Individuals will intuitively look for these new energies because they will feel happy and content. They will have the impression of being connected to their environment to form only one entity.

Today, there are notable energetic transformations and lately, they tend to intensify. They are also related to our modern way of life and to the artificial electromagnetic fields created by man, but above all to new energies coming onto the Earth. We can distinguish that:

- **Subtle bodies are less and less centered** upon the physical body. This phenomenon gives the impression that the subtle bodies are trying to leave the physical body as though they wanted to escape from the current Earth’s changes. It causes disturbances to balance but also some organs become hyperactive (body motion) and other organs become underactive (lack of body motion) which, if this condition lasts, can impact individuals’ health.
- **Our grounding is not good**. It is probably related to the movement of the energetic bodies. It makes it difficult to be “here and now”. Most individuals are lost in their past or wonder about their future.

\(^5\) Chakras are wheels of energy located on the energetic bodies in which energies flow through. Presently there are 7 chakras.
• Significant **energy loss** occurs because the energetic bodies have holes that leech energy, but also the cause can be energy-sucking miasmas\(^6\). These phenomena provoke lower energy levels inducing chronic fatigue conditions, and even diseases if they persist. This energy decrease entails a lower vibratory level in individuals. Now, to adjust to new energies, individuals need to have an elevated vibratory level, otherwise problems arise as we will see later.

• **The presence of many energetic entities** that penetrate the subtle bodies and are responsible for pains, contractions, spasms, cramps, digestive, urinary or gynecological troubles, memory loss and lack of concentration. These entities existed before the new energies arrived, but since they are low energies, they cannot adjust to the Earth’s new vibration elevation and they disrupt individuals instead.

• **The appearance of new chakras.** Thus, four new chakras have appeared above our heads. They are not always open as their opening depends on individuals and their evolution:
  - 8\(^{th}\) chakra: golden, it refers to a sense of globality –as mentioned before.
  - 9\(^{th}\) chakra: white, it refers to clairvoyance. Today, it is open in many individuals: we just need to learn how to use it.
  - 10\(^{th}\) chakra: transparent, it refers to telepathy. It is well formed in many advanced individuals but is generally not open.
  - 11\(^{th}\) chakra: rainbow, it refers to supra-spirituality and is the becoming.

The glands or organs they are related to are located in the subtle bodies. Up until now, the balance center of human beings was located in the heart (heart chakra). This center is moving upward. It is currently located at the throat level: this means that it is time to talk out, to express oneself, to affirm and inform people about what is going on in this world. This upward move will stop at the 7\(^{th}\) chakra (crown): this explains the spiritual opening that human beings will have in the future.

So, many energetic transformations are underway. But that is not all. The sensitivity of everyone to energies is increasing. Today, when you practice for a few minutes, you can feel and work with energies. This was not true a few years back.

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\(^6\) Translator’s note: Word reference definition of miasma: noxious exhalations from putrescent organic matter; poisonous effluvia or germs polluting the atmosphere.
The new energies will allow us to come into contact with beings living in other time-space, like the dead, the elementals, the fairies... New worlds parallel to ours will manifest themselves.

This is also why, today, there are also many more mediums and channelers. Contacting the energies of other dimensions is becoming simpler and faster. However, let us be careful. These channeling texts may be beautiful and full of light but often, errors or disturbances slip into this light, and the meaning may be distorted or the individuals may listen to them without discernment. Edgar Cayce, who regularly used this type of technique, was saying: “As has been indicated, rather than automatic writing or a medium, turn to the voice within! If this then finds expression in that which may be given to the self in hand, by writing, it is well; but not that the hand be guided by an influence outside of itself. For the universe, God, is within. Thou art His. Thy communion with the cosmic forces of nature, thy communion with thy Creator, is thy birthright! Be satisfied with nothing less than walking with Him!”

Today, we would say: “The truth lies within you, don’t look elsewhere for it.”

It also applies for all spiritual advisers (supposedly so) who show the universe through their own narrow lens. Today with new energies, everyone can have direct access to spiritual energies without going through religious intermediaries or others. This is the end of their time. It is time for man to free himself from power and recognize his strength and inner power.

Lastly, some predict that extraterrestrials are going to contact us during this transition time. Maybe! But, if you think it over, it makes sense to think that:

1. Given the immensity of the Universe and the infinite number of suns and planets, there are necessarily billions and billions of intelligent races in a humanoid form or another. From protein and DNA fragment samples found on asteroids, it looks like humanoid races are predominant in our galaxy. But this does not mean it is the only intelligent race and even less elsewhere in the Universe.

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7 Edgar Cayce reading (1297-1)
2. If we expound on this idea, it is logical to think that there might be two extraterrestrial races:
   a. Those who already contacted our governments and therefore, we cannot expect much from them. As up until now, their intervention has not changed our world situation: wars, famines, pollution, intolerance… It is unlikely that their intentions show benevolence in our respect.
   b. Those who have been observing us and who wait until our evolution is completed in order to contact us. Only then, the discovery of their presence will be the source of great happiness for humanity, whereas now, we consider them as dangers, competitors or even conquerors… They may indeed show up after the humanity transition period. They will be the brothers who will welcome us among the great galactic family.