

# Why We Must Raise Our Frequencies

## High Frequencies Eliminate the Dark Ones Survival Mechanisms

### Anti-civilization

Creating FEAR-based emotions in Man continue to FEED and Empower the Dark Ones to REMAIN in control

- Mysticism
- Scarcity
- Corruption
- Lies
- Hate
- Duality
- Death and destruction

- Stress
- Anguish
- Worry
- Anger
- Violence
- Powerlessness
- Self-annihilation

- Continuously worrying, stressing and fearing ONLY creates MORE of the same, over and over and over
- This is exactly what the Dark Ones are counting on you to do

By eliminating stress, fear and worry, man is released from the matrix

Controllers diminished

Man Waking Up

Less and less FEAR

### CIVILIZATION of the UNIVERSE

- As Man WAKES UP to illusions created by the Dark Ones, Man can choose to increase his frequencies by shifting his focus

- Once man stops worrying, stressing and focusing on what he does NOT have, he will no longer ATTRACT those things, thus eliminating the food required by the Dark Ones to survive

- Man must—

- Realize *he IS this experience, not OF it*
- Refuse all External Thinking, Mysticism, and New Cheaters
- Embrace **Self Thinking** and become a **Value Producer**
- Practice conscious Integrated Thinking which frees him from New Cheaters and points him towards Freedom and lifetime success, now and forever into the future

# FEAR

Low 3D frequencies

Increasing frequencies

Increasingly higher and higher frequencies

One must WAKE UP to realize that it is MAN's negative emotions that keep the Dark Ones in control