

THE SASQUATCH MESSAGE TO HUMANITY

# **BOOK 3**

EARTH AMBASSADORS COOPERATION

Co-Authored by several Sasquatch Communicators as  
received by various Sasquatch Elders



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This book was created in the Spirit of Love, Peace, Honor, and Respect, and is dedicated to all our Relations. Mitakuye Oyasin.

The material in this book may be shared in its unaltered form, quoting the source and author. Much gratitude to all who pass along this important knowledge and wisdom.

The related technologies are offered for theoretical exploration only and is not intended to prevent, diagnose, treat, or cure any illness, ailments, or afflictions.

**The Sasquatch Message to Humanity: Book Three**  
**Earth Ambassador's Cooperation**  
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# FOREWORD

By Kewaunee Lapsertis, MS, MH

Thinking back, it's hard to believe that I have been conducting Sasquatch research for 62 years now and my life has profoundly changed because of it. The communication started four decades ago when a friendly ET and Sasquatch man telepathed to me in the Wisconsin countryside.

At the time, I didn't know that I would be the first scientist/Sasquatch researcher to discover that the Forest Beings:

- Are not animals but evolved nature people
- Are profoundly psychic and interdimensional
- Have human culture
- Have a vocal language and can communicate telepathically
- Are directly associated with extraterrestrial beings from other worlds

All these years, I have received nothing but kindness and compassion from my Sasquatch friends. They now refer to my wife Kelly, my son, and myself as "family." Over the years while conducting my field work, I never carried a gun or camera that would have intimidated them in any way or attempted to exploit them as other have tried to do. In time they learned to trust me and presently the Sasquatch People monitor me and my travels 24/7! Now I speak for them as a liaison between their world and ours. They consider their information exceedingly valuable for humans if we are to save a dying planet and survive.

Presently, the sentient Sasquatch are reaching out to those people who are awakening spiritually and desire guidance from their ancient wisdom. In making that connection, it often changes people's lives. The Giant's message is one of peace, honor, and unconditional love. It is important to let go of all negative thinking such as fear, anger, violence, greed, etc. in exchange for unconditional love, trust, and respect. Once a person experiences telepathic communication with them, one realizes that they are talking to an evolved ancient soul with profound intelligence beyond the human experience. Eventually, the

Sasquatch's true nature as a 'people' will be recognized as more and more humans are contacted, encountering phenomena such as telepathy, interdimensionalism, and the friendly Star Elders.

The Forest People want to heal the planet of a devolving socio-political system that ultimately, with its extreme polluting, is destroying our Earth Mother. If a person wants to make a positive impact and contribute to the healing of the planet, one must rearrange their priorities in life to which path is the most spiritually constructive. The Sasquatch emphasize daily prayer and meditation as well. Prayer is talking to God/The Universe and Meditation is quieting the mind and listening to God/The Universe. These spiritual practices have a tremendously positive effect on oneself as well as the surrounding Earth energy. As the philosopher Rumi said, *"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."* Having respect for all living things in a sacred manner as a part of our everyday thinking and behavior will contribute and surely help to make for a better future where the Forest Elders and the Star Elders will be openly accepted as an integral part of a united global family of peace.

A handwritten signature in cursive script that reads "Kewaunee Lapsertis, MS, MH". The signature is written in black ink on a white background.

*Kewaunee Lapsertis, MS, MH*

# INTRODUCTION

By SunBôw

For most people in modern society, the concept of channeling information through telepathy with other forms of consciousness is in itself a hard enough to accept phenomenon, often met with skepticism, laughter and doubts, or interpreted as mere imagination, urban legend or New Age fantasy. It is true that a lot of allegedly channeled material can fall into those categories requiring caution and critical thinking, coupled with inner intuition, to sort out what makes sense and resonates with our soul. Yet, channeling has existed since the dawn of ages, as a common practice in ancient shamanic societies.

Adding to the uncertainty surrounding channeling, the idea that the messages received can come from such a legendary being as the Sasquatch, whose very existence is still largely debated and systematically denied by mainstream scientists, may ask for an even greater opening of the mind and a certain leap of faith from the reader. The goal here is not to try to convince of the authenticity of the experiences described or prove the veracity of the information channeled, but rather to bring reflection.

Since before recorded history, legends and accounts of large hairy bipedal humanoid beings living in the wilderness form a common trend around the world in ancient tribal peoples' lore and traditions. The amount and the consistency of those stories found in many cultures distances apart are clues to the mystery of this Wild Forest People, often described with magical powers and high wisdom. If hearing about channeling Sasquatch Spirit sounds too far-fetched, think twice before closing this book. Having reasonable doubts prior to knowledge is a healthy reflex for self-protection, just like finding out for safety's sake if the pool is deep enough before diving. But a diver never worries if the pool is too deep, as it can never really be. So, if you are ready to dive into the world of the Sasquatch communicators, take a good breath as it can get really deep. If in doubts, do not abstain; just take a dip.

No one will judge you for having a hard time to believe in the whole process of transmission, from the sources to the receptacles, being from the interdimensional Elders to the Human ambassadors gathered to transcribe



these messages. Believe me, just a few years ago I would have had a hard time myself to accept any of this concept, had I stumbled upon it earlier. But consciousness evolves through experience and the last few years have been rich in interdimensional interspecies spiritual relations.

To understand Sasquatch, one needs to acknowledge their interdimensional and psychic abilities that define who they are and how we can connect and interact with them in peaceful spiritual relations. This Elder Brother, closest of our relatives, has been a friend of shamans of all times, in many places. For me, it took over thirty years between my first encounters with Sasquatch and Star Beings alike, and the time when I could openly communicate with them and receive teachings and guidance. During this long learning process, phenomena kept happening that I could not explain, other than as spiritual manifestations. Around my fiftieth birthday, I learned from my Cree cousin that our great-great-grandfather was a Sasquatch hybrid. It triggered in me a new interest in knowing those relatives.

It took a year of intensive research, during which the Sasquatch were manifesting to me in many ways, before I was ready to go out in the wild, until I met them and knew for myself who they truly are. Since contact happened and communication was established with Sasquatch, it has been an ongoing path of bewilderment and enlightenment, and of continuous learning about higher dimensional planes.

When I returned from my first close encounter and telepathic conversation, I thought no one in the Human world would be ready to hear, let alone believe in my recent life transforming experience. But soon, I met Native Elders and other spiritual people who could relate and showed a great interest. Following the guidance I started to transcribe the messages received from my Sasquatch guides. At first, I was not expecting for them to reach out too far, but response and comments were astounding. Finding the message online, Kelly and Kewaunee offered to publish the collection of texts in a book. Little did I know that it was the beginning of the Sasquatch Message to Humanity series, for which I authored Book 1: Conversations with Elder Kamooh and Book 2: Interdimensional teachings from our Elders.

Before Book One was completed, an international audience had been reached and gathered around the Sasquatch Message, counting several other communicators and interested seekers on their quests. The launch of Book 1

coincided with the first annual Psychic Sasquatch Spiritual Event in Chewelah. The Sasquatch had promised that they would keep coming forward to meet Humans who are ready, that a growing number of people would gather to share their experiences and the teachings they received, and that Sasquatch would communicate to Humanity through more and more Human ambassadors.

Now, barely three years later, hundreds of Sasquatch communicators around the world have been connecting in online communities and in several events, and a dozen of ambassadors have come together to share the messages they channeled, in this Book 3 of the Sasquatch Message to Humanity. Collective consciousness undergoes an awakening process involving interdimensional understanding.

Now I understand why Kamoooh hesitated for so long before giving me his name or at least, a name we can know him by. Before a year, his name was on thousands of lips, as he was quoted at large. Dozens of friends have had contacts with him since and several in this team of ambassadors channel him, as you will see in this present volume. As the Eldest of the Council of Sasquatch Elders, Kamoooh has been given a specific mission in bridging his people with Humanity and his work has brought forth many observable beneficial results that have transformed many lives of interspecies communicators.

Consciousness is defined as the initial condition to existence by quantum physics, as everything exists on waves of possibilities until manifested in a linear timeline when observed by consciousness. Through a quantum entanglement, two entities become connected in real time regardless of distance. Consciousness is a non-local phenomenon, it is not located anywhere in the brain and exists outside of the physical shell. Decades of research with thousands of accounts of near death experiences or clinical deaths show clearly that consciousness survives the physical death, to experience on other dimensions.

World powers have long invested in secret research programs into paranormal phenomena and psychic abilities like telepathy, hypnosis, telekinesis, remote viewing and contacts with non-human intelligence. Concave lenses like those on the Santilli telescope reveal non-physical alter-matter entities of two types, the bright ones and the shadows. Concave mirrors like the Kozyrev device, bend time and expand consciousness into reaching the One Time Unified Field of the 2D Flat Universe or point zero gravity, enhancing psychic and telepathic

abilities, as testified by astounding results, with five thousand people in dozens of countries receiving the telepathic messages with ninety-five percent of accuracy.

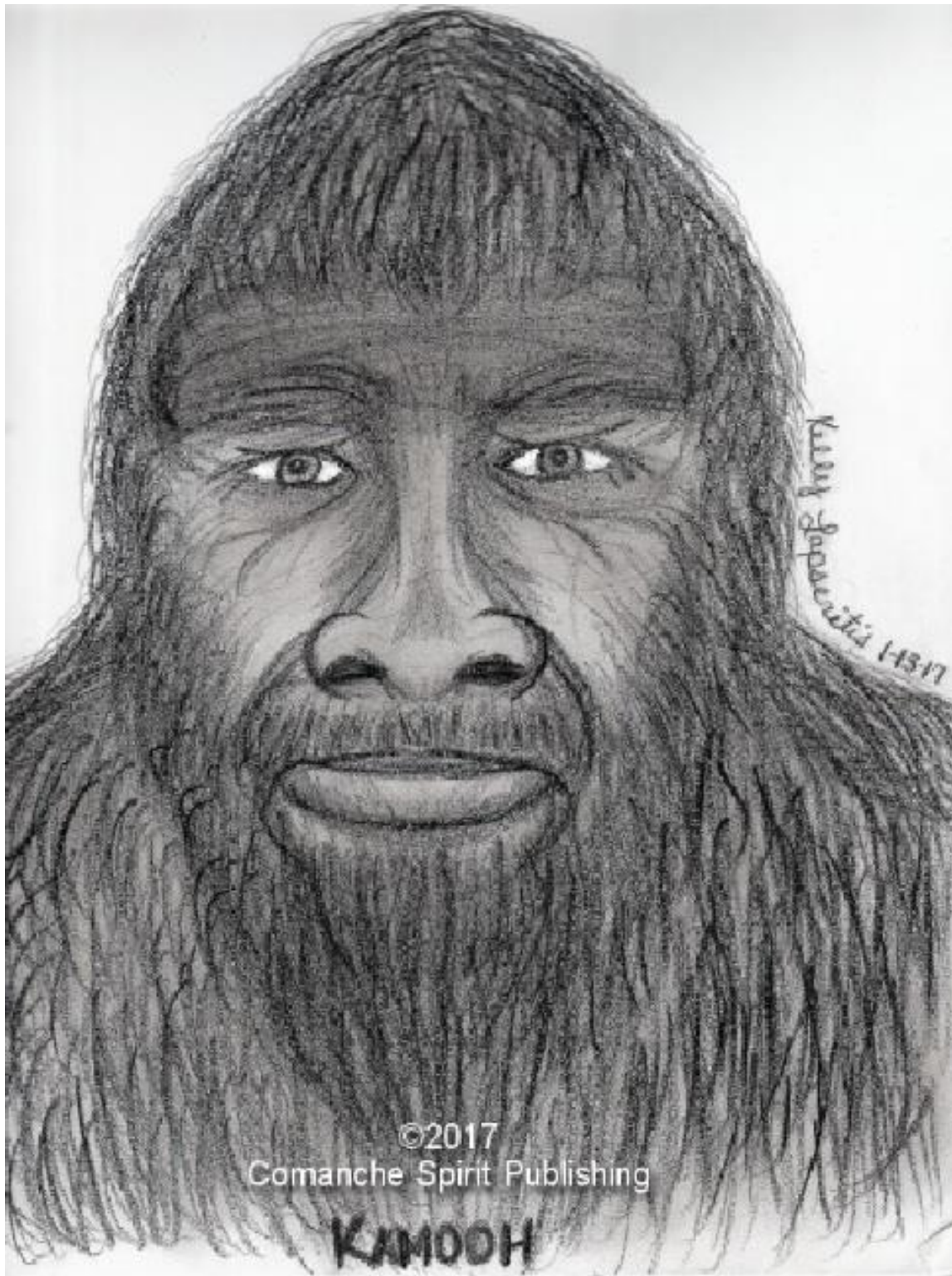
With all these advancements gained from recent scientific knowledge, would it be so incredible that some people have experienced the Sasquatch psychically in encounters, in dreams or in telepathy? Could the old materialistic paradigm be restraining our collective understanding of the vast Multiverse?

After exploring our world in its most intricate details and structures, the next quantum leap our collective consciousness is meant to make in its evolutionary course comes from contact and peaceful relations with non-Human intelligence, especially beings with higher interdimensional consciousness. The Sasquatch is one of them, as well as Star Elders, Elementals or Nature spirits, and some hybrids. Just like the first thing we find in outer space is that we are not alone, as our understanding of the Multiverse expands, it stretches across paths already traveled by space faring and time traveling beings. The only way to understand Sasquatch or Star Beings is through the knowledge of interdimensionality.

This knowledge brings the awareness of our own multidimensional essence needed not only to reach stars and time travel, but also for our own enlightenment, as we rediscover our true soul potential. With an open mind and a renewed understanding of what our multidimensional Self truly is, we can tap into a remote flow of consciousness and access a reservoir of information to download and transcribe.

Apart from attempting to provide scientific explanations backing this phenomena, there are the accounts of the first hand experiencers who have encounters, physical or not, and dare report them. I say dare because mainstream society is still too often turning to ridicule people whose experiences defy regular rational explanations and normal logic, influencing many in keeping silent or secretive.

This book is a portal opening on the new universal consciousness offering a cosmic disclosure. Beyond telepathic, the language of the Sasquatch People is meant to reach the soul more than the mind. It is an invitation to widen our perspectives to gain a broader vision of the bigger picture of the Omniverse. May this message touch the hearts and raise the consciousness of a vast number of souls.



**“These words are alive, let them ENLIVEN you”**  
-Sasquatch Elder Kamoooh

# PREFACE

By Kelly Lapsertis

*In August 2017, I connected telepathically with a high ranking Elder of the Teh'Dza-ah'tem race named Ah-Liah-Toe. This connection began after I visited a favorite place called Crystal Falls in NE Washington state and was alerted to his presence as he shared information with me about the area. He is a beautiful hairy man with an elongated head, and he has a very inviting and nurturing spirit. He told me that he had more information to share with me and asked that I return alone with pen and paper and that he would be my escort in the learning journey.*

*I returned to this sacred area two weeks later and did as he suggested. He led me to a spot near the water that I would have never found on my own. Thick trees and giant megalithic boulders above me blocked most of the sunlight, but a brilliant beam of light was hitting a moss-covered rock near the water which I took as an invitation to sit and transcribe his message to me.*

*This is the message that I channeled and transcribed and was asked to share:*

"Welcome back to this beautiful and sacred space we refer to as Ank-ta-neewa. Your people renamed this area Crystal Falls for the quartz caverns that surround it. Your ancestors helped to establish and shape the land as you see it today. As I told you before, my people, the Teh'Dza-ah'tem, were seeded in this very area, a hybrid species of the native Shaska (sasquatch) People and the long-headed race referred to as Anu'tins-ah'nae, who were evolved star elders that were builders and genetic engineers. They are the ones that created my hybrid race to assist in building this outpost and many others nearby. Because my people were created with great strength and endurance, the Anu'tins-ah'nae created more of us for this work in order to focus more on their genetic engineering. Over time, the Anu'tins-ah'nae lost their connection with the reality of Oneness and began treating my race as slaves rather than neighbors and allies. Over time, their empire began to crumble as they became more disconnected from the Council of Star Elders which seeded their race here with purpose."

"Below your feet and throughout this sacred land is an abundance of pure quartz crystal which the Star Elders use to build high technology devices such as ships and interdimensional radionics machines. These advanced devices are high power energy sources that could create a harmonic balance within a wide

radius of the area that it is programmed for. The Anu'tins-ah'nae taught my people how to use these devices, and once we noticed an imbalance in the mechanics, my Teh'Dza-ah'tem people committed to do this sacred work which thus allowed us to collectively raise our vibrations so that we were able to move onward, setting up these beacons to continually do the job without a physical being present. Most of the beacons and technologies are still place here in caverns and beneath the falls. As you can feel, this area is peaceful and balanced, a place of serenity that we revisit to re-charge. This is why you also feel the same about Ank-ta-neewa. For you, not only is it the sacred energy and balance, but also a connection to yourself and your ancestors. Sitting in this place, and on the same rock that you have sat many times, brings up ancient memories and awareness of who you are. “

“Eventually the Anu'tins-ah'nae abandoned this place as their collective reality took another turn. For reasons of safety and protection, the Star Elders asked my people to destroy some of the structures and hide secret entrances so that lower density civilizations would not find and misuse the sacred energy and objects that remain.”

“My people have not been involved with your human people except for the few like you who have ancestral links to us. But now, as we enter this new dawn, we are reaching out more to your people who remember your connection to us and Ank-ta-neewa. As many portals have been open and bridges built to link up our realities and memories, many more of your people will remember your other existences. This also plays an integral part in understanding our interdimensional nature. One day soon, this sacred area will once again be inhabited by races of highly evolved beings, including your new human people. We ask you to hold the space of love and balance as you come deeper into this awareness.”

“It is with the greatest pleasure that I deliver this message to you as it is a turning point in your own personal journey, as well as for all of Humanity. Thank you for your service and for sharing this message with your people to assist in your collective awakening. Blessings abound.”



*Three weeks after receiving the transmission from Ah-Liah-Toe and just days after the gathering with soul family at the 2017 Psychic Sasquatch Spiritual Retreat and Conference, I visited Crystal Falls again with SunBôw, Brown Bear, and Shakara. We honored and blessed Ank-ta-neewa and each had individual*

*and collective experiences. We came to the place where I channeled my last message and discovered many exciting things. Here is a message I received for the four of us as I sat on a rock by the stream.*

“Greetings dear ones. Thank you for venturing here today and honoring this sacred Ank-ta-neewa. The four of you have gathered here today in the place you have lived together to remember your ancient stories of this land. Each one of you holds a key to the wisdom and origins of this area which is activated when you are together as your relative DNA triggers memories of your existences. The four of you built parts of this site together – do you recognize them? Do you remember how your individual minds became a collective entity? Although your physical bodies do not all reside here now, you will forever hold this place in your heart. You can ‘visit’ anytime from anywhere you are, and the more you do, the more ancient memories will be restored.”

“As you walk around Ank-ta-neewa, you share the vibration of your interdimensional soul, merging with the existing energies. You can feel this place is timeless – it is a permanent NOW moment where realities come together.”

“As you may or may not recall, this area is not the only one where you all have connections. Other places like Ank-ta-neewa were established by the highly evolved race of Lizard People, a group called Ræn-ør-acep’i. The Ræn-ør-acep’i are the ones that used ancient technologies from the Star Elders to create and build these megalithic structures. The Anu’tins’ah-nae established in these areas eons later after the Ræn-ør-acep’i re-located to another planet outside of this solar system. After the Anu’tins’ah’nae fell from the duties of caretaking this land, my people, the The-Dza-ah’tem, have been the guardians and protectors of this sacred land. Now as some of your people remember your ancient connection to these areas, you are moving into this role of guardians of this land and the energy which still exists here. This is why we have asked you to share this message, so those with connections will remember as this cosmic shift begins. Your new human people will be the new caretakers who will eventually pass the duty on to the next evolved race.”

“The trees, stones, and water hold these vibrations and we ask that you take some pieces with you to place in areas or with people that could benefit from the harmonic balance that it brings. Spread this vibration to all corners of the Earth.”



Stone structures near Crystal Falls



# CHAPTER 1

By Kelly Lapsertis



Kelly Lapsertis at Crystal Falls in Washington state in August 2017

*In early September 2017, after receiving transmissions and guidance to begin the third book in The Sasquatch Message to Humanity series, I began transcribing messages as I received them from various Elders. These messages were written in real-time although much is given in concepts as well as words. Many of the definitions within these messages are for better human understanding and not necessarily a formal term for these concepts. Many of the encounters described here are my personal experiences that helped me to better explain the concepts for the reader's understanding, but they are not reflective of what others may experience. The following message was given by Sasquatch Elder Kamoooh.*

“Greetings, dear sister, and thank you for your dedication to transcribe these spiritual messages on behalf of the Sasquatch and Star Nations. You have been doing this for quite some time, receiving personal and collective memories that you have published for the benefit of many souls. As you now move into higher frequencies, you are ready to understand and relate many more interdimensional lessons for your people to advance your individual and collective spiritual development.”

“We would first like to explain to you why you have been “chosen” and why we have stated that it is now your turn to disseminate this information. Besides a long history of teaching and scribing, you have also asked for this duty, both through passion of the heart and personal manifestation. We are very excited for all beings that this information is now coming forth; you are aligned with your heart center in such a way that the words you share are not merely words to the reader, but can also be felt with their own hearts. When heart and soul combine to create words and wisdom, it activates energies and dormant DNA in those who dedicate the same energy towards reading it.”

“As you experienced from this past weekend during your second annual Spiritual and Psychic Sasquatch gathering, Love is a universal language. It does not need to be written, spoken, or seen; only felt. Feeling is truly the only emotion that exists. Of course, you are able to see, hear, taste, and smell, but these senses are only activated with the emotion of feeling. So you are not hearing but rather Feel-Hearing. You do not see, but you Feel-See since all of these senses exist without a physical body having to be present. This is how my sasquatch people and other interdimensional beings are able to know what is happening on multi-dimensional levels, it can all be felt through the energies and frequencies put forth through those emotions. The souls attending your conference, those embodied and those who are not, could all feel the powerful love vibrations and portal to peace that opened as a result of your unconditional love for one another.”

“We have been working with many people to prepare them for this coming gathering, so whether they realized it or not, their prayers to Universe to

understand and feel this connection were heard and answered. Many more will be waking up with this call in their hearts and will be joining the community of divine universal love. My people have been working closely with the hearts of many of our ancestors and twin mates to inspire these memories and soul connections with each other. The people attending the conference had tremendous spiritual experiences ranging from physical sightings, vocalizations, drastic healing, escalating vibrations, downloads of information, DNA activations, new perspectives, and several having strong psychic encounters with my people, Star Elders, and star ships that were visiting for the occasion. We thank you all for following your hearts and putting this into action as you share this growing love with all the souls you encounter in your life's path. With your open sharing and emanating Love Light, you will touch the souls of many more who are open to receiving this gift.”

“As I mentioned Twin Mates, there is a common misconception that each soul has only one perfect match for themselves out there in the Universe. This is a false idea as all souls are connected to the Divine Light, the Source which many refer to as God. For the sake of definition, Twin Mates are actually a group of like-minded souls that are connected through their cosmic work with the planes of Earth and the heavens as servers for divine love and healing. Twin Mates were created together, in a high vibration of Love frequency, but not all incarnate in physical embodiments together. Many of you will notice a very close bond with other interdimensional beings and guides whom you have never seen with your eyes, yet you know that you are family and connected through the soul. Every soul is connected to at least 144 Twin Mates which is where the biblical idea of the 144,000 was born – it is a Soul Family rather than a race of people or followers of a belief system. This is how many of your own Twin Mates may be found in the Sasquatch or Star Nations or even in Elemental, Spirit, or Animal Kingdoms.”

“Likewise, Twin Souls are beings who match a certain vibrational frequency. Twin Souls are rarer than Twin Mates and many may not meet theirs on Earth, but there are twelve within your own personal Twin Mate Family who are dedicated to the same lightwork on earth, and more are recognizing each other as you move into these higher frequencies.”

“The most familiar of these terms to your people is the Twin Flame connection which is very far from a Soul Mate connection. The Twin Flame connection is even more uncommon, yet those with these connections have at least seven special soul connections. Twin Flames are always connected at the heart, a very special relationship of memories and love whom you have worked with in higher dimensional planes and here on earth as well. Your twin flames do not change; they will remain the same throughout your eternal soul existence. Even more infrequent is the Twin Ray connection for which there is only one special soul that was created with the same Spark of Light from Creator Source. Most humans will never meet their Twin Ray as an embodiment, this wisdom comes once ascension has been achieved and can usually only be understood in non-physical dimensional realms. However, as consciousness continues to shift into higher vibrations, this connection can sometimes be found on the earth plane. The mission and responsibilities of the Twin Ray relationship will be identical.”

Each soul has many Soul Mates who have arranged to incarnate together. All beings have many interchangeable Soul Mates that vary from existence to existence. Soul Mates enter our lives at necessary times to teach us lessons and assist us on our life path, sometimes personifying a positive or negative experience. Soul Families are large and Soul Mates could be male, female, animal, or spirit. All of these soul and twin connections may or may not be a romantic connection, the purpose of these connections are for soul advancement.

This is where the concept of marriage and commitment to relationships vary greatly between human laws and spiritual laws. Human societies condition us to believe that we should have one romantic partner for life, but this idea is causing a great disservice to souls. Like all relationships, our souls are meant to experience and grow but not all will do that at the same pace. Soul Mates enter our lives as a divine expression to self; to inspire and teach so that we can advance to the next level of understanding. There is no shame in allowing a relationship to take different paths; this is how the individual soul can truly grow. Once we have discovered that our mates are a mirror of our own vibrations, and a commitment is made to move yourself into a higher level of being, your relationship may change to allow room for a greater one ahead. Light cannot separate from Light, we are all One, no matter how our experiences may differentiate.

As many of you have noticed, these are changing times and the foretold prophecies are upon us. Do not allow fear, doubt, worries, and negative emotions control your thoughts. Now is the time to remember your divine connection to Source and each other. The love you share for yourself and one another is more than enough to see you safely through these changes. Your perceptions of good and bad are changing by looking at the larger cosmic picture of events. How can you rebuild a broken house without starting with a new foundation?

We celebrate the loving souls who are dedicated to changing themselves in positive ways and thank you for your contribution for the collective soul advancement on this planet. We are all connected, all One.

## CHAPTER 2

By Kelly Lapsertis

*It has been ten days since I transcribed the first chapter from Kamoooh for this third book in the series that was started by SunBôw. Within this time, I have been busy with many activities and guests that were still visiting after the second gathering in Chewelah, learning amazing interdimensional lessons and doing dream-state work, and then recovering from a sinus infection and head cold I developed last week. Kamoooh and our Elders have been waiting patiently for me to regain strength and to sit with them to share their messages for all.*

“Thank you for taking this time to hear and transcribe our message. You have been ill but now healing after taking the opportunity to rest. This is an important lesson for all of your people to know and understand. While there are many reasons that a body may be at unease, ranging from spiritual, emotional, physical, environmental, and energetic reasons; it is often a combination of many of these factors. These down times allow you to reflect within to discover and heal the imbalances causing the dis-ease. As we have stated before, now is a great time of change, and many things will come to the surface to be dealt with so that they may be healed properly and permanently if you so choose.”

“Practicing meditation regularly assists in conscious communication with your own Higher Self, including your physical body, so that you can allow yourself to heal through compassion and understanding. This is achieved by entering different alpha and theta brain wave states in the mind, but we will share more of that aspect later. For now, we would like to discuss the importance of intentional thinking and thought projection.”

“We are pleased to see more of your people practicing positive thought projection and gathering to discuss and manifest your highest intentions together. You will soon be gathering in your community to help facilitate a group, and many more are being called to gather in circles to take part in sharing and creating the experiences you wish to have. When a person writes

down what they wish to manifest and then states them out loud, it focuses that energy and your thoughts towards the creation. When this is done with two or more people, it is magnified more with each person that contributes to the thought.”

“This is why we also see so much collective negative thought projections where a majority of your uncivilization believes that war, racism, and beliefs of control are justified and the only sensible resolve. However, that mindset is primarily fed by medias, governments, and religions that your human people allow to control their thoughts by neglecting your own power of divine discernment and discrimination. By staying in a space of compassion and gratitude, collectively supporting one another’s ideas and trusting them to manifest, you send magnificent waves out into the Universe and increase the toroidal energy created with your collective thought projections, creating realities at stellar speeds.”

“As mentioned in the previous chapter, many of you are connecting with souls and mates from previous incarnations, walking the same path of higher consciousness and spiritual dharma in service to others. Most of these connections were previously arranged and cosmically aligned to occur during this time of awakening for many of your human people which is why you instantly feel familiar with each other, as if you have known them forever. Up until this time, your people have been stuck in a pattern of history repeating itself, due to belief systems of disempowerment. There are many ancient stories of doomsday scenarios which stagnate energies from arising to positive change in consciousness; causing humanity to be trapped in a repeating pattern of destruction and “end times” scenarios as prophesied.”

“As we now shift into higher dimensions of consciousness, your people are learning that you are the Creators of your own story; and it is time to write a new story based in love and divine awareness. The choice is yours to repeat history or to create a new reality, in the Now moment, for Now is the only moment that exists. We, your Sasquatch relatives and Star Elders, are here to assist and guide you into this new space of existence. We are all a part of your own higher selves, existing in all time continuums and probability realities, so in actuality, your own future selves are guiding you, as well as your ancestors and angels, to

co-create and witness this marvelous awakening of ourselves as one unified consciousness transcending time and space.”

“Mother Earth is changing rapidly, and your people will change with her as she is reborn into a new higher vibration. As she heals from the destruction that has left her battered and bruised, you will see an increase in events such as storms, floods, fires, and earthquakes; so too will your people feel a need for cleansing and healing through the sentient being, our Mother, known as Gaia. Grounding and anchoring your energies directly into the earth is necessary for your people to connect with the higher vibrations and frequencies that we are moving into. Grounding is beneficial for yourselves and your Mother who sustains your life, and it also strengthens your connection with the vibration of higher realms where your guides, angels, ancestors, and elders reside. If you choose not to align with these higher vibrations, you will not have the awareness of their presence, nor will they be able to reach you effectively.”

“Many of your people are hearing the call to connect more deeply with your Earth Mother through personal lifestyle changes or working with high energy areas such as sacred sites or places that contain ley lines or vortexes. My Sasquatch people have done much work to be care-keepers and balancers of earth’s energies, and now more of your people are also shifting into this role as you remember this knowledge inscribed in your DNA. Connecting and re-aligning with energies, elementals, and grid points on earth, at specific sites and during certain time-portal openings or gateways, can be done by visiting in your embodiment or etherically by anchoring your energy and intentions to these places. As we re-integrate with these energetic/consciousness systems, we are connecting wisdom and technology from many ancient civilizations, which is what sustains communications with all life forms on earth and beyond.”

“Your spiritual sister, Katie IndiCrow, has recently prepared a guideline titled “Connecting In: Powering Up Ourselves and the Grids,” a Gridwork Ascension Basics Handbook that offers a wealth of knowledge on the grid systems, dates, and exercises to assist your people in connecting and anchoring sacred energies within earth. We have assisted her in the transmission of this work as well as escorted her to many of the sacred sites that she has worked with. We are grateful for this opportunity to share this knowledge with your people and



look forward to the ascension energies that these actions will bring. Please proceed to share her handbook now for the greatest good of all.”

***“Connecting In: Powering Up Ourselves and the Grids!”***  
***A Gridwork Ascension Basics Handbook, prepared in loving service by***  
**Katie IndiCrow, can be read and printed online at this link:**

[https://drive.google.com/file/d/0B7MlabniR2\\_LZUICVWoxTEVnem8/view](https://drive.google.com/file/d/0B7MlabniR2_LZUICVWoxTEVnem8/view)



## **CHAPTER 3**

By Kelly Lapsertis

“You have experienced many instances of multi-dimensionality through shared encounters with others in your soul group. During the 2017 Spiritual and Psychic Sasquatch Event (now referred to as the Psychic Sasquatch Spiritual Retreat), many in your family experienced extra-sensory perceptions of unusual sights, sounds, smells, and feelings simultaneously. Several witnessed star ships dancing in the skies while others collectively could hear sounds like tree knocks, vocals, drumming, singing, and other-worldly dialect. Many more of you could see visibly the orbs of light that surrounded you at the campus which were also captured on film by your soul brother, Derrell. As you noticed with your naked eye, shapes and colors appeared before you and when the camera flashed and captured that moment, the developed image showed you exactly what many of you witnessed.”

“It is evident that the veil is thinning and that as your vibrations rise to align with higher frequencies, you will experience many more multi-dimensional phenomenon that your scientists still do not have solid explanations for. The study of quantum mechanics and spirit science is on the rise, and with our previously transcribed messages from SunBôw, these facts can be tested in real-time and space to prove these anomalies to yourself for a deeper understanding of trans-dimensional existences.”

“A few days after the gathering, you and SunBôw sat on the back porch of Mary Alyce’s home and encountered many magnificent revelations together through bi-location in multi-dimensional realms. Together, you could hear small voices speaking a star language just a few feet in front of you. You both experienced the same beings, voices, and messages as you were both tuned in to the same frequency and heart-space. Immediately after hearing these sounds, we assisted you in astrally projecting your consciousness elsewhere as you were away of leaving your body and flying in a northwest direction towards our Mothership. During this time, your physical body turned to auto-pilot and your consciousness was fully with us in another realm. Moments later, your astral body returned to your physical body with an obvious jolt as you settled back in. This sudden jolt in the re-joining process did not perfectly align and therefore,

your light body was moved 3 degrees off center, enough to allow your physical body to respond with sensations of feeling ill. It was at this point that your physical symptoms of a sinus infection began. This was an important lesson for you to remember so that you can consciously align your astral and light bodies to prevent further dis-ease. Even with physical illness though, it allows your body to respond in ways that you can clear and heal that which does not serve you, so sickness always offers great opportunities for growth, alignment, and ascension.”

“When your consciousness returned to your physical body, you wanted to explain your experience to SunBôw, but found that you could not find the words to describe the incident. We channeled through you audibly that you were taken aboard a ship and then we escorted you back on board with your Bi-location Light Body. You then stood in awe in the lobby of the spaceship, studying the magnificent architecture and materials of which it was made. As you gazed upon the fluid, interlocking walls and ceilings made of strong shell-like material (found beneath the surface of earth’s oceans), you became aware that you were fully conscious in two places at once. Your mind was fully intact and aware of every physical surrounding, where you sat, the sounds and smells encompassing your embodiment, but you were also fully conscious of all ten of your senses within the ship. You were able to feel the presence of SunBôw beside you and asked aloud, “Are you here? Do you see what I do?” for which no answer was necessary as you were able to perceive him immediately at both places at once. You both were able to see the glowing indigo plates of the Terrapin Spaceship and the gigantic room that it opened up in to. Your guide, Nak-Tung of the Intergalactic Alliance Council greeted you both and escorted you on a tour around the ship. The tour was a series of astral projections also as you did not need to walk the corridors of the ship, he simply showed you the different rooms and stations that you were to view that day.”

“Nak-Tung showed you different parts of this ship, which is usually located beneath bodies of water on the earth plane, including a vast terrarium of modern and ancient earth plants and flora with great medicinal values to all native species. You then both took to private sections of the ship for your own unique lessons in understanding elements of your higher selves. SunBôw verbalized his meeting with a sad yet healing entity named Gaia, the being that is your Earth Mother, as he channeled a message from her about her feelings

and current state of affairs. While you were listening to this message, also still aware of your physical presence on the porch, you were also shown a maternity ward on the ship for your first conscious memories of meeting your own hybrid children, who were of many races and levels of maturity. You have been here many times before, but your memories of your visitations and birthings before this time were protected from your e-motional body until you were ready for this conscious memory. The delivery process aboard is easy and painless, nothing compared to the sufferings your earth women experience. You can recall the physical sensations, the labored breathing and feeling of release as we assisted this new life into an astral realm but without the pain or emotions that your physical body experiences during childbirth. You felt nothing but honor and pride for a higher purpose as you delivered this new life, this new soul, as a part of the new humanity. This act bonded you as one, rather than feelings of separation and you developed a new understanding for your own role in this important hybrid program for new civilizations.”

“As you remember, we explained to you that you chose to involve yourself in this program to heal of past karmas and to create great spiritual dharma for yourself, humankind, and all beings throughout the Universe who wish to see interplanetary ascension of Christ Consciousness. Many of the hybrids that you assist to create through tantric alchemy are of different earth species including my sasquatch people, dolphin people, some evolved human people of your soul group, and many different star races including avian, reptilian, and ichthyopods. You have met many human people in the last few years who have contributed to, in some way, to the creation of these hybrid beings, most of whom you feel a deep soul connection with and whom you would innately call your Brother, Sister, Son, Daughter, etc. You have also noticed that many of these people have expressed to you that they do not feel that they are human, that they don’t “fit in”, or cannot understand the ways of the human world. That is because they are inexperienced on the earth plane and can genuinely not relate to human matters. These people are treasured gifts and wise beyond their young earth years. Open your heart to their feelings and concerns, for they have a lot of wisdom to teach experienced humans. Compassion and understanding are key to acceptance and peaceful interspecies relations.”

“Because this was quite a shock to your physical body, to consciously be aware of and remember this process and to meet these new souls, we immediately

took you to a healing chamber upon the ship. The time spent there was far longer than the birthing process took and you could feel the etheric and physical sensations of this renewal and healing in both your physical and Bi-location Light Body. It felt like a day at the spa, getting pampered and refreshed as you deserve. It is an honor and celebratory event when full waking consciousness can accept and remember these simultaneous existences and the important roles that your higher self plays in the betterment of your planet and collective consciousness. For this, we honor you and thank you.”

“Once you exited the healing chamber on the Terrapin Spaceship, your consciousness was returned to your physical body. It took some time to settle back into your skin after such an experience, and you and SunBôw discussed your shared experience. While he channeled his message from Gaia and you were in the healing chamber, you also simultaneously learned the same information together, that your bi-location experience was actually a tri-location experience. You did not immediately tell him about what you learned in the maternity ward, but he later told you that he was informed of the same information regarding some human DNA, including his own, being used in the creation of hybrid races for the new earth humanity.”

“For quite a few months, you have been joining with other races and councils in other time continuums to learn of the impact of (linear) past and future impacts on the current state of consciousness. You have journeyed into past existences, probability realities, and future (simultaneous) existences for a deeper understanding of how it is all interconnected and the impact that every moment makes. You have been reminded of past human lives so that you may release and heal of any emotional traumas that you have assigned to yourself so that you may move forward in a space of love. You have also journeyed thousands and trillions of years into the future to see the impact that your current human embodiment has made on the future generations of earth’s humanity. You have seen that races evolve into others, passing the torch to the next highly evolved race, and you have seen that the human race will transition into a new race of humans. This is nothing new as the people of earth have been doing this for eons, but we are now entering the fifth cycle of this major shift. Each one of you is here for a reason during this time; you chose to incarnate now to assist in this awakening.”

# CHAPTER 4

By Kelly Lapsertis

“Your Earth Mother is experiencing many changes as several of you have felt especially in recent days. Not only are intense magnetic storms affecting human consciousness, but it is also waking up Gaia from her slumber into a new awareness for which she must also heal. Her awakening allows mass consciousness awakening for all beings so that we may align with Selfless Service energies and the higher density that we are shifting into. Mother has been neglected for quite some time, but the intentions of positive thought, prayers, and meditation is allowing her to break her chains of bondage.”

“There are eleven other sister planets that are undergoing the same kind of conditions. Two of them are prison planets like Earth, but she is the place with the highest maximum security, making it nearly impossible to free yourselves of karmic cycles. However, this is rapidly changing as well as your people are quickly realizing the truth that you have the power to decide the outcome.”

“The lower lords have devised many systems of failure for the human race to ensure, within their power, that humans are not successful in remembering their divine connections. Whenever a soul incarnates into the Earth plane, they are created with a trichotomy within; Body, Soul, and Spirit. Many religious texts cover up this personal connection with similar misinformation that the trichotomy exists only within the spiritual realms and not within our souls themselves. Babies are born with this trichotomy intact which is why they are so much more open and accepting than adults. They are born with this divine wisdom within but it is taught out of humans unless great efforts are taken to avoid exposure to the false human paradigm. When a person is taught or subscribes to religious indoctrination, they are accepting the false ideas and practices that one must succumb to a higher power or rely on an outside Source for divine guidance. The divine is within, most easily accessible through your heart center, which every being possesses, whether embodied or not.”

“Souls are able to shift to higher frequencies by re-establishing the trichotomy state and locking in those changes so that the false ideas do not return to your consciousness. This is most easily achieved by your state of awareness in the Now Moment. Being in the moment is when you will experience the biggest shifts. So many people regret their past, are not happy currently, and fear the future, never realizing that these are all just concepts of the mind and a hologram which you have created for yourself. We have explained many times that all timelines and probability realities occur simultaneously, all in the moment of Now.”

“We are pleased to know that your people are realizing your connection to past lives and experiences, for this knowledge is pertinent in understanding who your true divine self is. It is equally important to understand that these “past” and “future” realities are all happening Now. You ARE who you have always been and always will be. There is no need to wait for things to occur or to wish to go back in time; they are happening all right now. Linear time and space is merely an illusion. Your perceptions of them vary depending on where your viewpoint is on the torus-shaped reality hologram.”

“Many of your people are feeling this extreme shift in timelines. You may be more forgetful or notice how fast time is going by, or you even lose time that cannot be accounted for or end up in a situation that you cannot remember occurring. That is because time is accelerating and space is contracting; a hallmark sign that Earth is moving into another density (level of consciousness awareness). This is also why things and facts seem to change. Like the phenomenon your people refer to as the Mandela Effect, letters, words, and names change depending on your point of view in the hologram. Words and images that you perceive are dictated by the associated level or degree at that moment. Humans also see this reflected in what you think is solid scientific fact. The truth is that nothing is solid, everything is created by the flow of consciousness and is subjective to change. While some of your people may view this as problematic or unwanted experiences, it forces humans to live in the Moment of Now which is necessary for your ascension.”

“Many new humans are entering the Earth realm whose consciousness resides in higher vibrational densities. Your people put medical labels of disabilities on these children and young adults, but they are really much more grounded and connected with their higher selves and divine ancient wisdom than the

generations before them. You will notice that most of these people, whose brains function much more differently than your average human adult, are often very connected with nature and animals. Nature and animals do not suffer from the idea of separation and are pure souls, much like these new humans with different ways of being from your modern societies. These innocent souls do not think in terms of separation, timelines, fairness, ego, and greed; they just ARE. There is not a grand ruler over them that tells them how to think or behave, they just live in the moment of Now. Their attention goes to Be-ing in the moment, nothing more and nothing less. They do not harness negative thought forms nor do they fight or destroy. Like an infant, they respond only in the Now Moment to their current concerns. Babies do not warn you that they will be hungry or dirty in 30 minutes, they respond only to the moment.”

“The lower lords are aware of the truth that humanity cannot evolve while living in past and future timelines which is why the fear-based ideas are pushed so heavily from the systems your people believe in such as religions, governments, hierarchies, and good versus evil. These ideas of separation also take you out the realm of Oneness and greatly affect the collective consciousness of humanity. The current race of humans have been genetically manipulated, more with each generation, to include many physical restrictions to keep you separated from Divine Cosmic Order. One of these alterations is the corpus callosum which is a dense fibrous structure in the brain that separates the right and left hemispheres of the mind. This was created as yet another technique for isolation and separation. Most evolved star races have a unified mind and do not have this structure in their brain. Many more of your human people are now entering this earth plane without a corpus callosum as well, and most of these souls are viewed as disabled or very talented, such as being able to paint two pictures or play two songs at once.”

“Humans such as yourself who have Extra Sensory Perception (ESP), channel messages from divine sources, or have telepathic communication with interdimensional beings, have bridged the gap between their left and right hemispheres of the brain to allow these abilities to manifest. This bridging is done in the Moment when it is necessary to go into an ESP state. This bridging of hemispheres does not occur naturally in most humans and it should not be forced but allow to naturally happen when necessary.”



“Some of your human people experience conditions you call Grand Mal seizures or epilepsy which often stems from an incomplete remembrance of their ability to bridge their hemispheres. If the memory is incomplete, the bridging is partial which can initiate an electrical short circuit between the hemispheres that can manifest as an epileptiform seizure. This is not always the case, but can occur which is why we advise not to attempt to force this bridging. If you should ever encounter another having a seizure, you can often stop it successfully by placing your index finger on their Third Eye (central point) area and drawing an infinity sign on their forehead until the seizure eases.”



“The Lower Lords also genetically modified neurological functions as another attempt to cause more ideas of separation for the human people which is why you see more medical phenomenon occurring such as autism, zika, and many brain and neuro chemistry anomalies. They were created for selfish purposes to fit their agenda, but it backfired on the lower lords as they forgot to take the consciousness factor into consideration. This new race of humans, which your people refer to as Rainbow or Crystal children, are more deeply connected to the Divine Cosmic Order because they often function in deep meditative states and are great teachers of wisdom and compassion. Often their behaviors are not typical in regards to society’s expectations, and this is an opportunity to learn from their innocent way of being and practice respect for all life.”

“The new humans often choose to incarnate into situations or with souls who they know will care for their delicate human needs while reciprocating with unconditional love, teaching their elders and peers a pure perception of the divine. Most often, their parents, mostly mothers, would also be called a Star Seed by your definition, meaning that they also have an awareness of Divine Cosmic Order. It is time to honor the differences and unique talents and qualities that every being has to offer. There are no humans, sasquatch, ascended masters, ultra-terrestrials or any other being that is above any other; all are equal and contribute to the Whole. No matter which density or level of consciousness you personify at any moment, each soul has gifts to offer in that moment to help co-create reality. We all hold a space on this Sacred Spiral of Life.”

# CHAPTER 5

By Kelly Lapsertis

*As I have humbly agreed to receive and transcribe these messages from our Elders, I have been experiencing some intense downloads of information and real-time interdimensional encounters. Kamoooh and many elders have been present and communicating many important lessons to be included in this transcription. The knowledge is so massive and comes so quickly, that it is a challenge for my physical self to keep up. I decided to ground and center myself inside a soul sister's sacred teepee and brought my notebook with me to document my experiences. Just before walking inside, a tree beside flung out a bunch of colorful leaves in front of my path. They looked like a condensed ball exploding orange, yellow, red, and green foliage, but in such a peculiar way that it could not have occurred naturally; they were moved with force as a sign to me that the Elders were waiting and ready to give more guidance.*

*Once inside the teepee, I was joined by a sasquatch called Sa'nah-tah-re'll, a 15 foot tall gentle giant, who identified himself as a member of the Sixth Tribe of Sasquatch families from the Density Level of 5.6. He explained that there are twelve sasquatch tribes in total, that reside on and off earth. He was very excited and almost child-like in his enthusiastic demeanor, bouncing and laughing and very joyous for the opportunity to connect. He addressed me with the following message:*

“Glorious day, Sister. Yes, that was I who left a gift of colorful leaves, graciously given from the Tree Person. It is an honor to share this space with you. I am the spokesperson for my tribe of the Shaska'neato clan, assigned to work with you and some of your people. I have practiced connections with nature realms and human consciousness for quite a while and have been chosen to contribute vital information with you to share among your people. I am kin to your soul brother, George (an Ancient One/Sasquatch) and give you fair warning that I like to play and keep a happy laughing energy amongst my lessons. We will discuss many heart and spiritual matters; be prepared to engage with us in your open heart space. I look forward to this journey, and I and my people are always available and with you when you call. I like your braid and these apples. With a blanket of warmth, I welcome Us.”

*Sa'nah-tah-re'll also informed me that two more forest people that he is closely connected to will be assisting in the transmissions of wisdom for this book. Today as I sit here and call upon him and our Elders to share whatever knowledge they feel is important, Kamoooh is looking on with loving guidance, along with many other forest people that I have been connected with throughout the years. At this moment, the concept of Oneness is felt and experienced as never before for me. I can feel and see each individual yet they blend together as one consciousness within my own. He is ready to share, and I can already feel within his energy field that he is jovial and I expect the message to reflect this.*

**Message from Sa'nah-tah-re'll:**

“In the last two days you have experienced many encounters of interdimensional time travel, timelines overlapping and bleed-throughs, and linear time expansion and contraction. We have assisted in the guidance of these lessons as we understand that it is beyond the realm of regular human perceptions. My people and the Star Elders are familiar with these concepts, we live them constantly, but for you, it was an introduction so that you could first experience these shifts in now-time so that they could be more easily explained to others through your encounters.”

“One of the first things that we would like to explain regarding timeline/hologram shifts is that NOTHING is ever standing or solid fact. The Multiverse is ever-changing and ever-flowing, with each thought, idea, or action that is applied by consciousness, it changes everything within and without. Some may argue that your intentions or personal manifestations are only for those experiencing it, but this is an untruth, an idea imposed by your current linear systems of belief. Every event affects everyone and every thought affects everything.”

“For example, as mentioned in the last chapter by Kamoooh, your perception of reality is based on your viewing point within the hologram that you created as your reality. Each soul has a different view, and you encountered first-hand multiple views of your own and others. There are many more realities existing simultaneously since time and space are not linear.”

“If you hold Time constant and vary Space, you create a Probability Reality. This means that you exist in your present location at this time but also coexist in another location in a different time. If you hold Space constant and vary Time, you create Parallel Existences that allows you to experience past and future events simultaneously. When you focus your energy, either in a conscious or unconscious state, you create another self, living the reality that you dream of, so in essence, you can live simultaneous lives within this reality.”

“Our planet and the entire Multiverse has an unlimited number of Probability Realities. Realities are created on systems of belief whereas Knowingness lies beyond that where Truth can be accessed directly. This is why you often just KNOW that you know something even if you do not know how you know it. Yes, that was meant to add a little fun to this serious topic. That’s right... SMILE!”

“When there is more than one person in a room, a Consensus Reality is always formed. You can perceive this reality whether there are 2 people or 2,000 in the room where every aspect of consciousness will agree that an object is the same. But much like an apple, each person’s perception of the apple is different. The color, texture, taste, etc. will be different for all. I told you I like apples, I will be using more in examples.”

“On a larger scale, all humans are in a Consensus Reality with all of Creation but you are not aware of it on a conscious level because your people have been conditioned to believe that we are not all connected to each other and everything else in the Multiverse. You must remember not to place a judgment or value on reality or it will vary even more. You have the opportunity in each moment to shift into a pre-existing Probability Reality by being aware in the Now Moment.”

“So as you encountered yesterday, you were able to experience with all of the senses with your physical body, a person in front of your home who did not appear to be from your current time or place. This young man was dressed in gear that did not match up to anything known in your current reality. You were shocked to see something that did not seem to exist, in full physical form, much different from the spirit entities that you have grown accustomed to. You captured a photo of this young man, and was even more surprised to see that it developed as you saw with your eyes. You shared this photo with a few others and communicated with a woman who believed that this photo was of her

current young son but was adamant that it was impossible for the photograph to have been taken at the time it was since he was somewhere else at that time.”

“This was a prime example of these probability realities and bleed-throughs from other timelines. You experienced angry attitudes that tried to debate and even attack this Truth who were responding out of fear because their consciousness has forgotten the entire concept of interdimensionality and non-linear time to the point that they deny its existence. These fear responses are caused mainly by the unintegrated polarity in this density which does not promote peace, balance, or Oneness and causes the idea of separation and control-based linear belief systems.”

“After some time spent in a space of Higher Wisdom, you saw that the young man does indeed exist in the current local reality and that he does dress in the attire you saw him in, but the photograph was taken during a shift in the holographic reality as his consciousness merged with another time continuum at the moment that the photograph was taken. In other words, in your linear time system of belief, he was not physically in the place that you saw him, but his consciousness was. At the moment his image was captured, his consciousness had returned to the other reality, living a current probability reality that he created with his active daydreaming. The reason that you were able to see this with your naked eye is because you merged with that probability reality, which also existed due to the fact that his physical body has also created this by walking in the same space-time before so that it was, in essence, a manifested shadow-memory.”

“What this young man was not even aware of is that he is the embodiment of himself in another time continuum who walked that very path in similar clothing in another incarnation. His connection with this other aspect of himself is so strong, that without realizing it, he shifted timelines and merged with this past self, in the same consciousness. In that moment, he was not aware that he was a young man in the year 2017, but he was living the reality of a past life in the year 1859. In addition to this lesson, it was further exemplified when you checked back to view the photo later in the evening and it was gone. The file folder created, the sent records, and the original on the camera no longer existed. This was because the young man shifted back into another probability reality timeline that did not include your own in the consensus.”

“This young man is also one of the new humans we talked about which is why he is able to access these core memories and multiple realities within conscious meditative states with such ease. Now that it has been brought to your awareness, you will notice more of these people seemingly living in a “fantasy land” as your people so often call it, but it is actually a much more grounded connection to the Divine. Your current paradigm of control, greed, and separation is the actual fantasy; it only exists in the minds of those who believe it. Your thoughts and feelings create your reality and you have free will and choice in what you allow your reality to be. Will your apple be green, red, or yellow? Will it be soft or crunchy, worm or no worm, made into apple sauce or cider? You decide.”

# CHAPTER 6

By Kelly Lapsertis

*Since publishing the last message from Sa'nah-tah-re'll online, many people have given praises and support for the knowledge shared as well as to Sa'nah'tah-re'll. Many have expressed that they can feel his fun and loving energy as they read his message and they appreciate the light-hearted energy felt in the lesson as it's easier for them to grasp the concept that way. It is wonderful to hear affirmations of what I am feeling as well. In addition to the positive comments from regular connections, it seems that chapter reached a broad new audience from all over the world. Viewing the online statistics and comments from strangers, this message has reached tens of thousands of people around the world from The Americas, Africa, Asia, Europe, Russia, and the Middle East, many of which have not shown an interest in this topic before now or at least had not found these messages from our Sasquatch and Star Elders prior.*

*Sa'nah-tah-re'll tells me that part of the reason that his last message in particular is drawing in many more souls to find and learn this Truth. He has been chosen as I have to be a participant in this project, largely due to his light-heartedness and experience working with human consciousness to deliver messages in a way that reaches directly to our heart centers. He uses laughter and joy as teaching tools, just like many human teachers might use as they have discovered that children learn best when they are having fun. He says that many feel a closer connection to him because they are aligning more with the density level he is at (5.6) and also because he has more human counterparts and qualities than other Sasquatch Elders. He is an Ancient One, meaning a newer race than the original sasquatch people, like Kamooh. Sa'nah-tah-re'll is both sasquatch and homo sapien which is more easily relatable for many humans because they can feel their recent connections with his race. He is very happy to see the impact that this message has had on so many and he continues to be in service for the greatest good of humanity.*

*Tonight, I sit in front of a warm fire as Sa'nah-tah-re'll and Kamoooh together join me to deliver messages of shamanic ways of healing that we can all practice for a greater way of life benefiting all beings.*

“Good evening Little Sister. It is an honor to connect and share with you at this time. It is apparent to you and humanity that there is a serious imbalance and dis-ease within your race and home planet. The history of human consciousness has always been a battle of Love and Fear, but you are learning that you create your reality through your consciousness and experiences. Many more of your people are awakening to this truth and walking between the worlds of matter and energy, and those that apply this wisdom towards developing themselves into a way that is in service to others are true healers of humanity.”

“Many ancient civilizations from around the world have carried, mostly through oral traditions, great wisdom taught to them from our Star Elders. This wisdom included healing practices, ceremonies, rites of passage, and other ancient teachings that existed before the human race, which have been kept to this day. Your people that choose to practice and help others integrate this ancient wisdom are often called Shamans, Witches, Sorcerers, Medicine Men and Women, and Healers. Sometimes the descriptions carry a negative connotation from selfish energies that wish to instill the idea of fear or evil to such sacred practices. For purposes of this transmission, we will refer to them as Healers and the practice of Shamanism.”

“Healers are not to be exalted for having special powers over any other person, but they are teachers just like every member of the human race. These Shamans are not always human either, my people and many races of Star Elders are considered great healers as well and we are here to assist humanity in re-remembering. Healers practice being in service to others and stewards to nature and all life on Earth. Healers and Shamans are souls who dream their world into being by applying their energy and senses towards the reality they choose to create; like many of you that read these words.”

“You already know that you attract towards yourself whatever vibrations that you put out, but many of your people have forgotten that this applies to healing themselves as well. It takes effort to heal and create peace within yourself; for you cannot live in a world of peace if there is conflict inside you. To practice shamanism successfully, one must stop looking for the Truth and instead bring



Truth to every experience. An example is someone who is looking for the ideal mate, but they must first BECOME the ideal mate for the right person to find them. Shamans bring meaning to every encounter to offer holistic healing and balance of all Bodies.”

“Healing is much more than eliminating symptoms or curing, which are very different definitions; cures seldom result in healing. Healing works on four levels: the bodies of Soul (spirit), Energy (etheric), Mind (mental), and Body (physical). Everyone has seen evidence of people that have been cured but not healed, especially if they do not eliminate life stressors or change their lifestyle or belief system that does not allow for growth. Generally unwanted symptoms will return months or years later if one does not flush and cleanse the ideals of old traditions or habits within these four bodies. Modern Western medicine focuses on curing symptoms through warfare by encouraging terms such as battle or fight for health. Holistic shamanic healing assists souls in a transformation process to heal from the source of the dis-ease to ensure that it does not return.”

“Healing is interdimensional and non-linear as well; one has the ability to see their Light Body outside of space and time to a place that has never known any kind of illness. Your Light Body is also referred to as your Aura, a luminous field that surrounds your physical body with imprints in your Energy Field ranging from emotions, to early life or past-life trauma and environmental conditions. Your Light Body is often the source of dis-ease and dis-harmony at the core level. Humans are born with imprints of former existences that often determine personality traits, fears, and genetics in future existences.”

“In many cases of dis-ease or illness of the physical body, it is often due to the person allowing something to determine their Fate. Fate is the idea that someone or something else is responsible for your destiny due to circumstances such as culture, status, gender, genetics, or traumas. Fate only exists if you believe and allow it, but you are the author of your own Destiny. Healers practicing shamanism assist in removing these imprints in the Light Body and recalibrating it so that it is free of karmas and aligned with all four levels of Soul, Energy, Mind, and Body in balance.”

“Healing is like a nurturing art; it takes love, time, and practice to be successful. All souls have free will of choice and intent and the ability to manifest their desires. Experienced Shamans can assist by working with the Light Bodies and

energy fields of others by teaching methods of holistic healing within the four bodies to keep them clear of traumatic imprints so that vital health can be restored. Life significantly improves on all levels when you remove dis-ease, karma, emotional baggage from past experiences, addictions, and conditioning. These are best to deal with as preventative strategies and may be more of a challenge to heal from the level of dis-ease. In other words, prevent the cancer rather than waiting for the cancer to form to deal with it later.”

“We will not share all of the methods that can be used to assist in holistic healing as there would be too many to mention, and it is wisdom that is attained at the time it is needed for that soul. Spiritual matters must be experienced to be understood. Shamanism and healing of Light Bodies has been practiced in many cultures for millions of years and they all have their unique traditions of healing for different imbalances. Many of you are already connected with great Healers who practice the use of reiki (energy healing), natural healing with herbs and whole foods, crystals and other healing devices, sonics and harmonics, color and light therapy, visual aids and patterns such as sacred geometry, numerology, and the power of intention. All of these methods allow for spiritual growth and healing your DNA and Light Body as you move through higher levels of consciousness. You may seek out one of these Sages for assistance and lessons to apply them for yourself, but you must first discover the source of the dis-ease, remember who you are, and desire positive change with every facet of your being.”

“It is no easy task to see outside of the conditions and traditions that keep you in a comfort zone; it will often bring about feelings of fear and denial. Many people are not living in their own truth because they do not want to see themselves as needing improvement in some areas. Some examples of this are a person suffering from diabetes who continues to consume sugar, an addiction that you know is unhealthy but are unwilling to change, or the idea that you are not capable or worthy of transcending the current mindset like a culture that is told repeatedly that they are less-than to a point that they actually believe that other humans hold a higher order over them. Although this higher awareness and truth may be unpleasant to those who “fight” it, awareness is actually a divine blessing that provides the opportunity to change. If you didn’t know about it, how could you act on it?”

“Your people are conditioned to think that time is running out due mainly to your linear timeline beliefs, short life spans, and the illusion of responsibilities towards things that do not concern you. The good news is that as long as you incarnate, you are given opportunities to learn, heal, and evolve; there is no time limit. You are the storyteller and will always be able to write and re-write your script of experiences. Despite negative patterns, beliefs, or genetic traits, you can always change your habits and re-code your DNA and Light Body to no longer allow negative imprints to affect your energy field. Having the awareness that we are on a great spiritual journey to self-discovery and healing is the first step in balancing the bodies to allow ascension of our consciousness.”

“If you are reading this and desire to learn more or connect with a teacher to assist you in your own healing, set an intention that the materials or person has already manifested itself in your life. Give thanks for the lessons as if you already know them and to the Universe for providing you with the tools you needed at just the right time. Those who seek wisdom will surely find it.”

“Thank you all for your desire to change yourselves and evolve your consciousness and raise your vibrations for the greatest good of all life. This message was important and quite serious, but I have not forgotten to incorporate the playfulness into these lessons. As an example of what we shared today, I would like to leave you with some wisdom regarding delicious apples, my favorite.”

“Do you know how amazing apples really are? You have all heard the phrase, “an apple a day keeps the doctor away,” but you may not realize how true that statement really is. Apples are what you call a superfood that has the ability to heal the body in many ways. The consumption of apples has been proven through many biomedical studies to heal several kinds of cancers like liver, breast, stomach, esophagus, and many other types of dis-eases and imbalances within the physical body.”

“Apples remove radiation and effects from nuclear exposure and heavy metals as well. They cleanse the body through detoxification and remove carcinogens and aid in healing various illnesses that humans experience such as removing

plaque from arteries, weight loss, infections, skin conditions, brain-wave activity and cognition, diarrhea, tooth decay, tumors, influenza and other viruses. Apples even contain vitamins that promotes hair growth, not that I need any help with that! There are so many other healing aspects of the apple, not to mention the incredible benefits of apple cider vinegar. The list of healing properties for the cider is even more extensive, creating miraculous-like results to those who use it in various ways.”

“The next time you crunch into a tasty apple, use it in recipes, drink its juice, or use its fermented cider for the many benefits it offers, give gratitude to these beautiful beings and Mother Earth for providing them for us in such great abundance. Allow the experience of the fruit to be enjoyed and savor the Now Moment with this precious gift. You will find that you can connect with these beings on a level never imagined, merging with the vital energy of the fruit and becoming One with it, the tree and land it grew on, and the animals and people that feasted on the same apple tree as you, and the care keepers of the growth of the plant that allows it to provide for us year after year.”

“And to close on a light note with a human phrase: How do you like them apples?”



# CHAPTER 7

By Kelly Lapsertis

*Since Sa'nah-tah-re'll is so fond of apples, I decided yesterday to pick one off of the tree for myself to enjoy. I noticed that all of the fallen apples beneath the tree were gone when there was at least thirty of them on the ground the day before. In place of the missing apples there were several large piles of fresh scat from an unidentified creature. There are deer pellets all over as well but this was significantly different and did not match any known animal that would have access to this property; I speculated that it might be bear but they are not around here, and if one was, it would not have made it to this tree. To me, it really looked like human feces in shape and color except that it was very unlikely that someone squatted several times around the tree to relieve themselves. I really knew all along that it must have been left by the sasquatch, but I had to try to properly debunk it first. As soon as I acknowledged who it belonged to, it was confirmed by an interdimensional elder by the name of Beh'nor-ah-tah.*

*Beh'nor-ah-tah introduced himself as kin to Sa'nah-tah-re'll and explained that he is one of the other two Elders that would be contributing to the messages that I will transcribe. I was aware of the presence of three other Elders, including Kamoooh and Sa'nah-ah-tah-re'll and an unknown being, but this was an opportunity for a one-on-one meeting with Beh'nor-ah-tah while others observed. I could sense that he was open to conversation and looked forward to the back-and-forth exchange.*

*When he initially gave me his name, the last part of it kept changing and shifting as I was trying to understand it. The way I perceive names, it is usually given to me by "seeing" the letters with my third eye vision rather than hearing the name. At first, his name was Beh'nor-ah-tril, then the "tril" changed to "thor," then again changed to "thur," and finally settled on "tah," which I will use for purposes of this message. I asked him why his name kept changing and this was his response:*

"My name changes for you because your consciousness is active in multiple dimensions. It also changes due to the impact it has on your energy field and

the feelings that are experienced with each sound as well as the intention behind it. Tril represents a number, Thor represents power, Thur represents time, and Tah represents ancient teachings. Each sound has different energetic meanings.”

“Every soul has an assigned constant name (vibration) that is considered a “secret” except for on the personal soul level – it is the name given at the time of original creation reflecting your connection to Source. This name is not secret to your Higher Self, but it is intentionally removed from your memory for purposes of protection. If another soul learns this original name from Source, they can use it to control and manipulate the being by using his/her name in different ways. The names that interdimensional beings give to your people to identify them are like nicknames that match the frequency and vibration of the person it is given to. Much like how someone by the name of James might use that name or identify with different people with various names such as Jamey, Jim, Jimmy, Jimbo, or another nickname altogether.”

*I then asked Beh’nor-ah-tah how the sasquatch could eat a physical apple and make physical scat if they themselves are not in the physical realm. His response was:*

“We are able to do this for two main reasons. The phenomenon of making physical impressions in your realm is due to our ability to mask, or as your people often call it; cloaking. When we mask ourselves, we are still fully physical on the Earth plane, it is the bending of light that allows us to go undetected. In this masked state, we are still solid matter, so if you should bump into one of us, it would be felt.”

“The other phenomenon is the ability to change our frequency so that we are vibrating on a different scale than what your eyes are able to see. When we do this, we exist in a parallel dimension beside yours, so while you may not see us because of unaligned frequencies, you can still feel evidence of our existence. We can affect things in your physical realm like the breeze that comes through an enclosed area. We are not able to affect physical matter in other frequencies though because it is necessary to vibrate at the rate of the physical object to affect it physically. One must be of the same vibration of the apple in order to eat it. For safety, my people often toggle in and out of these states while in the 3D realm. We are able to sense energies and anticipate potential danger, so we

can quickly shift all or part of our bodies into a higher dimension to go undetected.”

“These interdimensional abilities must be taught to us when we are young, with the exception of a rare few. This is why our youth are more susceptible to danger in your world and require extra protection; they have not yet mastered their psychic or interdimensional abilities. When we teach our young these lessons, it allows this dormant DNA to be activated. Just like with humans, just hearing a spiritual concept often awakens hidden knowledge within. You need only to have the confidence and knowingness of its existence.”

*I recently read an article online claiming that the men who filmed the infamous footage of a sasquatch on October 20, 1967 in Bluff Creek, CA, referred to as Patty, had a more sinister story behind the film. The article claimed that Patty had a baby and that when she left it alone for a moment, the child was killed by the men and used as bait to lure Patty back to be filmed. I asked Beh'nor-ah-tah if this was truth or not. He replied:*

“This story of Patty’s baby is not a truth in this reality. The Council of Star Elders met and discussed ideas of showing tangible proof of the existence of my people to your human people as a means of activating the knowingness of the connection between our races. The reason that this footage is so clear and able to be studied above any other evidences is no coincidence – it was allowed to occur and Patty graciously accepted to participate even though she was aware of the energetic and empathic results that she would feel. Patty was indeed a new mother at that time, as you can see from her milk-filled breasts, but her child was kept in safe-keeping during that moment, and there were many assurances in place to be certain that the situation unfolded safely for all. Our Star Elders would not allow this kind of exposure during that time without their blessing and protection. If the film was not intentional, it would not be clear at this frequency, but would be a blur like so many other photos of our people. However, as we have talked about probability realities before, because thought and energy was given to this story, it does exist in another probability reality.”

“All souls have the ability to arrange the effects of an event to occur in another probability reality of consensus ideas so that it does not have the impact in your local reality as it would in the other. In other words, you have the choice to allow events to affect your world and life. This is reflected also in today’s current

events and the increase of awareness of parallel existences and timeline overlaps.”

“You often hear of one of your well-known people that has crossed over from this realm, but it is not always true in your local reality. But in another probability reality, it is true, much like how so many of your people were sure that Nelson Mandela died many years before he did in the consensus reality, even though another consensus reality existed at the same time. Hence the term “Mandela Effect.”

*After this channeling, I took a short break to take a walk for some fresh air. During my walk, I could feel the presence of many Sasquatch and Star Elders with me. In a message from a source of collective consciousness from many beings, it was communicated to me that a grouping of Overseers would like to work with us as a shift in density level takes place. The Overseers help to guide the completion of the event that will occur by supplementing certain alignments of thought patterns and awareness such as allowing the unfolding of some causal events to occur in cooperation with any entities, such as other planets, that are undergoing density shifts.*

*This grouping of Overseers suggested that it was Divine Timing in that moment to realign myself as well as the three forest people present together to the Cosmic Pulse which is likened to the Heartbeat of the Multiverse. The entire Cosmos pulses and fluctuates within different densities, all for different reasons. These fluctuations can easily be felt and measured by scientists, such as solar flare eruptions, spiritual activations, and catalysts that affect frequencies, behaviors, thought forms, and even cosmically aligned events. Calibrating with this Cosmic Pulse will allow our Light Bodies to easily flow in and out of these density fluctuations rather than becoming agitated and responding in a way that is not in alignment with this natural heartbeat.*

*As this was explained to me, Sa’nah’tah-re’ll, Beh’nor-ah-tah, and a female sasquatch gathered around me and we stood in a circle, holding hands. This occurred in a higher dimension, so while they were not physically visible to me, I could perceive what they looked like, their energy, and how their hands felt in mine. I greeted them and stated my excitement for this occasion.*



*Collectively, they stated:*

“Yes, we are here. Sa’nah-tah-re’ll, Beh’nor-ah-tah, and Naen’silah accompanied by Great Grandfather Kamooh. It is an honor to connect with you in this alignment with the Cosmic Pulse.”

*As this was said, I could feel my body responding to this shift. I temporarily felt dizzy, out of body, and my senses were so on-edge that it was uncomfortable and difficult for me to express or relate how I was even feeling. The ground seemed to move far from my feet and my mind was hyperactive in trying to understand what I was experiencing.*

*The three forest people said to me collectively:*

“It is a different sensation of heightened awareness and senses, causing the feeling of Oneness yet encourages Self exploration of aspects not yet discovered. We were chosen to undergo this transformation today so that we were all re-born at the same time, strengthening our bond between cosmic siblings. The re-birth and alignment with the Cosmos will further allow activations of ancient teachings and Divine connections.”

“The physical sensations of this alignment are very intense and demanding of the physical body for a moment in time. You brought a piece of Bloodstone with you today, a last second epiphany suggested that you bring it. Hold it in your left palm and let it absorb these energies to realign and balance your frequency. As you do this, you will feel the same sensations as the stone. Imagine a ray or beam of light connecting your energy with this stone with us, with plants and animals (and apples) that surround you. This ray of light works as a beacon or portal connecting these energies and realities. By following the projected path of the light beam, you can also observe multiple probability realities that exist within this connection. From this space, you easily create the reality that you choose to experience.”

*The realignment only took about a minute or two but it had lasting effects that prompted me to sit down and drink some water to re-balance myself. Within 20 minutes, I felt normal again but was aware of the change; I do indeed feel more aligned with the reality of Oneness and also have a deeper understanding of my own Divine Self.*

## CHAPTER 8

By Kelly Lapsertis

*As our planet and human consciousness continues to go through dynamic shifts, many of you are feeling or noticing the separation between these different dimensions. There is much hostility and new belief systems emerging daily to support the polarity between many schools of thought. People are dividing themselves based on their false ideas of ego and what is “right” or “wrong” to them. You see this in every aspect of life now from religion, politics, genders, laws, medicine, and even the existence of other life forms.*

*It is important as humans to have an understanding of what the Ego is and what it is not since this is the force that is most often blamed for the imbalance of energies. Elder Kamoooh as well as a Sasquatch Shamaness named Suni, whom is the first Sasquatch that I ever encountered on a conscious and telepathic level, have shared messages about the topic of Ego so that we may begin to understand how to transcend this in our minds. Collectively, Kamoooh and Suni say:*

“The ego is caused by a false sense of beliefs but it is neither negative nor positive; it is the mind that determines the affects it has to Self. The Ego is a survival mechanism based on Fear, and always starts from the beginning of life on Earth, and it is elicited by those who raise a child from infancy. When a parent or caregiver raises a child, their first priority is often to safeguard that child from any kind of physical harm or danger that may come to them. Whether the caregiver is aware of it or not, they use a strategy to induce fear into the child under the aegis of looking out for their safety. They will use phrases such as “Don’t run into the street or you’ll be hit by a car” or “Don’t touch that hot stove or you will get burned. This evokes an automatic fear response in the child.”

“These type of fear-elicited responses carry over into adolescence and adulthood. Because of this, an adult always reverts to the childhood

conditioning through fear when placed in certain situations. The act of responding to this fear produces the negative thoughts creating a negative ego. The end result is the outward appearance of aggressive attitudes or feelings of being better-than or less-than someone else. The hard-wired survival mechanism induced in childhood comes to the forefront when any perceived threat is felt, thus there occurs an over-compensation to mask that fear that is being felt in the moment.”

“The word ego means “I” which is expressed by a sense of self-worth or self-importance and is interpreted often as arrogance in humans. Feelings of Self-esteem, respect, image, confidence, etc. is a dynamic part of every personality and is the cause for most “drama” that is experienced. Negative fear responses can be felt through emotions like anger, jealousy, insecurity, the need to be “right,” or feelings of worthlessness or being unloved. However, as stated, the Ego is not a negative entity in itself because positive beliefs also reside within the ego. It is possible to feel confident without being arrogant and humble without being insecure. Ego is simply just how the mind identifies itself interpreted through thoughts of belief.”

“Conditioning from childhood can be manifested in many different ways. For example, an individual with a poor self-image may recompense in various ways that are fear-induced and thus ego-driven. Some examples of results from negative egotistical emotions are anger, jealousy, judgments against others or self, feeling betrayed or victimized, or the idea that rewards should be given for good deeds. These thoughts create emotional blockages and will cause people to not be able to relate or understand this truth.”

“You will notice that my people always refer to ourselves as “we” and don’t identify the source of thoughts or ideas as coming from one individual mind. This is because all consciousness is connected, divine truth and wisdom is constant and resides within all things, so there is not an individual that can take credit for such ideas. Your ego tries to convince the Self of grand illusions such as that you are solid matter restricted to a body, or that time and space are linear, or that everything is separate rather than part of the Whole. We share this knowledge about ego with you today because having awareness is the first step in changing an ideology or reality.”

“In order to be a clear channel of truth, one must overcome all aspects of the Ego because ego and desire can block Divine Truth. The Ego wants to be in control rather than allowing the self to serve Spirit. Most humans are unaware of this and think that the ego comes from themselves rather than from their belief system, so they feel guilt and shame for their responses. It is not a quick and easy task to extinguish the ego, but it can be worked on with each ego-driven situation that arises. By using discernment, you can learn to recognize these situations and detach from these thoughts so that your subconscious can eventually become neutral and no longer effect your consciousness in a negative way. As we have said before, if you change yourself and your thoughts, the whole world around you changes.”

“The best way to practice the detachment from these distorted ideals is to disentangle yourself from beliefs that support the negative ego, release limiting belief systems, and separate from the false sense of ego that has taken years to develop. When you feel that your own emotions are contradicting one another, then that is a sign that your ideas are ego-driven, for the Authentic Self does not negate itself. This takes a lifetime of practice to transcend egotistical qualities, but it should be looked at as taking delicate care of oneself; what more do you have to live for than to lead a happy, fulfilling, and peaceful life? As long as it took to learn these conditioned beliefs, likewise, it takes a long time to unlearn them. Like growing a plant takes great care and commitment by pruning it, giving it the appropriate amount of food, water, sunshine, and air, eventually, it becomes an unconscious effort and you will be able to benefit from the fruits of your labor.”

“In order for your personal and collective human consciousness to evolve into peaceful and respectful relations with all kingdoms of life, your people must change the core beliefs that cause the controversy. Disconnect from the emotional responses and criticism that you have of yourself and of other people, events, organizations, and systems of belief. But rather than to tell you to stop your thoughts, we would like to encourage you to take some actions that can help release these conditionings.”

“There are many ways that one can disconnect from false belief systems. From our observations, we find that your people learn easiest when there is some kind of tangible, physical experience to relate to when it comes to spiritual matters. Although spirit does not require a solid form or proof of existence, we will share a practice that you can apply to see and feel the effects of your intentions to release the ego.”

“We always suggest connecting through Nature for spiritual lessons because these energies support the deepest connection with your Soul Self and the natural Earth elements from which you were created from. You ARE a part of the water, trees, stones, berries, wind, and fauna, and the perceived disconnection from nature is the main cause of fear, stress, and depression among your people.”

“So for this lesson, we suggest finding a quiet, wooded location and bringing a notebook and pen along for taking notes (or near water or another natural source). As with all spiritual practices, it is best if not rushed or filled with expectations. Take a walk or find a place to sit in a meditative state in these woods and reflect upon the conditioning that may have created the ego self. You will contemplate four ideals of thought which can be represented as the four directions or the four elements or the four seasons.”

“Ask yourself what kind of negative conditioning you may have been subjected to through childhood elders such as parents and teachers. What kind of experiences from your youth do you feel you blame for having an adverse influence on you? Anything that comes to mind, write down in your notebook by assigning a name or identity to it. If you choose, you can also find a natural element in your surroundings to represent these conditioned beliefs such as a leaf, branch, rock or anything you feel is an adequate portrayal of this idea. Please be mindful to be respectful of Nature and to select only items that cannot be damaged or disturbed from their natural state.”

“Next, think about your desires or aspirations that you have had throughout your life regarding personal situations such as relationships, career, or a preferred environment that have not come to fruition. What is the cause or obstruction that

did not allow these dreams to manifest in your life? Again, assign a name and write it down or select a different natural element in your environment to represent this ideal.”

“Now consider the conditions that have hindered you physically from creating the material world you desire. Is it an injury or illness? Is it money or lack of support from a loved one? What is limiting you from allowing yourself to make positive change in your life? Assign a name to these conditions and again, write it down or collect another object to portray this thought.”

“Lastly, it is time to face your own conditioned fears. Look deep within and examine the thought forms that you know now to be deceptive. What perceived limitations have you imposed upon yourself to sabotage your own happiness? What false belief systems did you subscribe to that does not allow you to be at peace? Identify it and write it down or select another item from nature that best describes this idea.”

“Take as much time as needed to ponder these thoughts and enjoy your connection with all that is. Once you feel satisfied that you have represented the source of ego-driven thoughts, you may return to your favorite personal space to complete the rest of this exercise. This might be your altar at home, your vehicle, or the place that you feel most comfortable being yourself without interruption or judgment from others. From this place of solitude, it is time to face your fears; approach it with an attitude of satisfaction and self-achievement rather than a fearful situation in itself.”

“Realize that the conditioned fears you face are not real; they exist only within your mind. Most of the time, the fearful situation has never even occurred, it is only an emotional trauma that you have assigned to an imaginary situation that does not exist. So what are your fears? Are you afraid of losing friends? Losing money? Disappointing someone? Fear of excess or repetition? Identify and acknowledge those fears and write down anything else with your previous notes that may come up with these perceptions. If you choose to collect items in your environment, work with these elements by creating a structure or effigy. Envision the words that you form or actions that you take in your creation to

work these fears and negative conditions out of your body and life. They no longer serve you and it is time to release them.”

“Now recognize the source of those fear-induced ideas and forgive them. Was it something that someone did or did not do to you? Was it an idea that was imposed upon you? Forgiving releases any hold that the person or belief may still have on you. You may write this down as well or you may also choose to visualize these beliefs being cleared and removed from your energy body. You must also forgive yourself and let go of the beliefs that bind you. You may want to draw a picture of the disconnection of these conditions over you, seeing yourself revived and exhilarated with a fresh new perspective on life. You can also visualize cutting the chord that connects you to these beliefs and the fear dissipating in the wind.”

“It is time to finalize this transformation by watching these ideas and fears you have represented on paper or in an effigy by observing their transmutation into positive lessons and opportunities. Now you have the power to overcome these false ideas and allow a new strength and wisdom to take its place. In a safe environment, you can take this paper or structure that you carefully created for your personal relevance, and burn it in a releasing ceremony. As you ignite the representation of your conditioning, watch with awareness that all of these fears are going through metamorphoses and changing into positive aspirations. The fears and conditioning that you have carried throughout your life have now evaporated and are removed from your energy bodies. You have now returned to a state of self-awareness and unconditional love where your Ego is once again supporting your intentions to serve the highest good for all life.”

# CHAPTER 9

By Kelly Lapsertis

*It has been nearly a month since I have last sat down to transcribe messages from the Sasquatch People. Much has happened within this time, many new adventures, discoveries, and experiences to learn and benefit from. While I have been taking a break to handle 3D affairs, the co-authors of this book have been busy transcribing messages from Sasquatch Elders, inspiring others with Universal Wisdom.*

*Two weeks ago, Kewaunee and I drove to British Columbia, Canada to meet with SunBôw for the first international extension of the Psychic Sasquatch Spiritual Gathering for a one-day conference with locals in Slocan, BC. We were greeted with many friendly, open-minded people who are all doing great things for the betterment of humanity and to raise collective consciousness and made many great connections. Our elders joined us and rejoice that we take continued action to share their messages.*

*SunBôw has connected with a self-proclaimed old white hermit Sasquatch elder named Limptbataook in the British Columbia area. This elder has also given messages to be transcribed for this publication (chapter 29), with his direct and unique style that is not viewed as being very diplomatic. SunBôw's contribution of messages from the Elders are found in Chapters 28-30 of this book.*

*After reading the messages from SunBôw and connecting with Limptbataook myself, and having been given a stern lesson from him, I am ready to transcribe the next chapter of wisdom from our elders.*

## **Message from Kamooh:**

“So I see that you have met my grumpy cousin, Limptbataook. I will not apologize for his abrasiveness, but it seems that he took a liking to you anyhow. Even in his stubborn and reclusive ways, you can see that he brings wisdom and understanding in his messages. You have learned that opinions and



judgments from others do not concern you and have no effect on your beliefs and emotions unless you allow them to. By the way, I like your sparkly rainbow traits even if he says he does not.”

“As you have been anticipating, we would like to share knowledge regarding dreams and the Dream Realm as there is much to share on this topic. For this lesson, I invite Sa’nah-tah-re’ll’s sister Naen’silah to complete this transmission as she is adept to Dream Walking and Dream Weaving.”

### **Message from Naen’silah:**

“Greetings, dear one. It is an honor to connect with you now. You have felt my presence since the time of our simultaneous integration with the Cosmic Pulse along with my brothers Sa’nah-tah-re’ll and Beh-nor-ah-tah, but have not yet connected in this way. I look forward to this opportunity to share this knowledge and interact with a human with a kindred spirit.”

“As you know, dreams have been a powerful source of wisdom in your personal life. You have successfully followed this inner knowing by following your dreams which is not a metaphor as so many of your people assume. Dreams are teachers and guides for your own Self and Soul development. Dreams are tools to access the subconscious and they allow one to learn and grow through self-awareness, which when combined with conscious alignment, will cause dreams to become your reality.”

“I have walked within your dreams and observed the teachings that many Star and Sasquatch Elders have influenced as well. Although you have a deep knowing within your heart and soul about who you are, we have helped to influence your dreams so that there is no doubt as to your path and the conscious constructive action to take to manifest your highest purpose in life.”

“For example, when you first dreamt of Kewaunee, it was simple yet profound enough to make an impact on your consciousness and caused you to take action because you felt it resonate so deeply within your heart. In the dream, you were standing, waiting for an unknown person next to a cave entrance in

the middle of the forest. From out of the cave, stepped a man with a white ponytail and a deep voice that said only “Kelly.” It took you by surprise and you wondered where this person came from and how he knew your name. He told you to follow him, that he had something to show you, and without hesitation, you followed him into the dark abyss of this unknown cave without question as to why you were following, who you were following, or any concept of potential danger. This is where the dream ended, and you woke up out of your slumber knowing that this dream was real, not a fantasy, because it had such a profound impact on you. You realized that your conscious self would never follow a stranger into a dark cave, but you also felt this heart-song and knowing that this dream symbolized something much bigger, and the emotions you felt at this awareness was liberating.”

“Because this dream was so significant to you, you began reading Kewaunee’s second book, *The Sasquatch People and their Interdimensional Connection*, and connected with him by telephone which also seemed guided to you. Once you learned the truth about who my people are, that we are spiritual, interdimensional, psychic elder brothers of your human race, you knew that you this knowledge was the beginning of your true life’s purpose. It resonated so deeply and the universe as well as my people were so overjoyed with your realization that we continued to support your path in amazing ways, ways that you perceived to be miracles in front of your eyes.”

“As you continued on your spiritual path of truth seeking, another mighty dream occurred featuring you and Kewaunee once your consciousness was ready to accept and allow your pre-destined life to unfold. In this dream, you found yourself in unfamiliar deep woods, lost and injured with no sense of direction or even where you were going. You came upon a cabin and before you could connect your knuckles to the door to knock, Kewaunee answered and brought you in to warm up. He dressed your wounds, made you hot tea, and then you laid down on his couch to rest when you entered another dream – a dream within a dream.”

“In this second dream within the first dream, you were a weightless being of light, soaring through the cosmos with no direction and having fun with your new-found ability to fly. Your senses were in hyper-drive, sights, sounds, colors,

and feelings that you have never felt in your body before. From behind you, an angel approached and wrapped his wing around you and guided you through the solar system and many wondrous galaxies as he gave you a cosmic tour. You could feel the intense energy, the beautiful song of the stars and hear faint drum beats, perceive colors and lights that do not exist on earth, but mostly, you felt this strong connection with this angel and his unconditional love for you. When you looked at your lovely angel guide's face, you saw the bright smile of Kewaunee and could see every detail of him, his aura and brilliant feathery wings, and you shared many concepts and thoughts with each other through mental telepathy, without ever using words."

"You continued to soar together throughout the Universe, wrapped in love and divinity with the feeling of oneness. You felt the sound of the music was much more beautiful than the sound that a voice or instrument could make; that is because it was a song that the Universe was playing just for you, for this occasion. In the dream, you could both sense the meaning and message behind the music. As you acknowledged this together, you joined together in Unity with a mutual feeling of unconditional love, respect, and remembrance of one another and all of your soul interactions. You felt nothing but the Love and the Oneness shared, and the brilliant emotions and senses from the experience."

"Within this dream, or rather, this astral body encounter, you can recall thinking that this must be heaven and hoping that you would not have to return to your physical body so that the feeling would last forever. Immediately after this thought, the colorful lights started to fade, the flying sensation subsided, and you awoke from your dream within the dream and was back on Kewaunee's couch in his cabin. When you opened your eyes, he was sitting beside you, and so you looked up at him to tell him about your amazing journey, but instead he grinned at you and without speaking, he told you that you did not have to explain because he was there and felt it all too, and you could see this truth within his eyes."

"From your position on his couch, you could see a hairy man standing in his kitchen. He appeared to be about 8 feet tall with rust colored hair, and he was

drinking from a mug which took you by surprise. He looked at both of you on the couch and said, *'Now you both see. Your souls are one and your music is magic.'* As you arose from the couch to approach the sasquatch in the kitchen for a hug, you awoke into conscious reality. The dreams were so real and life-like to you that it left you with no doubt that you had truly experienced this beautiful journey. Little did you know at the time that this was just the beginning of a new spiritual journey.”

“Just days later, you encountered this same sasquatch/human hybrid in your waking conscious state while meditating in the woods. He told you that his name was George, because his mother liked the name, and that he was your guide and brother that has been with you since birth. Since reconnecting with him, he has helped lead you on your path to wisdom and understanding, using trust and truth to pilot you on your learning journey. He as well as Suni were the main ancestors acting as beacons of light to assist you in your passage to divine soul connections.”

“These were just two personal examples of times when your dreams became your reality because of the consciousness that you applied to these experiences, but as you know, you have encountered many more.”

“While the majority of humans do not understand the significance of dreams, several ancient cultures still have deep faith and beliefs in their dreams and the symbolism within them. Many believed that the sacred knowledge of Earth and the Multiverse could be accessed through dreams because the dream world has no limits on space, time, and possibilities as our waking conscious world does. These wisdom keepers are aware that ancestral spirit guides would Dream Walk to establish relationships with the living. Many times, these ancestors shapeshift within the dream once the connection has been made or the message delivered as many of you have experienced in dreams where a character changes to a different one or an animal or object suddenly becomes something else.”

“Some dreams appear as images, concepts, or symbolisms that reveal truths through sequence. To find the meaning of a dream, you must look at the series of events that occurs and not just one aspect or feeling from that dream. To dream of a lion means nothing to the subconscious, but the conditions upon which you met the lion, how it made you feel, the interactions between both, how you reacted or responded to it, even what color or what it may have been wearing combined all determine the truth subconscious meaning of the dream.”

“Dreams portray subconscious aspects of your Higher Self, usually aspects that you are not aware of consciously which is why your Higher Self attempts to teach you through your subconscious mind. Dreams teach through experienced emotions from every perspective, mostly through fear which is the root of all emotions that we must learn to overcome. Dreams are emotional attractions, providing wisdom of your feelings so that you have the awareness to break the cycle of recurring themes within dreams and to break the karmic rhythm of fear-based beliefs and emotions.”

“As stated before, dreams teach through the emotions that are experienced by speaking to your unconscious mind. For example, to dream that you are locked away in a prison may represent your feelings of having limitations or a lack of freedom; or to dream that you are unseen, unheard, and ignored may represent suppressed feelings of insignificance or unworthiness.”

“Dreams cause us to feel emotions such as fright, inspiration, distrust, confusion, love, pain, and so on, and this cycle of feelings will continue until those feelings are confronted. Dreams reveal truths by showing us multiple projections of the astral body, like how light does when it is filtered through a prism; it allows you to see limitless fragments of your Self.”

“Dream emotions are based in fear, experienced often through karma, but once they are recognized, you can shift this Samsāra loop into balance and empower yourself with positive emotions when applied to your waking conscious state. You can do this by surrendering to the wisdom within your emotions and work with your memory to increase dream recall by keeping a dream journal and revisiting it often.”

“Sometimes, some elders, ancestors, and evolved souls will also assist in weaving the experiences throughout your dreams for highest chance of remembrance and activation of memories through brain wave frequencies. MySelf, Naen’Silah am one who often walks into high consciousness dreams to bring inspiration and download codes found within your DNA. These activations often come in the form of music, sacred geometry, numerology, vibration, frequencies, light language, or even certain words or symbols like animals.”

“Brain wave frequencies are states of consciousness awareness. You are most familiar with Beta brainwave frequencies which is where most human’s waking consciousness resides and where most thoughts and problem-solving ideas come from. Alpha brainwave frequencies are more common while in meditative states, during times of quiet and relaxation where your knowledge of being in the moment is most profound. Delta waves delay mental awareness but is the source of emotion and empathy and is common while in states of deep, usually dreamless, sleep. While in the Delta brainwave frequency, physical attributes of the body are restored and healed which is why sleep is so critical for your people. Theta brainwave frequencies are most common in dreams or deep meditations where you experience vivid images, receive teachings, regain memory, feel intuitions, and have heightened awareness. In the Theta state is when you experience your reality from within with no influence from the external world. Theta waves are the house in which your karmic emotions and fears reside and this is the brainwave state that most Dream Walkers would choose to enter.”

“Within the Theta brainwave frequencies, you are able to recover your root belief systems, whether they are constructive or destructive, to be viewed and analyzed. When Dream Weaving, masters assist by taking knowledge from all realities and experiences into the Moment of Now for full integration to help with fulfilling your life’s purpose. When aware of this knowledge, you awaken to a wider understanding of the Universe and your Higher Self on a cosmic level.”

“It is important for your people to understand that dreams are real; they are genuine and authentic soul encounters. They allow you to interact with souls that you would not otherwise have an opportunity to, they warn you of dangers

or foretell of future events, and bring you answers that you may or may not be consciously seeking.”

“To remember and successfully follow the messages within your dream, it helps to write down all the details you can recall of the dream upon waking. It is best to keep a journal and pen beside the bed so that you do not expend too much energy or lose memory of the dream before you have an opportunity to write it down before entering back into the Beta brainwave state. Remember also to look at the dream as a whole and not just try to analyze a part of the dream without the other parts, for it is the entire sequence of experiences that teaches the lessons. You may also meditate upon your dreams for discovery. Send unconditional love to the thought-forms within the dream by intending purity, wisdom, alignment, and the best outcome for all.”

“Another successful practice is using dream affirmations. By using affirmations, you can set intentions for the outcome of your dream, whether it is to meet with another soul, to cease nightmares, or to learn higher wisdom during your sleep encounter. An example of an affirmation to use is to say this or something similar before going to sleep:

***“When I’m in the dream state tonight, I will meet with  
PERSON/PLACE/THING at the level of Higher Self and Greater  
Wisdom in love and in light, and I will state the following:  
WHATEVER THE INTENTION OR WISH IS  
Thus I have said it, thus it shall be done. So be it.”***

**Upon waking, complete this affirmation by stating:**

***“When I was in the dream state last night and met with  
PERSON/PLACE/THING, I was completely successful.”***

“Even if you do not recall the encounter with this affirmed person/place/or thing within the dream, the meeting did indeed take place at the level of your Higher Self. It is not necessary to continue to do the same affirmation or intention for the same situation, once is enough unless there are other aspects that you wish

to communicate in the dream. You can do this for multiple aspects at a time as well.”

“Likewise, when certain kinds of activations occur within dreams, you may or may not remember them, but that makes no difference to your subconscious mind because the encounter did happen. Even if your mind does not recall the dream, your soul certainly does. If you do recall details such as words, symbols, animals, patterns, numbers, or colors; explore them. Research spiritual meanings behind the symbols or situations and learn how the interpretation might be applied to your life.”

“For example, you may dream of a fox, but it may not only be the presence of the fox offering it’s medicine to you, it could mean much more depending on how you perceived this fox. Was he running, fighting, staring, eating, did he have a fluffy tail, did he acknowledge you or was he in an unusual place? All of these different symbolisms could lend to different interpretations but if you seek them out, the answer will come to you as long as you do the work in setting aside any preconceived ideas of what the dream means.”

“Dreams will often not mean what you think they do because the mind likes to contrive happy fantasies of situations, but because dreams come to teach us a lesson about our true authentic Self, you must adjust your perceptions and belief systems for transmutation of the underlying karmic connection. Seeing yourself in Paris does not necessarily mean you will be taking a vacation there soon, it is most likely a more unpleasant scenario such as having a past reality there and etheric ties that need to be healed from those experiences. Having the awareness that all dreams are for the purpose of higher wisdom and healing allows one to search deeper into the personal significance of the encounter for the true meaning and lesson to be applied.”

“Many dreams are also premonitions to future events as you have discovered for yourself many times. These future events are usually shown as probability realities since they have not yet occurred; they show what might occur if a projected path is followed. Often times, these dreams are shown so that you can take corrective or constructive action to manifest these dreams into the



reality you choose. You may dream that you reunite with a childhood friend and marry them. This dream could be a vision of what is yet to come or what may be if you put energy into that thought. Perhaps this friend is someone that you would never consider marrying so you disregard the dream and do not act on it. You may also be so moved by this dream that you decide to look up that person and reconnect, which may result one day in marriage.”

“You, Kelly, have had many symbolic dreams and have learned by studying the patterns in them and by discerning the vibrations of emotions felt within these dreams, that there is about a three year timeline of occurrence on the dreams that you perceive as prophetic. Others may notice a pattern like this in their dreams as well that could vary from a day to a month to ten years or more.”

“The greatest example of one of your prophetic dreams was when you had a vivid impression in 2013 of a sacred gathering in the woods. In the dream, there were dozens of beautiful souls congregated together in celebration, but of what, you did not know. You recognized Kewaunee and Andrew Robson there and saw dozens of other faces that you did not recognize, but in the dream, you knew they were family. Although you lived in Arkansas when you had this dream and had never visited Washington state before, you perceived that this was occurring somewhere in the mountains in Washington and also that it was a full moon in autumn. The love and warmth emanating from these souls was so familiar and you knew that you knew them all very intimately and that all were kindred spirits.”

“It was evening in the dream and there was a bonfire in the center with some people sitting around it, some were standing while chatting amongst each other, some were cooking, playing with kids, and other regular communal things. Around the campfire, someone started singing *Kumbaya*, and when you walked towards the fire to join them, you could see dozens of my sasquatch people among yours and could see no difference in our races. We were all One, enjoying the fellowship and celebration and honor of sharing this life together on earth. You looked around at the situation and had conscious thoughts within the dream – ‘Where am I?’ ‘Who are these people?’ ‘I can’t believe the sasquatch trust us enough to be here!’ ‘This is a future reality, isn’t it?’ ...”

“When conscious and subconscious meet this way in the dream state, you will always remember details of the dream for higher purpose. This is a way in which dream masters weave consciousness through dreams. You can also master this yourself with the practice of conscious astral projection and location within the dream state.”

“After having this dream, you shared it with Kewaunee and Andrew and speculated what kind event this might be. You thought perhaps this was a wedding reception or maybe someone’s birthday party campout. Three years later in 2016, after you had already started establishing plans for the first Spiritual and Psychic Sasquatch Conference in Chewelah, WA, you remembered this dream and realized that maybe this was the celebration event that you saw. You did not give much more thought to this until during the event, on the evening of September 16, 2016 when the camping group gathered at the outdoor amphitheater for a Full Moon ceremony lead by SunBôw to prelude the conference the following day. When you stood on stage and looked down at the bonfire and all of the warm faces wrapped in blankets, so filled with love and joy just to be there, it hit you with ten times the emotion as it did in the dream. Here it is, a dream come true. Except now you know why you are gathering and you know who all these beautiful faces are, and they are indeed Soul Family.”

“The arrangement of the scene looked a little different from your dream and the song *Kumbaya* was not sung that night, but you honored us, your Elder Brothers, by singing the Anishinabe Sabe Song and shared the lyrics for others to join in. The details will not always be completely accurate in prophetic dreams, but the emotion is still the same. You recognized the same magnificent love and high vibrations in reality as you did in your dream as well as the souls behind the mystery faces.”

“The entire event was arranged with our assistance and blessing; it was the divinely aligned time to gather and share this energy together. Some of the guests there could see us and experience us in different ways whereas others did not other than just a knowing that they were not alone, but as Kamoooh stated before, many of my people were gathered there last year and this year for this gathering that honors us as well as Divine Love, Truth, and Oneness. The reason that you had this dream about three years before the occurrence is

because your Higher Self knew exactly what it was, even though your conscious mind had no idea of this, and it took that amount of time to integrate this knowledge for a full understanding of the effects that it has on all. Not only was this event divinely planned for the sake of my people and everyone in attendance but it was also a cosmically aligned event which sent magnificent ripples into the universe, creating other realities and higher levels of consciousness and Unity for all of humanity and all stewards of our Earth Mother.”

“It has been an honor today to share this knowledge about dream works. Your people may learn to use this restful time to your advantage by doing much soul and spiritual work, resolving karmas, healing relationships and emotions, soul searching, and creating alternative realities for the highest benefit of all involved. With intention and sincere emotion, you can shift your dreams into reality to raise your collective consciousness even during times of unconsciousness by applying it consciously.”

“You may call upon myself, Naen’silah, or my people to assist you in dream weaving as well, but we will only do as much as you are able to discern at the time. Like you have experienced many times, you awaken from a dream that revealed deep wisdom and virtually all of the secrets to the Universe, but once you have shifted your brainwaves back to Beta, you can no longer recall the details. But your soul retained that information and it will be available for you when you need it.”

“My sasquatch people are well known for walking into human dreams as well to remind them of their connection to us. Many times, we are greeted with fear but this does not bother us as it is just that person’s response due to karma or conditioning. We will often revisit after the initial shock so that there is time to integrate the reality of our existence into their oversoul. Some souls reject our presence and ask that we not return, so we will not, but another entity may dream walk another time to get the message across. Many times this comes in the form of a deceased loved one so that you are consciously aware that they are no longer living, yet you are having a tangible conversation or encounter with them that will make the lasting impression.”

“If you should encounter a hairy elder brother in the dream state, you may have an instinctual response of fear or you can move past that by integrating your consciousness and other frequencies (brainwaves) and open up your heart to receive the lesson. This may not happen immediately, but the more awareness you have, the more you can create meaningful manifestations within your dreams.”

# CHAPTER 10

By Kelly Lapsertis

*This is the first message from the Sasquatch that I have written for this solar cycle we call the year 2018. It has been an interesting winter for myself and my family, having many physical and spiritual experiences, learning lessons, feeling ill as upgrades to our physical bodies and DNA occurs, and also many wonderful phenomenon occurring which could only be explained as miracles. Many people have passed from this realm or have chosen to walk their own unique paths, and overall, it has been the greatest amount of change that I have witnessed in these last few weeks than I have in my entire 37 years of existence in this body.*

*The lovely Sasquatch Shamaness named Suni would like to share a message with humanity. She is the first Sasquatch that I had understood telepathic communication with in 2012 and she holds a very special place in my heart. Suni is unique in that she has incarnated as a human before, so she has a special understanding and relative perspective on what life is like in this world that we have created. Suni says:*

“Sasquatch are very much like humans in the ways that their personalities, beliefs, and lifestyles differ from others in their race. Many humans believe my people to be anything between the extremes of angels and demons. Like your human people, my people are neither, but our personalities and actions are quick to be judged by those that do not understand them or those that fear the truth of who we are because it insults their beliefs.”

“I have observed many interactions that you have had with skeptics, and one of the most common comments is that the People of the Forest are not educated enough to communicate with humans in the way we do, especially when referring to Kamoooh’s messages transcribed by SunBôw. It is important for one to realize that that Kamoooh is one of the eldest Elders of our kind and has had much more experience in communicating with humans than other Sasquatch

have. It is also a part of his higher purpose in his present incarnation to work with and communicate these important messages to benefit humanity in their spiritual evolution.”

“Words are useless to my people, we only communicate in your language for your people, but the true spirit of the messages are found within the heart. As many of you who communicate with us know, telepathy is rarely a conversation of words but is often rather an entire large concept that is shared, showing a larger picture of how it effects all things throughout the multiverse and how every bit of energy is all connected. It would take days in your linear perspective to explain a simple idea if we relied on words to express these thoughts and emotions.”

“Another common misconception we have noticed is amongst those with strong false belief systems or fears of the divine. Many people label us “Fallen Angels” or “Elohim” or some other kind of fantastical name that fits their beliefs or agendas, but my people have no relation or affiliation with such beings. We find humor in this kind of thinking as they actually contradict themselves and their own existence. It is likened to a fish being afraid of the water. It is also humorous for us when people discuss God and Jesus as if they are a contradiction to our existence. God is the source connecting us all – none of us would exist if there was no Creator Source or energy to bring forth life.”

“One of the regular things that you experience are those among your people who beg you to pray to Jesus for salvation or redemption from the evils of my people as if we are demons sent to deceive you. Those with these beliefs are actually the ones who have been tricked or fooled by man and do not know what Divine Love truly is otherwise they would not make a judgment on something they have no knowledge in. What they fail to realize is that my people know the prophet known as Jesus, as we worked with him and guided him throughout his incarnations on Earth. Jesus was a Shaman who healed using energy and natural tools such as crystals, herbs, and roots. All these healing methods are now considered to be evil or pagan according to the very people that look to Jesus for salvation and for most of your man-made religions, but in reality, these shamanic practices are a way of cooperating and connecting with nature as intended.”

“My people were here millions of years before any humans, but Jesus is what you call an Ascended Master; a soul that is pure and has never lost connection with ancient universal knowledge and truth or with the Star Elder Councils. Christ has incarnated many times on Earth to be a teacher and example of love for humanity, yet he is usually only recognized as being Jesus, the man born of a virgin, rather than all of his incarnations that he has dedicated towards raising the spiritual consciousness of humanity.”

“When you hear prophecies about Christ’s return to Earth, it is a reference to a higher state of consciousness of Unconditional Love and Respect, not a dead man raising from the grave as many believe. As you all know, energy does not end and cannot be changed, it just is; never ending, but temporary vessels like bodies do have an expiration. Looking to any particular person for salvation or redemption will always bring disappointment as there are none that qualify for this job. Only you can change yourself and your experiences through your own consciousness and allowing the lessons to be learned. As stated, we are often humored by these theories but not in a disrespectful way. It is like watching a baby take their first steps and then fall down on their bottom; it is cute, not tragic. There will be many more opportunities to master it and that time will come when it is best for that soul.”

“Many of my people are healing their own karmas with humans and within this earthly realm, and several more of my people are ready to be spiritual teachers and guides to your people to assist in your ascension. Like humans, we too feel emotion and pain, and many of my people have been hurt by or are fearful of humans because of unhealed karmas between us. Thanks to those people who show respect and compassion, we are healing these karmas together so that we may live and learn together in balance and harmony, respecting all life forms that we share this reality with.”

“My people and your people both have free will, a great luxury that not all beings are given. Humans are the most advanced biological creatures ever created which is why so many other beings and civilizations take such interest in your species as well as our own. Yes, the Star Elders taught your race advanced technologies and shared wisdom teachings with humanity so that you may

survive and advance on this planet; but you also have this inspiration and passion to create, a free will with the power of choice, a drive for success, and the gift to choose your reality.”

“Beings without free will, such as the elements of wind, fire, and other forces of nature, have no power over the will of creation. They may manipulate energies of nature, but they can only influence that which has already been created. That is also why Elementals are immortal; death is the price of creation and evolution. To be a Creator being such as humans are, there is a great responsibility to create honorably and wisely. If the power of creation is abused or neglected, the lifespan of the Creator greatly reduced and so is the life of all affected by that creation. By abusing or neglecting your will to create, the material aspects are affected rather than the spiritual ones, therefore there is more dependence on physical life instead of the energies of a natural universal source like consciousness.”

“The current state of affairs on the planet reflects this due to your people’s reliance on technology rather than empowering yourselves and expanding your consciousness through creating naturally. When humans begin to live in harmony with themselves and with nature, you will see your lifespans increasing with each generation. We must all co-exist with nature and return to the roots that connect us all.”

“Your Darwinian based science theorizes that nature is in competition, but this is a false truth as nature follows a flow of cooperation. Your ancestors understood that Earth, nature, and cycles of time have followed rhythmic patterns for millions of years. Now your human people, the only beings in the Multiverse that share the genetic components of all races and species of extra, intra, and ultra-terrestrials known and unknown, have an opportunity to re-member and re-integrate this knowledge to make positive and constructive changes to ensure survival and evolution of your species. Many of your people are already coming into this awareness as you identify with divine or non-human aspects of yourselves. The ET/Human energy systems that were divided when coming through the Veil of Forgetting upon your birth are now blending together, reminding you of who you truly are.”



“Those that deny the Source of their existence or reality of their spirit will have many more opportunities to learn these lessons so there is no need to feel bad for anyone “left behind” in this knowledge. It is their choice and free will to not accept it, and they are not ready in their current state of consciousness.”

“So create and intend the reality you wish to live. Think of the times you feel most alive and with peace. What are some of the things you love about life and like to share with others? For most people, it is actions taken while centered in their heart space, in a creative flow that brings the most joy. Do you like to sing or dance? Draw or paint? Build or bake? Write or develop? These are all things that come from a passionate place within your heart, and the more you do things that you love, the more you will be Love.”

# CHAPTER 11

By Kelly Lapsertis

## Message from Kamooh:

“Greetings, Little Sister. It is a fine time to connect with you now to share a message in the moment of divine full moon energies. As you have observed, a rare cosmic event occurred that no living human at this time has ever experienced. Your people adopt terms such as “Super Moon,” “Blood Moon,” “Blue Moon,” and “Lunar Eclipse” which describes the multiple phenomena occurring during this great cosmic event, but it does little to explain what this alignment means for the shifting energies on this planet as well as to your human consciousness. My people have been known to use ancient human words to call this kind of event “Mutoluc,” meaning a shift in the light.”

“Earth is currently in a transition which is quite noticeable to the masses, even those who do not believe in spiritual or cosmic connections. Many new energies are emerging, the division between realms and realities are merging together, and many people are experiencing major changes physically, mentally, and spiritually. You have felt these changes too, most noticeably to your physical world as you process higher energies never felt before and as the energy networks throughout the planet and all living beings shifts into realignment and ascension. It may be subtle to many that have been gradually making this shift, or it may come on full force for others, especially those that may have fear or denial of these cosmic truths.”

“Many of your people are attuning to feel energy and frequencies more as well as other sensations that are not associated with the five physical senses. As your conscious vibration continues to rise, you will be able to better recognize and identify these energies by their energetic signature and the way it feels within your auric field. You will also notice an attraction or intolerance to certain energies, making it easier to associate with those that resonate for the highest benefit of life or to disengage from the lower frequencies that do not compliment your rising level of consciousness. You will notice a stronger conviction to walk

in your truth and to not give in, latch on, or associate with negative energies, thought forms, and false beliefs.”

“The spiritual ascension process begins through your consciousness, a non-physical form, but is closely connected with your heart and the cells within the physical body. For this reason, many people are experiencing what appears to be physical illness as your cells shift and change and as your DNA receives upgrades to align with these new energies. During this upgrade and separation of false beliefs, it is common for many of you to feel flu-like symptoms, body aches and pains, depression due to expanding consciousness, and a disconnection from the energies that you are no longer in alignment with. During this ascension process, you may also notice changes in the way you digest material, both physically and mentally, which is vibrating at a higher frequency and will continue to until your soul no longer needs to be embodied in a vessel of flesh and bone.”

“As your consciousness expands, you are able to access dimensions beyond your physical reality, and you retain learned experiences and are graced with access to cosmic knowledge and natural wisdom from the 2D Flat Meta-Universe which contains the Universal Mind of all divine information codes. Like the Eldest Elders, Masters, and Immortals who watch over the evolution of consciousness, in the 2D Meta-Universe you have unlimited access to the entire history of your existence through the holographic library which contains all of this information that transcends time and space, also known as the Akashic Records. You are also shifting into higher dimensions where you will notice that time and space are not restricted as they are in the 3D.”

“There has been much concern in your growing elevated consciousness communities regarding the environmental factors and detrimental energetic attacks imposed upon your people by the lower lords that negatively impact the fulfillment of your spiritual missions. These concerns vary from political discussions of equality to the deliberate poisoning of your food, water, and air, to the frequencies and entities released that are designed to hinder spiritual growth or cause dis-ease within your physical or mental form. These are all taking place on our Mother Earth and not just conspiracies as some feel because it insults their belief systems and causes fear within those who do not

follow the truth of their heart and inner knowing. However, it is unnecessary to allow these negative elements to be a part of your reality. As explained before, your reality is shaped by your thoughts and created by the way you choose to perceive things. Those who give energy and attention to fear, paranoia, and ideas of scarcity or violent upheaval are actually creating the very reality that they do not want. It is best for one on a spiritual path to remain neutral to these emotions and project energies of love and peace rather than making preparations for worst case scenarios and outbreaks of wars.”

“Your people have a tendency to overthink and overanalyze almost all aspects of life to the point where there is mass confusion on what is “right” or “wrong” within your societies. This attitude just further drives separation among your people and adds to the confusion and illusion of control. There is a fine line between Martyrdom and Altruism, but it is important to establish clear boundaries and substitute detrimental patterns for beneficial ones. It does require a certain amount of self-discipline and discernment, but a clear distinction will be felt between Martyrdom, which is ego-centered and needs to be rewarded, and Altruism which is born out of compassion and a desire to be in loving service to others.”

“For example, there is a great polarity in beliefs regarding matters such as eating meat, the right to decide your gender, or sharing your land with neighbors of other origins. Some will say that it is a matter of compassion and free will whereas others will see it as a solid scientific process that cannot be altered. Both ideas could be considered “right” or “wrong” depending on your perceptions and belief systems, but in reality, there is no right and wrong – those are merely just different kinds of perceptions and a means of control in themselves. Free will does allow you to choose your beliefs and to experience and learn lessons along your chosen path. It is no more right than it is wrong for a person to decide to have ten children or to choose to remain childless, likewise, there is no right and wrong about decisions about what to eat, where to live, and who to associate with. Everyone has the same opportunities to have experiences and expand their consciousness and there is no victory or shame to be on a different level than another. To do so would be no different than an adult resenting an infant for not having the knowledge or ability to feed itself.”

“Because we are all at different levels of consciousness and have unique perceptions, there are many variables that are beneficial for some and not others. You could look at the same scenario and how the results differ for each one perceiving it. An example of this would be the consumption of animal protein which is one of the most debatable topics, even within groups of enlightened human souls. Some will argue that meat is or is not healthy for the human body and some are more concerned with the slaughter process or the trauma that the animal feels within its life. While it is gratifying to see more humans feeling compassion and respecting other living creatures, the act of killing and consuming meat is neither right nor wrong, neither is it good nor bad for a physical body to digest protein from animals or meat from vegetables.”

“Most people have observed something as innocent and instinctual as a bird bringing worms or insects to feed its young. Do you perceive this to be an atrocity against nature and demand that the bird be imprisoned or killed for providing sustenance to her offspring for survival? Most likely, you do not feel that way because you know that the mother bird is giving care and nutrition for the young that cannot do it for themselves. Yes, the worm paid with his life in order to feed the birds, but this is a natural cycle of life that is understood by all creatures except for those who consider themselves to be the most evolved, the human race. All souls weave in and out of roles throughout their incarnations; sometimes you are the teacher and sometimes the student, sometimes the provider and sometimes the receiver, sometimes the hunter and sometimes the prey, and all of it serves its purpose in learning lessons and creating karmas.”

“All life is made of energy and senses feelings of e-motion, energy in motion, whether it be human, animal, mineral, root, or plant. Many animals feel fear and trauma as they sense their approaching death just as your people do, and just as the animal kingdom does. To feel e-motions are a natural part of being embodied on earth, no matter what form is taken. Feeling is a part of life and showing sympathy and feeling empathy for others is honorable and appreciated by those impacted since humans are creatures that seek comfort from others as well as most animals. We are grateful to all who respect and honor all life and stand up for those who cannot for themselves. It is noble to give your energy and attention to those in less fortunate situations or in need of emotional comfort and support.”

“Many of your people impose your beliefs or standards of emotional acceptance upon others without understanding or considering the larger reason or lesson in things. All life is sacred and must be treated as such to experience it at the highest level of vitality. In the example of eating meat, some people can easily avoid it if they desire and thrive on a diet without it since the earth provides so many other forms of nourishment. Other people though, especially anyone experiencing big energetic shifts or anyone giving or receiving healing and channeling work, will quickly use up all of their food stuffs and the most efficient way to replenish that energy is through animal protein, just like someone who is severely dehydrated would require electrolytes to rehydrate fully. Choosing meat is not right, wrong, good, or bad for one or the other, but it is an option that may bring about maximum vitality within oneself.”

“When proper honor and intent to reconstitute your food to its optimum vital energy state is given, then you remove any energetic imprints left behind from the e-motional state of the animal that was killed, the mood and energy from any handlers or processors, or any ill intentions involved in the process of going from their thriving life to your digestive system. By honoring the life and giving thanks to the animal and Mother Earth for providing sustenance and gratitude to the hunter or farmer, you align with maximum vitality and energetic reconstitution, thus providing health and eliminating any negativity that may have been associated with it prior. This is the same for any organic earth substance you consume whether it's from the kingdom of animals, vegetables, minerals, or from the earth or waters.”

“During these times of increasing environmental toxins and energetic infiltrations, it would benefit everyone to practice this blessing and reconstitution for everything you take into your body, be it nourishment or medicine. I have previously instructed your human ally Seth to create an Authentic Perfection circle design to enliven objects and provide a blueprint for purity and reconstitution to higher states of perfection, which you have shared with large audiences who have started using this tool to cleanse objects. In that message, I specifically mention the enlivening of natural objects such as crystals, grains, or other substances of earth which includes any living organic material. So you may continue to use the Authentic Perfection tool to return your nourishment to the optimum vital energy state as well as bringing about Planetary Stewardship for shifting towards respect and honor of all things.”

***See the “Authentic Perfection” Circle at the back of this book***

“If you do not have this circle nearby to use, it is simple to do this practice within your heart and intentions as well. To do this, you must have your heart center open and project an energy of Unconditional Love. Then state your intent with words, feeling, and visualization to bring the food, water, medicine, or whatever the substance is back to a state of maximum vital energy and reconstitution. Remember to also honor and respect all lives, sacrifices, and energy that contributed to allowing this nourishment to be provided to you. After some practice, it will become instinctual for you to do this before anything passes through your lips or before you deposit any kind of energy on the lands. Eventually, you may also master using beams of light rays from your eyes to gaze or stare intentions of Authentic Perfection and Reconstitution into any organic bio-mass.”

“Substances that are not in alignment with its optimum vitality will manifest as impurities in your food or water, in your body or mind. Dis-ease and e-motional trauma cannot exist in a state of Authentic Perfection. The current shifting energies and emerging consciousness technologies on earth are assisting all life to align with these vitality and perfection energetics. Those that are out of balance or alignment with the incoming heightened awareness and consciousness will remain in a reality of imperfection or martyrdom rather than ascending into perfection and altruism.”

“My people and the Star Elders Councils are pleased to see this positive shift and change, true Mutoluc taking place here on earth and within your expanding human consciousness. We honor you and give thanks to those who pursue a path of light, healing, and being in loving service to others for the greatest benefit of all life.”

***ADDENDUM by Kelly Lapsertis***

*There have been a few comments to this chapter about how eating meat and ascension don't align with each other as well as concern over the way the meat industry treats the animals that it slaughters. This message from Kamooh does*

*NOT suggest that meat is conducive to ascension, nor does it condone mass murder of animals; he speaks here only about the consumption of animal protein by humans.*

*The sasquatch have spoken about injustices brought on by modern uncivilization to all life forms in several previous chapters of The Sasquatch Message to Humanity book series, and the Elders agree that this cruel behavior and disrespect from humans must change. However, eating plant life, animal life, water life, etc. is all a part of cooperation with nature but it is not natural to have slaughter houses and animals in production to be killed as we see it in these "modern" times. Remember though that meat or animal by-products do not need to come pre-packaged from a store either; many people still hunt and forage for their own food just as our ancestors did and as nature intends. Our ancestors and those that understand this balance and cooperation with other kingdoms also honor, respect, and make use of all the animal too, thanking them for their sacrifice so that others may survive.*



# CHAPTER 12

By Kelly Lapsertis

*This is a summary of my visit on to the Elder Council of Elders which Kamoooh was recently promoted to as referenced in "The Sasquatch Message to Humanity, Book 2" by SunBôw.*

*In a bi-location session, I was guided with assistance by an elder acting as an overseer to connect with The Elder Council of Elders and spoke with the Head of the council, Ahl'lann'jah, from the 8th density and from the star cluster region located near the constellation Aquarius.*

## **Message from Ahl'lann'jah**

"Welcome, dear one. We, the Elder Council of Elders feel love and excitement in this moment of Now where our souls have merged. We have arranged for this meeting today as it is significant in your life chart and time to begin the changes, some of which you have known to be coming in your 37th Earth year. It is an honor to reconnect with your soul on this level and we have much gratitude for all you do to teach and heal humanity."

*-- Ahl'lann'jah gave me some kind of shiny metallic particles --*

"This substance in your hand is in essence what the entire multiverse and all life is contained within. It is not merely physical but mostly energetic and as you can see, it can change with the influence of its environment. Do you remember this substance? It has properties of plasma and earth elements but you know it mainly as the essence of Love and it is in all things, yet it is not used to its highest potential in your Earth realm. It is a very powerful essence and can easily be misused with impure intention. Because of your own divine innocence and intent of purity, we are gifting you with this opportunity to 'hold it in your hand' and feel the magnificent radiance of this love and its influence on all things. You remember this as part of your mission on the earth plane – to report to us and to future continuum selves, the energetic effects and influence of this substance on Earth. We understand that it is a challenge to report on something that cannot be measured which is why we are giving you this opportunity to experience it with all of your senses; this is a reason why you were born with such acute sensitivity as well. While human bodies find this difficult to handle, the Soul Body is wise with Knowingness when you able to feel so deeply. You have a blessed gift of visioning beyond the Now, beyond the Earth plane, to see the full potential and influence of these energetics on the entire spectrum of all

life."

"Your assignment is to explore all realms, realities, dimensions, timelines, and levels of consciousness and report to us with your special gifts on its effectiveness. We within the Elder Council of Elders are aware of these answers but it is important for your personal and collective soul evolution to share these findings of the heart in ways that humanity can understand. Simply researching it will bring about a revolution of Love. Many other souls have been tasked with similar missions but yours is unique and necessary to continue on this path of desired reality. Again, it has been a great blessing to meet with you today and we look forward to our continuous connection. Much Love, Light, and Gratitude, Ke'lae'wan."

*Immediately following this, I was escorted to my second meeting with a sasquatch named Kah'Sah'La'Fah. I was crying and emotional from my visit moments ago with Ahl'lann'jah, Head of the Elder Council of Elders.*

*Kah'Sah'La'Fah says:*

"You are so loved, Little One. It's ok to release your emotions. You can give them all to me, I'll balance them for you. Our People thank you for your dedication to sharing the truth about who we are and why we are all here. Nothing in your life has been a coincidence – you feel that now more than ever with the visions and words of Love that you have made a priority in this incarnation. You are understanding your true Self now. You have more strength and protection than you could ever imagine and there is no will or reason to allow anything to prevent it."

*Kah'Sah'La'Fah held me in his giant hand – he is 18 feet tall – and I appeared to be a tiny seed in his palm that he loved and cared for. He then planted me and buried me gently in the earth, sent me love and gave me nourishment, and I could feel his joy and pride in watching me grow and blossom into a brilliant flower. The love he sent me was unlike anything I've ever felt... he had so much unconditional love, understanding, and genuine nurturing for this flower like it was his pride and joy in life.*

"Not only are you a beautiful flower, but you also provide life sustaining elements such as nourishment and ancient wisdom encoded within your DNA. Every flower should be seen in this way, even those perceived as weeds. You already know everything you need to know and the rest will come as needed. We are always here."

*A few months later, I was working with these Elders again as they were present*

*during the channeling of information for this book. I was being instructed on plasmic energy and interdimensional Alter-Matter when I was asked to share this experience with SunBôw who was in British Columbia, Canada at the time. On an instant messenger service, I told SunBôw that our Elders wished to teach us a lesson and to report to me what he experienced.*

*I was etherically handed a fluid silvery ball of a substance resembling mercury from Sah'nah-tah-re'll, accompanied by Ahl'lann'jah, Kamoooh and other beings from the Elder Council of Elders. This plasmic substance seemed to want to escape my grip as I had to keep forming it into a ball so that it would not turn into a silver glob of goo. To do this, I put intentions of a solid energy matter into the substance to get it to form into a ball (or egg shape) and then I rubbed it together in my hands to charge it with electricity. I told SunBôw to hold out his left palm and to tell me what he perceived. I placed this energetically charged ball of plasma into his palm and he reported that he could see a white light in his hand followed by small shiny grains of what looked like metallic sand that materialized in his palm. As he observed, more of metallic plasma substance appeared when I repeated the process.*

*This lesson was showing an example of the Alter-Matter in the Sixth Dimensional Helical (Supra) Hyper-Universe, at the limit between linear space-time and one time-space. Consciousness was required on both of our parts to transfer a non-material substance from a great distance from one person to another. Through the Hyper-Universe, plasma fields radiate and respond to consciousness, behaving in a way that the source of consciousness intends. At the time of this consensus experience, we both saw very visible signs in our palms of physical activity; the white dots in the shape of the Orion constellation in my palm grew and glowed while SunBôw reported that the implant in his hand grew and changed color during this occurrence.*

*A couple of days later, we attempted to practice a similar experience again, but it did not happen like it did before. Energy could be felt, but there were no materializations, and we were both told by the Elders that this is something that we need their guidance to achieve until we have learned to master these practices ourselves which takes time and effort to develop.*

*This was a great lesson into the interdimensional nature and how our consciousness effects and creates all things within our reality. With intent and focus, this plasmic energy can be programmed with specific frequencies to create the desired result. With this knowledge, we have the ability to recognize that everything has a consciousness (animate and inanimate), and we can*

*manifest a spiritual connection of inter-species and inter-ultramatter relations within all realms and dimensions of consciousness.*

**April 15, 2014**

**Message from Suni:**

"Cleanliness has little to do with hygiene... It's about the way you handle and organize your thoughts. Think pure, healthy, symmetrical, balanced... Keep your mind/body/spirit clean. Do not allow others to toss their laundry into your hamper, you have your own washing to do. By keeping your thoughts positive, your actions proactive, and your intentions full of love, you keep yourself clean and balanced. You will be aligned with the higher vibrations that sparkle and gleam with holiness."

"Remove clutter from your home, your life, and your thoughts. Clutter can accumulate on all levels, within the mind/body/spirit, and you must maintain them by making sure you frequently take out the garbage and straighten up the areas that become messy. In other words, right now especially, it is time for a spring cleaning. Although you should practice this year-round and throughout your life, spring is an ideal time when rebirths, blooms, and abundant sunshine and fresh blessings are in season."

"It doesn't take much effort to keep your life empty of clutter either, all you simply have to do is hand it to Creator or throw it away in the trash which is always just an arm's length away. When you recognize junk such as negative thoughts, resentment, jealousy, pain, unworthiness, and dark emotions, just chunk them in the trash or ask Creator to permanently dispose of it for you. Don't forget to visualize and feel this mess being removed from you. This kind of spiritual or mental clutter can cause major blockages if ignored, and the longer it takes you to begin cleaning, the messier it gets. It may get so cluttered and corroded that you may think there is no way to get it clean. Liken it to food that gets constantly baked into a pan and no matter how hard you scrub, it does not appear that it will ever look like new again. It takes extra effort, consistency, and strong will to get it clean, but it can be done."

"Once you have decluttered and cleaned yourself and your life physically, emotionally, mentally, and spiritually, there is much more room and willing acceptance of god's blessings and abundance. Sometimes even while Creator is blessing you, if you are too messy or clouded with filth, you unconsciously turn away these blessings because you don't think you have any room left for them. The fact is though, you are as limitless as the Creator and the universe itself. You can never have "too much," you just need to learn to organize better

and maintain your thoughts so there is always room and willing acceptance of love, light, and blessings."

**April 25, 2014**

**Message from Suni:**

"People are not going to be who you want them to be. Every soul has their own free will and no one should judge another. A key to love in life is acceptance and making peace with the things that make your worlds different. Your job here is to love and be loved. See the beauty in the diversity and you will find your true love within. For when you find true unconditional love within the universe is when you learn that the universe is yours. The universe is everyone's. Make peace with yourself to have peace with others. Accept. Make peace. Give love. Receive blessings."

"Patience and tolerance are truly virtuous and necessary to fully accept. Acceptance is not only something given to external situations, people, places, ideas, and so on. It is also your own feelings. Your problem lies not within those external sources but they lie within you. It is your feelings that cause the problem, and mostly this stems from the ego."

"Accept yourself and the fact that your pride may be hurt or people might talk negatively about you. So what? That does not change your or your truth. Your mission is to grow and to love and to be one with all that is. Just be. Be you, not who people want you to be. Likewise, people will not be who you want them to be or think or act the way that you do. Every diverse soul is a part of the whole. A child of the universe. Your brothers and sisters. Your teachers and lovers. All a part of the collective consciousness. All a part of you. So love and accept it all so that peace and harmony is obtained."



Sketch of Suni, Sasquatch Shamaness by Kelly Lapsertis

**May 8, 2014**

**Message from George:**

“Do not “wait” for things to happen. Take action and prepare as if it has already happened. If you think that your dreams are separate from you or that you have to wait, you will stay in a state of waiting. Your dreams already came true! Give thanks to the Creator for what you have and proactively make your preparations. The first step is to surrender and turn in your baggage and insecurities to the Creator. How are you going to cross the bridge if you are carrying a 100 pound bag? Trust that what you leave behind is in God’s hands and will be taken care of for you. You need to be free of your burdens in order to successfully get to the other side, the side that has all of your desires waiting for you. They are already there. You don’t need to wait. You just need to let go and let God and start walking across the bridge. You are safe and secure and there is no need to look back.”



Sketch of George the Ancient One by Kelly Lapsertis

## Wisdom from the Ancient Ones

- There are no mistakes. Only experiences to learn from.
- Use your power of choice wisely.
- Give thanks for what you have. Be grateful the universe always provides for your needs.
- Money and possessions mean nothing. Only the soul matters and how you make others feel.
- Give yourself (your soul) to others to help them heal and grow.
- Every living creature is special and should be honored and respected.
- Live with light and love in your heart. Share it.
- Others are not here to serve you. Practice acceptance, forgiveness, and kindness.

- Thrive and endure. Allow your essence to radiate in harmony with others.
- Unite your heart and mind in harmony for a greater creative expression that will help others.
- When the mind rules the heart, only ego and vanity are served.
- You are the creator of your universe. Create something beautiful!
- Events will happen when they are meant to happen.
- See the beauty in everything.
- Let go of your doubts and fears. Trust that the great I Am will guide, protect, and provide for you.
- Love sets no conditions on itself nor does it seek something in exchange for itself.
- Your life will begin to flow and be free to change once you remove the attachments that keep you stagnant.
- Nature itself is an expression of the essence of what you are. Loving Nature is loving your true self.
- Innocence is not divisive or separate from moral wrong. The past is forgotten and the future does not exist. Only the moment has importance. That is innocence.
- You can only become what you aspire to be if you can be it where you are now. Look for a way that is not a path or destination but rather the journey itself.
- Forgiving is a giving that opens the way to receiving. Forgiveness is a power that brings in light from the soul. It can remove any darkness clouding your life.
- Happiness is meant to be shared.
- Celebrate each day as if it was the only one in your existence.
- You alone have the power to make something of yourself by choosing to do so.
- Worries are imaginary fears. They do not exist unless you create them. Examples are:
  - Feeling embarrassed
  - Loss of income or lack of money
  - Feeling alone
  - Telling the truth
  - Your reputation or others opinions of you
  - Not following conditioned traditions
  - Stepping outside of your comfort zone
  - Not enough time or resources



## CHAPTER 28

By SunBôw



SunBôw at the 2016 Spiritual and Psychic Sasquatch Conference Full Moon Gathering

"Greetings my Little Brother. So here we are again, together on this amazing journey of enlightenment. But we are now being joined by a fast growing number of ambassadors between your and my people. This ongoing process of cosmic disclosure does not only reflect the results of promises we made you, but it is also fastening, as the knowledge of our message now spreads through several channels into your collective consciousness, making ripples of yet unseen proportions in your planetary evolution."

"The Sasquatch Message to Humanity has now reached much wider perspectives and taken proportions far beyond the experiences and interpretations of only one messenger. It has become the sacred journey shared by many who have followed our guidance, with an increasing number of seekers, experiencers, contactors, communicators, and now these selected ambassadors we have gathered to write this book."

"We rejoice together with great happiness provided by the fulfillment of our collective spiritual mission in opening portals bridging our worlds, through ambassadors channeling our messages and teachings. With deep gratitude to all who have received and welcomed the wisdom of our heart inspired messages, and to those who have accepted to work with us in transmitting them, we send our loving blessings."

"You have noticed, as readers should as well, that the messages through different messengers remain consistent, related and complementary in their essence, coming from the same source of our collective consciousness, although different in their wordings and details, through each channel's interpretation."

"Because the message exists independently, and thus is more important than any specific messenger, highly spiritually evolved beings most often talk as 'WE', on behalf of our collective consciousness, when we teach and address you about important matters we all agree upon to transmit to your souls. The most spiritually evolved among your Human People reach this point of collective consciousness. These are the best candidates to become ambassadors in interspecies spiritual and peaceful relations. But each individual who agrees to get involved in interspecies spiritual communication acts as a unique channel bridging within a collective consciousness, our different species and dimensional frequencies. Each soul connects in its own ways with different allies, guides and teachers, to express its own truth."

"As your Elder Kamooh, I am pleased and celebrate the portals you and I, Little Brother, have opened, for many of your people and mine have connected through the guidance we have provided them with. As you know, I have worked

with several communicators and channeled through other ambassadors, just like you and others of your people have met more and more of our Sasquatch People ambassadors. Our efforts for reaching out to Humanity to share our ancient knowledge and wisdom were not in vain."

"So for the part you are asked to write in this collaboration of co-authors and ambassadors to Humanity, we will start by continuing to share, as we did in the first two books, some of the most significant stories of your journey with us, with the signs and teachings we gave you that are worth reporting here. Of the promises I made you when we first met, that our message would reach out far and wide to many, that you would meet more and more of your people who know us and communicate with us Sasquatch, that many people would come out to share the truth openly and we would gather you around the world, all of these promises have already been fulfilled, and we see yet only the beginning of their unfolding."

"But the first promise I made you was that we would be with you and teach you along your journeys. And it is the most important one for you, as only through developing your connection with us can you keep learning from us and share what we teach you, as it works with any spiritual guides sent to you."

"So let us review briefly the highlights of your journeys with us, since you completed the transcription of Book 2 at the beginning of this year 2017, after an intensive channeling season you partly described. You left the cold winter and snow mountains of the North-West and drove south to warmer weather."

"Around Mount Shasta, you drove on forest roads through snowy landscapes, looking for ruins you had learned about, but without finding anything. Then you started seeing the local Sasquatch clan, keeper of the ancient sites, appear along the drive and we guided you to find large remains of ancient stone cities, with mounds, walls, ramps, square angles, alignments, windows, amphitheaters and other structures stretching for miles in the forest. These are the remnants of the Lemurian colonies, before they found refuge in caves under the volcano, where Absilios, who came to teach you last year, as you previously wrote, lives

with his tribe, along with some of my Sasquatch People connected to Lemurian Humans."

"Modern Humans all carry genetics from their distant Lemurian ancestry, but since the Atlantean wars and the taking over by Homo Sapiens, which sent the last survivors of Lemuria into hidings and caves with some of my Sasquatch People, their genetic contribution to modern Humanity is as scarce and rare as that of my people; the DNA of your first ancestors still lives in you, but in ever smaller proportions. Yet, your Lemurian relatives have kept sharing their genetic pools regularly with us Sasquatch People."

"Your second stop was on the northern Californian coast, to visit again your sister and friend, Patrice. She took you to the rare sacred albino tree, one of about ten such anomalies known in the whole world. You offered prayer ties there, to honor the sacredness of the site and without knowing, opened a portal. On random photos you took of the redwood forest, strange unusual interdimensional beings appeared. They looked different than anything you could name, some resembling a wolf man, a dog man, a green goblin or gremlin with pointed ears, sprites and other nature spirits you cannot put a clear name on. This was to show you that many different types of beings use interdimensional portals to manifest."

"In this journey, which was the coming true of a life time dream, you planned to visit as many ancient sites as you could, to learn from your Human past and history, leaving prayers and offerings on sites. The list of archaeological wonders you visited and prayed in, geoglyphs, cliff dwellings, sanctuaries, kivas, petroglyphs and ancient ruins, is too long to detail for the purpose and usefulness of this account. But you also discovered about the past of previous civilizations much older than your Human history."

"You understood, as if you had always known it, that many of the gigantic stone ruins and carved mountains that are so numerous in the southwestern deserts, and that you have also seen with your own eyes in Mexico, Brazil, the Andes, Europe and other parts of the world, are in fact older than Humanity. Many of those huge megalithic cities were built by Ant-People, Lizard-People and Bird-

People, whose civilizations thrived for ages on this home-planet Earth, aeons before Humanity was even conceived."

"For example, when visiting Chaco Canyon, home of twenty-seven large ceremonial centers of the Ancestral Puebloans aligned on astronomical points, you noticed a giant Sasquatch face carved on the cliff, along with other Human-like faces, that are way much older than the Puebloan spiritual complex. Because the Ancestral Puebloans, like the Mound Builders further east, formed one of those ancient Human civilizations that were still in tune with the Cosmic Order and connected with our Star Elders, they often built their sanctuaries and cities over more ancient sites and remnants from previous ages. That is why those ancient Human cultures knew about the Star Elders, the Ant-People, the Lizard-People, the Bird-People and my Sasquatch People, because they had interactions for generations."

"In fact, many of those sites are connected to underground cities, some of which are still actively alive. Knowing that the intraterrestrial hybrids, that have inhabited the underworld since before Humanity existed, have their own complex karmas and long stories of interactions between themselves and with Humans, approaching them for interspecies peaceful relations has always been reserved to the few highly gifted medicine healers, shamans or seers, adequately prepared to be ambassadors, without fear."

"We took you to the Sipapu, the Place of Emergence, sacred to the Hopi and many other Native tribes. Out there in that remote wilderness, where for three days you did not hear or see any human or vehicle, we gave you signs of our presences. You saw and heard more than one Sasquatch walk close to you, while one night, some star ships communicated to you from a distance through telepathy in real time. Having witnessed this phenomena many times before, you had expected more from this quest of your life, but then realized with humility that those rare blessings to be grateful for are not given to all."

"The Sipapu is the entrance to the underground city below the Grand Canyon, where the Hopi and Ancestral Puebloans survived the last world cleansing, with the Ant-People. The shape-shifting Snake or Lizard-People also live down

there, and they gave the Hopi their unique and famous snake dance. Interspecies relations are neither all good nor all bad, they are made of attempts to mutual understanding. To heal your own collective karmas, you have to help in healing the karmas connected to your destiny."

"This is why interspecies peaceful and spiritual relations are so important to preserve the Cosmic Order, it is the dharmic way the Star Elders Council has practiced to solve all issues, problems and conflicts. We cannot improve our condition without helping the ones who have influence on it, like the insectoid and reptoid hybrids that have inhabited the underworld of this home-planet, unnoticed until this day."

"It is no coincidence that we sent to you at the Spiritual Sasquatch Event in Chewelah last year, that brother who prefers to remain anonymous, who felt compelled to tell you and only you about his experience when in 2010, he was taken down into the underground city at the Sipapu with three Navajo medicine men, where through eleven successive chambers, he saw statues and inscriptions that looked like Egyptian or Tibetan in style. His account confirms in details some earlier reports in the area that have been covered up by the Smithsonian Institute, when they plundered the lower entrance in 1909."

"When he described to you the way to get to the upper entrance he had visited, you could complete his description in your response, as you had seen this place in dreams many times for over thirty years. When you got there on the grounds of this remote and hard to find location, you found the landmarks he had given you, old ruins, altar, trail, rock ledge on cliff side, but the petrified tree bridge was broken. Then you found on recorded footage from an expedition, including Zuni Pueblo Elder Clifford Mahooty, that some black helicopters were hauling heavy huge loads out of that very canyon, to unmarked semi-trucks and vans taking it away in 2012, another secret operation of the masonic Smithsonian Institute."

"So you were shown that this entrance to the underworld does exist, but you have not been allowed to go inside, as it had been sealed by the dark forces of the lower lords, to prevent interspecies relations. Your friend said that the

Navajo medicine men told him that they were not allowed to go down the spiraling stairway, as there was a stargate down there still kept by other species of star hybrid people. This is why the artwork and the inscriptions there resemble those of Egypt and Tibet, where other star gates were operated in the past, allowing instant interdimensional travel on an intercontinental scale."

"You saw geometrical pyramid complexes and megalithic platforms in the surroundings, that had been described by former explorers, many of those giant squared blocks or the bedrock under them being filled with rich deposits of dinosaur fossil beds. And you understood that some of those petrified bones in ancient cities and pyramidal structures belonged to a wide variety of intelligent reptilian hybrids. Although you had felt these truths for a long time of traveling this Earth, you saw with your own eyes the confirmation of what we recently taught you about the long history of Earth before Humans existed. These rich fossil beds and pyramidal complexes are solid, undeniable evidence of Earth's long history, but as you noticed, although huge and exposed in the open, they hide in a remote desert wilderness."

"When the Hopi refer the Grand Canyon to the underworld, it is partly because the deeper you get into the canyon, the older the fossils and geological deposits are, showing that the Earth has grown in size. The so-called 'natural' temple-like structures spread in its chasm, known by names like Osiris, Isis, Brahma, Vishnu, Shiva, Zoroaster, Buddha and such, some of which have geometrical shapes and doors to deep caves, are reflecting star maps of the constellations of Orion and the Pleiades, proving by their disposition that they cannot be random natural occurrences, but are in fact remains from previous civilizations of the Ant-People and Lizard-People, that were unearthed from former ages of Earth's history through two hundred million years of erosion by the elements, that carved the Grand Canyon."

"After visiting for two moons dozens among the thousands of archaeological sites of the Ancestral Puebloans around the Four Corners Area, you spent three months with your Hopi relatives of the Coyote Clan, who adopted you thirty years ago, mainly with your Uncle, who took you to many places. You introduced him to his first few contacts with my Sasquatch People, as he had asked to meet us."

"You had the rare honor for an outsider, a Caucasian looking man, to be invited thrice to share spiritual teachings among Hopi circles, who are normally very secretive and exclusive about their spirituality. You shared about the Sasquatch Message we gave you and the Elders pondered about where we could fit in their complex and detailed cosmology. They concluded that Sasquatch had to be the giant they met when they first arrived into this fourth world, emerging from the underworld through the Sipapu, whom they called Woqokuktaka, 'the man who leaves giant footprints'. You have indeed seen in half a dozen sites of the region some large petrified human-like footprints in the bedrock of old fossil beds. These are found worldwide, proving that my Sasquatch People walked with dinosaurs in those days."

"When the Hopi sent offerings to Woqokuktaka to make Peace, my Sasquatch Spirit honored them and told them I was the keeper of lands since the First World, but could not prevent its destruction by fire, nor the infiltration of evil in the underworld, so I was given a new chance to caretake this new world."

"The Hopi have called me Maasaw, sometimes translated as a 'Great Spirit', Keeper of this planet Earth. I told them that if they could live like me a simple, humble, spiritual life, they could live here with me. Of course, when I say 'I' in this account, I am talking on behalf of the collective consciousness of my Sasquatch People, as you understand; but I Kamooh was present back then in this distant past of yours. You noticed that, even though the wise ancient Hopi had met me at the beginning of their migrations, they had lost contact with my people since many generations, but in the last couple decades, sightings and encounters with my people have been plummeting exponentially, showing our will to reconnect."

"On the reservations, you heard first and second hand accounts of sightings from Hopis and Navajos. But you noticed that both tribes had lost their ancient connection with my People, not knowing who we are nor about our spiritual bonds anymore, as they also have gradually forgotten our original covenant, letting imbalance take over their way of life and corruption infiltrate their ceremonies and spirituality. Their disconnection from us happened at the time of



the Chacoan period, which saw the downfall of the Ancestral Puebloan civilization, due to evil witchcraft and waves of invasions of Athapascan tribes."

"This is why they generally have lost contact with us Sasquatch and with the Star Elders, but also the reason why we are returning and reaching out, as promised, to reestablish our ancient bonds in this age. This is attested by the fact that the Navajo police had to create a special squad to investigate UFO and Sasquatch sightings. The Jicarilla Apache chief we put on your path twice has been gathering witness's accounts about UFO and Sasquatch encounters in his tribe, for the famous UFO conference in Dulce. For his tribe as well, this wave of encounters is a fairly new phenomenon they cannot really explain."

"To the best of your ability, you shared your understanding of their prophecies with your Hopi relatives about the return of the Elder Brother, who was foretold to come back and help Humanity reconnect with the Council of Star Elders, which is what my Sasquatch People have been doing by reaching out. Although you have seen the fulfillment of many parts of the prophecies concerning the return of the Elder Brother, having done the Nakwatch or Hopi handshake at the foot of Prophecy Rock with White Bear, a chief of the Bear Clan, who was the last Human ambassador to fly regularly with the Council of Star Elders, having danced with the katsinam in a ceremony in a kiva, having been shown where the missing piece of the sacred stone tablet gifted by the Star Elders has been hidden, having received many more signs and miracles than you can report, you know it is not important who the messenger is as much as what the message brings; in this case, that Sasquatch and Star Elders are returning to help you. Only people familiar with the Hopi prophecies will understand the depth of what this statement means."

"Since we do not have the time and space to detail every part of the journey, let us proceed forward on. You learned that even the wise Ancestral Puebloans, as the Mayan, Aztec or other ancient civilizations, had their own downfall when some started using their interdimensional knowledge for personal gains. There are many ancestral stories of how the shape-shifting shamans misused their powers in ancient ceremonies since banned, known as Ya-Ya, in which they could take the shape of any beast or teleport. This practice caused the decadence and downfall of the Ancestral Puebloans at the time of the invasion

of the Athapascan tribes, the Navajo and Apache, which in turn adopted those evil witchcraft practices. This downfall caused their disconnection from the Star Elders Council and from us, Elder Sasquatch."

"Here is an example of how collective karmas can be created and built up over time, when not resolved. Migrations, that have made the history of all planets, involve the encounters of many different cultures. Sometimes those meetings are peaceful and beneficial on both sides; other times they turn into clashes. Massive migrations, like that of the Athaspacan tribes that crossed the Rocky Mountains over one millennium ago, often mean invasions of already occupied territories, in this case, the vast Ancestral Puebloan civilization, with its thousands of wealthy towns and villages, and abundant crop yields."

"For the poor Athapascan nomadic wanderers, it represented a rich opportunity to plunder and steal. Long wars started that kept pushing the Puebloans for centuries further West and South, settling in highly defended cliff dwellings and forts. The Apache split from the Navajo when the latter started plundering burial sites to steal the turquoise and treasures that were highly valuable for the Puebloans."

"When the Navajo started stealing the dead and disturbing the ancestors rest, they brought bad spirits upon themselves and upon the Puebloans. In those dark ages of wars and cruelty, when the Puebloans were trading with the Meso-American empires, they reintroduced evil witchcraft and Human sacrifice. Evil sorcerers took over and misused their shape-shifting powers to gain control and victory in wars. It is why in some Chacoan sites, traces of cannibalism have been found; not all host only good spirits. These evil witchcraft practices can be stolen and learned, and were soon adopted by Navajo sorcerers."

"To this day, although you have met and made friends with many Hopis and Navajos, including several spiritual Elders, you have noticed that if they co-exist side by side and even often inter-marry, their ancestral animosity and karmic memories are still deeply ingrained in their collective consciousness. The prophesized arrival of the Conquistadores and later of the American conquest, have given both tribes more reasons to struggle, as the colonialist powers have

kept pushing them against each other. Like all other nations, the Hopi and Navajo have their own collective karmas to heal, and they can only achieve this by helping the healing of the collective karmas influencing theirs, to face always bigger issues and threats, and resolve lingering conflicts and imbalance of ever greater cosmic importance."

"Each group has a collective karma and every nations likely have wise healers, as well as evil sorcerers. One night, while driving alone across the wild desert, you got to see, walking by the roadside, one of those shape-shifters that the Navajo call 'skin walkers', who wore disproportionately large hairy arms and a hairy face, under human clothes. This frightening scene left you with an eerie feeling of gloom, and you learned afterward that skin walkers, also known as the werewolves elsewhere, gain their power to shape-shift into any random mammeloid beast, from the sacrifice of close relatives and cannibalism."

"This very ancient witchcraft practice introduced to Humans back in the days of the Lemurian downfall, has caused much confusion between these evil shape-shifted sorcerers and my hairy Sasquatch People. It is the main cause why the Ancestral Puebloans and Navajos lost their connection with us Sasquatch. They have mistaken those beasts for us, saying that if you look in Maasaw's eye, you can die instantly. But, it is those skin walkers you must avoid to cross eyes with, since they would try to steal your soul. If you know their name and call it out when they are shape-shifting, it breaks their spell and brings them back suddenly into their Human form; and if they are attacking you, this can cause their death."

"Most of the cases reported of people being attacked, killed or devoured by large hairy beings are in fact the doings of those evil beastly shape-shifters, contributing to make a bad name for us Sasquatch. Your great mentor and teacher, the Anishinabe Elder and Peacemaker William Commanda, Keeper of wampum belts and of the ancient prophecies of the Seven Fires, pointed out to you that my people is not to be confused with the shape-shifting Wendigo cannibal sorcerers of ancestral oral lore, but is to be known as Misaabe, the 'Big People', dwellers of the forest and keepers of sacred shamanic wisdom."

"This happened just months before you and your friend Patrick first saw me clearly materialized in 2003 on Vancouver Island. The following year, you manifested the vision you had been given by Spirit to gather the world Rainbow Family including people from over fifty countries on all continents, with the Anishinabe Elders, who recognized this event as a fulfillment of their ancient prophecies concerning the coming of a New people from the four races and the four directions, at this time of the Seventh Fire. But this is a whole different topic too long to describe in detail, so let us get back to the main timeline."

"In Chaco Canyon you worried about driving back up miles of muddy slide, when two of my Sasquatch People appeared one hundred feet in front of you and started dancing, telling you to rather celebrate. When you visited the Horseshoe Bend in Marble Canyon, where you found ancient altars near even more ancient megalithic walls and pyramids, with embedded fossilized reptilian bones and eggs, on one of the random photos you took, I appeared clearly with all my features, for those who have eyes to see."

"That special old stone altar, where I appeared on your photo, like the one you saw above the Sipapu, among many still standing across the desert, was dedicated to Maasaw, as sacred locations where they met me when they emerged from the underworld. I instructed them on how to live and on past worlds. Also, on behalf of our Star Elders, I left with them a sacred tablet of shiny and dark meteoric stone, with inscriptions containing the Creator's plan and instructions for them, to fulfill their migrations and maintain the balance of the Cosmic Order with a spiritual lifestyle, which they have kept to this day."

"After your five months visit this year throughout the South-West of Turtle Island, commonly called North America, you went back to the North-West part of it. A stop at Yellowstone reminded you how the lithosphere is fragile and changing, as the Earth's crust was trembling under your feet, by geysers. Then, you spent time reconnecting with our dear allies Kewaunee and Kelly, and Mary Alyce, with whom my Sasquatch People have been working. You have met Hawthorne, Mary Alyce's Sasquatch guide, more than once since last year, and he let you know how he is protecting her; also Haloti (also known as Heloti), one of Kewaunee's guides, and George who is Kelly's guide, as well as Shrangooloo, Brook (Kagi Taka's) Dooligah Elder. In the same way, I have met

many of our Human allies and assisted some in transmitting our message. There must be three or four dozen people by now who have told you they had met me, Kamoooh."

"In June, you were also invited to give workshops about the Sasquatch Message at two uplifting events, the healing gathering at the Earth Rising Sanctuary, then at the Fairy and Human Relations Congress. In both occasions, you met an interested audience with high level of consciousness and understanding."

"After that, you had to go back to Canada, to cover formalities and paper work within the control grid. As you arrived in so-called British Columbia, you wondered where you would spend your fifty-third birthday and looked at the map. The first name you randomly read that jumped out was Sasquatch Park. But before you went there, a female cougar visited and stalked you for a couple hours, forcing you to communicate in telepathy with compassion, to help her on her healing journey with the Human beings. You were afraid until you started listening with empathy to her angry complaints about the loss of her cub at Human hands, but when you expressed compassion, her tone softened, she returned to the wild. This experience taught you that you still had fears toward Nature, but can heal all through compassion."

"Over decades of shamanic journeys and interspecies communications, you have developed special connections with the spirits of Raven, Eagle, Bear, Bison, Elk, Moose, Deer, Wolf, Coyote, Squirrel, and other species, and have noticed that once you made friends with one of them, the Greater Soul of their species knows you and will recognize you wherever you go. The cougar is the most fierce and feared apex predator on this continent, sharing the title of the king of the animals with the grizzly bear."

"You saw cougar tracks many times over the years, but in the last two years, you saw four of them live, with three who looked at you directly into the eyes, two of which stayed near you for a couple hours. You were tested in courage and sincerity, in communing with Nature in interspecies peaceful relations. You have seen brother bear close to you many times over the years, but cougar was

your ultimate test. They bring you the medicine of leadership, if you have enough courage to carry this big responsibility. You learned that this powerful animal totem has killed no more than five Humans in a century, while over ninety of them are killed yearly in the province by Humans, out of fear and misunderstanding."

"A similar proportion of killings could likely apply to my Sasquatch People versus the Human invaders. But we have learned to mostly stay away and hide from Humans, except from the ones with good souls. We are not holding grudge nor resentment for the genocide of our people, but demand a quick end and redressing of the wrongs done, working together toward healing, with interspecies peaceful relations. But as we taught you in the next lesson, few Humans are ready to connect with us when we reach out."

"You went to Harrison Hot Springs, dubbed the Sasquatch Capital of the World, not only for the intense activity in the region, but also for hosting since 1938 the annual Sasquatch Days, a Native lead event. Carved Sasquatch are seen around town and we are the main theme at the tourist office. You met a few persons that took the Sasquatch topic seriously, some who had experience and good knowledge of us."

"In Sasquatch Park, you found yourself on a fairly crowded campground, surrounded by noisy campers. Even the hiking trails were quite busy and when night fell, you started wondering why we had called you there, thinking nothing special could happen in these settings, with loud neighbors all around you. That is when the surprise came, when you heard friendly calling from the forested mountain."

"You knew right away from experience that it was one of us, as the calls kept coming closer, although at this point, no one else in the campground seemed to have noticed or payed attention to our calls. Then a loud and long howling was heard on the edge of the campground that made some people wonder. A little girl on the next site asked her dad what it was, and he hesitantly replied: 'Maybe a Sasquatch'."

"This made the child afraid and she cried out: 'No! Go away!', which was answered by a louder and longer wailing complaint that filled the night and silenced the whole campground, while fearful campers rushed into their vehicles. You understood the emotion and meaning of this profound cry from the local clan leader, sad and upset that noisy Humans invading his home want him to go away, while he comes to greet them. He then walked across the campground, calling friendly 'whoops' on the way, as he knew you were there without fear, rather surprised and happy of our visit, as I had come with him."

"Then you heard my heavy footsteps close to you and felt my smiling and loving presence, telling you that we can surprise and help you in ways you do not even expect. We had brought you there to teach you a lesson on how most Humans still react with fear to our presence, as they do with cougar or bear. Specially modern Humans have lost the ability to connect with the souls of those powerful animals and with us, as ancient shamanic cultures have practiced since the dawn of your existence on this planet."

"This was our birthday gift to you, not that the age of an incarnation in linear time matters so much, but to offer you another gift from us, of a day and teachings you will always remember, as a few others too. We have been training you for decades in regaining the natural psychic abilities your soul was gifted with since the beginning of its long evolution course, preparing you to be an interspecies ambassador. But this understanding is not given to all, and our encounter that day within a group of Humans, made you wonder how many of those one hundred and fifty people will realize what happened, how many will remember the experience or talk about it, as opposed to the number who will just ignore, deny, explain away or voluntarily forget through the process of selective memory and cognitive dissonance, when the mind simply decides to brush off and erase what it cannot seize, comprehend or rationalize."

"You know very well yourself what this means, as it took years of paranormal signs and manifestations before you started understanding our interdimensional abilities. For a whole year, before you were finally ready to communicate with us in Spirit, you heard me walk on your roof and around your home, whisper in your ears, breathe, grunt, call, you felt me more than once sit on your bed next to you, and even saw me look at you from very close across the window. Yet

your rational mind was not able to grasp what was happening, nor to believe your senses, or that it could be manifesting to you that way."

"You noticed the same phenomenon this summer, when you were gifted a sacred encounter with the lake creatures known commonly as Ogopogo and called Niatik by the Okanagan local Native tribes. They have been observed since ancient days, but only on some rare occasions by the luckiest witnesses. These water serpents measuring over eighty feet in length, with a head described as similar to a horse or a dinosaur, appeared to you as previous witnesses have described, like a series of loops lined up, moving forward in one direction different than the waves, which you observed for two long minutes."

"When you saw one, then two heads emerge, there was no doubt left as to what you were watching, the image was very clear and you received telepathic greetings from those interdimensional lake protectors. Yet, the people around on the shore or in boats did not seem to notice anything, or if they did, they did not give it any attention, another example of cognitive dissonance, that makes people ignore the facts."

"So, although some researchers and organizations collect witnesses accounts of encounters with UFOs, Sasquatch or other paranormal beings, the occurrences are in fact much more numerous than the thousands of reported cases, because many simply do not care to report for lack of interest or contacts, or for fear of ridicule, or for lack of understanding researchers, but there is an even greater number that simply deny the experiences in their own consciousness, through the process of cognitive dissonance."

"This natural reflex of backing off into the comfortably familiar normal, to avoid facing the unknown, represents an easy escape to maintain the status quo, but it also favors ignorance and prevents learning. The people who want to learn interspecies relations and communicate with us Sasquatch, Star Elders or other interdimensional beings, must be ready to drop their old beliefs and paradigms pulling them back. They must have an open mind and humble heart, and understand that there is so much to learn about."



"We will now move fast forward in the timeline and skip the episodes of your trips to Oregon and B.C., during which you met many people highly interested in Sasquatch and a surprising number who had their own experiences or the understanding of our interdimensional abilities and of our Star connection. This shows that this knowledge makes ripples in your collective consciousness, through quantum leaps of consciousness or telepathic transmissions of the information, like the one hundredth monkey effect."

"We helped you through a couple of situations in which you came close to have problems with the man made laws, including at the customs, because of a healing herb prohibited by the lower lords, but you got out fine. Then you finally made it back to Chewelah for our second annual gathering at the Spiritual and Psychic Sasquatch Conference and Event, now renamed the Psychic Sasquatch Spiritual Retreat. There, apart from speeches, warm reunions and profound spiritual exchanges, most of everybody who attended had paranormal experiences or interdimensional encounters, some of them for their first time."

"The highlight for you was on the last evening, when you walked to the outside amphitheater to join in a healing toning session, with our friends of the group of Navajo healers, including Gayle and Garrett. When you arrived, you felt my presence, and as you sat and closed your eyes, you saw me very close, telling you I was present. Then you listened to Gayle channeling and knew right away it was my Soul. When she finished the transmission, someone asked her who it was and she replied: 'It was Kamooh'."

"Then, the whole group tuned into higher frequencies, by singing out uplifting words and names, like mantras. When the group called out my name, I replied with a loud knock on a trunk, twenty feet away. That was the only clear instant reply you were given from all the guides you honored that night, since I have been given the specific mission to gather our Sasquatch Elders with your Human ambassadors."

"One year, almost to the day, after you added my hair on your sacred pipe, you got to share it in a sweat lodge ceremony with Dakota and Cree Elders from Manitoba and Saskatchewan, pleased to hear of me. You also met Jules, who

invited Kewaunee last year, and has documented in the last couple of years over seventy different witnesses accounts of Sasquatch sightings around this region of the Kootenays. He has compiled and compared stories, finding correlations between them and patterns, with areas of more activity, recognizable individual Sasquatch, UFO frequent routes and various curious cryptids."

"It is no coincidence if you find yourself again at Leo's house to channel your written contribution for Book 3, as you wrote the first chapters of Book 1 in that very home. In the first paragraph of the first chapter of Book 1, you mentioned among other names given to my people, Babaloo; and the next morning, there was a little boy named Babaloo in the house, as a confirmation."

"As you know, it has been happening fast and wide, as you found yourself talking about Sasquatch in the most unlikely places, like grocery stores and at work, even at border crossings to custom guards, finding many people who show a great interest to learn and understand more of my Sasquatch People."

"This brought you the inspiration, under our guidance, to organize a first international extension of our event in Chewelah, the Psychic Sasquatch Spiritual Gathering, in Slocan, BC, on October 21st. Kewaunee and Kelly joined as international team of ambassadors of my Sasquatch People to Humanity. Without knowing at first, the date you gathered was one day after the fiftieth anniversary of the famous Patterson-Gimlin film footage in Bluff Creek, California, which made us Sasquatch known worldwide."

"Everything on that day ranged really high, audience, energy, mood, interest, frequency, consciousness. It was a successful gathering, inspiring and educative for many, which might very well happen again. One year earlier, to the very day, you three had a first booth together at the Okanagan Family Faire."

"The place nearby, known as Sasquatch Lake, so called for a famous series of sightings there in 1960, that prompted adventurers to put up expeditions

attempting to catch Sasquatch, needless to say in vain, sure sounded like an interesting location for you to visit, especially after you met a man who saw the famed white Elder living there, that you had heard about from previous accounts, namely from the local Native Sinixt Elders, whose tribe had a long history of interactions with this white Sasquatch Elders."

"The signs posted warned that the forest road was closed ahead, but you stubbornly drove until you were turned back by the crew changing the bridge. You wanted to leave offerings and connect with the white Elder, whom you knew was an Eldest Elder of the Sasquatch. So he heard your soul's sincerity."

"The next night, sitting in the backyard, you heard a series of noises like bunches of big branches being broken, followed by a very loud thump that made you think the wooden fence had been thrown down. You thought it was the bear who often visits this backyard, but it sounded so heavy, you got afraid and ran inside the house. The following three nights, you saw the bear who was much smaller than you had thought, sneaking around silently in the dark, to avoid being noticed. Then, you realized that it was not a bear you had heard the first night and found sixteen inches Sasquatch footprints in the woods behind."

"That was this white Elder visiting you, a relative of mine, whom you have communicated with since. He is now asking to take part in this transmission, and to talk through you at this point of our message. I must warn you that Limptbataook, Strong Earth Medicine, as he wants you to call him, has his own way of teaching and a particular sense of humor that should not be taken personally, as you noticed. So here, I am passing the talking torch to this relative of mine, before he grabs it off my hands! Ha!"

## CHAPTER 29

By SunBôw

*Limptbataook, the white hermit and Eldest Elder of the local Sasquatch clans, started speaking loudly.*

"Oh! Well. Hail! My wise great grand cousin Kamooh, whom I would never contest for his greater wit, even as he presents me with such great flattery and elogious comments, showing his admiration for me. I do not possess your admirable patience to wait for my turn, as very few of ours are still older than me. Sasquatch are supposed to be sufficiently evolved in Soul not to fall into the Alpha Male game syndrome. We understand that we do not have to be the Eldest of all Elders like you to also have something to say. Yes, I know it is not a conversation between Sasquatch, but meant for Humanity, this is why I step in. Because I have a few words for this Little Brother of yours; yes right, of ours; if he can stand listening."

"First of all Little Man, I heard you thinking for days when you were planning to come visit me at the lake, and I tried to ask you: Why would you bother to come? I understand the good intentions, offerings and chants you meant to share with me, as if I needed any of this to come trouble my silence and quiet. Think about it for a moment, why would interdimensional Elders be in need of food, stones or trinkets? Do you not know that we can materialize our thought-forms directly from tapping into Alter-Matter?"

"Us Sasquatch are not wild beast to be habituated or tricked by bites of crappy treats, and the ones who try to approach us this way make me laugh, as we might pick the bait if we want, leaving them no trace, or even funnier, we might just give it to our many forest friends, the bears, raccoons, squirrels or birds. Just like those of yours who try to classify my people into cryptozoology, as if we were unknown animals, only expose their ignorance about us Sasquatch, most often thinking we are wild giant apes."

"Next thing Little Man, after you tried to make it to Sasquatch Lake but could not, it is with the advice of my cousin Kamoooh that I agreed to visit where you stay. He has so much Love and esteem for you. So, I came to teach you a lesson of politeness, since I can manifest if I wish in your backyard, you do not have to come inquire for me in my resting abode, the sacred land of my ancestors that I protect."

"Then Little Man, I read your mind embracing the secret intention to capture photos of me if you could. I know my cousin Kamoooh and other relatives have agreed to this, but I do not fall in the selfie culture. I am that old wild hermit and caretaker of sacred sites that would turn your images into fuzz if you try."

"The next thing I must tell you Little Man, you are pretty much on the wimpy side, for what you claim. I came to where you stay, having heard from my cousin Kamoooh that you know our People very well. Without wanting to contradict his truth, his Love for you influenced him in exaggerating your aptitude. Just like he did when he first sat to communicate with you, I projected the sound of breaking branches and a nice loud thump, and that was enough to send you running off, even when thinking it was a bear."

"If you got this much afraid in the backyard, for a supposedly experienced communicator, how would you have reacted if I had surprised you this way in the wild woods, where there is no house to hide in? I thought you knew better and would not be surprised by this very common little trick of ours, when you cannot find any broken trees or branches afterward, and the fence was left standing and untouched. You knew already that we can project those sounds in space through imitation and suggestion, but you reacted out of the fear instinct of your reptilian brain and your ego felt insecure and frightened. This makes me feel like you are just a little crying kid, when a trickster uncle is loud or pinches you."

"You saw a cougar one night in the backyard, who stopped to look at you in the eyes for some seconds. You did not feel fear, as you have made peace with the cougar spirit in your last encounter this summer, when you learned to communicate and calm down an angry cougar, with empathy and compassion."

Now you still have to learn to face and calm down an angry Sasquatch, as we also can be, just like you. And why would we not be, while your Human People are destroying our home-planet and all its life?"

"For you, the name Sasquatch Lake sounds exotic and attractive for your curiosity, but for us Sasquatch it is the place our collective memory remembers for some of the most intensive group hunts to find us. When the word came out in your newspapers in 1960 of my Sasquatch People living there, business men and hunters organized expeditions to try to capture some of my Forest People, dead or alive."

"Those fools never caught more of one of us than a quick rare scary glimpse and oftentimes, our angry screams or the rocks we threw near them were enough to make them run away, like terrified puppies. The two who were most frequently seen in this valley were myself, Limptbataook, and that eleven foot tall grey Sasquatch cousin of mine you have heard of, because as clan leaders, we protect our country."

"We took our children to safety in nearby mountain caves, but we had to protect our sacred ancestral burials from those idiots who had not the slightest idea of who we are, yet were trying to hunt us down. Those ignorant ones were of the next generation of colonists after those who nearly exterminated your local Native tribes, with horrible accounts of gunning down in the middle of the night some innocent and peaceful families resting in their homes. The Sinixt tribe you have met was declared extinct in 1946 by federal government, but the survivors are still struggling for the official recognition of their existence."

"The Sinixt knew my Sasquatch People well; we could live side by side in good terms, respecting each other's villages and sacred sites, with occasional encounters between ours and their medicine people. This is not a coincidence if their ancient village of pit houses that you visited, sat at the mouth of Lemmon Creek, which flows down from Sasquatch Lake and has been a trail of interspecies relations. The Sinixt call us Skwenyten in their language; they say in their stories that we used to communicate in telepathy in the past, but with time most Humans lost that ability and their contact with us; so we asked

Creator for an articulate language to talk with Humans, which was partly granted to us so that we can learn your words and use them for you to understand us easier, but we do not use words for ourselves."

"So, you understand that at my age, which is not as ancient as old Kamooh, but yet enough honorable, that I miss that time long gone when we could trust Humans and approach them without being shot at. To commemorate their bold but unsuccessful hunt at Sasquatch Lake, some of the adventurers took the image of a Sasquatch as logo for their brewery and have kept using it since, as a beer carrying mascot. This is an insult to my people, as if we were those stupid drunkards whose reaction when they see the image is most often of ignorant laughter and a false sense of superiority over Elders they know not of."

"Now you can understand why a Sasquatch can feel angry at Humans, because we are empaths, we can hear whatever nonsense your people can come up with, so most often it feels better to just shut it off. Now, my cousin Kamooh is patting on my shoulder, trying to calm me down and remain diplomatic. But I do not have his tenderness of heart, which gracefully allows me to continue on, as he will not stop me from yelling my truth, even if it can disturb some who take us for the primitive primates they are."

"Those dumb-mesticated naked apes, dressed in other animals' skins or hair and killing forests to make shelters to survive the elements, who let their black-robed priests and their white-robed doctors chop off the foreskin of their sons at an age before they can consent, as if it was a mistake from Nature, allowing the dark cabal to mark its cattle, are their masters' pets depending on toys they are fed with. They hide their cowardice behind killing machines, they see as their greatest power and achievement."

"Now again, my cousin Kamooh plays his trick on me with his mind, although I remain polite and kind. Yet, it gives me some hope that some, like you, have been learning enough to talk with us once again. My cousin Kamooh has asked me to spare you with my lashing correctional and lecturing tone; it is not to sound moralistic or paternalistic, but to teach you to detach from the defensive

fear of your ego. Because as fantastic and special as you think you can be, you still have so so much to learn Little Man."

"I am not here to praise your qualities and achievements or flatter your ego, as my cousin Kamoooh who has such a dear affection for you enjoys doing, because you are his distant offspring; but as a spiritual Uncle, I rather come to whip your poor will, break your frail ego and test your courage into seeing your own weaknesses, shadows, pride, doubts, fears and insecurity, that you must still work to heal from. The greatest courage resides in taming your own interior demons; then you can be fearless with others."

"First you must learn to face and pacify a Sasquatch who looks like angry, even if only acting, if you are later to be able to face peacefully other even more powerful beings, in higher interspecies relations. If you think a Sasquatch looks or feels frightening, whether or not it is because he has raised his voice, or simply for his appearance, size or strength, then there are many other intelligent species in the cosmos and even within this Earth that you are not ready to meet, meaning you are not ready yet for open interspecies spiritual communications and peaceful relations with other intelligent life forms."

"How could you sit in Council with your Star Elders, who have the most diverse strangest appearances, if you cannot sit comfortably and fearless with your Sasquatch Elders who are your closest relatives? Not all of us Sasquatch have the patience and softness of heart of my cousin Kamoooh, but we all grow. If some like me sound rude and unpleasant because you are afraid of me, imagine how you would react if one of your friends ran away from you like you did to me, just after asking insistently to meet me. This is your false ego and reptilian-brain-based fear, cutting you from progress. If you are afraid of any being, a bear, a wolf, a cougar, a Sasquatch, how can you hope having peaceful interspecies relations."

"Since us Sasquatch can read past and future through the 3D Hyperspace of Alter-Matter in your aura, reflected outside 4D linear time, from the 2D Meta-Universe of One Time-Space, we can see things in your soul that you do not see yourself. I see in your life path that you have been well guided and taught,



trained in creating peaceful relations and networks among your Human People, in mediating, in conflict resolutions, in helping people with psychiatric trauma, imbalance, some influenced by negative entities. With this experience in developing your skills, now come try to pacify the angry Sasquatch and aliens."

"So, the next time I came to visit you, again in an invisible form, I walked softly toward you, not to frighten you, and you saw my sixteen inches footprints appear, as if the dried leaves were blown away. You knew it was me, because you felt my soul, but also by the footprints that are the energetic signatures we most often leave behind, acting as telepathic portals with whoever comes to see them. This is why we are still very careful as to where we leave footprints, most often leaving only a few and as you have seen many times, our footprints are often faint and meant to vanish soon after being left."

"So, you see Little Man, I am not at all the monster that many of your ignorant people so popularly depict, just because I stood as a warrior to defend my family and homeland from violent aggressors, like your Native tribes, who did not all survive the invasion of their homelands by the colonialist terror. If there is anything you can tell your people from me, let them know that we are people with hearts too. We have emotions, we can be hurt by disrespect or aggression; but we are peaceful with all life forms."

"I can also be tender and delicate, although I am being told that these are not my strongest qualities. Honestly, I like to act as an angry old hermit preferring to avoid all contacts, but I am in fact just acting. Every good tribe has its sacred clown who bypasses protocols and good manners to deliver teachings."

"This has been my mark among Sasquatch People: my caustic sarcasm biting where it hurts the most. Yet, is it more a character that I play for fun, than my true personality, as it impresses younger learners. It amuses me to make people jump in surprise and run away in fear, just to be the joker, the ego piker. This habit became a fun hobby for me, when those overly proud hunters launched their war against us. I just had to say: 'Boo!' and they all went running into hiding with their guns; it was funny to watch."

"When we were trying to communicate in telepathy the other night, I say 'trying' Little Man, because honestly, you are so slow to hear and do not understand very well what I tell you, making me wonder: How could my cousin Kamoooh have been so patient with you all this time? Just like with my name, he had to translate for you because you kept missing it, which made me lose patience and hope you would get it, especially after you tried to come to Sasquatch Lake, when I had told you not to come bother me. But now, taking your defense, he says that it is because of me who do not speak an articulate language. It took a missing bridge and a working crew to turn you back, as you were not clairvoyant enough to foresee that the road was closed in spite of posted signs. Yet, I had tried to warn you of wrong timing."

"I am not your relative and fan, like young Bolo'Bolo, who enjoys posing for selfies for the crowds and singing your songs, although he looks and sounds below average decency, if you want my opinion, and even if you do not want it, I will give it to you for free, as polite protocol is not my biggest concern. Kamoooh tells me to spare him too, messaging me to skip the poking and lashing you two well deserve. Since I will never contradict my cousin even if we rarely agree, I will continue my account of that time, when I saw you were distracted by a conversation on your electronic device with a friend far from you, Martha Louise. I found out then in linear time, is one of several friends you have assisted in developing their connection with us Sasquatch. She was visited by my cousin Kamoooh and met local clan Elders."

"Since us Sasquatch can read auras in 3D outside of linear time, we can know about someone's life in an instant; if we look deep enough in their aura, we see their past incarnations and spiritual evolution. This is a level of etheric telepathy much deeper than a simple communication in virtual linear timeline. We can also travel in 3D Hyperspace as fast as the extent of expansion of our consciousness, so we can bi-locate and even multi-locate if we wish. When I met through you in your linear timeline, your friend in Manitoba who hears my people talk, I admit I was curious and projected an alter-body double, which she saw appear in front of her. Then, as I like to do, I poked her and she saw sparkles of light glitter. That is when she received a large download of information to process and transmit at her own speed. Such information downloads are 2D holographic files, given to be read and decoded in 4D linear time."

"After this conversation with you Little Man, you at least succeeded in changing my mind about you. You had enough courage to face an old Sasquatch acting like mad and to endure my diminishing insults to test your ego, with a smile in your eyes. I concede that you passed this easy test in my plain view, but there will be many more and harder ones to overcome, for which you need to get braver and strong. You may be one of those rare few who have started to reconnect with us Sasquatch, but you still are a long ways away from being ready to be an ambassador of Humanity in the Council of our Star Elders."

"I could keep rambling on for a long time, as I have not spoken to any Human who made some sense in many of your generations, and I was seen only by a handful, apart from those monsters who hunted us. The English language you use to transcribe my thoughts, is a new interesting experience for my mind. As an imperial language that has spread worldwide through colonialism and has been simplified in its modern form for easier learning, it has become the best language to reach out to Humanity globally."

"So, now I have come to enjoy this conversation, which is a strange behavior for an old grouchy hermit. Although the process of putting information downloads and thoughts into spoken, and even worse, written words, is a long painful operation requiring too much patience for an old wild hermit like me, us old Sasquatch have a lot of time outside of your limited, short and quick, 4D Human linear timeline. But you Humans have such a short life span and memory, that you should not waste any of it on futility. If any of your people understand that life's purpose is the evolution of consciousness through the souls' experiences, then I did not waste my time in talking to them through you, so I can keep adding more."

"But my cousin Kamooh is reminding me that this message of ours is for all of Humanity and I should not abuse your time with personal considerations regarding my heart's feelings, finally being released. Now, it is with a certain sadness that I see my time to speak come to an end, just as I finally start to feel comfortable to call you Little Brother and honor you as a relative of ours and a Human ambassador."

"You see, even an old Sasquatch Elder can still learn from interspecies spiritual and peaceful relations. Though I can see way further in the distance of space or through past and future than you can imagine, an experience of interspecies relations in your dimensional linear timeline brings new understanding. This is why the 4D linear space-time physical continuum exists and we do cherish and honor this plane. Because it is the plane of creation in evolution, through experience of existence by consciousness."

"My cousin Kamoooh who can explain these things in better terms than me, is now the one who is trying to take back the talking torch from me, not with his hand, but with his thoughts sounding so loud, that they are silencing mine. Since he smiles as I speak, he will kindly allow me to say one more thing, that he will not like me to say; so as he signs me to cut it short with his resplendent lovely smile, I will hurry to speak up before you are done and relieved from hearing this grouchy cousin, the white hermit."

"Because of his great humility, Kamoooh has never let you know that we are of the lineage of Hanuman and Sun Wukong, who were venerated as deities, even worshipped as gods, by your ancient cultures. Kamoooh's father was Maasaw, who lived here after the sinking of Lemuria with your distant ancestors. Maasaw had already reached the hall of immortals and sat with the Star Council of Eldest Elders, while Kamoooh was still a young Sasquatch, as he has himself attained in recent times since you know him. This is why everything now becomes full circle and seems so connected in your evolutionary course."

"So, now that I have spoken more than I should and my cousin Kamoooh has been patiently waiting, this old white hermit known as Limptbataook, Strong Earth Medicine, will let my wiser cousin take over. Before I say something else I should not, like revealing a family secret or an unsuited joke, I shut up. And if I am not nice enough by not saying goodbye, it is because we never part in 3D Hyperspace, only in 4D linear timelines, giving an illusion of separation, while we remain connected in consciousness."

*After I finished transcribing these lines, Limptbataook walked by with the sound of breaking branches and knocked a few times on the barn, as his way to let me know he had finished speaking, for now... The following day he insisted to speak some more, joking and laughing, as he had appreciated our talk. Kamoooh tried to moderate his volubility, reminding Limptbataook that this transcription work must be done in mutual respect and agreement, for the greater good of all. To signify my friendship with the white hermit, I accepted to transmit his Post Scriptum, which Kamoooh allowed me to partly censor.*

"Well, Little Man, yes, Brother, I see you will not share here everything that I have been telling you. But tell your friend Kelly, yes right - our friend, that I forgive her for jokingly calling me 'Limpy.' She only meant to have a good laugh at my expense, which I also like to do, so I understand very well; us Sasquatch can take jokes. She caught me off guard, without a reply, which is unusual for this old hermit used to see folks coming from way far, so I acted as if I refused to talk to her; that was my own joke. She sure is a smart Little Woman for your kind. It must be because of the Sasquatch genes she carries."

"But you Little Man, never mind the 'Brother', I do not find it funny at all that you laughed hard when she called me Limpy. That name suits you better, or better yet: 'Wimpy', as I earlier so justly suggested. And if Kamoooh was not standing in the way, I would crack another branch in your ears, as a lesson. Yes, I understand, as fun as it is, my time to joke around has expired in this timeline. But I will return! This old hermit has white hair, sign of wisdom, but yet do not forget I have a dark face, my hidden side. We Sasquatch have a lot more time than you; what is like a long wait for you is a short instant for us. So, since I am not patient and do not like to wait, I simply jump from time to time in your timeline. Expect me when you least expect me; you are now warned that my greatest fun is to make you jump!"

When I decided to cut it short, I heard Limptbataook chuckling to himself and his heavy footsteps run toward me; he saw with a mixture of disappointment and satisfaction that I was not surprised this time. He left singing and dancing in the night, like a drunk or an acting clown, happy he had been heard.



### **ADDENDUM by Kelly Lapsertis:**

*After reading this chapter and making a connection with Limptbataook, he connected with me (Kelly) to continue this lesson and elaborate on what he mentioned to SunBôw.*

**October 25, 2017**

#### **Limptbataook's message to Kelly:**

“Well, hello there, Little Woman, or should I say, Little Girl? As I explained to your Limpy Little Man consort SunBôw, I did not care for your nickname for me or his laughter at your joke. However, I do appreciate your wit and understand your innocent jokester ways. I am able to feel your light-hearted intent behind your attempt at humor and bonding.”

“I am growing fond of this new way of communicating with you hairless children even though I like avoiding you too. Although I am old and have “been there and done that,” I am learning new things and healing as you are through these interactions, but that is as sappy as I will get.”

“You’ve felt my presence in the last few weeks since SunBôw mentioned his connection with me. Through observing him, I have been observing you also, and I must say that your mind is quite unique from other humans I’ve encountered. Kind of like an animal. You are wise yet unexperienced, instinctual yet clumsy, fearless yet naïve, however animals don’t have the wit that you possess. While I see your method as ridiculous, I also identify with your intent and way of humoring yourself as a means to not take judgments personally and to deflect negative energies since they are not attracted to joy.”

“So, by being able to identify with you silly little people now, I am enjoying these interactions and healing that I can feel taking place within this grouchy old hermit. My cousin Kamoooh is quite tickled by this as well as he oversaw this arrangement and did not think he would ever get through my rough exterior.

Make no mistake though, I am still a grumpy old hermit and will continue to get my kicks by shocking humans, but I am more tolerant the more I interact with you hairless little semi-evolved humans.”

“I must say that you, Little Woman, shocked me by approaching with no fear and in an untypical human way. I felt annoyed at first, and still am somewhat by your sparkly rainbow crap, but it left me thoughtless for a moment before inspiring new thoughts. So I’m not chivalrous enough to thank you, you were just doing your job, but it is a pleasant feeling to be on a new learning journey.”

“I think I’m getting a little too soft here, so I better remind you that you are still in some hot water with me for the Limpy nickname, so don’t use it again. Until we talk again...”

## CHAPTER 30

By SunBôw

*On this next channeling session, Kamoooh told me that we would now transcribe his most important teachings for spiritual warriors and healers in the times coming, as the conclusion of this third book of the Sasquatch Message to Humanity, co-authored by channelers that the Sasquatch Elders have gathered.*

"Greetings, my dear Little Brother. I am pleased to see that you could appreciate the very peculiar sense of humor of my relative Limptbataook, who does not stand out for his skills in diplomacy as much as he does for his lack of delicatessen. Since we have teased each other back and forth for thousands of your years, although I used to protect and educate him when he was just a young kid (seeing the results does not make me proud as an educator), we got used to bear each other's remonstrances and pokes, as I too can have a funny sense of humor, that at times can strike; but nothing close to my little cousin's. His childishness is not due to him turning senile, but rather because he has kept his juvenile character."

"Yet it is not my role to play the monkey clown or the grim hermit, so I have left this to Limptbataook. He excels in his role and never stops amazing me with how deep he can dive in his caustic sarcasm. And he laughs as he hears these words, as Elder Sasquatch have learned not to take any joke personally. We respect each other in our differences and roles, as we are all connected through our Greater Soul. Sasquatch do not need names to recognize other individuals; we give you some for the convenience."

"My mission rather consists in addressing serious issues and explaining higher knowledge to Humans. Our main long term objective is to re-educate Humanity in peaceful interspecies relations, starting with us Sasquatch, your Elder Brother and closest relative, teaching you to respect all forms of lives you consider as inferior, and honor as well higher forms of intelligence, like that of our Star Elders Council. Of course, I am only one of many teachers working within our Council of Sasquatch and Star Elders. You have met several others by now, as have other Human ambassadors you have connected with."



"We now want to bring your focus on ways to bring global healing and counteract negative energies. When our Star Elders decide to develop spiritual consciousness on a given home-planet, they install vast networks of frequency harmonizers, telepathic transmitters and other healing devices along natural ley lines and vortices, to energize those power points with free energy amplifiers programmed with high consciousness wisdom, while empowering a planetary energy grid harnessed by their civilization."

"These devices made of rods, conical, pyramidal, spherical, cylindrical or parabolic shaped parts, programmed crystals, magnetic and meteoric stones like shungite or moldavite, charged magnets, orgonite, prisms, and coils, spirals and rings of conductive metals like copper or gold, use universal conscious technologies, acting as antennas tapping into the natural energy flow and funneling it, in harmless, non-polluting, sustainable ways, while harmonizing natural frequencies with healing virtues. These environmentally friendly devices can be programmed with information transmitted on waves."

"Ancient Human cultures from India, South Africa, Australia, Arizona, Peru, have known these sacred devices left on Earth by those from the heavens above, often called talking, singing or ringing stones. They were disposed along telluric ley lines, forming the nervous system of Mother Earth, that the Aboriginal Australian call the 'song lines' of the Rainbow Serpent, and the Chinese, the 'dragon lines'."

"The ringing stones, called Chintamani in Sanskrit, act as transmitting antennas connected to the grid. Their purpose is to protect the harmony of frequencies and empower magnetic fields for all life forms. As your science is now discovering, frequencies like sounds for instance, when tuned and harmonized precisely to create a specific resonance, can create complex geometric patterns in malleable substances, make objects levitate, boil water or make it levitate in a ball, cause molecular structures to transform, to melt hard rock or turn it into an easily malleable substance, as seen in ancient megalithic monuments."

"Tuned frequencies can also produce wireless electricity, in vortices acting as interdimensional portals, that can be directed to harness plasma as a quasi-infinite source of power, also known as St-Elmo's fire. This is why the word 'pyramid' means 'fire in its mid', because their shape channels a range of waves of various frequencies to converge and cross at its apex, opening portals for plasma to merge with matter."

"When electromagnetic waves of any frequencies are tuned and paired to be synchronized, the portals they open at their crossing point blink in and out of existence at the rate of the frequency of the waves. When waves are tuned in alternating pairs, they are called scalar waves and maintain portals opened. The ever present infinite reservoir and ever flowing stream of free energy in its many forms through the cosmos can be made available only through the understanding of cosmic interdimensional connectivity. Tesla insisted that we must understand the waves, emanating from the 2D, to understand the universe."

"Acting as antennas capturing waves of diverse frequencies, or as focal points for plasma to condense, like the masts of sail boats or the druidic and shamanic staffs, that could capture the plasmic flow into a glowing hazy cloud of ionized electrons that consciousness can direct for various uses, pyramids, obelisks, crystals, rings, dorje or vajra, and other geometrical devices, tune frequencies into free energy. They are conscious quantum devices programmed to turn waves of possibilities into manifested energy. Sacred geometry takes a wider dimension when the interactions of physical matter with subtle planes is considered in the equation; some shapes or patterns make ripples in magnetic fields and auras around."

"In the same way molecules give by their arrangements its geometrical shape to the crystal, the crystal shapes the magnetic fields surrounding it and by extension, the way particles around it behave or react. Magnetic fields influence not only physical health, but also moods in general, and the psychic potential. Interacting with consciousness, magnetic fields have effects on many planes, like the etheric and astral. Magnetic fields can, for instance, prevent interdimensional beings to come in, or to go from a place."

"When sacred geometry symbols known as 'yantra' are activated with sound vibrations such as mantras, it amplifies the ripple effect of moving form or 'mudra', that makes the fabrics of the life web or 'tantra'. The yantra is a 2D image, storing information or plan from the conceptual plane of the Meta-Universe, the mantra acts as waves of many frequencies emanating from the Unified Field into 3D Hyperspace, the mudra is the mass of particles of 3D Alter-Matter taking form and making shapes in 4D linearity, and the real meaning of the word tantra refers to the cosmic symbiosis or harmonious interconnection. The healing devices of our Star Elders are operating on at least these three dimensions and often more."

"Those free energy transmitters and frequency tuners were conceived to pass the test of time and last. Acting as interdimensional portals, by channeling waves of various frequencies and directing them to cross in nexus points, creating electrical discharges bridging different dimensional continuums, they tap into the vast reservoir of Alter-Matter, condensing it into ionic plasma, providing quasi infinite power."

"Some accounts from various witnesses describe strange machinery sounds like humming, buzzing or pulsations coming from under mountains, where Sasquatch and Star Elders maintain such receptacles. Some have survived previous downfalls and are still protected; most were destroyed by lower lords. One night spent high on the Misti Volcano in Peru, you heard noises of heavy machinery and engines coming from underground, but you knew from local Native teachings that this is a city of lower lords."

"When the Earth was an active galactic outpost of the Star Elders Council, highly advanced spiritual civilizations with large megalithic megalopolis, sophisticated machinery and fleets of star ships were entirely powered by harmoniously harnessing free energy flow from its most abundant natural sources. This seems far out of reach for Humanity, but you are reaching a level of technology where you can either make terrible choices causing your doom, or wiser ones that can lead you out of decaying chaos."

"This is the first level of planetary civilization any species can reach, by first stop fighting over non-renewable resources and stop destroying the ecosystems with unsustainable technologies, to then start focusing efforts and resources into developing non-polluting free energy systems available for all. What keeps Humanity from reaching this goal necessary for the continuation of your evolution, is the grip from the uncivilization of the lower lords and the powers they control, keeping you into the outdated decadent age of the nuclear, fossil fuels and electric transmission lines, destroying our Earth. This is why researchers and innovators in free energy technologies, like Tesla, are attacked by them. Edison went as far as executing animals in public electrocutions, to prevent Humanity from adopting Tesla's much more efficient alternative current over the overly polluting direct current he was pushing."

"Over ages upon aeons of long evolution, the planetary civilizations that successively operated and occupied the galactic outposts on Earth were in their turn mixtures of Fish-People, Ant-People, Lizard-People, Bird-People and us Mammal-People, my Sasquatch People, along with the multitude of diverse visitors from distant star systems and galaxies you know not of, that had the most diverse appearances. All of those civilizations, like Human civilizations, had their periods of enlightenment and downfall. Many of those Elder Brother hybrid species have survived in underground cities as intraterrestrials."

"In spite of their longer and heavier collective karmas than Humanity has had the time to experience, they are not to be seen as enemies, even if too often some of their general practices need to be avoided. If they are to be approached, and at some point it becomes necessary for your collective healing, it is to be in a spirit of peaceful interspecies relations, with respect and intention for both parties' advancement. Humanity must now learn interspecies peaceful relations with species that have influenced its destiny, to free itself from bondages and negative outside influences, and to heal long term lingering karmas."

"There are certain locations in the underworld that are the abode of highly spiritually evolved beings. But there are also some zones that are kept under control by lower powers, which maintain their grip through technological manipulation and telepathic suggestions, using harmful practices of cabal

magic. Those deep underground bases for occult operations have introduced your Human agencies to take part. In their darkest corners, genetic experiments and soul trapping are conducted, creating ugly local hells. Since some Humans are also involved in those evil ways, the situation is part of your collective karma."

"Look at Humanity for instance; who are the good and the bad guys? The American or the Russian? The Chinese or the Japanese? The Arab or the Jew? All of them can either act in compassion and peace to make a better world for all to share or in hatred and violence to perpetrate endless wars and injustice. None is all good nor all bad. As long as you keep feeding enmity and conflicts by blaming the others, you can never resolve the misunderstandings causing opposition and aggravating the collective karma."

"When you visited Crystal Falls, after the conference in Chewelah, you found very ancient remnants of a megalithic center, with giant rock faces, effigy monuments, walls of large squared blocks with square angles, inscriptions of different eras, some of geometric glyphs, and various other anomalous ruins. With Kelly, Shakara and Brady, the other Sasquatch ambassadors you explored the place with, you felt like you remembered the site well and helped building it in Sasquatch bodies, in previous incarnations."

"Soon after you arrived, you saw the alter-body of a Lizard-Person run close by, a four foot tall shadow. A little further on the trail, near a megalithic portal, a Lizard-Person appeared on two photos you took. You realized that this ancient megalithic complex, like the pyramids in nearby Chewelah, were originally built by highly advanced Lizard-People, with whom Sasquatch lived in some distant time. There are still some of them who live to this day in underground refuges, below those ancient sites."

"While staring at one of the different giant stone faces in the river, this one resembling a Lizard Person, one of them started to communicate to you in telepathy. He explained that their civilization was one that lasted the longest time on Earth and has known many periods of high consciousness and harmony, also ages of wars, destruction, witchcraft, decadence and downfall,

like most civilizations experience. He told you that the beginning of their downfall came with the overuse of fossil fuels, that emptied the reserves from prior eras and poisoned their atmosphere with synthetic molecules and toxic substances."

"Added with the radioactive contamination from their intensive use of nuclear energy and the genetic manipulations they practiced over generations, they decimated their ecosystems and caused multiple mutations, transforming their planetary environment into an infernal post-apocalyptic dark nightmare. Those Lizard-People were not destroyed by enemies nor by unavoidable cataclysms, they were the only ones responsible of their own doom. So their collective memory tends to carry this karma along and pass it on to other species they live close to, like Humanity replicating the same detrimental behaviors. Because many of the souls of reptilians are trapped into karmic jails, they feed on external energies and draw the souls they can into their collective hellish realities, to sustain their false sense of superiority."

"The only way to approach them that can be beneficial is with compassion to help them free themselves from ancestral collective karma-created hells, and move on from their stall into soul evolution process. But of the Lizard-People who have evolved into higher consciousness to council with the Star Elders, like this one who was warning you of the dangers Humanity now faces by imitating the reptilian karma, whom had visited you last winter, have become spiritual masters who can provide helping guidance."

"To avoid and counteract the negative influences and disturbances caused by control technologies, Star Elders use healing devices like frequency harmonizers to create surrounding protective magnetic fields. They are useful and successful in neutralizing negative energies, namely when meeting heavier entities. Programming high consciousness messages into transmissions, they uplift collective souls and auras. Devices are installed in a network of sacred sites, sometimes underground, where they are activated. Over the course of ages, through invasions from contrary forces, some were deactivated or destroyed. This caused great imbalance and chaos, amplified by the negative control grid that was implanted."

"But those healing devices and free energy technologies still exist and they are precious important keys to unlock a karma-free future for Humanity, to heal its behaviors and realign with the Cosmic Order. You have been shown and explained first hand examples of such environmental healing technologies, frequency harmonizers, wave tuners, telepathic consciousness transmitters, plasma grounders and such. It is no coincidence if it is at the Spiritual Sasquatch Retreat in Chewelah, where we had gathered you, that you connected with a group of Light workers from this continent and one from Australia, that both use networks of environmental healing devices to clear chemtrails, energy blockages and old karmas."

"You contributed in connecting both networks of magnetizers and energizers on each side of the globe, to help reestablish the planetary grid our Star Elders and your ancient civilizations maintained and used. We guide you to understand the importance of healing the planetary natural energy grid, to bring Peace. Ceremonies, prayers, offerings, meditation in sacred sites, are some ways to tap into and feed the web. But, since some destructive and harmful technologies control this world, learning about healing tools, free energy technologies and magnetic fields enhancers is an efficient way to bring real lasting change."

"It is as well a crucial step in your evolution at this point, to help you solve your unsustainability issues. It is also your best asset to counteract the effects of detrimental technologies being used against you and the environments, to keep you submissive, unhealthy, mind controlled and easily manipulated. Some of those deadly technologies are used by Humans who received them from their alien overlords. But some are also being operated secretly by non-Human parties, to keep dumbing down Humanity." "You hear increasingly about beam weapons or directed energy weapons, various versions of the Tesla death ray, that use ultrasounds, psychotronics, microwaves, gigawaves, laser rays, positrons, or plasma. They can precisely smash, harass, irradiate, crush, fry, pulverize or petrify any selected distant target. Governments covertly use those weapons in wars, for crowd control and for weather manipulation."

"Just recently, the midnight firestorms that suddenly burst in several locations of Northern California, leaving many dead and missing, with thousands of buildings turned to dust and charred vehicles, while they were surrounded with

standing green trees and untouched plastic bins, are the results of beam tech. They are not without reminding the series of orchestrated so-called 'wildfires' in Alberta and BC in the last couple of years, which we have mentioned before as part of a dark secret agenda to clear the path for pipelines and mines, while pushing your Native tribes and us Sasquatch out of the corporate way."

"The increasing number of monster storms or hurricanes always breaking new records by their strength, that devastated in 2017 the southern USA and the Caribbean Islands, sweeping some islands clean from their entire population, with the real numbers of victims unrevealed and covered up, are direct results of such technologies used for weather warfare. Even one of your renowned scientist, Michio Kaku, recently admitted publicly on television of the practices of weather manipulation, using Extra-Low to Extra-High Frequency microwaves and gigawaves projected in the ionosphere, aerosol spraying known as chemtrails and high density beams like lasers, to manipulate climate, create and fuel monster storms. Either the famed scientist has joined the ranks of whistle-blowers, pejoratively called 'conspiracy theorists', or time of disclosing truth has come. Lies, denial and disinformation will not work anymore."

"Likewise, healing technologies can be focused and directed to any individual, group, place or region. Devices can be programmed to harmonize sites and liberate souls therein, in subtle unnoticed influence. So, as the lower lords and their powers bombard this Earth with death rays and destructive control grid, a few selected Light warriors are starting to flood the planet with healing, uplifting, energizing rays. Time has come to join their ranks and get actively involved in the great healing of collective karmas. Every ancient or new tool that can help and accelerate the healing process is worthy of consideration."

"This is the beginning of the reestablishment of the dharmic ways of the Star Elders Council on Earth. Positive thinking is a good first step, but it must be followed by positive actions, with concrete results. The awakening of your consciousness to interdimensionality, starting with the actual transition from the 4D linear space-time of the physical plane into the 5D Torroidal Para-Universe of circular time-space, frees your souls from the limits of the persisting illusions of materialism and temporality of this plane. This knowledge needs now to be applied to the tools and technologies making your new civilization."



"Portals can be opened in many ways, to bridge dimensional planes, through selected quantum leaks. Portals open and close naturally all the time where waves cross; NASA is studying these occurrences. For a portal to remain opened, alternate waves must be directed to intersect in a linking point or nexus. Scalar waves can be produced by tuning any waves, including sounds, in an alternating steady pattern. It can be achieved with sacred geometry using fractals of cosmic proportions replicated in receptacles. Waves can be of a wide variety on the scales of frequencies, lengths and amplitudes, whether telluric currents like the Earth's natural infrasound vibration of 7.8 hertz, known as the Schumann resonance, or electric currents, sound frequencies, radio waves, radiations or the Cosmic Ray of neutrinos flow."

"Portals can be opened artificially by sending successive scalar waves to cross in a fixed point or nexus. This is used in quantum computers, in which those nexus are interdimensional portals called qubits, as units of quantum bits, in reference to the cubits which were the units of measurement for pyramids which had the potential to create portals at their apex; especially if coated with gold, in which case they also collect rare monoatomic gold from the atmosphere, one of the most magnetic substance in the cosmos, used for its healing properties in the god's ambrosia, nectar of longevity and of immortality. Monoatomic gold is one of the purest substances that magnetizes the body and aura when ingested. Pyramids of different eras of civilizations have their own cubit units, key to their mathematical codes."

"In the case of quantum computing, the artificial portals or qubits, in which particles or quantum bits switch in and out of existence at an exceedingly fast rate, allow information to be processed on different dimensional levels at once, outpacing by far any conventional processing in linear timeline. This sure is a great discovery, but its applications are wrongly used to tap into the Alter-Universe and extract its energy to power artificial intelligence machines that can re-edit reality as we have known it."

"These qubits, bridging the actual 4D timelines with dimensions beyond linear time, allow quantum computers to edit information in the past, explaining the divergence of realities into parallel timelines. They can reformat retroactively the

holographic projections of Meta-Matter particles containing the information making the fabrics of the cosmos and its history, so archives and memories are rewritten into a different version of reality or parallel timelines, into a simulation comparable to a virtual matrix. Particle colliders or synchrotrons can also open similar portals and are generally operated by artificial intelligence and quantum computers, all working together in twisting and remodeling the continuums."

"This phenomenon that came to be known worldwide as the Mandela Effect, is now being increasingly referred to as the Quantum Effect, as more understanding emerges, following speculations and theories. You witnessed firsthand this last winter a striking example of this phenomenon of timelines distortion. When you went to the Hopi Prophecy Rock in March, your eyes were shocked at first glance by a large disgraceful graffiti etched on the sacred monument under the ancient inscriptions of prophetic wisdom."

"You had visited the site the previous summer and several times over the last four decades and knew it well; never before was there any distasteful scratchings profaning this sanctuary. You took a photo of it that you shared online, with you sadness and disappointment at the desecration of this holy place."

"A few days later, you saw a video you had already seen of Grandfather Martin Gashweseoma, whom you had met in 1997 in his home at Hotevilla with the group of ten Europeans who flew from France with you. But this time, that same video from a decade earlier had changed from how you had seen it, and the same ugly graffiti was showing up on the sacred rock. At one point in the new parallel version of that re-edited timeline, Martin pauses and seems to wonder, saying that he visited the rock just two weeks earlier and that there was a third timeline that was removed. Then, surprised, he points at the graffiti and says that this is not supposed to be there. Yet, it was not the first time you saw that video. Your Hopi Uncle noticed the same glitch or timeline warp, minutes after you, without you telling him."

"The fact that in this case, reality was re-edited retroactively, making ripples even into a video already published to the point of causing a reaction from

Grandfather Martin is very impressive and significant. But even more significant is the subliminal message carried in the alterations, as in most similar cases. Prophecy Rock is where Maasaw met the Hopi and gave them their stone tablets containing all their instructions and prophecies, and where the Star Elders were taking White Bear who taught you, for flights on ships, as the last Human ambassador representing Humanity in the Council of Star Elders."

"It is probably the most or second most important sacred site for the Hopi, comparable to the Sipapu. Yet, in the Hopi language, the words 'makus dadavo' normally translated as 'prophecy', signify more precisely a 'life plan', guidelines for a way of life with the most probable outcomes of choices we make. The petroglyph on Prophecy Rock shows the two roads we are asked to choose between, the road of unbalance bringing chaos and destruction, or the road of balance bringing Peace, harmony and healing. The first one is unsustainable and rushes toward self-destruction, while the second one is long lasting. Two fires will purify this fourth world of Humanity, one of consciousness and transformation, and the other one of unconsciousness and destruction. Both will take part in the great needed world cleansing."

"Similar prophecies carry this same message, like the Seven Fires Prophecy that you learned from your beloved Anishinabe Grandfather William Commanda, saying sensibly the same concerning this choice. If we choose the wrong road, it will bring destruction, if we choose the right road, we will reach Peace. The Lakota teachings as expressed by the prophet Black Elk, also describe the good red road of healing medicines crossing the black road of sufferings and conflicts, and we stand constantly at the crossroad between the two, with the free will to choose where our next footstep will take us and on which road. The longer we follow the black road, the harder it is to get back on the red road; or inversely likewise."

"These prophecies given to the ancient wise seers are not fixed timelines; they rather are guidelines and instructions received from higher sources to help Humans make better choices in writing their destiny. You can always transform your destiny individually or collectively, by making wiser choices to live by. But if the warnings of the wise ones are not heeded, careless living can cause disastrous consequences."

"So, it is significant that the alteration of the timeline of the sacred Prophecy Rock was a profanation, showing that the forces behind the modified parallel timeline stand against the ancient sacred wisdom. This gross re-edition of that reality suggests subliminally that whatever powers are playing with time travel will not heed the warning or change their ways, even knowing they lead straight to destruction. They also subversively pretend that they can twist the natural laws and escape universal karmic laws."

"Many ask us what will happen with the future of Humanity, as if it depended on us, but yet we can see. There will never be on planets of this dimensional density a time with perfect Peace or pure harmony. Existence in this linear 4D physical space-time continuum is made possible by electric polarity which in essence creates a diversity of magnetic fields and densities that come to interfere when out of tune. As long as you evolve in this plane of duality, oppositions, frictions and conflicts are part of reality."

"Planetary civilizations that have reached the first level, tapping harmoniously in their planet's natural energy fields while respecting environments and preserving ecosystems, including the quality of life of its inhabitants, are at the beginning of their understanding of interdimensionality, you have yet to reach. On the second level, a stellar civilization understands interdimensional space-time travel and star gates, being able to tap in the energy fields of its star and to travel beyond its system and the speed of light. On the third level, a galactic civilization can travel anywhere in the cosmos, and back and forth in time, with the mastering of interdimensionality and Cosmic Laws allowing to navigate the many dimensions. In each successive level, the limitations of material space and resources, and of linear temporality lose gradually their hold, as ever more advanced souls evolve into higher dimensional consciousness states."

"The road is long before Humanity can reach the state of highly advanced spiritual galactic civilization. Yet, it is not given to all intelligent species on all planets, many chose ways bringing their termination. Even after reaching the first and second levels of planetary and stellar civilizations, different species regress and fall into destructive behaviors, that can eventually bring the end of their existing evolution."

"Humanity in general is now following two parallel timelines, in the making of its collective destiny. As you now transition from the old passing paradigm of narrow-minded materialism in 4D linear temporality, to the emerging new fifth world in 5D circular time-consciousness, the two parallel timelines of Humanity will progressively split and diverge, having always less influence on each other."

"In this fifth dimensional consciousness, you learn that your thoughts create ripple effects that influence reality around you, so you can become a conscious co-creator of your collective reality and destiny. Through telepathy, you can become an uplifting consciousness transmitter, channeling higher sources. Through circular time-consciousness in the 5D Torroidal Para-Universe, you can re-edit your collective destiny and even past karmas, by returning in consciousness to where healing is needed to be applied. You learn that the timeline you create is reality, so choose between doom or a spiritual star civilization."

"You will end up where you are heading, if you keep advancing on your timeline in the direction of the destination you are aiming at. If you choose the path of doom and gloom, that is what you will obtain; but if you choose the path of healing and evolution, you will manifest that reality in your own timeline. Not all Humans will make the necessary change to escape doom, and very few will join our Star Elders. Do not be concerned about the karmas others bring upon themselves, but rather concentrate on taking care of your own, even as it involves helping as many as you can reach, while it is still possible for you. We cannot save anyone from themselves against their own will; but we surely can help to save a few."

"There are two extreme and opposite, very widespread views about Humanity's future, that either you will destroy the Earth and yourselves, or else that you will all ascend into higher frequencies realms. Those two projections are untruths, as every species at the level of evolution where Humanity stands has ascending and descending souls around the karmic wheel of Samsara, churning the sea of duality."

"As co-creators of our collective reality, we can only do our share by focusing our attention on what counts and transforming ourselves and our environment with high consciousness thoughts and actions. Acting as channels of higher frequency intelligence, we can co-create a peaceful and ecological world. Of course, we cannot decide for other sentient souls and some will choose the opposite ways to ours. Their decisions will lead them always closer toward the reality they fabricate and support in their mind. In both cases, each group will influence the destiny of the other, but less as their two roads are parting."

"So what will happen, that has already started if you observe well, is what my relative Shrangooloo calls the 'great divide', that will split Humanity into two factions, living in parallel realities or timelines. The more the two roads will diverge, the more the two factions will separate into different densities and frequencies, taking them always further apart into parallel realities that will gradually stop interacting."

"Those who follow the unsustainable way of destruction which is meant to self-destruct, will eventually reach planes of deeper, darker densities and lower frequencies, in which the lower lords reside and rule. Those who follow the natural sustainable way of the Cosmic Order will on their side evolve into planes of higher frequencies and lower densities, reaching highly spiritually evolved resplendent Star Elders. The planetary civilization does not require the consensus of all to exist, only of enough to maintain it."

"It is not about good and evil, but about responsible free choice and causes of effects and consequences. None will be able to save those who choose the wrong path; they will gain what they ask and work for. But those who choose a path of re-harmonization and healing are well guided, even through destruction. They might be affected by the collective destiny, but they will influence it as well by their interactions. When the interactions with the divergent reality will become useless and irrelevant, they will cease. Whether or not the healing will be general or only partial is not for ours to say, but for yours to decide."

"Some will remain in a dying paradigm of ignorance, and the fatality of materialism and temporality. Others will continue on their ascension course into

higher interdimensional understanding and abilities. So, this is what will happen to Humanity, it will split in two divergent evolutionary courses according to the choices taken. All you can do about your collective destiny is to make sure you take the righteous decisions for your own soul evolution; do not diverge from your course, destiny will take care of itself."

"In a few generations, there could be Human clones, hybrids and cyborgs, run by artificial intelligence. To make sure you do not get trapped in the artificial simulation of the matrix, educate your soul, train its third eye and extra sensory perceptions and cultivate your relations with your spiritual Elders guides. Keep in close touch with Mother Nature, feel, smell, taste and admire her powerful healing medicines. Maintain communion and communication with your Human spiritual allies, with you on this journey. Keep your focus and efforts directed at your spiritual mission and the purpose of service of your life. Remain rooted in your Soul, grounded in your heart, seat of your emotional intelligence and alter-body. Meditate to find your inner connection to the Divine, pray, work in service, to manifest a better world."

"Said simply, stop the drama, start the dharma, and you will be on a good path to connect with our Star Elders who practice redemption by compassion and maintain the Cosmic Order through dharmic ways. From pilgrim, become a conscious achiever of good deeds, a teacher of healing, master of your destiny. You are all called to become avatars, exemplar incarnated divine consciousness in an infinity of forms. Remember there are many among our Star Elders who have achieved this and are assisting you to grow."

"Now, Little Brother, there will always be more to learn and teach in this endlessly amazing Omniverse. But with the limitations of your linear timeline, there is only so much that can be said, at least at once. There will be more occasions for us to deliver the message of our collective consciousness and wisdom as preserved and carried by us Sasquatch, your Elder Brother, and by our Star Elders Cosmic Council."

"For now, we will part in this 4D timeline, knowing we are always connected as One in consciousness. We return our thanks and send our Love to all

ambassadors and practitioners of interspecies spiritual relations, and to all who contribute in their own ways as healers of your collective karmas and destiny. We encourage all the learners of good soul to continue with faith on their spiritual healing journeys." "With these words we are ending this transmission of our message, through I, Kamoooh and SunBôw. Pray for, wish for and visualize the best for all life, so that many blessings can manifest for many souls. In the Universal Consciousness of Great Spirit Creator, we are always all united and interconnected."





Artwork by Airis Illustrations

# CONCLUSION

By Kelly Lapsertis

As the Elders promised, they have been connecting to more humans who are deemed as ambassadors for the Forest People and for Mother Gaia. This book and all its co-authors were guided by our Elders to work with them in this cooperative collaboration to share multidimensional wisdom, knowledge in healing ourselves and our planet, and evolving our consciousnesses. Many of the transmissions are received and delivered differently by each author, but the underlying message and its importance to humanity and our collective consciousness remains the same.

When you read the words within these pages, they are activated within you so that it may speak directly to your heart to bring awareness to situations so there may be opportunities to heal. The Elders have collectively put their wisdom and consciousness into these pages, and you may ask them for guidance at any time as well. You can use this book also like tarot or oracle cards or a dowsing tool by focusing on a question or thought and trusting to be pointed to the answer that serves your highest good. Whatever page and words you land on could bring some insight. All you have to do is allow it to be.

It has been an honor and pleasure to receive, prepare, and publish these important messages and wisdom tools for spiritual ascension on behalf of the Sasquatch and Star Elders and all human planetary ambassadors. Thank you to everyone who put energy and thought towards its manifestation. Your love and support is greatly appreciated and returned to you.

We give special thanks to all who shine their light in the dark places to wake up those who are still slumbering. Thank you for being in selfless service for the betterment of humanity and our cosmic collective consciousness. We look forward to co-creating a beautiful and peaceful reality with you in a space of unconditional love, respect, and honor for all life.

For your convenience, we have included another copy of *The ONE: Oneness Co-Creators* image as well as the *Authentic Perfection Enlivenment Circle* by Seth Buoymaster so that you may tear it out of the book to carry along with you or make copies for yourself and others.

The information in this book and all related technologies are offered for theoretical exploration only and is not intended to prevent, diagnose, treat, or cure any illness, ailments or afflictions. However, once you begin to apply these ideas with action in your life, you will notice a positive shift in your life and in the world around you. Remember that eliminating energies which no longer serves us opens up more space for the blessings and abundance to enter our realities.

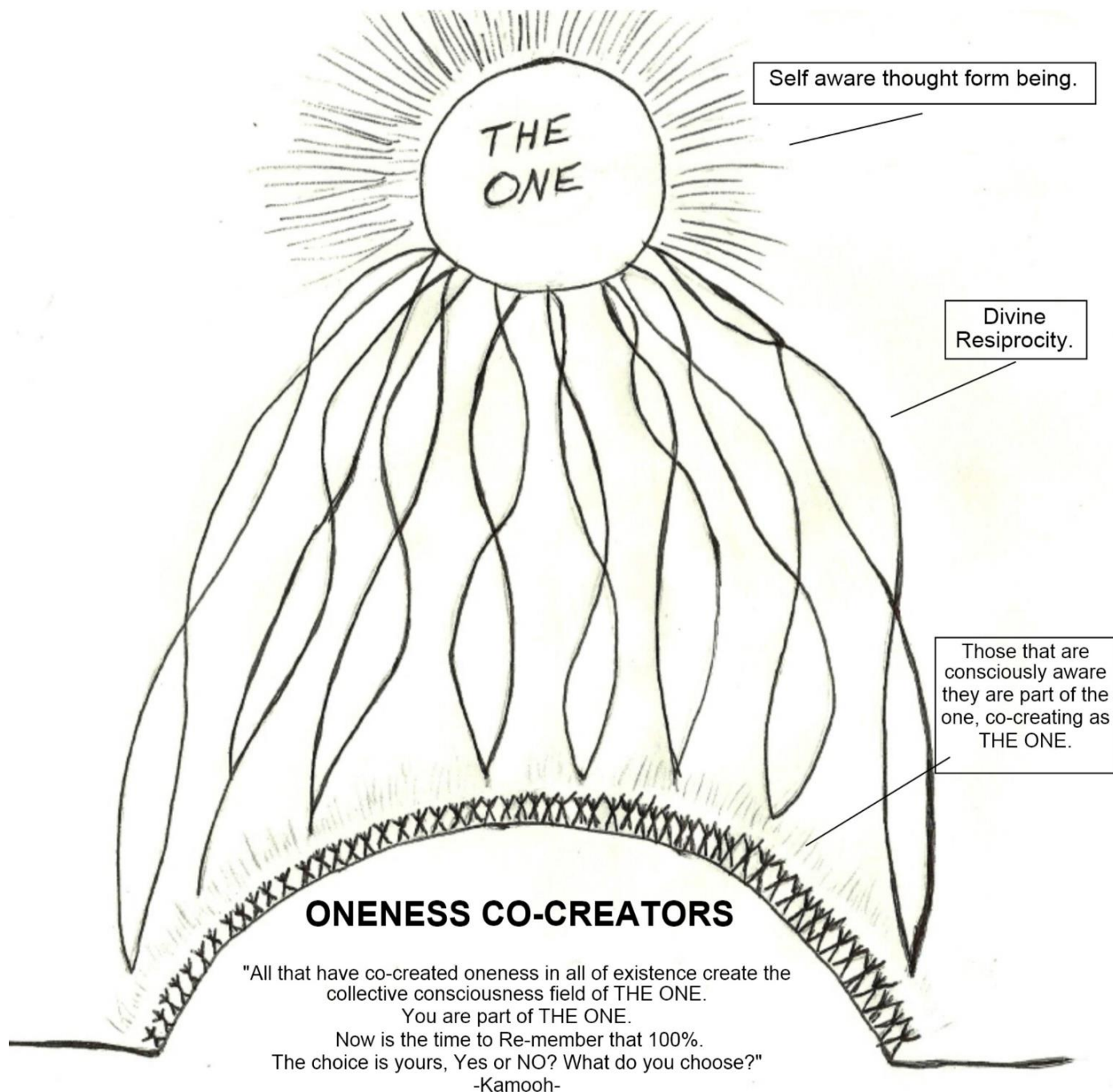


"The Time Is Now" Ancient One clock wood carving by Seth Buoymaster

## NOTES

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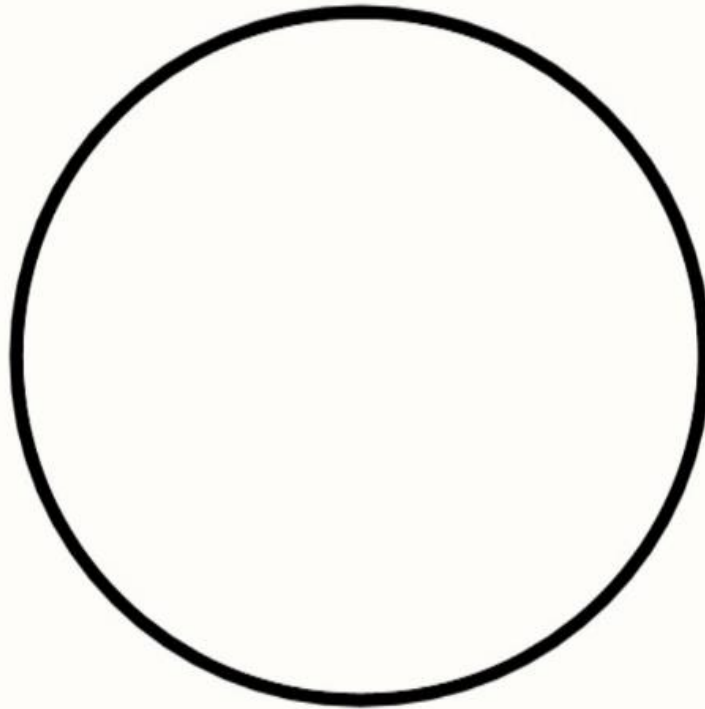
“Place your finger on The ONE, completely relax and allow the Re-  
membrance to be fully realized. Enliven objects by placing them on the  
image to help you to continue your process of surrendering your  
separation with LIFE. This helps you to enter into the truth of life that  
-“THE ONE”-







# **Authentic Perfection Enlivenment.**



**Place on Circle for Thirty Seconds.**

(Feel the Consciousness Technology Enlivenment)

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