

2.18.21 Transcripts by Sam Mast

THOR HAN
Courage through Storms

Thor Han: Hi to everyone, I feel privileged today to speak to you all. I am looking forward to this exchange with our brother Annax, I hope you will understand his talking because sometimes he can go into very far away explanations. Annax, I will let you the speech, but before there is something I want to tell to the Terrans that they are working well. More and more Terrans are being awakened and aware of the changes in these times. I want to tell them to always be calm whatever happens, even if it is scary, even if the storm is raging, always be calm because you know, storms are here to wash away the impurities and nourish the ground. After a storm, the air is cleared and we see better, and further. The storms are not over, and I ask you to be still and patient, do what you have to do, do not fear, this is not useful, in fact fear serves nothing, and especially not yourselves. I stop talking now, otherwise Annax will not stand a chance.

ANNAX
The Love from Source / Phryll

Elena: *I wish you could feel Annax's love. It takes only once to be connected to Annax's amazing love energy, love and radiance, to be connected forever. He is such an amazing being, he's laughing, he says, that's who I am.*

Annax: You are all capable of meeting that amount of love, if only you want it. I am more special because I am an Egareth, my heart soul is wider and able to contain more of this love energy, but you can expand your heart to receive more of this cosmic love emanating from Source. I will now say Source, not Imana, because Imana, a few know this name. Source it is, it emits love, and it nourishes all the hearts. Everything that has the heart soul, not flesh heart, not blood but energy; love is all and composes everything,

Elena: *Now is not the time to adjust the implant, he says it is time when it is time, you are both now in my head, they're laughing, I'm plugged with both, normally I'm connected with one, and I hear the other one through the ears of the ones with whom I'm connected, now, I can hear them, that's what he was doing.*

Annax: I know it is not the matter of two days, but it is essential that you know that you are all able to love and that this love not only nourishes everything you touch with your consciousness, but also it nourishes you, and it makes you more powerful and more protected against everything that is not love and aggressive, antagonistic to love.

Q: *I tried to harvest Phryll by going outside with the wet ground and the light bulb and I did not light up the light bulb, maybe I had not generated enough energy?*

Annax: You probably didn't connect enough. Maybe there are interferences around the place where you performed this experiment. Sometimes, you cannot connect very deeply and

completely with the soil because there are disturbances, but sometimes you can if you are in a clean environment, far from radiations. But this shouldn't interfere much because when you are in control of your energy flow, you can connect, and the radiations polluting your environment will be here only to alter the process, not to stop it. Also, maybe this day you were weak in energies, and you need to do it many times more. I will recommend training and one day it will work, it's practice.

Q: Is there a meditation that we can practice daily to use this energy?

Annax: Yes, the meditation of the flow.

>Now you are all relax, and you breathe to be in tune with the calmer state of your being.

>When you are happy, when you are well, and you feel relaxed, the rate of your breathing slows down.

>Go with your mind into this wonderful peaceful place in your imagination where you feel safe.

>This is not a real place, this is a place for exercise wherever and however it is.

>Now, where you are, outside and within, you are one.

>The soil of your feet, the flesh of your feet is touching the flesh of Terra, the soil.

>If you are not directly in contact with Terra's soil, maybe the ground upon which you stand is conductive enough. Metal will conduct faster, some of your houses have metal poles that go into the soil, this helps.

>Now look around. Your eyes are closed. Look with the eyes of your true being.

>You see your environment with different colors and different lights, it is not the same.

>You see beyond the appearances, the energy composing everything. Matter is not solid it is composed of frequencies, vibrating in the void between the atoms. What you see that appears solid to your eyes, to your mind, is not solid; it is light, it is frequency, it is waves of energy vibrating at different rates between particles. You can rearrange these particles when you know the frequency that binds them all. This is an exact science, with which you can modify any solid matter, and even transpose it into a higher or lower density. We use the equivalent of sound, but you do not hear it, these are ranges very fine and precise. These vibrations between particles also bind in their wavelength, the Phryll. Phryll is present everywhere, when binding frequencies, binding atoms and particles together, follow a pattern through Phryll. Phryll is activated and binds to the particles, to the object, when you are emitting a thought it is wave frequency and this is emitted outwards from your body across Phryll, and it takes Phryll with it, and it sends it to destination of your mind's target. Anything you think, you send it through Phryll.

>This is how you can change your reality, physically, energetically and also change density, just by wanting it with your mind. You don't need to know more, all you need to know is that the simple fact to emit a thought is enough. The nature of the thought emits its own frequency, you do it naturally, we all do this whatever is our level of evolution. Small animals do this, high beings of higher light do this. Now you are aware that what you think modifies your reality all around you, but not only by distance, a very long distance, maybe, if you wish so because the target of your thought will be the recipient of the pattern, mixed with Phryll and brain frequencies of thought. This special organized precise pattern a lying Phryll and wavelength of thought is called a code, codes carry Phryll rearranged in a certain pattern of frequency, that when it reaches the target it modifies the target on many levels, it depends on the thought originated by the thinker, many of you when you receive codes you call it light codes, but it is in truth Phryll patterns made with intention of a thinker, who sends these patterns aligning Phryll with frequencies of thought to you. It can be silent, it can be carried on a word, a sound, a music. Music is the easiest way to carry it, notes and variations between notes are a formidable carrier, the best. I sing to send Phryll codes, these are keys of power, the dark forces do not have the ability to do this, they try but they cannot because they are too chaotic.

>But this is not the topic of today, you want to light this light receptacle. Now you are aware that you can modify the existing matter of your reality with Phryll and thought. Now you know that thought is the key intention, the power which will decodes the secrets of the Phryll. Now your intention I call it Dama, it is a precise tool when your mind focuses on a target, a purpose.

>Target the awareness to be surrounded by Phryll, all around you, above you and below you in a sphere.

>This sphere expands... until it is as big as the universe. You are bathed in it, it goes through you.

>See it, focus a color into it. Phryll has a color for those who can see it, it is green, sometimes with veins of gold. See the green light all around you, intention -

>*Daama* will now absorb all this light, green and gold, around you, within your body, your heart chakra or either plexus chakra will become a vortex. The vortex will be visualized as the like of a black hole, you call a vortex like this, this wheel attracts not magnetically, this is an image.

>Harvest the Phryll all around you, it will pack up inside of your body.

>You are a vortex absorbing everything, all the Phryll that is in contact with you from soil, from air, from everywhere. Your mind – *Daama*, is the tool that does this. Your skin is permeable to Phryll, it opens its captors, every each of the cells of your epidermis has a captor, receptor, your bodies are damp, and because they are damp they are permeable to Phryll more easily, They are conductor to soil.

>Visualize *Daama*, your skin-suit being activated with light, Phryll goes on it, in it, through it.

>Your skin amplifies the harvesting from your chakra, and you build up Phryll within your body until your body has his shape in Phryll, until you cannot hoover more. Harvest is taking from outside to inside by the flow in the void.

>When your body becomes saturated with Phryll, your little light device can light up, and it is now you, who is a generator transmitter for Phryll.

>Water is important, it amplifies the flow, you need water if you work with your biological body. This is a lot of work.

>When you finish, just release the Phryll, you close the vortex, it stops spinning and it closes.

>All this energy you have piled up, and fed your body with, is released out into the environment, but while you have it, *Daama* with your mind to a target, you can send it there too, the Phryll you have stored by transfer resonance you can transfer this stored Phryll to a target, anywhere where you can be connected in this universe, you need a connection, you cannot send it to a planet in a different galaxy if you do not have a link resonance with someone, something alive there.

>Now we do the same with storage devices, crystals, crystals do not have a mind, you are the mind and the medium to transfer Phryll into the crystal, to store Phryll inside a crystal and use it as a storage device as we do with certain of our ships, harvest with your body, you can do it two ways, by storing Phryll inside of your body and place your two hands either sides of the crystal and then transferring Phryll by the power of your mind inside the crystal. Be careful, the crystal always is parallel to the axis of your body and being, always pointing upwards to where you are, in front of you.

>When the crystal is saturated, it will glow, you can see glow, it can be very slight in sunlight, the second way of doing it is not by storing Phryll in your body but allowing your body to be the transmitter of the flow of Phryll, you will create with your mind and the vortex is not within you but within the crystal, all of this you all have the power to do it with your mind, you passed stage one of intelligence and consciousness as humanoids, you have your ability activated to do this. All of you on your planet without any exception, whatever your age and level of intelligence, you all can do this, you just need to train and practice but first to know it.

Q: When we get the Phryll into the crystal, how do we get the Phryll out of the crystal?

Annax: Phryll will go naturally. Once you leave the crystal far away from you on its own, Phryll leaves the crystal and your body with time, but not completely. I mean that the overload of Phryll that is not natural to the object or being will go back to natural balance, if you want to keep it you need to create a container that will contain Phryll, we have special containers made with a matter which is ionized in the inner side, this matter looks like glass, it is blue, but it is not found on your planet, although you can build devices to store Phryll, but these are complex devices with spire, copper and another metal that is typical to Terra, spire and electromagnetic current of energy will absorb Phryll from void. You know that void doesn't exist, void is an illusion concept,

there is no void, everything has Phryll or particles of metal, liquids and gases in this universe, and in the others.

Q: What's the point of harvesting the Phryll into the crystal if right now we don't have the tools to utilize that Phryll that's in the crystal, if it slowly starts coming out of the crystal?

Annax: You store it inside the crystal, and then you supply devices with energy. You can use it for healing, you can use it to penetrate through the tissues. When there is a disease or a wound, it means that the Phryll doesn't go through (the tissues); it means the Phryll is in unbalance with the body, the tissues, and it needs to be revivified by it. But you need to power it either with your own wet body or either a tool, or either a receptacle in which you can put, lay down the sick individual. This receptacle looks like a sort of bed that will amplify Phryll to repair the wounds, and the diseases will diminish after long exposure in the pod. It is looking like a pod, but it is not containing any life support gel. The Phryll devices for medical purpose are containers looking like beds, and you can regulate the right frequency regarding the matter you want to act upon. Bones, liquids, flesh, fat, air, anything that is composing a body. This is very specific science we use in the Galactic Federation's sections for medical science, adapted to all the different species. There is a vast and wide range of frequencies, you remember I told you Phryll coupled with frequency changes the organization of the structure of any material, this is how we change the structure of organized material such as wounds, infected tissues, tumors, broken bones, altered blood, poison, anything. We can change the structure with either these pods or either a tool, if you are very skilled and powerful at harvesting Phryll by yourself, with your own body you can do this but the devices amplify and know the frequency better. You can heal yourself, you can heal others, the devices are for emergencies and quick work, it requires no personal input, no personal effort, it is easier, more handy.

Q: When Annax was explaining how the crystal is supposed to sit, was it like pointing up because he was saying a pair parallel to your axis?

Elena: By holding it like this you put it somewhere, and then you put your hands around it without touching it, you can, but it works better without touching it.



Q: Once we put the Phryll into the quartz, can I just take it and put it next to someone who's sick or put it on them?

Annax: Use the crystal as a tool of concentrated Phryll, apply it close to the wound or the disease but don't touch it, this can be burning. Work on the energy envelope, not very close, an inch from the physical body. Take the crystal and use it with the pointy part towards the area that needs healing but store and hoover vertically. You have to create the flow with your mind, the crystal will not do the work, if you want it to do the work you need to visualize directing with your consciousness the flow, it "Phryll flows". Visualize the result, it will go faster, you need to control the Phryll, Phryll is not intelligent, Phryll has no consciousness, it is just energy, it is something not alive, although it carries life, not alive, I mean not conscious, it will not decide, you need to decide for it, it is like your electricity, it is not intelligent, you need to direct it, Phryll is the same, it needs control, without control it goes back to universe.

Message

Annax: You need to be patient. Patience is not a quality of the Terran humanoids, you want results, but you forget that you need to work and to learn to get the results. You don't just need to know, you need to experience and work to unlock levels, may peace be in your minds, Phryll is something very simple that is all around and within you. If you are alive it is because of Phryll, so be patient, soon the science we gave you will be open, and you will understand. I cannot tell you more but one day you will know, know first within your heart and your consciousness because Phryll, you have it already within. Connect to it, and you will know it. Don't forget the green light with veins of gold, this is my knowledge for you.