

THOR HAN

Emotions / Wisdom and power of the heart / pets / Egoni / Andromedans / climate / high pitch sounds / Connecting with passed loved ones / Earth seen from the Pleiades.

Thor Han: I went for a short visit of a few hours on Erra on my way to another planet on a system I haven't informed you about, because these races do not have any involvement with your planet. I delivered a diplomatic document, for the equivalent of two Terran days, and I am back. The people over there are very nice. I actually hadn't prepared a message, but my heart may speak spontaneously. You are all listening to me now and I know that there are a lot of you. My words for you are to trust, that in the night you are the light, that dissipates the surrounding night. Your powers are more important that you know. You are activating but still yet at the level of evolution of your species you use a very small amount of your capabilities, but you are awakening to them. You start to understand that fear is only manipulation and a tool raised against you. Fear slowly becomes like what you call a ghost, something that is just in the background and fading away, you take power upon fear by the trust in your capabilities, everything that is loaded with fear comes from the shadow, not from the light. What comes from the light is charged with peace and hope and good visions for the future. If you hear about scary predictions, scary orders do not listen, if it instils fear in your heart, this is not good, this is not for you, this is not benevolent. I want you to trust in yourselves not to listen anyone else than your heart, your heart knows the way, your heart knows what is good for you, your heart knows a lot of things, listen to it, The wisdom is not in the head, in the mind but in the heart, so this is what I wanted to say coming from my heart spontaneously at this moment.

Q: Connecting via the heart to other beings:

The place of your true heart, not your biological heart but the heart of your true being, is located in the middle of your chest, at the same height as the biological heart but in the middle, in the axis. This is where is the portal, this is the middle point between your lower roots and your upper roots, or you call them chakras or wheels or keys or doors, let's call them chakras because it is the meaning that Terrans understand. The heart is the middle point in many ways, and the middle point is always the tipping point, the switching point, the vortex, the threshold, this is where the door opens to contact, first contact with yourself. If you wish to communicate with those who have a link by the heart, such as family from other planets, you need to remember the feeling of love that links you to them, what is the emotion that links you to them. When you feel fear against an enemy you link by resonance with this enemy because you create a vortex, a wormhole is the name that your scientists use and I think it is a very good depiction of what it creates in the space continuum. A wormhole, interdimensional tunnel. If you want to connect with those you love it is the same process, but you change the vibration, you change the frequency, you change the wormhole, you express love. You think about the person, and you express all the love you feel for this person, even if you do not know his or her face, you know his or her essence, the energy that you remember.

If you know a name it is even better, you call the name, name and the feeling, the emotion will connect you there, to his or her own heart and the two hearts will beat together in resonance by the bond of love. If the person loves you back it is very easy, family is very easy, partner is very easy, send out all the love, say the name of the person, if you do not know the name, manifest anything you know about this person, about this being, if you do not know the being, but your heart remembers everything. I always say that love is the key to everything, not only connection, travel, this key unlocks all the doors, it allows you to pass through any vortex, any threshold, any wormhole, as much as anger links you by resonance to the object of your anger, love does the same, you do not know yet the power of your thought, of your will, of your projection by resonance. What is resonance? Resonance is two points separated by a physical distance which are attuned to the same rate of frequency but so finely tuned that they vibrate at the same rate, extremely precisely, and distance is abolished.

Q: How do we keep our vibration high when people could possibly put us down or not treat us well?

Thor Han: There are different sorts of interactions that can trigger difficulty. For people who don't treat you right, you need to isolate your emotions from them, you can very well imagine that they are just actors in an entertainment around you, and they are not part of your life. You look at them from a distance, you need to cut your emotions from them. Judgment is not good, people are allowed to express judgment, but you are the one who decide if you take it or not, you need to work yourself on not receiving the judgment, for you will not change these people behavior. It is a very difficult work, most of you cannot do this, but you can change the way you react to this, by isolating yourself in a bubble of non-reaction, non-emotional, pretend you are not affected, you don't care, not caring about the judgment is the first step by which you will not be affected.

Disruption by noise is something difficult as well, there are many ways of treating disruption by noise. The most difficult is to be immune to judgment, people will try to harm you, put you down, and you know, most of the time when you awaken, the dark side doesn't like it and triggers people around you -who are vulnerable- to put you down. They manipulate them to put you down. You love someone like a partner for instance and this person is being changed, becoming nasty with you, and you are desperate because you love this person or a child or an elder, this is what they want: you to be destabilized emotionally. So fight this, say you don't care and if you don't care, you will be surprised to see that on the other side it will ease down and eventually stop. Protect yourselves, work on your immunity to judgment, that would be the advice I would give to you.

Q: About creating our reality by having expectations of people, notably children:

Thor Han: This is resonance again. As an example: a child is difficult because the child has problems. He is suffering. You need to isolate the wound and see what has caused his wound and heal it. There is often misunderstanding. I love children, I have observed them a lot. Difficult children means children who are very demanding of attention and very angry. You need to find who they need attention from, because one day, they were feeling lonely, they needed that attention and they didn't get it.

They were wounded, and they are angry because they have a tremendous need for love, this is often what aggressivity is with children, a tremendous need for love, and they are angry because they do not know how to deal with these feelings. I observed children very much and this is what I understand. I may be wrong, but this would be my point of view, you need to ask Myrah, she has two sons and the little one is like this. Try something: the person is in suffering and is being difficult, do not take it, let them be, be there for them and only look at them smiling gently, peacefully radiate love from your heart, and it will unlock their aggressivity and their suffering.

You can do something as well that we like to use when we are stuck in a conflict with different species dwelling in a different vibration, background or culture: we step back into our protection zone, it means a surrounding zone around your own body which is like a void. We use this for our ships as well, it is the same concept, creating a void, that you become slippery and invisible, immune to attacks. Once we are there, we generate a power which is peaceful love, a compassionate love and a resonance. We then visualize the heart of our opponent. Most of humanoid species have the heart in the same place, in the chest. Other species have it in the belly, some a little bit higher. I am speaking about humanoids because it concerns you.

You visualize the same thing happening in the heart, manifestation by the spirit, manifestation by the mind and the will, you create a resonance to this compassionate love in the chest, and you make it bright and glow. You manifest them calming down, and expressing only love. I would say most of the time it is working, and they calm down. You have this ability as humanoids, use it. It works like resonance travels, you do not actually cross the distance, or walk the distance. Distance doesn't exist. You create a signal towards a different signal, and they become the same signal. They both resonate together and there is no distance involved, nothing sent anywhere but a resonance activating the same vibration in the chest of the other person. This is how we win wars.

Q: How do you control your emotions?

Thor Han: We step back and settle down, find peace, and from this place we analyze our emotions. At the moment you find peace, all the conflictual emotions have already vanished. Although, some remain, I know well, I have learned a lot, and I've been struggling a lot with anger, frustration. Anger and frustration have harmed me because I have allowed anger and frustration to transform my frequency, the frequency of my energy field. I have learned very quickly that if I find first inner peace, anger and frustration calm down, and they cease to be an emotion any more. They transform into a triggering of the mind that is very easily treated. Find peace first, settle down, connect to your axis, the axis of your being, and once the peace is there, once you're in this state, you have a different look on emotions and all the conflictual emotions have nearly vanished, they're not emotions anymore, they are mind ideas, easier get them dealt with.

If you step back and observe what is happening, the emotion disappears because you are not part of it any more, it is neither any more part of you. When you become the observer you realize that the emotion doesn't need to be there, it is a place of peace.

This is when you control your emotions. Sometimes you may choose not to when the emotions are agreeable. You do not need to control absolutely everything. I am from the Man kind races, I am from Pleiades. There are other races in the Ashaari system, the star you call Taygeta. In the Ashari system there are three other races, the race that looks very much like us: the Taal, they have a complete different spirituality and observation of life, and behavior. Although we are of the same seeds, it is very interesting. I would not adopt a Taal way of dealing with emotions, I would not like that, this is the difference. We, of the Ahel race, are worshipping good emotions, such as love, ecstasy, pleasure, peace, laughter, joy, excitement, these are to us like steps on the ladder of personal nourishment.

The Taal have a different way. For them, any emotion including those I named are to be controlled, they are very ascetic in their evolution and in their spirituality, they do not tolerate allowing themselves to be overwhelmed by emotions. They are wise and right to do so and they are happy like this, but I am not a Taal. We allow to be overwhelmed by emotions. Well I am not saying that the Taal don't enjoy love and pleasure, they do, but only when they allow the time for it. They are a very secretive people, they are happy in their way but they are different. So it depends on which way you choose: total control, well, if it is your culture, if that makes you happy... but as an Ahel I wouldn't choose this. My beliefs is that you need to laugh, you need to dance, you need to love, well that is my culture. I had for a certain period of time a Taal co-pilot. I was annoying her a lot, I was trying to make her laugh...she left, she asked for another work. she's now on T'mar now. You know how I am.

Q: What kind of domesticated animals do you have?

Thor Han: Oh, first I would not employ the word domesticated because all animals are free individuals and allowed to do whatever they want, they just visit and bless us with their company, domesticated has a smell of submission, obedience. Animals are beings who do not follow orders. Animals "of company" would be the best term for me, they come and choose to live with us, the animals of company will come to our house or meet us, and we'll choose to stay with us, and we create a bond, this same bond with the heart, and it becomes telepathic. It is companionship, like a member of a family but from another species, the best ones we have are a four-legged animal, you do not know these species on Terra, it would resemble what you call dog, but you have so many breeds and this is not dog, this is not same breed, this is totally different animals, we took with us from our planet in the Man system, so no, we do not have the same company animals than you have on Terra. There are birds, there are mammals, they look a little different, the birds also they all have larger wings. **unjunga** - Is a mammal which is very tiny and round and very funny, they are hyperactive animals, the children love them, I think they have one or two on Myrah station, they are very successful and popular at the moment there.

Q: More information about the Egoni from the constellation Fornax.

Thor Han: They are a species of their own, with very developed psychic powers. Egoni are not related to any species in this galaxy but in theirs. They come here and they are very nice, very evolved spiritually. They are carriers of peace, they foresee the future, they have this ability but not calculating timelines as we do, they really do see it, when real timeline that will appear. They are members of the Zenatean Council.

They are beautiful tall humanoids, 7th and 9th density, mostly 9th density like our friend Coron, and they are a very nice and gentle people.

Q: Do you happen to know if they have had any envoys on Earth?

Thor Han: Not that I know, but it is possible. The Egoni left a message telling what would happen on Terra, they gave a timeline. This timeline was that the big change, the big shift will start in the year 2017 and will end in 2022. They have foreseen this, and that this is the window where humanity on Terra will choose its future, life or death. You are choosing life, do not worry. They wanted to warn the Terrans, the Federation and the Zenatean Council allowed them because we thought it was a wise decision. The Egoni are very good-looking humanoids, and they inspire admiration and beauty, so their message was delivered to different governments.

Q: How will the weather on Terra evolve in the future?

Thor Han: The weather will become warmer. Where it is cold it will get wetter and where it is dry it will become drier unfortunately, watch the fires. This is something that we are easing that it is not so painful, but we are doing our best without messing up the climate of your planet. There is so much we can do, but your dark governments have messed up a lot, now it is being stopped, and balance will take centuries to come back, but it will get better, there will be a peak where it will be not agreeable, but then it will ease back again, and we will work a lot with you to rebalance your climate, do not worry about this.

Q: Should we balance and work with our chakras before trying to open our third eye or explore potential psychic abilities?

Thor Han: This is very peculiar, you need to work from down, up towards top to cleanse them, then once they are healthy and well attuned, because they are spinning centres of energy, you go starting down, and you go up, then you can open and work on any of them. But the cleansing and the tuning must start from the bottom because I tell you, the energy current goes from the bottom towards the top regarding what you call torus of energy around your field, so it comes from the bottom, and it is like a springing up, if you open, for instance your chakra located in your head, the forehead which is in fact in the middle of your head. Without having cleansed the bottom ones, the influx of energy will push the impurities from the bottom upwards, and it will contaminate the upper ones. This is why, when you open the chakra, those underneath have to be clean, this is how it works. This is the flux of energy. Imagine a ball of energy, it is a magnetic field, it is the law of universe, love of nature, it works for everything that is alive, this is the same shape, it is like a sphere but with a vortex in the center. You know, I was talking about what you call wormhole, this is this picture in your spine, it is going from the bottom up and then springing on the side from the top of your heads all around you, and coming down back again in a toroid dynamics. It is difficult to explain without a visualization.

Q: A lot of Envoys are hearing a high-pitched tone or a vibration before sleeping, do you happen to know what that is?

Thor Han: It is the magnetic field of your planet shifting into a higher density and the sound is changing, the resonance of the magnetic field of your planetary grid is shifting and becoming more powerful in the fifth density. This is what you hear because you are awakening.

All Envoys are from higher densities, so when the density of the planet is tuning into theirs, there is a resonance, there is a sound, we call it “the song”. They hear it at night because it is silent. When you are about to sleep, it is the same as when you are about to wake up, your being emits a special brain wave that makes you receptive to “the song”, the theta waves.

Q: *When we have reached 5D, will we be able to interact with our loved ones who have already crossed over?*

Thor Han: Better because you will be closer to them in vibration. When you leave this avatar you choose where to go, normally you go to the matrix of the world you belong to, but you can stay and wait for your family or your loved ones to join with you and live wherever you want.

Q: *What can you tell us about the Andromedans?*

Thor Han: I want to remind you that you must make the difference between Andromeda Galaxy and Andromeda constellation, there are two different things. The galaxy you name Andromeda its real name is Megopei, and it is visible in the constellation you name Andromeda. That is why you named it Andromeda Galaxy, but its real name is Megopei. From this galaxy, the closest to yours, many species are visiting, harmful or benevolent, the Maytra come from Megopei. So the constellation named Andromeda is a visual arrangement in your sky. A constellation is a pattern formed randomly by visible stars, but they are not all close to each other as it would seem visually. The Pleiades is a cluster, I would say a cloud of stars in formation, this is a real entity. A constellation normally is patterns randomly made by stars as seen from a point of vision, for instance from Terra.

Andromeda is a name that comes from your mythology, Andromeda constellation is a pattern created by different stars and there are two systems within these stars which are quite close, so they can be taken together as the same culture, although they are different, there are both humanoid species, although these are leading civilizations, there are so many other life forms in these stars, the most significant that you need to know about are the Zenae. The Zenae are humanoids of a very high density, and they have created the Andromedan Council as you name it, but it is not the name, Zenatean Alliance is the real term, and it gathers, at the moment I think 147 very highly evolved civilizations. This is of a higher level than The Council of Five. The Council of Andromeda is taking care of the evolution in this galaxy regarding the spiritual levels, to lift the density of the galaxy as much as they can, and they look after peace. They have brought their attention to Terra because they've seen something frightening happening in your near future. They are working with us and The Council of Five to palliate to this unfortunate fate, they have many Envoys among you, your people, Terrans, Zenae, Zygons, and many other races.

Q: *When you're in the Pleiades, what does the Earth look like?*

Thor Han: It is part of a constellation which is very different, we see it like a little cup, it is on the right upper corner. We call it Sol. This is the name that has been decided with the Federation that everybody knows, otherwise we give numbers when we do not know. From the Pleiades you look like a golden star, a very tiny dot in the infinity. Your star is of average size, quite small. Proxima Centauri and Sirius are bigger in comparison for instance.