

**THOR HAN**  
**Raising Frequency**

*(Annax and Thor Han are in the same room, on the station, so I can speak with both of them because it's telepathy, and it's easier, it's not like channelling where I need to disconnect wait re-attune and reconnect with someone, telepathy is way easier, it will be me talking, not them. This is not a channelling.)*

**Message**

**Thor Han:** People on Terra need to stop running everywhere in stress, worry, fear, they need to calm down and think about their lives, about themselves, not about what is going on in the world, they need to find peace in them because peace is their strength. They need to stop worrying because it ties them down into this matrix. Fear is stronger than ever, it is broadcasted from the towers, the underground and from orbit. In the undergrounds, there are devices that broadcast fear. They were made a long time ago by the Ciakahrrs. This is mind control. They are broadcasting low frequencies from the military bases. There are other devices experimented with humans, broadcasting also fear for control and submission. The Grays Nebu do this in coordination with the US Alliance in the bases, well, we have stopped most of them but still some need to be deactivated, and you won't like this. In orbit there are so many satellites doing the same thing, sound waves for the brain to be attuned to the control, we are deactivating most of them, but they keep on sending them, we cannot deactivate what is made by humans from Terra because of our rules of non-interference in a primitive civilization, so the Nebu make them by Terran humans. It is not Nebu technology outside, it is Terran vehicles send up there in orbit containing components from Nebu technology, so we cannot destroy devices made by the Terrans, this is how the Nebu get around, but we can alter and interfere to jam the frequencies, this is a lot of work, I wanted to let you know that we are doing this, so this was my point to tell you to stop giving your power to fear, stop running around, stand and be quiet, quiet inside because there is no reason to be scared. The future is bright, the future is what you make. You don't know your power, I don't cease to repeat this, your power you have it, what can I say, I'm repeating myself.

*(When I'm connected with him, I see around him in peripheral vision and I saw the hand of Annax tapping his shoulder with his long fingers, I saw that in the vision.)*

**Q: *If we are in a high vibration do we still get affected by the mechanical devices, on what density do they broadcast?***

**Thor Han:** No, you don't, may I repeat myself, raise your vibration. Ciakahrr are on four and three, Nagai on three and two, humans are on three and four, you need to raise your consciousness to five, before your bodies get there you can bring your consciousness higher. I repeat myself: rise your frequency by your consciousness, by feelings such as kindness, goodness, peace, compassion.

Detach your mind from everything that is going on, everything is illusion. It is a fake illusion to let you think that you are enslaved, but you are not, you are free, you need to realize it and embrace it. Do not let fear get at you because fear is lower frequency, if you cast fear away from your consciousness you are unreachable by the devices but so many people on Terra are subject and submitted by the devices, raise the vibration of your consciousness, you cannot raise the density of the avatars, but you can raise your consciousness, this is enough.

## **ANNAX Phryll**

**Annax:** Hello to all the Terrans, I'm excited to talk to you. I want to talk about Phryll, this is a vast subject. I cannot tell everything in one Terran hour, I will need to go by the start. Phryll was born from Imana, the dual energy, Imana is the mother and the father of everything, and you call it Source. There is no difference between night and day, positive and creative, destruction and negativity. There is no difference between darkness and light because both are children of Imana, they are brother and sister. They both chase each other and dance with each other, there is no death, there is no creation, there is just a dance and this dance creates Phryll.

Phryll is the result generated by the dynamics of death and life, in the eternal resurgence of time throughout the cycles of Imana. She pulses Phryll every second. When darkness and light join together, it is an act of divine copulation which is constant, and Phryll is created constantly by the dance of dark and light. Phryll is energy and consciousness, Phryll is the act of love from the dance of the destruction and the creation, you can associate it with energy, this is not the light energy, this is a power that can power everything. Phryll can be harvested because it is present everywhere in the multiverse, it sustains the web of the continuum of all the different universes. Phryll is like a mother for all beings because Phryll nourishes all life.

Phryll is different from the consciousness of Imana. The consciousness of Imana sends fractals of herself to animate all life in the universe. This is consciousness. Phryll is energy, is life force in living bodies but as well in the void, in the stones and the rocks of the planets, in the gases of the stars, in the interstellar distances. Phryll is what you consider as "magic" because you don't know how to harvest it, but you know it's there, and you see its work. Phryll is harvested to power devices in our societies, in our civilizations level three. Phryll technology is shared throughout the three councils and the Federation. Other alliances use it as well but we are not talking about these ones.

**Q: *Tell us about the name, please: Phryll, Chi, Vrill.***

**Annax:** It is the same thing called differently. Yes, technology given by Jada, Thor Han says, you call it Aldebaran Star, people from Aldebaran gave the Phryll to the Thula Alliance. It was the Thula society that was the people who were given the technology of the Vrill, as they were calling it. People from Aldebaran was a colony of Anunnaki, Akhoria or Altair were working with them as well.

**Q: Is there any meditation that we can practice daily to use this energy, that you can share with us, please?**

**Annax:** You can harvest it with your mind. When you close your eyes, when you open all your sensors on your skin and in your being, you can activate your skin, and your body becomes an engine capable of harvesting Phryll. It's the life force of your being, of your body, your energy body, you strengthen it, you vibrate it stronger until you feel the electricity on your skin. Then, you transform your body into a receptor, if you do this only with your higher density real being, this will not benefit the body. What you want is to use Phryll on this planet in the third density, this is of your use, the body can do that, the body is the medium to channel the Phryll energy, these bodies have captors which are not activated. They were, a very long time ago, but they have been shut down. DNA alteration by manipulations of your people, injections to alter down your DNA and your genome, but before, you were able to harvest Phryll with your body. It would go through your skin and your skin would be receptor. You can do that again, send the energy of your life force in your skin, and it will be like a magnet, attract Phryll into this body.

*(I'm going to try to translate with my words as I understand it and Annax keeps connected and stops me if it's not right.)*

**Elena:** Before, we were able to harvest this life force that is everywhere around us. It's like the key, we were doing it with our body and the skin was like permeable; the energy could go through it. You can energize your body and your skin with your life force. I see because when he was explaining to me, I could see pictures and I could see his body and there was the aura, the energy body that is superimposed to. We have the conscious body, the soul, and then we have the eternal being that goes from body to body, from incarnation to incarnation. Then there's the physical body avatar, but there's a third thing which is the life force, the life energy, which is something different. And this, we all have it. We use it for healing for instance, we use it for light work, when we send energy. When it's not in an energy that we channel, we want to use our own energy to heal or to do whatever, that's the thing, so I was seeing it like a blue aura around him, and it was like becoming brighter, brighter, and the skin of his body was becoming more like luminescent.

**Annax:** Turn your hands outwards suck the energy in. If you are connected to the soil then you can channel Phryll. Take a light device in your hand (light bulb), stand on the soil bare feet, harvest Phryll with your physical avatar, it really works. It's all around you. You will manage to do it. You electrify your body with your life-force field, connect with your energy, make it stronger, energize it with your mind and your consciousness, make it more powerful... Decide it with your mind, do not be the observer of your energy field, be instead the controller of your energy field, power it stronger with your consciousness, manifest it stronger... Do you know what it is manifesting? It is creating something physical with your mind, the mind of the consciousness. Make it stronger, see it shivering the atomic structure of your physical skin. Skin has captors that will be reactivated. Your mind has the power, all starts there, your consciousness, your will, your decision that is all.

They hate this, the Nebu and Ciakahrr, they don't want you to remember because one day, you will be able to create big devices capable of doing this, not your bodies but physical

devices to power all your towns, all your travelling devices, your ships, your planes, your trains, your cars, your houses, everything. Like us, a body cannot power a town, but only power itself or what is connected to it, A body has a power but to power vehicle, town, flying device, you need a bigger generator. You have them, we've given them to you maybe 100 Terran years ago, we gave to you this knowledge, but it doesn't matter if it was retained from you because you remember, it is fine, better late than never. Nicolas Tesla was an Envoy working with the Council of Andromeda and Council of Five also, but he was deprived of his knowledgeable devices, but it doesn't matter in the end because all his knowledge is in you all. You need to know, he showed what was possible, he didn't succeed to save this world from the deep shadow controllers, but he showed to the people that it was possible. Now, many people know, and they will do it, they have started, there are many technologies in the process of being made on Terra, we know this, with our help and when all is ready, it will be operational. Firstly, in the meantime, train yourselves to become your own generators. You will live longer, Terran species humanoid is meant to live longer later, 190 Terran years. Some of you have been altered, and you should live longer, but mainly it is too late for the bodies now, to live to 190 years. But if you master harvesting Phryll you can extend your lifespan later.

**Elena:** *I'm going to repeat it with my words, when we are in a meditation state with our feet on the ground without shoes, we just mentally visualize that our energy field is becoming so strong, like buzzing super strong and like our skin is energized.*

**Annax:** When you feel tickles on your skin, on your whole body, with your mind harvest the Phryll around you, inside your body. Then you have it, you can move physical objects by distance, you need to have the skin under your feet in contact with the humid soil, this is important. No shoes, any soil, it can be rocks, black soil like dirt, grass, sand. Contact with soil, you need water, water is important, soil must be humid, this is why I say soil, natural, containing water. Water is conductive of Phryll. If you want to harvest Phryll with your body, your body contains water a lot, so it needs water in the ground, wet ground, water is important. I told you how you can harvest Phryll, now I haven't told you that when you harvest Phryll you create a slight distortion in the electromagnetic field around you. So you are visible to everyone who has devices measuring the vibrations and the distortions in the electromagnetic grid of Terra from under and from above, but you do not risk attack because when you harvest Phryll you are naturally protected. Phryll is powerful, it pushes away the attacks that are sent by entities on the lower levels. Be aware that when you create electromagnetic distortion, you can alter all electronic devices around you. Phryll enhances electromagnetic field. When concentrated in one place, you create a generator and every electronic device around is altered, so put your dear devices away when you do this.

***You harvest Phryll in space to power your ships, there's no water?***

**Annax:** With ship is different, ships are not made with water, doesn't need to harvest in an environment with water, only biological entities use water, it is resonance, use water on Terra to conduce Phryll through your bodies, with the devices you will create on Terra to power cities, you need a very small amount of water, sometimes not because it is not harvested by a biological entity, just by mechanical machines.

***Q: Breatharian diets, nourishing from ambient energy and surviving without any food, are not sensible.***

**Thor Han:** You must eat, your body needs food otherwise your body will die, you need food to sustain yourself.

***Q: The Reiki energy comes from this same energy source that you describe as Phryll.***

**Annax:** Yes, on a slight level you can concentrate it more.

***Q: Are there any tools such as crystals that can help us to absorb or work with Phryll?***

**Annax:** Crystals can store Phryll. We create generators for ships storing Phryll in crystals to be more powerful for the engine. You can do this for yourselves, harvest Phryll in crystals quartz only. Emerald, Amethyst on slower level, the frequency is weaker, so the power is weaker, use transparent quartz, very pure.

***Q: And then once we harvest it into the crystal what can we do with it?***

**Annax:** By wearing it in order to be in good health, to be in good protection, harvest with your body, put in the crystal device, use this crystal device for healing, for protection, this will help you, you can give as a present to a friend, someone you love, you can also create machines with very small crystals, components of machines that will power your world freely.

***Q: How do we put the Phryll inside the crystal?***

**Annax:** It works better if you have your feet on the ground, but you can do inside, I recommend outside because Phryll flows freely outside, and you are in contact with the ground, damp soil.