
HOW THE ASCENSION WILL TRANSFORM OUR WAY OF PERCEIVING THE HIGHER SELF

QHHT session with Cettina Casella

M.: You have been a religious person for many lives. I can feel it in your energy field. Religion helped you, but damaged you at the same time. It was a way to keep knowledge during the *dark ages*. But it's not necessary anymore. You can let go of the suffering; it is something you wanted to experience but you were led astray. You got lost at some point. Seclusion is not the answer. You've been a monk as well. You lived *isolated*. They taught us that the pleasure of the body and the flesh is not pure. But that was A LIE. We were given human bodies as a way to enjoy ourselves. They ashamed us and made us feel *guilty*. In that way, they KEPT CONTROL over us. The distortion of religion was used for power. But this is over, because we can see the truth; we don't need that anymore. You can let it go, just like I did. Do you understand?

Cettina: Yes. Thank you. Is there anything else that M. need to know before we finish?

M.: This year—2019—is special. Many things will be created as a *foundation* for the future. It's OK to be scared. But [M.] can do it; he needs to trust himself, and go for it. He will manifest whatever he wants, after he reaches his MILESTONE. This year will be important for *many people*. Things are accelerating towards **The Event**. A lot of people will lose it. They will not understand what happens, they will think they're going crazy. They will start connecting with their Higher-Self, but because they're not prepared, they will be terrified. And we can—the **Starseeds** can—help them. As anchors of love and stability. It will be a challenging time, but it needs to happen. That's it.

Cettina: So people will start hearing their Higher-Self? Just like voices heard in their head...?

M.: Yes. They will think they are schizophrenic or mentally ill. The medical profession is *unprepared* because most refuse to acknowledge the spiritual and **multi-dimensional aspect** of humans. It already started. People rely on drugs to fix themselves. This is not a solution. You are helping to change the medical profession, make them more *open-minded*. We need people like you: grounded in science but connected to their *intuition*. Medical training overlooks many aspects of ANCIENT WISDOM. That got lost or ridiculed as 'grandma remedies' but some are free and they work. You can help: show them the way with ALTERNATIVE THERAPIES—if that's what you want.

Cettina: OK. Thank you. Just before we close, can I ask if M. will be able to talk to you from now on, as we are talking to you now?

M.: *Every day* he needs to talk to me, to strengthen the bond. We are working on THE INTEGRATION. He knows it. He wants it. This is required for the **Ascension**. The Higher-Self and the human ego mind sharing the human body, in *perfect balance*. This is the ULTIMATE STAGE. This is what advanced beings have achieved elsewhere in the galaxy. This is what humans forgot after Atlantis. But now they remember—some of them. The integration is happening gradually and ultimately, there will be a direct connection with Higher-Self all the time. It will be like GOD MADE FLESH. Perfect *harmony*.

Cettina: Thank you.