

HIGH COMMANDER ARDAANA FROM THE EXCELSIOR**Message**

Ardaana: This is addressed to the people of Terra. My name is Ardaana, I am High Commander, supervisor of the Military Station of the Galactic Federation of Worlds addressing you tonight. I have been longing to pass on this message for quite a long time. I have been watching you. I am in charge of commanding the armies who work alongside your armies, what you and I have named the Earth Alliance, the Alliance of our two species working together, we are helping you to clear the filth underneath your ground, we are helping you clear your skies from all intrusions, we are in a good way, we have been doing this for a very long time and since a very long time we have been watching you.

We are not only the watchers; we are the fighters, the guides, the helpers. Since our attention was brought to your little world at the fringe of this galaxy, we have been putting our forces, well, some contingents to help you avoid a fatal outcome. The Andromedan Council had foreseen your unfortunate future, but they are not warriors, so they brought our attention to your world. We are now helping you. We have warned you several times, never have you listened, now you cry, but we are still here, we are not giving up on you. This is a war that was started not by us, not by you, but by a very, very dark alliance, the Nebu from a very far away zone, you call it Orion, we call it Uru An Na. This Alliance is an Alliance of Six malevolent species. We call them, and they call themselves Nebu. They had an eye on your planet for a very long time, and they tricked you as they tricked many worlds, but we were there to help you, to give you the choice and the balance because we go by balance, we are not working for light, we are not working for dark, understand this, we work for balance and justice. Dark is a destructive force, light is a creative force. We work to preserve the balance between both, that the balance is right and just, that life thrives in the good way for the evolution, your evolution.

Now, it is a war, and my message today is about trust, trust that we are here. We have been here for many decades of your years, fighting for you. All our personnel on our stations in your star system are all far away from their families. Many of them have died to save your civilization because they felt the call of duty in their heart. For us, what you call death is just the decoration, we come back, we are eternal as you are, don't forget this. In this war, the enemy, the Nebu and the Ciakahrr, are working to keep you enslaved to their will, to lock down your frequency into a level that is equal to theirs and lower. They do not want you to evolve; you were more advanced before they arrived, you were further up on your evolution, and they brought you down. We are working to wake you up, to put in front of your eyes what needs to be put, that you see it and that you wake up. We are here to help you, sometimes help hurts because it is for your greater good, because once you wake up, as you do, you are above them, the Nebu, the Ciakahrr and all their allies, and you raise your frequency, and you are free, and we are helping you in this liberation, your enemies who are our enemies as well. These enemies have understood that now you see it, the great awakening of your species is unstoppable, it has passed the threshold, and now they are frightened.

The Nebu and the Ciakahrr are frightened of you, you all who listen to me. They are the ones in fear. They try to trick your mind; forget about them. Think about you. They try to distract you in many ways. They recently started to tell you that the Galactic Federation of Worlds is your enemy and that The Nebu is your savior, this is their last chance, they try all their tricks, all their weapons and the best weapons are mind control, distractions, fear. They are spreading confusion and this is what I wanted to tell you, do not listen, follow what your spirit feels is right to follow. Are the Nebu spreading love? Are The Ciakahrr spreading love? See what is happening, the Galactic Federation of World is working for you, with you, we are your allies, it is war and propaganda against the opponent is a common tactic in war.

The Nebu are very talented in mind manipulation. It works, but it will not work long because the truth always comes, and we will work for this. We have speeded up all our tactics which I will not disclose, I will just say this: all the technology we have been giving to you and that has been retained by the dark ones, who control you, this technology is now being liberated and you will have access to this technology very soon, because the Nebu and the Ciakahrr are losing. Consider that they lost already. But this war is not over, we've liberated your satellite, more needs to be done, we are still fighting in space and under your ground, this war is on many levels, not only physical It is psychological and spiritual. It always goes by three.

My message for tonight was to explain to you that we are your allies, we always were, and we will never give up on you. I have now spoken. I am your friend, I am a woman and my heart feels for your children and I will never give up on them. You have my word, you have my heart, this is a promise and this will be done. I salute you. Keep faith.

Q: If the Galactic Federation of Worlds works for balance, how do they know when there is disbalance?

Ardaana: We know it by our sensors, it is a measure that calls for action, also when a species is threatened, it is disbalance. When the course of evolution is not respected and outrage is done to a population to stop their evolution, this is disbalance, this is how we know. A war is necessary to trigger a dynamic to induce a fight back in response, and this is called evolution. We don't intervene in this, but when a highly civilized species goes and conquer a world that is outnumbered, this is not balance, so we need to do something about it.

Elena: Thor Han shows me... I see waves of light, like the Schumann resonance, I see light like holograms.

Thor Han: That is how we measure the balance of space continuum, the fabric of cosmos, remotely. We can monitor when there is a strong disbalance somewhere in the galaxy. The whole galaxy is a conscious living being, and when there is disbalance it is like a pain. And this instrument measures it.

Q: How do you like doing what you do, and how long have you been doing that?

Ardaana: I've been doing this since a long time. When I was a young girl, I was an officer for the Galactic Federation and I loved my work very much. I worked very hard.

Elena: *She has an emotional moment.*

Ardaana: I met my future husband, we married, we had a daughter, and then he died in a war against the Ciakahrr. They killed him. This is why I decided to become war chief and avenge him. I worked hard and I became High Commander of an army. This is what motivated my ascension into the grades of the Federation. Now, when I see that something is wrong, I can't wait to help and save lives, because there are husbands, spouses and children, and I wish that no more couples would be parted, this is why and how I came to be, who I am today.



Q: *Thank you so much for that, it also shows everybody the kind of SACRIFICE that your people are doing for us, and I want you to know that people are so thankful, everyone reacts with: we love you, we thank you. I want you to know that we do appreciate you immensely.*

Ardaana: Well, spread the word.

Elena: *She has an elbow on the desk, and she's holding herself like this, she says "Thank you. I will do anything for you, this is my duty."*

Q: *And I hope I'm here as an envoy doing the same, so we're here to help as well help you in any way that we can.*

Ardaana: This is why you came, you are the ground army, you decided so, you are helping as much, many of you die as well in this war, this will soon be over, you are all fighting well, your first enemy is fear and confusion.

Q: *If high density Pleiadians are able to serve the federation as travellers, the way Annax does as an Ohoran for the Council of Five?*

Ardaana: yes, they do, there are many different densities of existence, all part of the same family, we are all helping each other, working for balance.

Q: *More information on using Phryll as energy for electronic devices, if we charge the crystal with the Phryll can it be used as a battery?*

Ardaana: Yes, of course, you can do this, I think you have been explained this method recently, I followed your transmissions, Annax told you this, not all crystals can store Phryll, but this is only for storage, crystals need to be inserted in devices, they are only storage to harvest Phryll, they can also harvest consciousness and many other things, memory also.

Q: On Earth there have been many wars and even the Galactic Federation of Worlds is involved in this, will war ever stop on Earth and off Earth or this is always part of life?

Ardaana: Conflict brings a dynamics that is necessary for evolution, but your wars will come down to a reasonable level, very tiny. You always need conflict to evolve, it triggers each other, and the trigger is what makes you being a better person, stronger, more intelligent, clever, more inventive, so there will be always conflicts but way less, in a healthy way.

Q: Does a Commander educational process also consist of emotional training next to flight technical training?

Ardaana: Yes, the emotions are to be tamed, never suppressed. This is the mistake you think emotions are not suppressed, they are tamed and used for better productivity, efficiency, emotions are not obstacles in the way of learning; they are tools for learning, they can become weapons, and they can also enable fantastic possibilities. We learn how to tame them, to control them and to use them healthily, efficiently. Training as for instance a pilot, emotions are to be very well controlled because pilots use mind interface, and emotions must not interfere with mind. Thor Han may tell you more about these techniques.

Thor Han: I can teach you about piloting methods, and the way we control our emotions. We focus them in a very sharp direction and use them as a beam of energy, I order to focus our mind towards the controls of the ship. Consciousness can be concentrated throughout the dynamics of emotions, emotions are a tool, or I would say an ability to shape reality, to shape consciousness and to direct the controls of a ship, emotions are very linked with intention, when you couple intention with emotion you give power to intention, it is like a fuel as you say on Terra, it is powering your intention and having effect on the real matter and the controls.

Q: Is there a connection between solar activity and earthquakes?

Ardaana: Your planet is intertwined with your star activity. You are in a star minimum activity, this is cyclic and with the cycles of your star, your tectonic activity is influenced, because your magnetic field of your planet Terra is interdependent with the magnetic field of your star. It is very close, you are within it, so any variations, any activity due to the dynamics within your star, the movements of the fluids of plasma, the impacts on the gravity push to your planet, and the electromagnetic activity is magnified, and triggers the magnetic field of your planet. Magnetism and gravity are interdependent. All planets are dependent on the activity of their star; the farther you go, the less it impacts, but your planet is very near to your star.

Message

Ardaana: I want to tell you to stop being scared, to believe in yourselves instead of believing in leaders, world politics, religions - the old and the new ones. Look within yourselves, you have all the answers, but I think we have been telling you this already many times. Always ask advice to your higher being, your consciousness that you call the higher self, higher in frequency, higher in knowledge.

When you look for an answer do not seek them outside with other persons, with a religion, seek the answers within you, if you connect to the consciousness of the collective and to the universal consciousness, you have all the answers. You call it download, it would be better to call it: to plug into the field consciousness of the universe. You all are able to do this, it is your constitution. That is the reason why the Reptiloids are afraid of you, and they want to stop you. They will not stop you, now we know it. What the Andromedan Council had foreseen, we have nearly erased this fear, and it is now the time when you stand up, you rise in the horizon of your future as an adult species, and then you look up, and we are here. We always have been here, beside you. My last words are: trust your heart.