

THOR HAN
Message

Thor Han: Hello everybody Thor Han here. I just want to say hello to you and give you a message of hope and be very reassured that everything is going well on Terra. The underground war is taking a good outcome, there are a lot of reptilians and dark forces still, but they are chased, they are diminishing, and the prisoners are still evacuated, a lot are turning to the light which is a good surprise, they are sincere. My intervention tonight is just to tell you to have hope, do not worry and do not fear about everything that is happening on your planet and leave it to us to help you. Your governments are taking the good way even if you don't believe some leaders are still having ties with the dark ones, but it is taking a good turn because they are turning their back against the dark forces. So good hope and do not fear. Think about your mission, think about what you have to do and stay high in vibration frequency, stay elevated. I will leave you now.

ANNAX
Meditation and Crystals

Q: *Thor Han mentioned that you would be able to tell us how we can meditate by connecting to our own frequency. How do we find our own frequency?*

Annax: Oh, yes this was the question. You have to listen to the rate or vibration of your aura. What you call aura is your energy field, it has many layers. First start by the inner layer, the layer of your etheric body. We all have an etheric body, it is the body that is the core of your being, it has the shape humanoid for you all, for me too.

Q: *Is it the shape around your body? Is it inside or outside your body?*

Annax: It is superimposed, and a bit more radiant, I do not know your measure unit system but it is slightly above, around your skin slightly. Put two fingers side by side and this is the width that your etheric body radiates around your skin. The second one goes a bit farther, it will be the size of your forearm, the length of your elbow to the tip of your fingers. This is the life force, this is where your health and your energy is stored, it is where you are healthy or sick, it is where the wounds are, where the gifts are, where your power is. Your power of interaction with your environment and all ever life force you can cross or be in contact with and then around it. There is this third layer, this one is the layer by which you communicate, this layer can go very far. When you do your meditations together this is by this layer that you connect to each other, that you connect to your planet. To elevate your frequency you have to start first by the inner layer, the etheric body. So you sit quietly, I recommend you sit. You can stand up, but sitting is good because you are not tired, you are not a very fit species, your muscles get tired, so sit. Feel yourself connected with your planet, feel yourselves connected with the air and the atmosphere above you, then listen to your heart beat. This is difficult for me because if I explain this to you, I will explain this regard to my body. I can hear my heart rate, I know it is a bit difficult for you, hearing your heart rate you become really anchored within your avatar body of flesh.

Q: If we cannot hear our heartbeat what else would you suggest?

Annax: Your breathing. Any technique that can make you completely isolated from the outside for the start and only with your body, and then you hear a sound but before hearing the sound you must feel the energetic current going through your body, this etheric inner layer, the first one, the real body of you. You must feel, it is a feeling like magnetism, like an energy, a current. This vibrates at a certain rate.

Q: That's the rate that we're trying to get to?

Annax: No you have to listen to your normal natural rate. What is the rate of your being, however step in your evolution are, whoever you are you have a certain rate which is yours. This is the frequency of the energy, it vibrates, it is a current. Imagine the wings of a flying insect, you have a lot of flying insects on your planet. Imagine the noise that a flying insect makes when it flies. Imagine a big heavy flying insect. You are going to compare this big heavy flying insect, the sound of the wings with the sound of the vibration of your energy field, and then compare this sound of this heavy flying insect to a lighter flying insect whose rate of flying is faster. The sound is higher, isn't it? The sound is way higher, this is what I am talking about. The sound of the vibration of the energy is comparable with the sound of the wings of insects. So the heavy flying insect will be the sound at the start of where you are at this moment. You want now to elevate this sound to a sound comparable to the sound of a lighter insect. So to elevate the rate you can do it by intensifying your energy. Where does this sound originate in your body? It is somewhere on your spine. The spine that links the Earth to the sky. There are centers of energy on this spine, the vibration of your energy field is at a rate of one of these centers of energy.

The turning wheels are your Chakra as you call them. You will identify which one relates to this sound, it is probably a lower one. Some of you may be already very elevated but some of you are not. Check where it is resonating which is the center of energy and then be aware of the sound. This center of energy is linked with the awareness of this sound. You will lift it along the spine, rise along the spine this sensation of sound until it reaches higher centers of energy that you call chakra, and as it rises, the rate of the sound rises too. It is going to pulse faster, and as you go up you feel more peace, you feel more joy. Joy and peace, especially joy, pulse very fast until it goes faster and faster and the joy becomes profound ecstasy, and it is beating so fast that the wings of the insect produce sound so high that it becomes one sound, one pulse containing all the pulses of the universe. This one sounds like a crystal that you hit with something metallic, this produces a sound, this is comparable with the one sound, and you are so happy and so joyful, and then you feel you are above your body, the etheric one and the avatar one. You are above, your consciousness is above, and you watch from above, and you feel the love, this relates to everything. You are so high in vibration frequency that your frequency is just now one sound, one pulse, one with everything.

Q: Are you joining with source at that point?

Annax: Yes. The key is first to identify what is your current pulse. Just dwell in your etheric and flesh bodies, being aware of them and hear connect with the pulse. See where it is along your spine, see to which Chakra it is related and then elevate. The consciousness is elevation. Consciousness is the intention. The intention to reach one.

Q: How often do you meditate?

Annax: I don't have days, time is not linear for me. I have days when I am on Darias, my planet but not when I travel, there is no time in the cosmos. There is time, but it is not linear. There is no day or night, so I do it regularly. When my heart feels like it, I do it for pleasure.

Q: Do you sleep, Annax?

Annax: I sleep when my body avatar is tired. This doesn't happen a lot because my being has an energy that maintains all the cells of my avatar flesh alive and healthy.

Q: I know travel, so what do you travel for?

Annax: I travel for observation and I identify the spots in the galaxy that need healing and elevation. I hunt in a way for these dark spots, those who are vulnerable to dark energies. So I report them sometimes, or I just heal them myself. To whom I report? To my brothers. I choose to incarnate in the area of what you call Orion, the name of my star system is Meissa. I live on a planet called Darias.

Q: What does your planet look like?

Annax: My planet is at a higher density than yours, it is on the seventh density. So if you come to visit me it will seem strange, transparent to you. The colors will be like you have never seen. My planet is beautiful and very old. This is not the planet of my soul matrix but I decided to incarnate on Meissa, in order to accomplish my mission. So this is why I seem very strange to you because I look like the people from Darias in Meissa. I chose the Orion area because there is a lot of work to do there, it is a very disturbed area. A lot of us chose to come on Terra or other worlds, there are a lot of our brothers and sisters embodied and incarnated on Terra. You call them starseeds. We embody an incarnate where we want to accomplish a mission. Orion is a very disturbed area, it is very complicated and subject to dark as well, dark I use it not to say without light, I would say dark intentions. I have chosen to be there for this life mission to help the Orion league, that we have created, not me but the benevolent species living there, to fight the Orion Empire who are very greedy. Te Nebu have a lot of connections with different species drawn to war and destruction, so there is a lot of work to be done in the Orion vicinity. I am part of the Orion league and the Council of Five, but my mission is to travel and identify the dark vulnerable spots on the space continuum around the Orion systems for the dark forces of the Orion Alliances not to settle, this is what I do. I identify and report only when I can, not always, but when I can, I do it myself.

Q: Orion is the cradle of a lot of dark forces.

Annax: Not all, you have some coming from the Ciakahrr Empire. The Ciakahrr Empire originated in a constellation that you call Draconis. The name of their world is Thuban, it is Alpha Draconis star system. It is very far from here, but they are very developed in warfare, they are very numerous, and they have interconnection with the Orion Alliances and the Orion Empire. This is why I chose to incarnate in the middle of this terrible thing. Everywhere where war and destruction is, we go.

Q: Tell me about your family please.

Annax: I have family on my planet actually Darias, but the family is different on Darias. I do not have a wife I have, or we call parity or partner on Darias, there is no definite gender. I am to you a more masculine, this is my choice because my original soul is masculine, so this is who I am and when I travel, I travel most of the time in my Ohorai ship, but when I am on Darias I downgrade density, and I am with my family in my body of flesh. My family is my companion and we have offspring. I know it will seem a lot different to you. We can reproduce differently than you, this is something we do equally. I would have difficulty explaining to you. We all have the ability to be male or female, but we need to be two to create life. In Darias I am neutral gender, my partner is natural gender. When I travel far from Darias I am masculine because I recover my etheric being. The lifeforms in this galaxy are very diversified. Darias is interesting. It has a radiance around everything, the sky is dark blue but the planet itself radiates light and colors, an iridescent planet. It is solid for us, slightly transparent for you. We travel in an etheric ship, this ship has shapes of symmetric crystals, it can be diamond shapes. Mine is what you call a Merkaba. We have different geometric shapes, it looks to you like crystals, it is etheric energy.

Q: How can we know if we are a starseed?

Annax: You know it in your heart. Genuinely, if you ask the question, it sometimes leads to a truth. If you ask the question because it is just curiosity, or you feel lost, you want to be part of the others, this is not a good way to ask a question because I will tell you something. Starseeds, it is not all the Terran planet. Starseeds are a group of envoys. There are a lot of people coming at the moment but not all Terrans are starseeds. We come. Well, not me on Terra but me on Meissa, we come to help the local indigenous population to elevate and to find their own right path for each of them. If you are Terran feel very privileged because you are experiencing something that is marking the history of your planet Terra. Do not feel inferior if you are not starseed, feel privileged, there is no inferior, there is no superior, there are people from different worlds. Different is an equality, different has no superior inferior, different is a balance. Do not be sad if you are not from another soul matrix. Ask the question again in your heart. See how it feels, right or wrong. Are you proud to come from another soul matrix, another world to help the Terrans or are you proud to be a Terrans elevating from the millenniums of constrain, of ignorance of dark ages, a Terran that finally has overcome everything and finally blossoms proudly. Think again, ask the question and see what answer comes.

When you are incarnated in an avatar you use the senses of this avatar body to apprehend your environment, be it of the same density and physic or be it energetically you cannot see what this avatar cannot see. To see beyond it, you need to step out of it, you cannot , or you let it die, but you can step out of it by the mind or by the intention, some of you can do what you call Astral Journey. When you elevate beside or above or out of this body, suddenly you see, hear. Sometimes you need not to step aside Astral, sometimes you just need to put yourself in a more elevated vibration, and then you start to connect with the senses of your etheric being of light, and then you see what is of the same frequency and density as the frequency and the density where you are, to see higher densities you need to elevate to the same frequency to see it, either by stepping out of this body of flesh restrain you or either being aware of the high vibration, the higher vibration of your etheric being of light.

Your body of flesh is made of what we call by simplicity, the third density. Your etheric body is of a much higher density, fourth, fifth, sixth and seventh, it depends on everybody else. Besides you being incarnated in the third density body, there are other beings on your planet. You have the indigenous spirits of this planet who dwell in the fourth density, it is the spirits of the ancestors who haven't left the orb of Terra, it is as well those from the Agarthan Realms, you call them fairy, the elementals as well. They are of the same density, the fourth density which is slightly higher than the third. There isn't an equal intensity in between the densities. The fifth density is very powerful, but the fourth is a very short one, a short range of frequency. Short is something that vibrates very fast, and it is a transition between three and five. Six is a transition between five and seven. Eight is a transition between seven and ninth and so on.

Q: How do we know that we are in 5d as a human?

Annax: You remember what I told you about earlier in this discussion about climbing the ladder of your spine? Your emotions and feelings change. When you reach a state of pure deep joy, touching the bliss, you are in a more elevated frequency than when you feel depressed, fearful and worried. This is the same. Being in the fifth density is a feeling of undestroyable peace, peace prevailing upon all your thoughts, all your thoughts are serene and filled with contentment. You experience joy in everything you do, in everything you see, everything you see makes you smile, if you see something that is dark and bad but because there is pain involved, pain is a bad thing that ties up souls to lower matter, but if you are in a higher density, you look at it with compassion and the pain doesn't reach you, it cannot because it is below you. When the pain of others, of what you see cannot reach you because it is so below. When you realize that anything around you that is potentially harmful cannot reach you, you are in the fifth density. If you feel yourself reachable by fear and pain. Well, you still have a few steps to climb on your ladder.

Q: Are there any special crystals that can help us connect with our star family?

Annax: Quartz will always work but if you want to be more specific, I know for the Ohorai soul matrix it is anything blue. For Pleiadian it is anything blue, purple or pink. Andromedan, purple and green. Arcturian any type of blue only, Pleiadians purple or clear blue, Andromedan purple and green. Yellow was for the Lyran, Thor Han ancestors. He says he didn't know that, to use yellow. He can now connect his ancestors with yellow crystals. You see Thor Han, it was a good idea to stay here beside me. Hyadians are Lyran as well; you can use yellow and clear green for them. Not the same green as the Andromedans. The Zenae Andromedans are purple and dark green.

Q: Tell me about Labradorite please.

Annax: This is a protection stone. Labradorite can help with connecting to the Zenae and the Ohorai, but it can be more connected to Zenae.

Q: Tell me about the crystal that we know as Moldavite, from a meteorite that hit Earth.

Annax: I am asking Thor Han about this because he knows better than me. I transfer what he says to you, I am listening to him. He says this: the Moldavite is a meteorite, but there is another impact, an accident where a Pleiadian ship was involved in Tunguska, Siberia. The Pleiadian

ship arrived to rescue another species who was involved in a war against Kiily-Tokurt. The Pleiadian ship was just on a geological mission, they didn't want to go, they went, and they got destroyed, and the explosion caused this, but what was on board this Pleiadian ship was very powerful, so it exploded very, very hard. So it created a glass. Thor Han says they are still there, humans from Terra have taken a lot. Thor Han says the name is Tunguska glass, which was exploded by a ship and was destroyed so as not to harm the inhabitants of Terra.

Q: What are the Andara crystals?

Annax: Andara crystals are elevated crystals, he says it can be any type of quartz or other crystals that have been elevated in frequency, it is because it is elevated it can connect to higher densities. This is what he says. You know the Pleiadians people know a lot about the stones.

Q: Tell me about Earth's moon and its effect on crystals, please.

Annax: Terrans do that, it is because of the gravity of the Moon of Terra, it cleanses the crystals who have been badly charged because it pulls the fluids out. Terra's Moon has a phenomenon of tides acting upon the fluids of Terra, pulling attraction on any fluids even those that you do not see, the energies. So yes it is working on the crystals but not to charge, but to cleanse yes.