

# Sept 29 - Q Conversation part 2

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## SUMMARY KEYWORDS

third dimension, question, fractal, hear, soulmate, cabal, spirit, command, ron, eat, light, alliance, people, create, talking, life, words, feel, clones, individuals

## SPEAKERS

Ron Giles, Q, Tracee, Kristin, Carrie

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**R** Ron Giles 00:00

Good morning humanitarians. This is Ron Giles. I'm here with Tracee. And Kristin, and we're going to talk about Q's answers for us. And so we hope that you enjoy it. And so we're going to start now with the next question. This is number two, this is the second half hour of his presentation, which was four hours or two hours. And so we're doing it in 30 minute increments. And this is the second one. So away we go.

**T** Tracee 00:35

Okay, let's hear it.

**C** Carrie 00:38

He's discussed the term soul overlay filter, does it manage or an enhance the volume of light in our physical body?

**Q** Q 00:49

Yeah, so the soul overlays were designed to, to hinder the volume of spirit that's coming into the physical body, I call it soul overlay for a company, there's in the, in the industrial military complex, there are different names for it. So I just do its to make, make a little advertisement there, what they're doing. But essentially, when the light body comes into physicality, it seats itself in what most of us are calling the soul. So before the light, your merkabah, merkaba, whatever you like, before it marries and matches individuality a human. It is completely free 100% All knowledge of the universe, etcetera, etcetera, can do all sorts of things. The soul is where you're sitting, that that's, that's the geometric patterning of your merkabah merkabah. That is marrying into the physicality. So, with that soul overlay, what they're doing is they're making, say, like a filter kit, and restricting the volume of life that gets through your DNA as an example, or your genetics in general. I hope that helps.

C Carrie 02:07

So the last part of this question is, can the commands override the soul overlay filter

Q 02:16

100% I command my spirits remove anything in me, that's not authentically me. Now, no problem, you'll have no problem. Everything is instantly solved. So any questions like that you work with your spirit? You work with Prime Creator, you're going to get results? I guarantee you.

C Carrie 02:37

Okay, I'd like to throw a question in here we have.

T Tracee 02:40

Okay. So Ron, you're the one who first brought the word Merkaba. To me. So how about you start?

R Ron Giles 02:52

Okay. I'm looking at this as an overview of what he's saying and see how other things play into this, the overplay or the over whatever he called them, of oversoul, whatever. It is designed to stop us from receiving the higher light. Okay, if it didn't do that, then we would, we would have a very hard time in third dimension. So my ideas, this is I'm just this is my, this is my own perception of that, we would have a hard time staying in third dimension, with that kind of light. Because it's not normal for us, it's not our home, we know, we don't like to be here, with because we left all of us are most of us behind. And, and so if you don't have all your tools in your toolbox, and you you want to check and see if this circuit, this electrical circuit is actually live. Well, if you don't have your tool that can you can just hook hook it to the ground and then touch it and then the light goes on. But that's a tool that tells you that there's power there. And sometimes if you don't have that tool, you're working with live power, and you could get shocked. And this is this is necessary for third dimension so that we can we have to leave our tools over there on the other side, non physical. So when we come down here, there's a set of rules and set of circumstances and the set of tools, tools that we have to deal with third dimension. And what he's saying is that there's things Is there so that we can come to third dimension, and we won't be who we were, or even have much of a clue of it as a baby grows older they, that goes away. And you know, all the parents, well, that's silly, you're not hearing that sort of stuff. And it's just part of the way that life teaches us to live in third dimension. So when we're talking about these things, I feel like you know, and it goes along with the concept of the DNA. Here, we are thinking that the DNA is our connection to God, and that it has a full, if we have all 12 strands working really well, that we will have the fullness. And yet, que is telling us that that is theirs is toned down, we can't, we don't get the fullness. Well, that's, that's a

third dimensional sort of part of our body to help us to stay in third dimension. And if they cut that off, then let me put there, there's two things that that we have with the two strands of DNA that they're here. And one is reproduction. And one is love. Without reproduction, we couldn't be here. If we didn't have love, we would, we would wither and die. So they left those two strands that feed the soul sings. And that's what we've had to work with, without our God, Spark without us really knowing who we are. And the Cabal did that on purpose, because they wanted to control us. So we're coming back out of that. So what he's saying here, I think is very important for us to understand that these things that were done by the heavens, maybe that wasn't done by the Heaven, it was done by the Cabal, we don't know those things, they are very highly evolved technology wise. Otherwise, they couldn't do what they have done. That's just some of the most terrible things that have happened to us. But the level of their sophistication is similar to what the heavens had. And so who's in charge here? Well, which which one of those is the highest form? Well, we always no love wins. You can't beat love. You can't that's a power, the most powerful thing in the universe. So they've gotten away from that. And that's the only reason why light can overcome darkness. And so if we look at these things that have happened to us, then yes, let's, let's pretend is that the right word to use. Let's pretend like we are here with our full capacity. As that has come from our soul, the overlay of our comes through the overlay and gets to us and we're asking that that take place, get rid of the stuff that isn't our authentic self, but give us more of what is authentic from our spirit, and from our soul, show that we can ascend into the higher realms and those are the tools that are being made available to us now. That's my understanding of what he's saying.

T

Tracee 08:51

Well, I'm not going to touch that one Kristei, you?

K

Kristin 08:57

know, the the only thing you know along with what along the lines of what Ron is saying is you know, you can get pretty upset when you find out that there's things like so overlays and implants and barcodes that you didn't know about before. But like you know Q says with a pretty happy tone or scalar you know what kind of the radar they they try and implant thoughts in your head with the good news is if you can just stay in that peace energy and inspiration and keep doing your commands you can kind of sneak under the radar and it slowly falls away so there's a solution there either way so that's that's the good news.

T

Tracee 09:33

I love the command about remove everything in me because I had this like big ol mole right under here under like on my side of the my ribcage and I've been using that command multiple times a day and I add destroy it and keep it out forever and literally you guys that that mole is almost gone.

K

Kristin 09:54

Nice.

T Tracee 09:57  
I know. It works.

R Ron Giles 09:58  
I've got some moles I'd like to get gone

T Tracee 10:03  
gotta tell them to go away. Actually, you know, it's so funny you guys, this is something to add on that I remember from when I was a kid and I used to babysit this kid, he had all these warts all over his hands. And his doctor told him mom to put on red food coloring Oliver's hands, and every time he looked at them to tell them to go away, which is essentially like a command, right? Do you know that those kids warts all went away? Yeah. Okay. Ready? Move on. Okay, let's go. Yes.

C Carrie 10:36  
Has a lot of folks after our last call with you. Question, commanding Prime Creator? Can you address that

Q 10:48  
common question? Do I have the authority to talk to the universe? Exactly. Or how can I, how can I possibly be God, it's really, it's really super simple. That's why you've got so much dogma here on this planet. A portion of source is you. That's it. You have now you have now put yourself in a silo in an incredible experience being in singularity. This is an incredible honor to be a human. In this low of density, it's quite quite amazing that you can even get up in the morning. And you should end do a powerfully, magnificently. You're amazing. You're a fractal of a fractal of a fractal of a fractal a fractal a fractal fractal fractal of source. That's all we're talking about. Here. You are source, your God. So if we few would like to use a different word. Go ahead, I command the universe to help and support me now. It's done. You can use whatever words you want. I want them to be everybody else's words. I'm just a template for a starting point. I hope that helps.

C Carrie 12:04  
Okay. And can you define silo as you're using it in that statement?

Q 12:10  
So let's see what's what's happened here. In a very very very rudimentary explanation. This

So let's see, what's what's happened here. In a very, very, very rudimentary explanation. This version, humans, has been designed to have a very small portion of source in it as a general statement. So I consider that a silo, the DNA helps silo a portion of God, so that we only have a very small portion of our merch about being used each and every day. Hope that helps.

**T** Tracee 12:49

Okay, Kristin, do you want to go first? Or do you want to pass?

**K** Kristin 12:53

Oh, I'll take a crack at it. I mean, just it. I think sometimes. Some, the issue with that information, for me especially is that if it's true that if that's true, then that means that it's all on us. That means that there's you can't be the victim anymore. And now, you really do create your own reality. And that can be tough information, because that means that like, he says, you this is on you, you can you can change anything at any time, you just have to do the work. And that's liberating and sobering, all at the same time. So I think it's kind of a scary concept, but it's, it's a magnificent one. Run.

**R** Ron Giles 13:43

I agree with that. Nicely put, because with all of the things that the cabal has done to us, the love or that's the darkness and the light, which is love, can overcome all of that. But guess you have to do the work. Yes, you have to do the commands, the cabal is not going to do commands for us. What the commands do is say, Hey, God, here I am. And I'm asking you to do this. I'm commanding you to do this. Why? Because I need it done. I'm down here in hell and we're trying to get out. So I command you to help me. Is there a reason why he would not? Or she whatever it is? No, there's no reason for him or her not to help us with the command. Let's just Let's just take a look at ourselves where we are. We have been influenced by the Cabal so long, and so devastatingly that we need to help we can't do it ourselves. And the reason we can't do it ourselves is probably because we don't believe in ourselves enough to make it work, we have been conditioned to not know that we are God's children, and therefore our gods in ourselves in our ability to create likened unto our Father. We have been not we have not been taught to be able to do that. And so where are we now? Along comes security tells us these things. And we don't? We don't really believe it. How can I be God, I just feel uncomfortable talking, telling God what to do? Well, the Cabal made a deity out of that, that we have to bow and kowtow and a worship and, and, and all of those kinds of words. Because if we want to go back to live with God, we have to do all of those things we have to obey. We have to keep the 10 commandments. And we have to keep the law of love. Love thyself who your neighbor says yourself. Those are all things that we can do. Why do we have to do them? Because we're not who we are yet, we don't know who we are yet. If we don't explore these things, if we don't try them out and see that they can work, then we're passing up the opportunities to help ourselves to ascend. If ascension is not your thing, then don't do the commands of this mess up your mind. Because you're the help that we're going to get is from God. And that's where we're going. And if we're not wanting to go there, then you do want to go there, because you've been taught how to do, you've been taught to worship, you've got been taught all of these garbage, things that are not really true in a relationship with your parents. That's the way I look at it. And they did that so that they can control us and use our creation ability for their purposes. They

cannot create man has created the weapons of war, and all these sorts of things. Because that is our ability to create. And they've been using that for their purposes. And we just have to get out from underneath that in our minds, we have to say, hey, this isn't me. So when people say, Well, I don't think that I can be bossing God around well. You don't boss God around in terms of like, the cabal is bossing us around. No, that's not the idea. We're petitioning, we're getting the help that we need. And this is the way that cube has taught us to do that. If you hadn't come, would we be doing commands? So these are some of the blessings that just our parent with him being here and helping us? So yeah, we need to do the work in the ascension process, and the commands are beginning. So don't worry about telling God what to do. He's more than willing to do everything that we asked him to do or telling him to do. If we ever got that, in our minds, we could not be stopped. But until we get it in our mind, we have struggle. There's always a way out for us. And Q has told us that so here it is.

**T** Tracee 19:01

But what is a fractal of a fractal a fractal like what does all that mean? There's some words that he uses that I would really appreciate if you could kind of break them down for us. Like when he said the soul overlay, like I mean, I'm imagining like a steel wall or something separating the light from the physicality on that soul overlay on the fractal, the fractal a fractal. I really don't know what that means. And I really don't understand the whole merkaba concept. And I think that these terminologies that he uses frequently, would be really helpful for us to break down so that when people listen to his answers, that they already are like a little bit of a head of knowing, you know what his meaning are for certain terms.

**R** Ron Giles 19:46

Go ahead, Kristin

**K** Kristin 19:47

I that's above my paygrade

**R** Ron Giles 19:50

I knew we need to pay you more.

**K** Kristin 19:54

I'd be turning water into wine over here for sure. That those are concepts that I have to keep going back and then listening to slowly and digesting them. And I will say that it's interesting that every time you go back to a show, it's like the same. You speaks, it's the same 90 minutes, let's say, but you pick up, you pick up more a month later, it's like, Ah, so it's the same information unlocks new doors, as you progress, or at least for me, that's what I found. But I haven't unless I have a concept, but not enough to try and botch here for everybody. So I'm gonna take a pass,

R

Ron Giles 20:29

let me give that a try. What is a fraction fraction is a part of the whole forgot to have, those are two fractals. And they combined together and there that's the whole? Well, if you're a fractal, a fractal of a fractal is just like, how many fractals are there in 1000? Well, if we do it one at a time, then there's 1000 fractals. It's just a fraction. So one fractal is 1/1000. And so when we are talking, when he's talking about our spirit, a massive massive just having a hard time finding the words that would indicate to give us an idea. huge, massive spiritual being, okay. virtually unlimited. We're just a little small portion. So we just, I don't know how is there 1000 Or a million, we don't know. But we're asking, give us all of that, so that we can get out of this garbage. So the more fractals we get, as in pieces of light, or fractals is what he's calling as a fraction. That fractal is the thing that we have here. And so we're worried we're trying to get more of the fractals. Give me all that I am. And see those overlays and things were designed so that we could be in third dimension, and have an and not be over lighting our existence here so that we could experience the things in third dimension for which it was created. That's all it's all about. So when I say when he says, Ask your spirit, or command my spirit to give me more of who I am, or the greater part of who I am, it just saying I want more fractal sublight. Get it down here. I need it. You know, I need it, get it down here. I'm open to receive. Oh, is that the right word to use open to receive. If you don't have faith that that's going to happen, then it's going to be really hard for it to happen for you. Because you don't have the facts, the facts straight in your mind that this is the way to do it. And if we just listen and realize what was what is what is at play here. We are not slaves. We're human beings, human. God, man being we're being human. We're being God man on the earth. And that's the way it was designed for us. And the Cabal took this all away from us. Otherwise, we'd have a paradise already heaven on earth already. And so if you want to be a part of the new stuff, then you kind of have to do the work. If you're not going to do the work, then just enjoy your job and come home, watch television. And it's dinner ready. That's your life. And it has nothing to do with going back and being a part of the heavenly realms. A merkaba is a light vehicle that is personalized to you. And we have ways to activate that there are ways to activate that. And some people have learned how to do that. And watch it what you do is you get in there and you can go wherever you want to go. You activate it by your breathing. And, and the merkabah will take you to locations that you've never heard about, although that's the we've got to start out smaller. Because if you go to another native star nation or something without them knowing who you are, they'll shoot you out of the sky. I don't know if that's true or not, but you got to do things you have to get permission to go places otherwise they don't know who you are. And if they don't know who you are, then you don't belong here so don't come that's By way of looking at,

T

Tracee 25:01

okay, cool. Thank you for that. I appreciate it. Shall we move on?

C

Carrie 25:08

This is from yen in the US what is the best approach to remembering who we are?



0 05 17

Q 25:17

Yes, very fun working with ourselves, commanding our spirit to give us all of us as an example. The more you do it, I assure you years and years of one on one calls with people, where you're at now compared to a year from now is going to be shocking to you. Maybe carry could could speak for yourself. So you're going it. Everyone's on their own bus here now. So it's up to you to do the work, and you're accountable. But I guarantee you all knowledge sits right in your heart. You can you can try it right now. Carrie, are you from from Xandar? 36. What does your heart tell you? Yeah. Okay. But you know that, yes. You didn't get out my mouth. And you know, all right. Okay. So the more you start exercising out loud with your heart center, it'll get should I go to? Should I go? Should I go to the bank today? Your heart ago? I hate that place. Gotta hate that place. Things like that. More and more you use it, it will get stronger and stronger. Hope you hope that.

C Carrie 26:35

Yeah. Can you dovetail into talking to ourselves in the mirror for getting answers to questions, because I think that that's a perfect segue.

Q 26:44

Again, it's yeah, thank you very much. It's such a privilege to get to do this. And, again, everyone's face is what we're talking about here. I know I'm lying to myself, I don't try and try and try and look yourself in the eye. And enlighten yourself. And again, it's a starting point, to exercising with your heart center. So you go, This doesn't feel right. I don't want to go out on a date with that guy. I don't even like it. But I gotta go out on a date. Because Judy's going with her date, you know, just little things like that. You'll you'll start realizing this doesn't feel that good. Why am I doing it. And as you evolve, as I'm sure Carrie, you can speak to it. There's things that are just going to make you sick. After a while, you will physically be able to do it. Because you're hard to go, I don't like I really don't like doing this and you're not. So that's that's what I'm encouraging everybody to start, look, really look yourself in the eye, look your partners in the eye. And you'll get perfect knowledge that helps

R Ron Giles 27:55

me Okay. Let's go back to fractals, and then come back to what he's trying to tell us to do. Every time you do a command. It's like taking a step in the right direction that you want to go. And the more steps should take, the faster you'll get there. Does that mean we sit in do commands all day long and not take care of ourselves? No, that's not what I'm trying to say. But the fact is, when you do one, if you put your heart and soul into it, then you have a bigger step. And that step might be 18 inches until you start running. And then there, you know, you can run around 36 inches or something or maybe four feet. I don't know, some people can do at home. But the point that I'm trying to say is we do what he asked us to do is just a matter of time, every time you do it is going to make a difference. Every time you do a command regardless of what it is, every time you do that is going to help you and your body move down that road, which is creating more light for yourself. And when he says he is going to be different



for you in a year. Yeah. I believe that he's actually correct. Believe that we won't know on an on a step by step basis what's going on. But we wouldn't look back to where we were we say wow, I've come a long way. And that's that's really what's true. That's why I look at it.

T

Tracee 29:48

Kristin, did you want to add anything?

K

Kristin 29:50

Actually, it was kind of interesting to hear him speak about that because reflecting back that's probably one of the biggest things I can notice is in the past six nine In 12 months is, I'm not doing any of the things that I used to not like to do, it took a while to realize how much I don't enjoy doing certain things, whether it's obligations or whatever. And it kind of creates a little bit of turmoil when you realize you're not enjoying it. And then now I think I'm at the point where it's like, the boundaries are there. And it's, it's almost, I'm also almost enjoying the fact that I'm not gonna do anything I don't want to do. Just not gonna happen. I mean, to an extent, right. But like, I've gotten out in front of the holidays, I've already told everybody, nope, I'm staying home. That's it, because that's where I want to be. And those sorts of are, are like the obligations where your mind tells you, you have to do it. And so you go do it. And then when it comes right down to it, you really aren't enjoying it. And I know it's a simplified version of things. But if I think about it, that's actually been probably one of the biggest changes is now my time is my time and you're starting to get momentum in the direction you really want to go when the rest of it starts falling away.

T

Tracee 30:58

I'm glad you said the word momentum, because today in the chat, I shared a abraham hicks video and she talks about that, like, I really want this but and that bet stops the momentum of getting this. So I have to say that I like what she said about the mirror thing. I'm learning that process because when he says something to me, like Oh, ask yourself this, ask yourself that. And I immediately feel like, well, if you're telling me this, that it must be true, like so. Now after hearing Carrie say no and laughing. I'm like, Oh, crap. He says, I have a good bullshit meter, but I'm not seeing it. So I don't know. I'm kind of stuck on that one.

K

Kristin 31:41

What do you mean the mirror thing? What?

T

Tracee 31:43

What do you mean? He said, go look at the mirror. Well, I remember that day, he said that I was at the grocery store. Like he knew that I was at the grocery store. And it's not not happened. He I got chills. And so he's like, okay, so notice that feeling now go look in the mirror and ask yourself this question. And then this question, then this question, and the only thing I

did notice is that my left eye twitched. When I asked if I was a blue Palladian which I'm guessing that was a no. And the other one, did you drive spacecraft to Mars? My eye twitch? So I'm guessing that was a no, but I have no idea because I just am learning like everybody else. So okay, let's move on. We've gone deep into all of these so far. And we have a lot to go.

**C** Carrie 32:33

All right, Howard in the US asks, what happens to the people that are playing Evil roles? Are they not human?

**Q** Q 32:46

Yeah, so that's a, that's a big question there. There's the dark on this planet are very diverse. The ones that we have the most trouble with, in my opinion, will be the ones that look like humans. And what they're able to do is abduct individuals with their thoughts and or hijack in this parasitizing call many dumb things. So I want to be careful not to put identity around this. But the dark is very good at taking over your thoughts through emotional body. And so what happens to them? They can't keep up with us. If we use our high frequency choices, they can't even touch us. And so that that'll be my answers. Short version. That's a very long winded and that's the also our greatest defense is being offensive. I'm excited fill in the blank to do this. And they literally cannot live in the same paradigm that we create. When we use inspiration, excitement and joy, passion that helps.

**T** Tracee 33:57

Comment?

**R** Ron Giles 34:00

I'm fascinated with that. And revisiting the, or the answer. Because it's it makes so much sense on more than just the question that he was trying to answer. The thoughts are still coming into my mind. And so it's, it's hard to put them out to where I can convey something.

**K** Kristin 34:23

I'll fill the gap if you want run, because it just started. I just please. Well, I remember where I was when he told Jane because she was like, you know, how do we deal with the fact that you know, she was kind of asking for advice. And he said, you know, or what was your example of something about getting in a car crash? And he goes, Well, what if I told you Jane, you can't get in a car crash if you're in at a certain frequency. So in other words, going back to we really um, the reality and if we can keep that frequency high we can you can call it float under or float above. A lot of these a lot of these scenarios And that was that was quite a, quite a statement he made it made an impact on me because then it was like, alright. Alright, so I can do something here about this, you know, we can, we can literally outpace them that inspiration.

T Tracee 35:17

So I'll let me add to that. So the one with this made me feel was that in our head, we have our inner critic, okay, that beats us up and tells us we're wrong. We have our inner ego that does a little bit of the opposite. My dog keeps scooting me farther and farther away from my desk. We have our inner child, the brat that wants what she wants when she wants it. Okay, so we have all of those that I feel like, you know, how we says that they they kidnap you, they hijack you, or whatever, I feel like those three pieces of our mind are culprits, right? They they control you and they have you do things that your heart space wouldn't allow. So your inner spirit wouldn't want you to do these other things that these other entities work. So it's like, what I've learned is we have our inner child, inner ego, inner critic, and those are up here. And then we have our inner intuition or inner spirit that's here. That always has the best in mind for us.

K Kristin 36:26

Mind energy versus heart energy. Mm hmm.

T Tracee 36:30

Okay, do you want to add to that, Ron, or do you want me to keep going?

R Ron Giles 36:35

No, well, there's there's some good things that you said. And I appreciate that. And same with Kristin. It's good job.

C Carrie 36:41

All right. This is from Richard in Barbados. And this is long question. I'm going to shorten it by saying is the book of Revelation about Armageddon, actually about the end of the Cabal?

Q Q 36:58

I can't comment on that. Because the messaging is so double sided, so I'll leave it at that.

C Carrie 37:08

Okay. All right, Leah, I believe in UK. I've been listening to Ron Armitron. And he says, There are no spirit guides or angels. Can you comment on that, please?

Q Q 37:23

Right. And so I'm gonna go, you're probably never gonna get me to disagree with my brother, Ron there. And, uh, yeah, their spirit guides. And they're hiding from you, who they really are. Why do Why does God need a guide, by the way? And yes, there's high frequency beings that want to help and support us. It's up to you to figure out which one you're working with there. Hope that helps.

**C** Carrie 37:53

And can we use that mirror practice to determine which ones are which?

**Q** Q 38:02

Absolutely. It's, it's, you know, you can actually start playing with your heart center by doing some ghost writing, you know, just let let remove your mind from the writing. And you'll get answers all the time that way through your heart. I like using the mirror because it's tends to certainly I agree. Okay.

**T** Tracee 38:26

I need to start practicing, I guess that mirror? Um, anyway, what would you like to comment on this one,

**K** Kristin 38:33

I'll pass on this one.

**R** Ron Giles 38:36

I'm drawing a blank. So I'm trying to figure out why I'm doing. I have, I have felt the emotional things and have gone through that trauma from the dark side. And it's devastating, to be honest with you. And if you watch what you're doing, then that doesn't happen. Or can, it's less likely for it to happen, it can happen but you, they have to have more energy than you do in that problem. And I don't know if that takes more people or more. Whatever it is, but we can't control ourselves, we can control the circumstances around us. And raising our vibrations is the best way to do that. And I think that that coincides with what he's saying. I have a connection with a certain individual. I call it an intuitive individuation. It's a name of an individual. But it represents sometimes there's a committee there. And sometimes there's two or three people there and sometimes there's a whole stadium full of individuals that are presenting the power to me, and of some of the ideas that we're creating. Now If I believe it was correct, because there is, I'll say living proof in loved one society that they, we do have these higher energies or higher non physical beings that are helping us to get through. And, and in being in harmony with, with what the end result is supposed to be makes it so that this can happen. So from, from my perspective, it's not that Ron Amphitryon is not correct, because why do we need somebody other than just the purity of greater we're just not at the level that we can do it on our own. And in helping our getting ideas and communicating with others that are like mind, we

get a chance to start thinking about things that are different than what what would come from us. And in doing so, we have the greater understanding and the greater knowledge. And the more we associate with those people who are very similar to what we're doing. them we're doing better, we will we are we're our spirits are rising, our energy is rising, our light quotient is like rising. But if you're still arguing to your brother in law, Biden this and Trump's this and all that sort of stuff, if you're still involved with that, boy, that leaves you Oh, your door to your inner self is wide open. And they use the energy, the physical, this, your emotional energy, you're just laying waste to yourself, the pose that door, and don't go there, don't go arguing with your brother in law, there's no reason to do that. They have their life to live. And if you are trying to overcome their life that they're living, that's trespassing. You are trespassing over their existence. We do it all the time. And that's one of the biggest problems. That's why saying the Lord's Prayer. We do it as intentionally, but we are doing it. And that's the important for us to, to realize. So we can help each other. That's why we came here. There are those who have ascended, who are coming back to help us don't deny that because that's the truth. And the alliance is filled with Ascended Masters, and highly evolved spiritual beings, who are who are designed to come back and help us to do the things we want to do because we're creating a brand new way of life with the golden age of mankind. That's my perspective.

K

Kristin 43:11

I expand on that a little bit, too. You know, the bad guys? Yeah, like you say around like they can hijack your emotional body hijack your thoughts, I struggle with trying to figure out the mind energy versus the heart energy. But the good guys have technology here too. And I think maybe you might have I think he was talking about it on Jain show on Saturday. That you know, there's there's things like portal technology, and a whole bunch of goodies that the good guys have two that were sent back to help in this situation. So it's a real complicated game. And it's hard to figure out it's real tricky, like he says, and but I think all in all, all of us that are really trying to work on it are figuring out how to sit back observe and figure out whether or not we're being hoodwinked again, or there's something deeper there is what I'm finding even if you look at the if you look at the q&a that you did with love won society last time versus the first call, just the the type of questions right there show that there is a big come up and it's in the everybody's comprehension of what we might be up against here. So I don't I'm pretty optimistic about it.

R

Ron Giles 44:21

Yeah. Can I just one more thing, Ryan and mirtron was talking about the purity. Why do you Why does the child need to go through somebody else to get to a creator, father. And the reality is, is that we are down here together trying to work ourselves through this and this is part of the third dimensional experience. I believe. If we work together, it's much easier. And if we can communicate with the other side of the veil, then you know that's coming to As with our, our counselor, then we're getting used to that. And the more we get used to it, the more we realize that that's just the natural way of being. Instead of thinking like we're, what we're doing with Q is such a newness to us that it's hard to grasp the reality of what's going on. But once you grasp it, then you move on from there. And then that's where the, you're going down the road at a much faster speed. And eventually, we'll get into a car or a rocket ship. Because we're, that's where we're headed. That's all I have to say.

C Carrie 45:44

All right. This is from Angel in Spain. How does it feel to live in the fifth dimension? And above? And will we still be physical?

Q 45:56

Great question, my favorite for sure. When you are, this is going to be a little long winded forgive me. You can be what you're calling the fifth dimension right now in your current body right now, if you chose to be with a very dense body. It's quite interesting. So just your very choice. So I, I am not a fan of the linear communication regarding dimensions. But it's, it's easy for us to chat that way, I suppose. And communicate that way. The higher frequencies are your choice right now. So if you're in the forest with the animals, what's it feel like versus being on your cell phone in the middle of downtown metropolis. That's a great example of what you're capable of doing now. What you're capable of doing, when you're at higher frequency continuously, is unlimited. Endless. You live and breathe synchronicity, through your excitement, your joy, you don't even have a doubt in the world. Remember, you don't have a brain when you're not in this type of human. You have collective knowledge, all knowledge. And so your expression of yourself is whatever you want to be, whatever you want to be, I want to be an elephant, I want to be a rock I want to be water molecule, I am excited to fill in the blanks. You get to jump from life to life whenever you want. You can make your feet big, you can make your feet small, you can you can fly, you can you can do everything.

T Tracee 47:47

I want to be a mermaid?

K Kristin 47:50

How do you know you're not?

T Tracee 47:54

I got big feet.

R Ron Giles 47:57

Measuring is third dimension. So I have her second third, whatever dimensions that we're talking about. In the spiritual realms, there is no measuring instruments. So and that's, I think that that's what he's trying to allude to hear you want to be in the fifth dimension? Or do you want to be in the fifth dimension? Well, how many dimensions are there go have a choice. These are all measurements. It's like, the poem going down the road is measured in in miles. But if I didn't have measurements, didn't measure that I've gone a mile, then I would just be going down the road. And it wouldn't matter. And I think that much of what we're trying to accomplish, and I think this is what, in my opinion, what Q is trying to say dimensions are our

measurements. And if there's measurements in involved, then that's not reality. As far as the spiritual realms are concern, it's a physical thing. And getting away from physical things is really good. Don't can you be in the fifth dimension where we're stuck here? We think we're stuck here in third dimension. Well, he's saying that's true. We can be here with our hips in fifth dimension with our, our fixture body or heavy body. Whatever word it was, you saw. Those are interesting things. interesting concepts. are they true? Yeah, they're true. Just let it be true. I let it be true in my mind, and so I can be wherever it wants to be. I'd need to learn how to be there. And, and really figure You're out where I am and where I want to be and what we're wanting to do. Right now, pretty much third dimension is taking over our essence of who we are. This is where we put our focus. This is this is an why is it that is still here? Because we're focusing on it. That's what we're doing. We're recreating it. If tomorrow we'd stop creating that, then we would be something different. Because our reality is created by ourself. But we do have a timeline that we're on. So we stick with that instead of being able to veer off into space anytime we want to so but the reality is, we can do that. There's no limits to the Spirit. Absolutely. None. I noticed you came down for 30 minutes. Go ahead.

**K** Kristin 50:55

Sorry, Ron, I noticed going between third dimension and fifth dimension in my own house, ever since you know, we started working from home, it's like, how come some days I wake up, and I noticed the baseboards are dirty, and then some days I don't. And so now you have those days, and it's like it's the same place. But some days you feel like you're, you know, everything's just coming together for you. And then some days, it's like, wait a second, why can't I get right back there? I'm in the same spot. And I that that gets pretty trippy for me sometimes, because it does make me believe that you know, you you can take you know, you're you can wake up in a very high frequency and then you keep you get back into that mind and you drop back down.

**T** Tracee 51:36  
Indeed.

**C** Carrie 51:37  
Okay, this is from Lola in the US. How can I tell if I've been hijacked?

**Q** Q 51:48  
Define hijacked, I guess, because they have a gun to your head?

**C** Carrie 51:53  
Or have some? Or have some sort of implant is what she's talking about. Yeah, so

**Q** Q 51:50



Q 51:55

the entities, mostly entities. Please, with my words, there's a happy ending here. Don't worry about it, it's really easy to take care of ourselves. It all you have to do is use your heart as your primary decision making process. That's it super sad. But most most entities come in through emotional events in your life. So that uncontrollable anger, that uncontrollable sadness, where did that emotion come from? Okay, if you're, if you're in peace, energy as the standard, then how is it that I'm getting courted with these emotions. So the circumstances here really don't matter. So if we, if we look at this very phone call, everything we talked about is gone. So the entities are counting on you remembering that past life trauma, epigenetic trauma from your ancestors, it doesn't doesn't really matter, as long as they can get you corded to something emotional. So basically, thoughts that aren't yours is what they're going for. That helps.



Kristin 53:12

Simply put, you know, it goes back to everything that you said, you know, if you can just maintain at least a piece energy, maybe you're not happy about everything, but at least a piece energy and then when you get knocked off that to try and observe what just happened. And the more we we resolved to do that it I will say for me, I've noticed it's made of it's made a big difference leaps and bounds really. So but it is it is it is a lot of having to simplify your life and sit and focus on it on how to do it.



Tracee 53:42

And you said saying



Ron Giles 53:43

that? The SEC, what he was saying that? How do I how do I know? My thought was, well, how do you feel? If it's if you feel loving? And are you fear and fear, and those are good ways to know what's happening to?



Kristin 54:05

Yeah. There's a guy that said he sat on his couch for a year. So things were he started realizing it. And then he said he literally sat on his couch for a year and just started slowed everything down. And he said, not to put words in his mouth, but it was something like, I promise you that after you that year, your your life will be the same. Now there was all these distractions and all these things we stressed about. If we slow down and we observed them. It becomes an entirely different game. Yes.



Tracee 54:38

And I think the secret is to pivot faster and to catch yourself when you are in your head. And Kristen, you said the other day when we on the phone, negate negate negate, to flip it quicker. And turn it around and get back into your heart and I thought that was really good. Wisdom,



delete.

K

Kristin 54:59

It was well I mean, whatever, yeah, whatever word works for you, yeah. You get a thought that is, it's like you know that it's, you know, it's beneath you, or it's behind you or whatever. I heard him say this on something, you know, you have the ability to observe that thought, Do you like it or not delete it. And for some reason, saying it three times, seems to reprogram my brain pretty well. And then I find, you know, week later, two weeks later, those those similar thoughts don't creep back.

T

Tracee 55:28

Cool. I like that. I think that's good wisdom for people to take into a daily practice is that when you find yourself in a place you don't want to be that doesn't feel good, delete, delete, delete, and get back down floating down the river of joy. Yeah. So okay, let's go.

C

Carrie 55:46

Actually, this is from Vivian in the UK. Should we abstain from eating animals and mass produced wheat products, etc?

Q

Q 55:58

Yeah, so I'll, I'll be careful with that one. Because there's so many different types of genetics here. And some people do need iron in a different way than others. You're like, you're not you're a hybrid. So when you look, when you look at a baby, its first three months of gestation, I suppose you'd call it, it looks a lot like a lizard, doesn't it? Yes, it does. Because we're, we've got two primary hybridization program to your mammal and, and reptilian unfortunately. And fortunately, it's very, very positive thing to because the mammal and obviously is winning. So with that, with great respect, I would prefer us all to look at how we get our food and how it's raised because I I can assure you that when you raise a plant with great love and great care, and then ask it permission to consume it and nourish to compare to when you go to your local store, and that plant has been trashed its entire life and harassed in a vat environment, then chucked in a bin and then thrown in your grocery store. And then you eat all of that energetics. Completely different now isn't it? Sounds so so so Nana's gonna live underneath the LED lights and so forth. So anyway, I'm making light of it. We it would be my opinion that just great care of our food should be taken in the most loving and respectful and appreciative way. So that helps.

T

Tracee 57:45

Ron, you can start because I thought of you when that question was asked

R Ron Giles 57:54

did baby boomer Smith treat them with kindness and respect and, and they will grow to be what we want and need. If it is indeed what we want to eat. I think it's the same way with vegetables. I look at the Indians and I American Indians. They go out and buffalo hunt. They don't only shoot enough to take care of themselves. But if they didn't shoot buffalo, they would freeze in the wintertime because that the skin is used for their clothing. And so now we say oh well we don't need to do that now. Well, I say yes, we do. Because the money the food and and the things that we're eating now have not been taken care of. It's just like it was saying okay, appreciative saying a prayer on your food, whatever is important. And I think that that will suffice for whatever you're eating.

T Tracee 59:02

So Kristin, did you say you heard him say something about Buffalo and Aussage on our show recently at some point that those were the two that really came here for the purpose of consumption.

K Kristin 59:20

That was a Zora call and he because Zora is you know, big, if I don't want to speak for him, I think he's a big vegetarian and he he said that however, Buffalo an ostrich were put here to sacrifice themselves for this transition as we move off of meat. That was what was on his show.

T Tracee 59:39

I love Buffalo, not ostrich ostrich is only served rare because it's really tough and it's pretty gross. So anyway,

R Ron Giles 59:52

each person

T Tracee 59:54

we lose behind us, but

K Kristin 59:57

how do you really feel Tracy out Oh yeah,

T Tracee 1:00:00

I won't eat any more raw food after my parasite cleanse pack now. You'll see what I mean.

**K** Kristin 1:00:09

The thing too is it feels like you know, I remember him saying and you can feel it. We're only really getting like 14 hours in a day. I mean this time is flying I find that you wake up and whenever you choose to eat the three meal a day thing for me is tough now it's like we just ate now it's it just seems like Time is flying and you know I can get two really good meals in and maybe a snack or two but my desire to to eat has gone down. I've noticed I don't know if that's true for everybody, but

**R** Ron Giles 1:00:39

get by with just one meal a day.

**T** Tracee 1:00:42

Try CrossFit. You're gonna want to eat your arm off. Okay, let's go.

**R** Ron Giles 1:00:48

Well, you're a very active person. So you need more food. I'm sedentary so I don't need much more than more like an eating one meal.

**T** Tracee 1:00:57

Oh, I wish I would I do that sometimes. Like when I travel. I do that. But I don't know. lately. I'm home. And I'm just like, Ah, okay,

**C** Carrie 1:01:06

let's go. Yes, thank you. Um, what is your this is from Carla in South Africa. What is your take on the concept of a soulmate? Twin Flame?

**Q** 1:01:23

Great question. I'm getting more common, isn't it? People are starting to recognize each other. I love it. I'm getting this more and more now is like, I know this person from somewhere. I know him. I don't know why. But he only has one letter for a name. But he sounds familiar. Because we're feeling each other's resonance. And it is so exciting to get this question. So I want to be careful of the titles that we can hear. Most of the soulmate programming in the books is really alien technology around karma, and reincarnation. So I don't get real popular when I explained that karma is alien technology, obviously. And reincarnation here is is a what I'm calling the

spirit recycling center. And because I've gone through it so many times. I know it's a recycling center. So it's up to you would use that information feels true to you or not. In any event. I am a huge fan of this topic, because we get to talk about why is why am I at a high frequency today. And I resonate with that person and the next day I don't. So yes, there is such thing as twin flame, because we can match frequency and have that knowledge rekindled from having the relationship with that same frequency individual, if you like, yes, is the answer.

C Carrie 1:02:57

So is there a difference between a soul mate and a twin flame from in your perspective?

Q 1:03:04

Right, and so that so we can actually look at my previous answers. The soul is where the light is ceding itself in physicality. So you're not going to get me to agree with soul mate at all is a positive thing. Because it is, if when we look at the word in that context, yes, is the answer. Because we're all light beings, we all have familiarity, and some of us have more familiarity than others, because of a lot of our relationships universally, and the frequency we're at a given time. Hope that helps.

T Tracee 1:03:42

Okay, comments.

R Ron Giles 1:03:43

It's an interesting thought, interesting idea. I was taught some years ago, 30 years ago, about the order of heaven, and the family of God. And the way that we have old souls and young souls. And I still believe in that even though you got to figure out where that fits in to the newness that the queue is talking to us about and because there, he's not going to tell us a lie and neither the other people and yet there can be some things that are not accurate in our perception of what we hear. And in that regard, then we just have to not give it a judgement, but just say, yeah, well that that sounds good. I can feel that I can and then my mind is open to other things that come as a result of hearing that and I don't close myself off to Well, I know a lot so I don't need to listen to other Oh, that was a lie because then go with what I think, boy is, is there not a lot of that going on in the world. So if you allow yourself to be open to new ideas, using spirit to understand what's going on so that you're not creeping into the darkness. I like what he said. I like I like everything he says. But I appreciate what he says here because there are those who a soulmate and I think his reference had to do with personal relationships as I married my soulmate. Well, from my perspective, there's quite a few soulmates and some are manifested male and some are manifest and female. For one incarnation, that's something different the next one. So I think that that's a that's a good, good summation. Without the ability to, I think it has he was referring to relationships that people have, thinking that they're soulmates or twin flames, whatever it is, if couldn't be there, it maybe it's not the see.

T Tracee 1:06:24  
Any more comments?

K Kristin 1:06:26  
It couples with what Ron and mirtron has explained on a couple of occasions that I've heard him explain that. You can't get more science fiction than this. You know, basically, the recycling center that he was talking about they as Ron ama Tron put it, he goes, you know, they catch you. And then they try and convince you, Hey, do you want to come on down here, you could be a fisherman. They try and sell you on this life. They sell it as karma. But they hoodwink you and send you on back down. And usually you end up in a situation where you're with a cast of characters that you've been with before, because they know how those energetics work with each other. And so it couples with what Ron Albatron says that, you know, we get hoodwinked sent back down here probably with the same cast and crew. Because they know how to set that scene. I'll set that scene up and feed off of it in terms of the soulmates and then the the twin flame. That makes a lot of sense to me, because it seems like it's these levels of frequency and if you find somebody you eventually find somebody that you're on the front same frequency with, you know, you feel a lot of camaraderie there explains why you can fall out of frequency and whatnot. So the soulmates thing I always do associate with the hoodwinking, and then the twin flame seems to be something where you know, especially in these energies as we settle up, we, we do maybe come find multiple twin flames. I've also heard him say that twin flames, there's no escaping them because they're like a mirror to you. I don't really totally understand that yet. But I thought that was another interesting bit of information on it.

R Ron Giles 1:07:56  
I agree with that. There's another way of looking at Twin Flames. The word androgynous means as you're neither male or female, most spirits also, I won't say all or most, I'll just say that they are androgen on androgynous meaning that the male and the female are co located together. In the spirit in the spiritual world. When you want to go into physicality, you can separate the male and the female. And it doesn't mean that you have to be dear the male part. That doesn't mean that every life that you incarnate on the earth is your a male, because it can be male and or female. Say But oftentimes, they're not there together. But they the twin flame means that they they coexisted together in the spirit world separated for to come down into duality. And it makes more sense to me if I look at it from that perspective, because rather than a romantic or relationship, because, in my opinion that we didn't come here to bind our soulmate, or our twin flame. We came here to experience what's here in third dimension. And oftentimes a soulmate or real soulmate is on the other side of the veil, protecting looking after this sort of thing. So very seldom are they on the earth together at the same time.

C Carrie 1:09:38  
Okay, I like that.

T Tracee 1:09:42

All right, we have nine more minutes.

**C** Carrie 1:09:45

Okay, yeah. All right. This is from Rafi in Australia. This is according to run ama Tron. 95% of humans on this planet are clones.

**Q** 1:09:58

Yeah, so In 2000, this is how good their technology is. So they're able to cut and paste time without so that you don't see it. Know that great care is taken when I when I speak about this extreme care is taken this I do not take this subject lightly. The reason I can be of help to you is I'm coming directly from source. So yes, I'm in a physical body, but not at the same volume percentage of time as you are so I'm in real time Peace energy and I'm watching cut and paste time. So say the question one more time so I can make sure I get this right.

**C** Carrie 1:10:46

Okay. He says according to the light being known as Ron Amma Tron 95% of humans on this planet are clones.

**Q** 1:10:56

Yeah. So again, that's another example of the information I'm giving to you is I don't remember anything because I'm in real time. So forgive me. The the cloning process was designed to guesstimate when the ascension cycle was going to land. So I don't want people to get too excited about cloning. It's a he what he means by that is human cloning. So stifling this version of humans would be another design, definition of cloning, stifle this version of humans that doesn't get as much light as it's capable of. So the Mayan calendar was used for that. And, and so, let's replace cloning with, I'm not getting as much light in me as I should have, compared to prior to 2000, we were going way too fast. So they just slowed us down. So that's my answer.

**C** Carrie 1:12:02

Okay, thank you.

**T** Tracee 1:12:05

Okay, any comment?

**K** Kristin 1:12:08

I'm gonna stay away from that one, too.

R

Ron Giles 1:12:12

I think that a clone is something that can be made. Our perception of a clone is something that can be made in a test tube doesn't have a spirit. That's what's happening in my opinion. And they can grow spirits, and they can take a person and take their essence and put it in a test tube and, and create this. Something that looks an awful lot like that person, when the real person has been taken away. And each time that the new clone is reproduced, like as in, you need to keep going, because the clouds grow up so fast and age so fast and die so fast, or, you know, you and you want to have them look like the original. The more you change, the more you reproduce from the old, or from the new clones, you lose the essence of what the original one was, until that takes place and you have bones that look alike. And that's what they're using with people today. Especially those who have met their traces activities through the through death or anything like that. So they can still keep those kinds of people looking very similar to what the original was. So that's my understanding of clones.

T

Tracee 1:13:45

Okay, let's go on.

C

Carrie 1:13:48

All right, let's see here. This is from Richard in Barbados. I've heard so much about the replicators. Is it possible for you to tell us about that?

Q

Q 1:14:01

Yeah, many races do have replicators. Many, many, many. lower density races have replicators must realize that when you you do live, let's say five dimensions, six dimension, many people now are having a tough time eating. It's very difficult for me to participate with you with electronics. I break everything I participate with this example. That's electronic. And so So that's an example that you don't need density when you're at high frequency you don't eat or drink. So fifth sixth dimensional people don't. I assume many people are going through that now. One day you feel like eating the whole house the next day, you don't only just drink water. So that's already happening now. That's my answer. Okay.

T

Tracee 1:14:52

Anybody wants to comment on that? I'm good on that. I

R

Ron Giles 1:14:57

think it's pretty self report itself. planetary

**T** Tracee 1:15:01  
Okay, let's go on difficult. Canada

**C** Carrie 1:15:02  
asks, How long do we have you with us? And is the light ship also staying?

**Q** Q 1:15:13  
Yeah, light ship it, we use that term. So it's easier for everyone to relate to coming around the light comes around a dimension and squeezes in and gives us more of our light. So it's just a it's a light, the entire light, you're so you're completely surrounded now in in extreme intensity and that's why some days you're going, Whoa, what's going on as well. You're getting as much light as you're ready for and so forth. And so since our universe the overlap for me will be 221 50. Hope that helps.

**K** Kristin 1:15:53  
A second, that's all I gotta say.

**R** Ron Giles 1:15:57  
Hey, man, let's go for 2150 Yeah, we're gonna have at least 100 years with our loved ones society and and the funds come in. Maybe we should ask her longer. I don't know.

**T** Tracee 1:16:15  
One time when I had

**R** Ron Giles 1:16:17  
time to do money,

**T** Tracee 1:16:21  
shoot, I'm so sorry. One time when I was talking to him, he said pretty soon. Everyone's gonna see me. I won't be hiding behind that we can actually be together physically and hug and all of that. So that was encouraging. Okay, let's go on. I know, right. Okay,





R Ron Giles 1:16:41  
let's go. Oh, like, I'd like to hug, too.

T Tracee 1:16:45  
I know. Right? What about me? I know you want to hug me too.

R Ron Giles 1:16:50  
Okay. Yes. Approach appropriately. So, of course,

T Tracee 1:16:56  
of course. Okay,

C Carrie 1:16:58  
let's go. This is Susie in the US. How do we know if we're ascending? And what can we do to increase our vibration?

Q 1:17:09  
Just asking that question, right. So it's so the the ascension process for each one of us is really up to us. And you'll notice the reason the bad guys can't nail the ascension cycle is because we're the ones creating it. So as a collective, we're creating the calibration reconfiguration process. And so just by working with your inner self is all you have to do. I command my spirit to increase my lifeforce energy. You just You just grew yourself right there.

T Tracee 1:17:48  
Okay, comments.

K Kristin 1:17:53  
Yeah, amen. I use it as a self check. If I start worrying about, you know, timing of things, or if I asked that question at all, it's typically like, oh, wow, I just fell out, didn't I? Because when when you are just floating around in peace, energy, you know, you don't really worry about it. You're just there anyway.

R Ron Giles 1:18:12  
Okay. Draw? Nicely put. Okay

Okay, Drew. Nicely put. Okay,

**T** Tracee 1:18:17  
we have four more minutes. Let's try to get this done. I

**K** Kristin 1:18:20  
just wish I could do that more often. Yeah, I mean, to

**C** Carrie 1:18:24  
regarding something in a swordlow book, can you please speak on how the oversoul God mind connect, action, excuse me connection relates to our current ascension process.

**Q** Q 1:18:39  
So again, I will disagree with anything Stuart has very dear to me. The play on words is the only difference delta between he and I, it's a identically the same as I'm saying. It's just our relationship with what I would call translating our inner knowledge. So we're all thinking backwards here would be my opinion, and not to take anything away from Stuart there. So are our light body has all the knowledge in the universe. And then we have the knowledge observed into our brain and translated out our mouth, not the other way around. We're all thinking and then trying to find our heart center. So that's my best answer is when you use your heart center, and then observe it through the experience that you're excited about doing. That's how I would translate Stewart's words. That's my answer.

**T** Tracee 1:19:47  
Okay. Comments,

**K** Kristin 1:19:51  
just that something that's simple,

**R** Ron Giles 1:19:52  
I don't know. I don't know much about storage, so I'm not really sure what his reference She was was about him, but let's make things more complex than they are.

**T** Tracee 1:20:06  
Okay, let's go

Okay, let's go.

C

Carrie 1:20:09

All right. This is a this is from Carol in Australia, but I think this question is, a lot of people have this question. How can we explain the truth to our Christian friends and family that they have been lied to by religion?

Q

Q 1:20:28

Well, this one's easy, right? Well, for me in, obviously, this one's come up a lot. And the my stock and standard answer is what book did we follow? 10,000 years ago? How about you agree that that we were here? 20,000? Yeah, we were okay. What book? Did we follow that? All right. Okay, good. Okay. There was another book two Sumerian tablets by an emerald temp. Great. Okay, what book did we follow? 100,000? All right. 200,000 a year. Okay. With us being here. 20,000. Yeah. How could a million years ago? Don't don't think that's a stretch. So for me, it's who wrote the book, man. Please tell me who wrote the 2600 other Bibles, too. So which one's right will always be? My suggestion is, how did you get there? How do you know you're not indoctrinated? Yes, you're a beautiful person. Yes. I love you. Yes, there is great information in there. But isn't it is Isn't there another side of the coin? Possibly. So that's the best I can do.

T

Tracee 1:21:51

A comment?

R

Ron Giles 1:21:55

I have a little one. What do we follow when Jesus was here? Oh, there was no Bible. And you hear if you if you get them back into the histories and can find the ones that talk about Jesus came from the as seen communities. They sing the songs of Solomon, and Psalms, they did all of that. They knew that Jerusalem was where King David was, and all that sort of thing. And there's history there. So why don't we hear about all that in the Bible that has been created by the Cabal, or they created the by the bar, Cabal. There's a lot of stuff that's roughed out. So Christians in those who believe in the Bible and go through it meticulously and interpret it, they say, there's a very small chance that you got the right interpretation. Not saying you haven't, but there's a small chance that you do because there is an agenda behind the Bible. And we as Christians have used it to promulgate our own doctrine and tenants of faith. And, and that's why we have so many, because there's no one standard. And so everybody gets interpreted things are the way that they want to. And if you're not part of the agenda, then you come out and you want to change things. And that's why we have so many different churches, or religions 1000s Of Of course, that's the Christian base. But what about Mohammed? What about Buddha? What about some of the other very highly enlightened individuals? And we're the only ones Yeah, we're the only ones because we have a Bible. And so I I look at it that way. And for me, it's very simple. We look to the Bible, we're looking at the cabals way of doing things and that's where they why they created it and here it is. We're in Kabbalah lism Are you enjoying your show

T Tracee 1:24:36

Okay, question Yeah, I'm I'm with her though because I was a Bible thumping mama, you know, taught youth group for nine years. My kids went to Christian High School, Sunday school, you know, everything so.

R Ron Giles 1:24:54

Okay, there's nothing wrong with that. Please understand my say everybody has as their experiences, and third dimension is open for all kinds of different experiences, and that's why we came so we can experience those things. So there's nothing wrong. We're just fine tuning that as we move into the golden age of mankind. So I'm trying to say,

T Tracee 1:25:19

right now, I don't feel like I mean, I just did the best. I knew how at the time, and now I know differently. So. Anyway,

R Ron Giles 1:25:28

I go.

T Tracee 1:25:30

Okay, last question. We can finish this let's go.

C Carrie 1:25:35

Clara, in the US asks, Is there only one Alliance, I've seen it referred to as the Earth Alliance, white hat Alliance, worldwide Alliance, military alliance, and special forces Alliance.

Q Q 1:25:51

It's an outstanding question. I've gotten this a bit now. Well, we can play with these words in many different ways. But assume that there is a, there's an increased knowledge coming into all of us. So replace alliances with the light is increasing, and empowering us more and more all the time. And so I will be real careful that you also have a lot of individuals that are not in our reality, are really helping it out. So you could probably, for me, I don't delineate between them and us, they're the same for me. And they're, they're great relationships for me. Yes, I do have a relationship with the Galactic Federation. And there, there are some outstanding individuals, very humongous group, massive. So within our reality, and outside of really, I don't

differentiate, but you might, because they will they see us as unbelievable masters of this. Remember, there are incredibly impressed with us never forget it. They know they sent the right ones, everyone's on this on this train in an incredible Alliance, if you like, hope that helps.

**T** Tracee 1:27:15

Thank you. Okay, we are at the hour mark, this is the last thing to comment on. Who wants to go first?

**R** Ron Giles 1:27:28

Christian, you get to go first.

**K** Kristin 1:27:30

So is that what he when he says there? You know, there's no distinction is that when they say spiritual? Or is when there's no distinction between civility civilian and military personnel? Because in this instance, they're coming through us, they're working through us, we are the Alliance, that all right, that's off base or not. And that's how I interpreted what he said.

**R** Ron Giles 1:27:53

Some time ago, I asked if I if I was part of the Alliance, I was told yes. Those who come here to do the beneficial work, humanitarian work of becoming, getting into the golden age of mankind as part of the Alliance. That alliances this is what they're here for. Now, what composes or compromise, what are the alliances so it's a three phase Ascended Masters, the benevolent ETs and the boots on the ground? Okay, the each one of those have alliances, alignment together. They have the same belief systems, they have the same goals, whatever they're doing, they aligned for a purpose. That's why I look at so called My Earth Alliance column, the military alliance, you know, it's the military's over there, and the spiritual Alliance and all that sort of stuff are different locations. But the Earth Alliance is the one that we're components communicating with.

**T** Tracee 1:29:06


Cool. Exciting times, you guys very, very exciting times. And thank you guys, you want to close this out on?

**R** Ron Giles 1:29:19

Well, thank you Q for being such a wonderful example for us and giving us some tremendous knowledge and understanding. Those who were who haven't heard a lot of this stuff before. Q is, is is giving us a chance to to make some changes. I have a lot of extensive knowledge from my research and my reading in all my life. And Q is 100% accurate in the things that he says, I

have a waste in my own mind to prove that for myself anyway. I don't disbelieve I don't doubt anyway, that's not my way of being So thank you for being with us and we hope that you have found some great joy with this and we will do it again next week

 Tracee 1:30:09  
okay thank you thank you bye

 Ron Giles 1:30:11  
for now