

## THOR HAN

### Meditation & Sound frequencies

#### Message

**Thor Han:** I have a message for you that doesn't defer from the other times. My message for you is that you are doing well, keep on hoping and keep your vibration high. What is a high vibration: it is made of hope and positivity. Positivity is constructive, negativity is destructive. When you lose hope you destroy your future. There are different future, different possibilities, but there is one timeline that will happen, calculated on the present. It is an algorithm that modifies itself all the time, you can influence it but in the big lines only.

The way out of this is victory. It will happen. I hope you do not take my words with fear. There is no reason. What we, of the Galactic Alliance, have foreseen for a long time, for your planet and your species, is a positive outcome. The negative timeline was eliminated when we took off the leading head of the dark machine. These are no more now than disorientated fools running on and under the surface of your planet. Victory is at a reach of the hand. Do not try to bring your mind into these vibrations of wanting to know, you will know, but not now during the fight. You need to keep up hope high and fight with your smiles and with your heart filled with love, do not try draw down your consciousness into wanderings of the mind, what is happening underground? What is happening? Do not try to know you will know, truth will come out but when this war will have been won for good.

You do not need to see how wounded is your enemy, what you need to see, is how close is the victory and the outcome, and it is only with hope in your heart that you will get there, you will have the answers one day, all truth come out, do not despair, the truth will come out in your living time. All of you, even the old ones, that is to say very soon. Keep calm and keep centred in your own energy. I have known very terrible moments during my time here on this battle station, and now I know that these terrible times are over. Now I know that all the horrors I have seen will not happen again. This is my point of view from where I stand, I can tell you this from my personal experience. I feel more relax, peaceful and happy, looking forward to the near future, this was my message.

**Q:** *I want you to tell people what you see whenever people of Earth perform global meditations, how that affects the planet and how it changes the grid?*

**Thor Han:** What I see first is beauty, colors, dancing lights, it is like northern lights coming from the ground. The colors are absolutely very impressive, what I see is flares of light rising from the ground in the night or in the day, shimmering. Very tiny, very small at first as they leave the ground, and then they ascend along the lines, along the channels to reach the nodes, and when they reach the nodes near to where we stand, they are bigger, they have nourished themselves of higher vibrations.

These informal shapeless lights are like clouds and flares, they come from you all, each human is sending them, each who tune in together, and your energy, your intention, your frequency, the song of your being that you send, this particular note of energy reaches out to the grid, and when it does, it trembles and it pulses in the same time. It reaches the nearest node, some of you are very talented in creating nodes, which is good but then when you do that, we need to help connect it to the grid, to the rest, because the balance needs to be flowing. I see circles, yes, she calls it ripples emanating from each connection and the grid sings because we do not only see, we hear as well, we hear the vibration, the frequencies... When we are in our ships and on the station, this is transcribed through our monitors in sound, and it sings, it is like a music. It is truly beautiful, these are the songs of your hearts and the visuals are very good.

Practically, it sends high vibration into the grid and it strengthens it, invigorates it, and by invigorating it, it gives it more power. The energy you send is the energy corresponding to your being, so as you are from different densities incarnating into these 3D avatars, these high frequencies that you send up lift it, change it, and why we do that? Why do you do that? Because this planet normally should have evolved like this, shifted into a higher density.

It is urgent, there is an emergency to speeded up the process, that is why we are here as well, speeding it up is making an extra effort sending high vibrations into this grid, that is why many envoys have come to do this job. By sending high frequencies into the grid you elevate the vibration of all life on this planet, the aura and the energy field of everything, because the lines in the sky are in resonance with the lines in the ground and if the lines in the sky shift into a higher frequency, the lines in the ground will elevate as well by resonance. This helps us to fight the dark ones who are in the lower frequencies under your ground. The vibration elevating under the surface of this planet is hurting them. It is cracking them open in their heart, so that the light can come in. It hurts them but in the same time this painful opening is a way for them to embrace the light and to know it, to taste it, and many, many of them are changing side to embrace the light. Those who don't want they just escape, they run away and this is truly helping us. Nobody dies from higher vibrations.

You are much more powerful than you think you are, and this is a truth I want you to understand, you all have this power, you have been made to believe that you haven't, but you do. When you perform these global meditations together, we attend the grid to receive your energies, fix them and anchor them into the grid of the planet, and we make sure that they settle well. We are working together.

**Q: *How can we create nodes?***

**Thor Han:** When the discharge of energy you send from the ground, not your energy because this is dangerous, when you manage to channel the energy from the earth underneath, it passes through you and if you are skilled enough you can retain it, magnify it, strengthen it, empower it, harvest this energy from under the earth of Terra. Harvest it inside of your being, build it like a bomb, like a projectile, and when this energy you cannot contain it any more you let it go, and it goes so fast like one of your rockets that when it reaches the grid it resembles to an explosion.

But it is not; it is a creation of a node and this node, if it is not linked to the rest of the grid, it will dissolve in the ether, and it will just fade away, it will serve to nothing, so this is why we need to attend. When some of you manage to do this, this energy needs to be caught and linked to the web, and it becomes a node because the node is a connection between the grid and the earth. We are here to empower you.

**Q:About how a tuning fork affects the energy field of our bodies:**

**Thor Han:** When you activate a tuning fork, it generates a pulse which is transcribed as a sound, that will activate the particles in your energy field to vibrate at the same rate as this sound. When the particles in your energy field start to vibrate at the same frequency as the tuning fork, they have no choice, it is like when you put a hot object into the water; the water will warm up. This is the same principle, the water has no other choice than warming up, it is the same for a tuning fork in an energy field. The sound is intrusive and will force the energy field to resonate at the same frequency, so if you have a disease or wound or something that is dissonant in your field, a particular sound will be able to dissolve it because it will make the particles vibrating faster at the rate of something healthy, something more elevated, so this is what it does.

A disease is a dissonance. It vibrates lower than your usual global being and body, so it will create pain, dissonance, and it will drag down the whole rest of the body, and the chakras as well will strive to function normally, especially the lower two chakras who are to deal with the lowest energy and pain. So this is what pain does: you have three substances, three layers in your field, I am not talking about your avatar of flesh which is temporary vehicle. The three layers inhabiting this avatar are: your self which is a being made of ether and of a higher vibration, all of you different, you do not realize, Terrans from this soul matrix are etheric beings belonging to this planet or envoys coming from other planets coming with their own frequency which is denser than the terran etheric beings, this is made especially to be able to travel out of the avatar and do work, so different densities compose what you call the light being, and this adopts quite tightly the avatar of flesh, some avatars our flesh are bigger, heavier sometimes or even sometimes tinier, you can have tall beings in tiny avatars, this doesn't affect the functioning.

Then you have the second layer which is the energy field, the life -force field, about 10 inches for a healthy life force field, and afterwards a third layer that can be very wide, 20 more inches minimum, and it can go very far and wide. It is with the third layer that you communicate with everything, telepathy works with this layer. When you bilocate or journey you use your light being, what you call your soul. You perform healing with sound at the edge of the life-force field, a little inside 10 inches, around your physical body. In these 10 inches it is where you will heal the dissonances in the life-force field that will repair the dissonances in the flesh. Now I am talking about measurements, but these measurements can vary. This is average measurements, some have very thin life-force field and some have a very wide one, it depends on who you are. 528Hz is useful as well as a 432 Hz to heal cluttered blockages in your DNA. Each chakra has its own frequency.

4096 Hz is the ultimate frequency to activate everything that is of a higher structure regarding your bones, your DNA, your blood, everything that contains minerals, it will reassemble them to crystallize them and everything that is already crystallized will vibrate extremely strongly. It activates everything, destroys shadows, clutter and intrusions... This frequency can really protect you if you're in danger, brush it in your energy field, dance with it, have you ever tried to move and dance with these sounds?

When you do this you sculpt your energy field. I learned a lot with the Nhorr, these people have showed me when I visited them a long time ago, how you can shape energy with sound and dance. When you move, your whole energy field moves with you. If you do special moves you shape it, and it is amazingly beautiful to watch because we see it, try to use sound and dance, catch sound in the air with your hands, these techniques we perform them sometimes, it is very nice, catch the energy in your field, move it, let it flow, dance, and you can create and concentrate some parts of your energy field through your hands. You can as well catch the Phryll around you which is everywhere, and nourish yourself the Phryll, empower yourself with it, dance with it, the Phryll is a green golden energy, that our eyes do not see otherwise we would see only this, dancing everywhere, and it is not practical to do what we have to do, so we tune out of its vision but at any moment we can tune in and watch it. It is the air we breathe, it is everywhere shimmering and dancing, volumes of energy, it is there all around you, you do not even realize, you can use it to create free energy, the patterns of the designs of the machines and the technology are being sent to as many people as we can on Terra at the moment, many of you are receiving these ideas of how to create free energy from the Phryll, you name it differently, I know you have many names for it, you call it Ki, Chi, it is everywhere.

You need to have the frequency vibrating in your energy field, not only hearing it. When you hear it from an electronic device it acts slightly on your brain waves, but it does nothing to your energy field. If the 432Hz is listened to, it helps to relax and clear your mind, this is what it can do. You need to have the device working in your energy field directly.

You can use tuning forks on animals but be very aware and do not do whatever you feel; you need to learn that science with animals because your animals are more sensitive and vulnerable than you, so some sounds that can heal you can damage them, I advise documenting yourself on this matter. I am sure there are knowledgeable people on your planet who know about this. Although, there is one sound that cannot harm animals, it is 111, this is the sound of your planet, of the earth under your surface, the caves, the underground, the sound of the creative matrix of the earth, under the surface of Terra, 111, all animals answer to this one. For humans, it attunes you to the minerals and the rocks in the soil but practically on your bodies, it has an effect of repairing tissues, it activates the healing of tissues, it does something to the blood that activates the production of repairing cells, 111 is soft and motherly.

Crystal singing bowls create a field that fills up the space and modifies anything that it is in the vicinity. You can use these bowls on special parts of your bodies, that it will activate the correspondent frequency.

The bowls are not as intrusive and commanding as the tuning forks; the bowls create a sound that appeals to the corresponding frequency in your field and the two sounds put themselves in resonance. The corresponding sound in your field or your flesh body activates and vibrates faster and clearer, and will be invigorated. This is why you often have one bowl for a different frequency for instance your energy wheels you call chakra.

Coupling crystals to sound to devices is a very powerful thing to do. We do not use tuning forks of course, we have developed way more sophisticated instruments who are more precise but use the same techniques. These instruments are sound generators sending the sound through a crystal and the point of the crystal will create a beam of frequency that will be surgical for different purposes, so yes, the crystal will magnify, increase and focus the sound. I think Myrah showed you how to burn implants using sound or any kind of energy power focus through a crystal, didn't she? I was about to tell you how you can localize implants with different techniques. There are many ways, one of the ways uses sound. Tuning forks as you have them are a very good tool, especially the 4096 Hz; this one activates anything based on mineral, even if it is an interdimensional implant. Activate the tuning fork in the energy field, remember the 10 inches inside. The implant has a vibrance, an aura even if it is of a different density or dimension in these 10 inches, the closest you do to the skin the better it is of course. Activate your tuning fork and pass it along the body everywhere and listen to the sound. Where there is an implant the sound will shiver and go smoother, more suffocated and lower, you will feel and hear it. If you are in a state of deep relaxation, your mind will sense it before you get there, your hand will automatically go where it is called. Then, put the fork down beside you, and do the same with your hand, activating your energy. You can rub your hands together, it activates your energy field around your hands. Pass your hand at two inches or three inches above the skin, and you will feel it, you feel something tickling you, you remember what I said about resonance, think about what you are looking for, focus and your hand will feel something, a burn, a tickle, a tingling something, a discharge of energy. Your hand will feel it.

Think about what you are looking for, and you call for it, you tune into the frequency of what you are looking for, the thoughts are a matter of frequency and what will resonate with your thoughts will be it, will manifest, and when you are in this state of doing your instinct will be there as well helping you, you will know instinctively where to look for. There is another way of confirming this: it is to look very carefully at the skin: if the implant has been put freshly there is a redness, sometimes a lump, and of course some species leave marks that are easy to find. When you do not have marks you can prospect differently with these methods you have.

Ring a tuning fork once and wait for the sound to disappear, do not touch it, do not ring it a second time while it is still activated, it will create distortion, if you ring it badly it doesn't matter, it will be the same sound, the same frequency but lower and very fainter. Wait for it to vanish totally, and you try it again. If you want to use a quartz, put it upon your skin where your heart chakra is, point always towards the sky, crystal perpendicular from the surface of your planet, so if you lie down the crystal you have just pointing up, if you stand up the flat of the crystal is against your skin and the point towards your head. Then ring the fork and approach it to the crystal, turning clockwise around the crystal and around the chakra.

The crystal will focus the sound and will make it more powerful, more efficient, and it will go deeper in your field and into your body. Approach the fork to the crystal which is connected to your skin and your chakra, this is what I would do with the instrument you have. These devices we use are instruments like a pen with a crystal point, and at the back of it a generator of frequency that we can modulate to any frequency we want. We cannot give it to you but we sent these informations to many people who have the ability to make them.

So this should be made hopefully, people have to trust in the informations they download, they need to trust it, sometimes they think it's just dreams, sometimes it isn't, we are bombarding you with information, the whole planet, we do not retain any technology from you, we entice you and send you hints to create. We wouldn't interfere directly, we have this rule of not non-interfering, we respect it, but we manage to get around it because these are times of emergency for your civilization, we need to intervene, this was a big conversation and decisions that had to be made, and it was made as such that it doesn't interfere with our prime directive but in the same time it does interfere with your evolution in the way that it speeds it up.

Animals follow the vibration of the planet,. Most of them are of a higher vibration than you are already because animals do not have the vulnerability you have about being manipulated by fear techniques. Animals can fear but as a normal instinct, to avoid being eaten or this kind of fears they face, but it is normal and healthy fears, part of their life. Humanoids on Terra have so many fears that are invented, illusory, that tie them down to a lower vibration. Animals don't know these types of fears. Most of animals are of a higher vibration than you are, you do not need to do anything for them but if you want to help them, send them love, and you can ring sounds but not very close to their body.

***Q: Are certain meditations more effective than others?***

**Thor Han:** Meditation is good for everyone and different techniques are adapted to different persons and different levels of evolution, but there is one thing that is common to all, the purpose is to merge with who you truly are, your true being. Forget about your temporary avatar and your temporary life in this temporary world, focus on yourself. This is something we learn from the Ohorai people; they teach us to gather all our thoughts and all our energy within our light being, our soul, and to be only focused inside. Only our being, and nothing else around, exists for a while. We travel inside by focusing within, we open a portal that can lead anywhere. When you focus enough within yourself, you create a singularity at the place of your heart chakra that allows you to travel inter-dimensionally, as far and as deep as your want. Visions are not always necessary. They are interesting but the importance is not the vision; it is the experience, the feeling as you call it. And the feeling brings vision. Feeling always comes first. This is what true meditation is about, in regard to what I believe.

Love and laugh every day, it is something important. Break your own routine. It is my honor to do all the best of my heart to help you understand these troubled times and make them easier for you, these are wonderful times even if it is difficult for many of you in the longer term, as I like your expression: "mind-blowing", it is exactly what it will be: blue skies ahead.