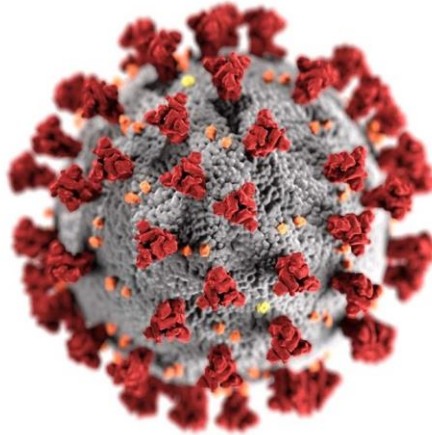


CONVERSATIONS WITH COVID

“For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. To someone who doesn't understand growth, it would look like complete destruction.”

— Cynthia Ocelli



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PREFACE

Background

In the early fall of 2008, I began to see and interact with a spirit guide – Grandmother Earth. I retired in 2005 due to heart serious heart conditions after a 30-year career at the Boeing Company. I was trained and deeply steeped in science, engineering and research and considered such things as spirit guides utter nonsense. Nonetheless she was inescapable in her nighttime appearances and sending me vision after vision of things to come for humanity and our planet.

I eventually stopped hiding my head under my pillow and asking her to go away. I began to listen and watch and was appalled at what I learned. It was confusing because some visions were of massive destruction and horror reaped upon each other. Other visions were of a very different earth and humanity – living in small communities, working together, accepting each other, growing food and trading with each other for other necessities of life. These later visions were imbued with a deep sense of peace and connection with each other.

Grandmother helped me sort out what I was seeing into three potential tracks for humankind. The timing of these was not shown, but one was complete and utter destruction of the human race, the second was a very benign shift with our billions intact but an end to war, hunger, greed and fear. The third was a middle way – less people and much simpler existence. She then explained that the potential for the second benign timeline had already passed and that all we could hope for was the middle way. We could still make it as a human race, but billions of us would die in the process – leaving on about 100 million survivors world-wide.

The catalyst for change

I asked her how all this was to come about and she told me about something call the Buddha Wave. To understand this, first understand that our entire universe is a living being. We and earth are miniscule specks within this being, and at its core is a massive glowing sun or cluster of suns. Dwarfing every conception of how big we imagine something can be.

From this central sun a very unusual wave of energy had been released – the Buddha Wave. It was moving much faster than the speed of light, but still needing a million years to spread from the center to encompass the entirety of the universe. As this wave swept through galaxies, stars, planets and beings on those planets, it triggered changes in all of them. It caused stars to briefly go unstable. Some of them went nova and destroyed themselves and any planets surrounding them. With other suns they emitted a powerful blast of energy that we would call a massive solar flash or flare.

She showed me how our own sun would experience this and the result of this flare on humanity. It lasted for days, but in the first microsecond destroyed everything electrical by

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generating intense electrical flows far beyond what any of them were designed for. They all fail nearly instantly. The result is no electrical power, no cell service, no functioning vehicles of any kind, no food transport, no medical supplies, the complete collapse of the way we live in the blink of an eye. Cars crashing as they stalled, airplanes falling from the sky, a complete immersion in utter silence.

People were stunned and not at all understanding what had happened. There was no news, no internet, no emergency communications, nor any functional devices left of any kind. Within hours or days, people began to panic without food, water and information. Riots and looting began. Cities and then the countryside became war zones as people devolved to their lowest state of being and killed each other in droves in the fight for rapidly diminishing resources.

At a national level, some countries assumed they'd been attacked by what is known as an EMP weapons – which are designed to do exactly what had happened on a more limited scale. They had what are hardened facilities designed to survive such an attack, and suspecting it was an attack, launched nuclear weapons at each other without any real evidence of who might have done this.

This attacks wreaked even more destruction and death, poisoning large swaths of earth with radioactive fallouts that would take many years to become safe again. Very quickly most of humanity lay dead, diseased, or dying. Even the surviving military could not survive for years without support and supplies.

There was another aspect of this too, and perhaps the most important one. It is what this Buddha Wave did to all DNA-based life on earth. It triggered very significant changes within us, every living animal, plants, sea life, everything alive. This change will be explained more fully in Chapter 4 but suffice it to say it was the single biggest catalyst for evolution ever experienced on earth. This change was disorienting and chaotic and only made all the rest of this worse for us, much worse.

These visions and predictions left me in despair. It seemed almost inevitable that there was no escaping the hell of destruction awaiting billions of humans. And even worse, there was apparently nothing much that could be done about it.

I was wrong.

1 - Our Covid Experience

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A PERSONAL JOURNEY

When COVID was first detected in 2019, we were like so many others in not understanding it, nor in recognizing the threat it posed to humanity. We did get messages from a spiritual guide of ours that it was here to bring an end to much of what we had come to trust and expect in our world. It would cause the collapse of institutions, businesses, take many lives, and impinge upon what we thought of as or unalienable freedoms and rights.

This made scant sense to us. After all it was a simple virus and we assumed much like every other virus of modern times – that it would be contained and cured quickly. We made no connections at all to the previous visions given to us by Grandmother, completely unsuspecting of its major role in the future and survival of humanity.

As the impact and severity of COVID grew, our personal lives were not much affected. We live pretty isolated and sequester lives with contact with only a few, trusted people. We did choose to follow rules about masking, hand washing etc – but honestly did not feel threatened by it. Silly as it sounds, we naively and arrogantly assumed that we were above getting COVID somehow. As a result, we never seriously considered getting vaccinated. We instead relied on our illusions to protect us. Embarrassing to admit, but that’s where we were.

In late August of 2021 that all changed. I was meeting with a dear friend who assured me she was fully vaccinated and therefore safe to be in conversation with. Frankly, I did care much whether she was vaccinated or not. I met with her for 3 hours on a Saturday enjoying the reconnection after not having seen each other for a year.

Early the next morning she texted me to call her immediately. I did and she said she had just gotten home from the ER, was very ill, and had tested positive for COVID. She said we should immediately quarantine ourselves until we could be tested in 4 or 5 days. We did so, but still assumed that there was no way we were getting it. We got our tests on Wednesday and neither of us was having any symptoms at all. My test came back positive, and my wife Kim’s was negative. I was shocked but still not unduly frightened.

I did immediately contact my doctor and at the same time began doing research on how to help ourselves through this process. I was very encouraged to see that most people made “the turn” at about day 5 or 6 and began to recover. By Thursday morning I was really feeling awful, not understanding that was just the initial onset and that things would get much worse. I also reached out on social media to let people know we had it and that we might need help. We got encouragement from hundreds of friends, and a special few offered us help with food, medical supplies, and remote energy work.

I won’t describe that whole journey here because I do so in the following chapters.

After we started the long journey of recovery from COVID, I felt strangely compelled to share our journey and what I was learning from the disease itself. With the urging of Kim, I actually had conversations with COVID and was stunned by what I learned. This min-book is my way of sharing what I’ve heard and learned so far.

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I am repeating the posts as I wrote them. My understanding deepened and my perspective shifted with each one. At times I refer to a body of knowledge and practice called Gene Keys. It comes from a beautiful download and book by Richard Rudd if you are interested. But it isn't all important or necessary to understand it as you read this.

My fondest hope and prayer is that this information will help you somehow or in some way.

I'm not trying to convince you of anything or change your view of this disease. Yes, it is brutal and deadly and killed so many we all know and loved. Yet it is also sacred and a gift to each of us and humanity. Both sides of the coin are true, and one does not negate the other.

I wish you each as individuals the best on your own journeys and hold the same wish and hope for humanity too where before I felt there was no hope for us all.

With deepest honor, respect, and love.....

Hank Queen

December 2021

2 – Covid Part 1

AUGUST 6, 2021

I've never done anything like this before - so please bear with me if I stumble at times. This is the first part of what I want to share because I know few people bother to read Uber Posts that go on and on.

I'm a healer and now a survivor of COVID. My wife and I are not vaccinated and got it from a vaccinated friend about 25 days ago. We learned first-hand how brutal it can be, and how relentless it is in serving its purpose - including killing you if it can. My wife Kim came very close to dying.

This post isn't at all to debate any aspects of vaccines or masks. I want to share what I've learned from this experience so far about the nature of this virus and why it's here.

We learned in January of 2020 that Gaia had brought in this disease with the opening of the 7th Sacred Seal of Grace. Each Seal brings in something to illuminate shadow, to trigger clearing and collapse, and to prepare the garden of humanity for its seeds and gifts.

Grace IS suffering and COVID has brought in plenty of suffering/Grace whether you've actually been infected or not.

This week a friend of mine came down with it too. I offered to help her remotely, and she agreed. In doing this "work" I learned a lot that I wasn't able to fully comprehend when I actually had the disease.

Covid is a living and intelligent life field. From this point on I refer to it as Covid and not the acronym COVID. You can connect and communicate with it. It's smart, dedicated and very aware of why Gaia created it. It knows its purpose and is relentless about fulfilling it. What's its purpose? To clear what is not serving and to accelerate personal involution and evolution.

It's here simply to free us and help us all to step into the Great Change. Gene Key (GK) 22 is Grace and is the essential power behind the 7th Sacred Seal of Grace. The opening of that Seal activated this Gene Key in Humanity. It is a master key along with Gene Key 55 - Freedom. Covid in its essence is Gene Key 55, and its purpose is unique to each person. Together these Gene Keys and the Seven Sacred Seals are bringing in the tsunami of The Great Change. We are currently at the point of the opening of the 2nd Sacred Seal of Omniscience which

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is the gift of seeing all from the largest to smallest perspectives. Perhaps that's why I am beginning to understand this finally.

Grace (GK 22) and Freedom (GK 55) are the gateways to Heaven on Earth!

When I was in the midst of my deepest suffering from Covid, I was not sure I'd survive another night. Nighttime was always the hardest. This disease is unlike anything else. I've had serious influenza three times - and it's not like that. It just drains the life out of you. I could not find enough energy to even care if I died or not. But one night I woke up and realized that I was at a choice point. Did I wish to live or not? I understood that that choice needed to come from my heart and soul - and it needed to come from love - not fear of dying. My answer was yes - and the response I got back I now know was from Covid. a simple mantra - Let Go, Let Grow. At that point I stopped resisting and fighting it. I breathed it deep into my heart - and it became my partner in my own Great Change!

I was still very ill, but I made what is called "the turn" and began the very slow process of healing and recovery. COVID continued its work with me, but I now saw that it was doing things for me and not to me. I was shedding things that no longer served me and embracing and expanding my own true nature at all three levels of existence - human/soul/divinity. That process continues today, and likely forever. It's not that I haven't been "doing my work" - I have. But this is different. Very internally focused - very illuminating, loving, and integrating.

In my next post I will share more about Covid, and how to access its benefits to help you unlock your own Great Change using the keys of Grace and Freedom. Love and deep gratitude to each of you!

3 – Covid Part 2

AUGUST 21, 2021

Before I share more of what I've learned from Covid, I'd like to share more about our frame of mind as we began our personal journey. As I said before we are not vaccinated. We decided not to do so - and had both intuition and rationalizations to support our position. What we didn't explicitly understand about our choice is that it was also founded on ego and vanity.

Our implicit view was that we were somehow "above or better" than Covid. That our guides would somehow magically protect us, or even worse that our "frequency" was too high to be truly concerned about it. Sad but true - the shadow of Vanity in GK 12 - Pure Heart - is pesky and devious. It's one of the hardest to see in self, and to shift into its gift and siddhi. But we now see we were firmly entrenched in a false belief that because "we are spiritual" that we were immune.

We are now so very humbled. At first, I assumed that somehow, we had failed in being spiritual or in service. My guide Grandmother Earth set me straight on that immediately. She said that if you sign up for a 3D experience, then you get one.

As a human being you are all subject to everything that experience can offer - good, bad, or indifferent. No amount of energy, great purpose, or anything else we imagine about ourselves provides immunity or protection from any aspect of life in 3D. Otherwise, there's no real point in coming here. We can't learn real compassion, experience real suffering/Grace, or just the simple pleasures of

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breathing or seeing a beautiful sunset. It has to be real, we have to be vulnerable, and so it is.

My intuition is that we aren't alone in holding this misunderstanding - especially in the spiritual community. I feel the energy of it in others because I see and understand it now. I accept that - but hope others don't need to be so crushed, humbled and brought to their knees to accept that none of us is higher or lower than any other.

None.

There's just as strong a spiritual matrix as there is a 3D one. It's got hierarchies, rules, lingo, dress codes - it's all there. Most of time for me though I've been like a fish navigating its waters and not aware of its confining and conforming existence. I'm very aware now and awake to it - thank you Covid.

Now more about Covid.

It's quite unlike most viruses or diseases it affects you in all four realms of being - heart, body, mind and soul. It's just as active in every realm even though we primarily feel it in our body. This is important because even if someone dies from Covid, it's effects in the other three realms are permanent and survive death. This is especially true of the soul changes and "upgrades".

Our soul is an energy construct in exactly the same way our bodies are physical constructs. For the soul, our chakras are the "organs" of that energy body. Both soul and body can be harmed, heal and grow and evolve - and they do. Covid triggers powerful changes in all parts of us, and those gifts beyond our physical

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body are ours forever. We take them with us when we pass on to the other side, and bring them with when we are reborn again.

Each of the millions that have died from Covid have taken their gifts with them when they left. They did not suffer and die in vain - they were given great Grace for their great struggle and suffering. This is true too for every single survivor. It brings me great peace to know that.

Covid is both a living field and is also adaptive and a portal in its own way. Adaptive because it not only tunes itself to your particular field, but also adaptive as it learns to become more potent and circumvent attempts to block it. A portal because it brings in whatever is needed to create the unique changes in you. It can, and does, bring in any Gene Key to accomplish its work.

This new Delta Variant is an example. It is eight times more contagious and has double the hospitalization rate. It can breakthrough vaccinations for some - like our friend who gave us Covid. It is determined to serve Gaia and her purpose and will continue its own shifting and evolving until it knows it's done its job. I have no clue when that might be, but I now expect to see a continuous stream of ever more powerful strains for months ahead or perhaps years. Right now we are seeing it sweeping through many in our spiritual community that have been largely unaffected before. It's like a second wave - and carries new intention and is targeting new people.

Covid told me that we do not have to get infected to receive the gifts it offers. It offers its help to you simply by you asking this living field to come into you, and allowing it to do its work in all four realms within you. That invitation needs to come from all three aspects of you human/soul/Holy Spirit.

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Your true self is your divinity, the holy spirit that resides in the 12th chakra within your soul - your unique holy fire that also evolves. It is the eternal, everlasting I AM that bears witness to all your lifetimes. Each of these three aspects of self holds free will - and all three must agree to embrace this powerful being of Covid to partner with it and undertake take your own fundamental changes to prepare for the Great Change.

In my next post, I'll share a simple guided meditation that might help in finding internal unity, choosing to do this, and embracing Covid.

Until then - love and gratitude to every single one of you.

4 – Covid Part 3

AUGUST 30, 2021

I've waited awhile before writing this final post about our experience with Covid, and what it has been teaching us. Again, I ask, and very much appreciate, that this not become a forum for debate about vaccination or masks. I also apologize for the length of this post.

A number of people messaged us privately saying they would love to share their own very personal experiences with Covid, but don't feel they can safely share with others publicly. It's sad, but we fully understand that reluctance too. We've learned a lot as they've shared their experiences and insights into Covid with us, and we so appreciate how open, humble, and honest they've been. I've tried to weave their insights and wisdom into this part along with our own.

First, I hope to explain more about the basic nature of Covid and how it connects to us. As I've said before, it's a living intelligent field created by Gaia to help humanity as a whole. To help you understand that, think of a bee hive. Many bees yet not a single one who understands the whole of how the hive works together to survive and thrive. When the bees all come together, they create a hive mind field of sorts that guides and shapes behavior and decisions that are aligned with the greater good of the whole. Your brain is another example. No single cell has a clue about anything except their specific purpose. But they all come together to create this living field of your mind.

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Covid is like this. Every single particle of COVID-19 virus is a part of the being Covid, but no single particle knows anything but its own role and purpose. Together they carry out the life purpose of this being we call Covid. It's starkly clear how different Covid is when you look at how we are reacting to it compared to numerous other natural disasters. For the vast majority of those - earthquakes, floods, fires, famine - we come together in compassion to help each other. Covid is a vast global natural "disaster" and has been met with a very different response - causing separation instead of unity.

In talking with Covid I thought it only affected the 270M who have gotten infected so far, but it said that's not true. It is also connected to, and present now in every single person of the 2.1B who have been vaccinated. The vaccine opens the gateway to Covid to come into you in a different way. This isn't meant to scare anyone - but to inform you. It's going to help all of us through whatever gateway it enters.

There is a third, kind of scary way it can connect to you. Covid said you can invite it in with right intention and an explicit invitation. I thought about a guided meditation for this - but that's not needed. Just decide and invite. Kim asked if people will be too frightened to do this. Maybe so - it's just an offer from Covid and not a request.

Remember that Covid affects us in all four realms - heart/body/mind/soul. It told me that it has already "infected" the mind of every single human - and in doing so has already started its work of illuminating separation and fear in each person, our relationships and belief systems. This will eventually bring each of us to our knees in some way to see and understand things about ourselves, others, our society, and structures that only bring us separation, fear and suffering.

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The more people who get Covid or are vaccinated, the stronger and smarter it becomes. The recent mutation into the Delta Variant is proof of this. Much more infectious and even able to get around the vaccine in some people. This evolution of Covid is essential and will continue until it's accomplished its purpose. It's very adaptive, smart and driven.

It is relentless in fulfilling its purpose. I asked it "How do you feel when make people very ill, or they die?" It said I always hold love and compassion for all, and I do what I do from that place. I'm sad if someone dies, but I also know I have done my work and that they are forever changed. Their changes are not lost because their bodies succumbed - the changes and gifts in soul, heart and mind are permanent and go with them.

The Way of Covid

Now I want to go a bit deeper into the two primary aspects of Covid. I'm going to connect that to a profound writing about Gene Keys by Richard Rudd. Don't worry though, you don't need to know anything about that to understand.

The two primary purposes of Covid are first to help you breakdown and release anything you are holding that is based in fear/separation and not love/unity - and the second part is to literally free you to evolve into a new form of human and humanity. The first aspect offers you freedom, and the second aspect offers you grace and love. These two aspects of freedom are described very well by the paired gene keys 55 Freedom and 59 Transparency respectively. GK 55 holds your keys to individual awakening and freedom, and GK 59 triggers planetary awakening.

The aspects of love and unity are described in gene key 22 Grace which transmutes suffering through grace into love.

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For the first part, it's primary function is to illuminate and ignite areas of separation within you - making them obvious - sometimes painfully so. As a simple example think about the raging, angry, shaming debates on social media about vaccines and masks. It's not really about either one - it's about illuminating how many of us feel righteous in our truth, and fear and anger towards those not sharing that same truth. It especially that many are feeling entitled to belittle, shame, blame, judge "them" for not holding the same truth as "us". All sides are very polarized and somehow unable to hold compassion, respect, and honor for the other. This shadow is ripping people apart inside - and' relationships, families, and whole warring sections of society. The important part is not about which side of the fence you are on. Instead, it's to see that you have built a fence between you and others.

As you understand that, I ask you to stop, step out of reaction and to look inside yourself at your feelings and then witness your behavior without any need for justification. Covid is showing you some deep lessons and insights about you - not about "them".

This goes far deeper than those debates/wars. Covid will help you see areas where you hold not love for self and for others. Many of them. These are the things that bind and imprison you in a jail of your own fears and negative beliefs. You - and only you - hold the keys to your own freedom. Covid can't free you, nor can others - just you. It can be deep, and hard work to see these chains, accept them as they are, and just let them go with love and compassion because they no longer serve us. They trap and bind us. These fears and beliefs limit us in so many ways - they can make us sick from negative emotions, harden our hearts, break relationships - and in the end poison us and our true nature as loving beings all in this together.

Matt Kahn - a very astute observer of humanity put it this way

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“Blame is the first act of war. Compassion is the first sign of peace.”

Here is the personal description of this part of the process from a dear friend and recent survivor of Covid.

“I'll share when I have more understanding and energy. Suffice it to say....I found myself deep cleaning my bathroom yesterday crying the whole time...as I released old beliefs that were like scum in my tub, gained clarity as I wiped down my mirrors and glass, made peace with my body as I swept up hair from my floor, let flow all the love that I've been keeping from myself and even others as the water flowed. Not sure this makes sense...but it really was my experience. Just feeling it all, realizing how I used anger to hide my fear...my heart is at peace...”

Now, what about the second part of this process, which a friend described aptly as the V-Boot - a fundamental reboot of you as a human.

The second part of Covid is to prepare you for the Great Change where in a very new way we embody and create heaven on earth. We each become a gateway to the invitation and a participant in its creation. All great changes come through one person at a time, and this no exception. We come out the other side of our personal evolution prepared to do what others sometimes describe as awakening or ascending.

We don't actually ascend or go anywhere. We just expand our consciousness to embrace a reality that's already here, but we are not aware of or interact with. How does that work? My guides gave me a simple example. Imagine that you are born blind - and are not experiencing the dimension of light, sight and all that it holds. Then imagine that through some miracle you are given your sight. How both amazing and confusing that might be at first. And how

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dramatically it would expand your experience of life and this world that was there all along.

This is what lies ahead for us. The “upgrades” we receive will allow us to perceive, experience, and navigate existing aspects of reality we’ve always been blind to. These shifts they fundamentally change us to be more loving, humble and living in peace and harmony than ever before. Richard Rudd describes this as our evolution into the next stage of humanity - Homo Sanctus.

Covid showed me a great deal of detailed information about what all these changes are. If you are interested, I can send you a separate writing about them.

In closing here, I just want to say that Covid is doing its work for us - not to us. It’s a tremendous gift often wrapped in fear and suffering. It is up to each of us to unwrap it to receive it and embrace it fully.

It’s all about you, me and our precious planet stepping into love, compassion, and unity.

A dear new friend of mine Elizabeth recently shared a poem I will close with. It really calls to my heart and soul in my new humbled state to simply do the best I can to be me.

It is my prayer for me, you, and all of humanity.

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A Blessing For Presence

By John O'Donohue.

*May you awaken to the mystery of being here
And enter the quiet immensity of your own presence.
May you have joy and peace in the temple of your senses.
May you receive great encouragement when new frontiers beckon.
May you respond to the call of your gift
And find the courage to follow its path.
May the flame of anger free you from falsity.
May warmth of heart keep your presence aflame
and anxiety never linger about you.
May your outer dignity mirror an inner dignity of soul.
May you take time to celebrate the quiet miracles that seek no attention.
May you be consoled in the secret symmetry of your soul.
May you experience each day as a sacred gift
Woven around the heart of wonder.*