

# HELP INFORMATION

## *Greetings from Glenn April 2009:* *(Updated 6 May 2009)*

The last 4 months have probably been the most significant change in Mother Earth awakening to date.

On the 4<sup>th</sup> of December 2008 at about 4 am (Melbourne time) the mother Earth expressed strong negative polarity energy, and the release of this negative energy was completed by the end of January 2009.

The Mother Earth behaved as any physical energy being would, no different than I would do for a client, and that is radiate positive energy through the chakra system in a controlled manner to eject toxins from the client's being.

The Mother Earth had already expressed increased body energy as increased body (earth) temperature from the early 1800's, as she began to awaken. This high earthly body temperature results in physical change; one of the obvious changes, we see the glacier melt down.

Now we see Elemental or diva regeneration, we as humans would refer to this process as activation of the immune system that creates antibody production; the elementals/devas are the antibody's created by the Mother Earth to support her health.

By ejecting this negative energy the veil of deep sleep is lifting from the Mother Earth consciousness.

The process the Mother earth is using to eject the negative energy, is to release high frequency healing energy. When the first energy expression began on the 4<sup>th</sup> December '08 it literally paralysed me. I had within 30 minutes developed a stiff neck, migraine headache, and I had severe back pain for hours.

It was a week before I could come to grips that the energy was positive but there was a lot of it. I was able to release the stored energy from my own system and waited for client response.

The Mother earth energy is so intense that it caused our base chakra to absorb a huge amount of energy, like a sponge the base chakra absorbed and radiated excess energy. This energy our chakra was expressing physically stressed the spinal cord from the coccyx to the mid part of the thoracic vertebrae and literally the whole spine and cranial system was affected. In essence the spinal cord inflamed and could no longer transmit messages correctly to glands and organs.

It caused the nervous system to stress the soft tissue in the hip; the hip become tight and the sacrum seemingly immovable. Slowly through December and early January 09 a lot of people were running out of chemical energy. Most people attributed this low energy to the Christmas rush, and they would not be wrong, this extra pressure on people caused some people to be lower in energy than they would normally have been.

By mid January I started to realise that I was not sleeping.

Between 11pm and 2:30am a shift in frequency of the expressed Mother Earth energy caused the human adrenal system to increase subtly across the muscle system. The feeling is like a tightening of your body as a flinch. This brings the body out of deep sleep and for some people even waking the body. Once awake you would be restless in body and mind and often falling asleep after 3 am.

Sleep deprivation is a human's worst enemy, slowly the brain turns down and feels flat, and making decisions is very difficult, tempers fray. The lungs, bronchia, pleura, liver, kidneys and pancreas are pressured and fluctuate in their function. Peoples breathing was affected like a weight on the chest and could be called anything from asthmatic type symptoms to a hooping cough; digestion has been erratic. Gradually the adrenals stress and people run out of adrenalin, lower back ache is created by the low adrenaline, no energy to kick start the day, feeling flat. Add to this reduced blood sugar we find chocolate inviting, often the duramata stresses (the membrane surrounding the brain as a support membrane), increases in

pressure creating mild headaches and stiff neck. You begin to feel like you have the flu. I was looking for meningitis.

I have had many clients attending chiropractors through Jan and Feb more often than they would normally; and get no relief from the tight back, hip and headaches.

The CDC (Centre for Disease Control) believes flu (Swine) is nearing pandemic stage; if one compares the symptoms the energy shift has on humans and the flu symptoms they look remarkably the same!

Interestingly the WHO question the virus because they cannot find it, does a virus exist at all? But from pharmaceutical medicines point of view every problem is a virus; unusual that Mother Nature does not see its viruses as a problem, Mother Nature has been around a bit longer than pharmaceutical medicine.

**Update 6/5/09 the Life force emanating from the Mother Earth has reached 100%over the last few days.**

Many people in the last month have evolved and have been getting better sleep and less pressure on their organs. But due to this latest increase in life force energy there may be pressure back for a couple days. But those people who have evolved up to now will adjust quickly to this increase.

Peoples sleep in the last 2 to 3 days has been less than 20% effective, meaning we are tired (probably more swine flu victims will appear).

If you are suffering! a way to release the stress is to release the excess energy building in your chakra system. A simple meditation..... to see the excess earth energy flowing out of your body and watch as your base chakra reduces to normal magnification..... If you have been successful the spinal cord will soften no longer stressed, all the membranes, glands and organs will straight away turn up to were they were functioning prier to this energy shift, your hip will no longer feel tight, adrenaline will balance over the hour and blood sugar will take a few days to balance. You will feel light and brighter in the mind and problems rather than Being Mountains become manageable again. Sanity returns.

Do be aware that the Mother Earth will maintain this high energy for some time, though the Elementals indicate that the human frequency will evolve automatically over the coming weeks to compensate for the high energy and not react physically as we have over the last 4 months.

So try the meditation,

.....have patients with each other.

.....Use lemon pieces rubbed on the top at the back of your tongue to reduce adrenalin (a helper not cure), **do not make a lemon drink**, the bitter taste triggers the 'OFF' switch for adrenaline, this will help sleep and slows the busy brain. Hourly if you have to.

.....Use rescue remedy to help release that stressed feeling, use in a glass of water and sip; **not drops on tongue**.

.....Have a nap (a short sleep of one or more hours) when ever possible.

.....If you know what '**Still Point**' is use this as often as possible.

.....use any stress release processes you know **NOW!**