

**THOR HAN & SHAYA**

Information and technology sharing in the GFW

Animal life / Diets / Waste

Angels / Ascension / Crystals technology

The seasons of Erra / Make up

***Q: Could you please develop on interspecies health technology exchanges in the Federation?***

**Thor Han:** We share everything, once you are a member of the Federation. It means you are in a level three of civilization, and you have reached out of your star system's dependence, as you call it "interstellar travel", and you are then able to share technology with all other species who are at least at this same level. All knowledge is put in common. The law of non-interference is applicable under level three, when civilizations haven't yet reached the stage of peaceful interstellar travel because interstellar travel is the required level, but then the species needs to be also federated and peaceful itself, a great challenge for you. But you will.

***Q: How often do the ones working in the Federation for Terra's awakening share between them information about the Terrans they are in contact with?***

**Thor Han:** I do not know, I think everyone speaks about their own experiences as it pleases them, about the ones they contact. There isn't a lot of contact, it is very rare. You need special authorizations, and it is very regulated, and it is a lot of work, all of these are strictly overseen. All goes into a database and Ardaana is keeping an eye on everything because the data that goes out must be strictly controlled, quickly overseen.

***Q: Please can you mention the disposal of waste biological or material, and how can Earthling do a better job at it?***

**Thor Han:** We recycle the most as we can because every necessary material can be reused, when it cannot, we destroy it, we pulverize it, but it is a dematerialization, it is reduced to nothing, so how can you recycle all your waste? There are many ways for transforming matter, transforming used materials, biological waste is often used as compost for our cultures on board, it is retreated, and it follows a transformation, if you prefer, otherwise it is destroyed. You know you have all the techniques to recycle the waste now, your local leaders need to decide to put phones and means to apply these systems. You have a lot that is not used, that is retained from you, we have given you so much but this knowledge is being kept away from the moment from your governments because they want to make profits with other things, especially in the medicine field, we've given you so much, this knowledge is retained, it will come out soon, we know.

***Q: So what are some other foods that we don't normally consider eating but should be because of their great content of nutrients?***

**Thor Han:** Eat anything that is alive, do not eat anything dead or filled with blood, anything that

has a heart, a face, a blood stream. You have two levels, the red blood is the lowest and dead corrupted red blood is the worst you can eat because this will soil your aura and your energy field with the stain of death, suffering, despair, and it will not nourish anything in you, maybe it will give you some proteins, but this does not nourish anything about your being and your energy, it even lowers it down, then you have a little bit of higher flesh which are birds and swimming animals, this also lowers your vibration, but it is less damaging than mammals because you are mammals, so if you eat other mammals it really lowers your vibration. Has it got consciousness? Plants have consciousnesses too, but they are of a higher density, higher consciousnesses.

***Q: Are mermaids and unicorns real?***

**Thor Han:** These phantasmagoric animals have been distorted, their image has been distorted from real animals that were existing before very long ago and this has been romanticized and enhanced. There are amphibian creatures in your world, but they do not look like haha, half fish and half mammal. I never heard about these things but amphibian animals exist. The Unicorn wasn't a horse, it was a heavier animal. I do not have the name, shorter legs and wider body. This is what I've been told because once I wanted to ask what was this obsession of certain female Terran, often female Terrans about these white horses with rainbow hair, and I was explained, so this is the explanation I was given.

***Q: How do animals' light bodies move beyond their avatar?***

**Thor Han:** The light bodies of many animals are travelling as you do, in dreams or consciously. Consciousness drives the light body. If you are talking about leaving the animal avatar to incarnate into a new species which is humanoid; souls in their evolution go throughout all the different stages of avatars, allowing the development of consciousness, from small animals to big ones and to humanoids or other shapes, to finish with very high density avatars such as Coron, who you know. The avatar changes as the density of the consciousness evolves. You can reincarnate many times in the animal realm, as long as it is your level of development, and once you have finished this development you start to incarnate next in a more developed species. These are stages. Your light being in its evolution gradually develops its shape before becoming humanoid. Through each incarnation in the animal realm, the shape of the light being will grow and develop until it is ready to embody a humanoid or non-humanoid avatar at the appropriate level of evolution. Not all advanced evolved species are humanoid; there are so many shapes; the diversity of life forms and this multiverse is beyond your comprehension, it is amazing.

***Q: Can you please talk about the misconceptions on the belief system regarding angels?***

**Thor Han:** The concept of angels generates admiration, fascination and also ignorance. The word angel is put on different manifestations, on different beings, with different reasons. There are very high consciousnesses in this galaxy and in every star system are a lot of groups of high consciousnesses, one per planet that has life. Your planet Terra has a few of them, you know their names. These high consciousnesses protect all life on this planet and look after the grid, but these beings are pure consciousness and they commonly manifest themselves in orbs of light. Sometimes, they can temporarily take the shape of brightly shining human beings which

some of your people have named angels. Now there is a misconception about some races of the Galactic Federation of Worlds such as the Ahil, Meton, Selosi, Ummit and many other races; we are all human beings with blonde hair, tall although from different races, and Terrans in the past assimilated us to these angel beings when we visited, because they couldn't figure out the difference. Our ships were "Chariots of Fire" in your skies, and you named your gods after seeing our ships and seeing us, but we were no more than humans, so there is a lot of misconception about associating the word angel, which depicts a high consciousness being, with us humans, who come from somewhere else. Because Terrans of the past were very impressed. But we are no different, be it our from our level of evolution, you will be like us one day soon.

***Q: Some new -Agers say that there are requirements to ascend to fourth density, such as 51% positive service to others etc...please can you elaborate?***

**Thor Han:** There are no numbers and no percentage, just open your heart to love, spread your light, believe in your own power, in your sovereignty, cast fear away, emit only compassion and gentleness, be aware of all your powers, and this is how you ascend.

## CRYSTALS

### THOR HAN & SHAYA (Thor Han's sister)

***Q: What about putting clear quartz in water with a certain kind of intention so that it can help with manifest the future?***

**Thor Han:** Water is the necessary medium to conduct energy life force on your third density level. After the third density level we do not need water, but water on your level is needed to conduct energy and magnify it, it is used in devices, and soon you will use water to power some of your small vehicles, this technology is already in your hands.

***Q: Has Myrah told you any stories about her time working with your brother?***

**Shaya:** She knows him from very long time and they have been working together rescuing children at the time. They have had a lot of problems with some particular species; Thor Han doesn't hold them in his heart, he prefers to be neutral emotionally when it comes about them. Myrah and my brother have shared good moments, as well as difficult moments. It wasn't always easy. My brother hasn't told me everything, Myrah told me more. Sometimes they nearly met decorporation, what you call death. Yes, it was sometimes scary, sometimes worrying and sometimes a little bit of despair because at the time a few years ago all was still uncertain. They were there a long time before you were born and they saved many people. They have so many stories together.

***Q: You mentioned channelling Source energy to power the crystals in the temples. Some new-agers speak about harnessing energy from Alcyone star in the Pleiades. What can you comment on that please?***

**Shaya:** Why would we do this??? We harness the energy of our star Ashara (*Taygeta*). Every star powers their planetary systems, every planet feeds off their star and the Phryll that is

present everywhere.

Same as on Jayha (*Alcyone*): in this system they use the same devices to harness the power of their star, but we do not harness power from other star systems, it doesn't make sense to do so. It is easier to connect to our star, so we connect to Ashara, the magnificent blue one.

This energy is all around you, it is in the air you breathe, it is above and below you, everywhere around, it is present in the whole universe. Your star is a power generator of it because every star is a portal from Source and you can harness it by bringing your awareness to your star, standing in front of it, bringing, calling, appealing this energy into your avatar and through your light being and feel it, magnify it with it. You have it also, and it is also all around you, but the star is the most powerful, so it is all around you everywhere, we use it for everything, to power our ships, to power our engines or our cities, everything. This energy is at the reach of a hand. Don't seek for it far away. This planet you are on has an electromagnetic field in resonance with its star, so you need to use the energy of your star not other stars that are far, you wouldn't do that, this is not logical.

***Q: You mentioned two suns or a double sun for Erra, your home planet, and five seasons, can you go into more detail about that?***

**Shaya:** Yes, the five seasons are related to the second smaller star which is brown or little bit orange and orbits around the big blue one, Ashara. We have five seasons, well four and the fifth one at the equator is an intermittent season, it is occurring between Summer and Autumn, it is a little fresher suddenly, quite surprising but then the Summer and the equator is very, very hot because Erra is a big planet very close to Ashara, a giant star bubbling with gas, beautiful. The orbit of the smaller star creates the fifth season, when the smaller star passes at the equator of Ashara, at a certain time of the year it impacts upon our equator zone.

***Q: So you have two Suns that are providing heat?***

**Shaya:** Well, the smaller one doesn't really provide heat, the smaller one has a very faint energy. The bigger star provides the heat, but it is a very different heat from your star. Your star is a very hot one and ours is nearly as hot, and it is bigger, the composition of the gases are different, so the temperature is different, it is a little cooler, and it equals nearly the heat of your Sun. It will be, if you want, a cold star. Ashara is a very young star, younger than yours, this system is extremely young.

***Q: About make up***

**Shaya:** Why are you women putting paint on your face, I am intrigued because sometimes we do, but it is for special rituals, that introduce young girls into womanhood, so their faces are painted with special sigils that they receive in dream, but this is the only moment where we paint our faces as women, and you paint it for pleasure, this is fascinating. I would like to try it, it will be quite awkward because we do not do that, so that was my question. Why are you doing this so often?

***Q: We are not all as beautiful as you, so a lot of women use makeup because they feel they look prettier.***

**Shaya:** This is a lack of confidence, because you need to accept your species as it is, and your species is beautiful, you do not see yourselves through your own eyes, you see yourselves through the eyes of other standards that you admire, but you need to learn how to admire yourselves because you are all beautiful, a female is beautiful whatever her shape because the feminine energy is wonderful, we are very intrigued by the diversity of shapes of your bodies, and it is intriguing especially when you have had children, it is very feminine, I have had conversations with Ahel women here who have studied your species, and they told me about these things, and I was very intrigued, and the need to disguise your appearance, that is what I didn't understand because I find you all beautiful without painting, you dye your hair also often clearer, this is something I do not understand, we as Ahil, we love dark hair, we find it very exotic, we do not understand, you always want to be different. You need to embrace your own beauty and see yourself with your own eyes.

**Q:** *I think it's a matter of how we grow up, we saw our mothers doing it, so we just follow along with what our mothers did.*

**Shaya:** You can enhance your natural beauty, it is true but be the mothers who teach their daughters the new way to love themselves as they are because I am convinced that the males of your species do not ask for the face painting. I think it is the females as you say, and it transfers from mother to daughter. Be these new mothers. Beauty is health. What you eat transforms your skin and the light in your eyes. I can assure you it transforms the light in your eyes because it transforms your energy, your hair becomes more beautiful, the body becomes fit, everything improves. Transformation comes from within.