

## THOR HAN

**The importance of staying centred in a high frequency / Dance as a flow from the ether / Time adjustments in space travels / Planets T-Mar & Erra / Sirius B, Morga, Nyan and the Ashtar Alliance / Karma / Land property, and more...**

**Thor Han:** In these times of change and of shift you are invited to stay calm and to look within. As I always say, you have one job and this one job is to stay centred. Keep your mood and energy field in a high frequency, vibrating in the frequency of peace, of love and of contentment of the present. This very moment, the second in which you breathe time, can be expandable. It is not linear. You can find eternity in a second, you can stop time, time is not linear, you need to know this, you create your vision of time with your mind, this is only an illusion that it is linear. I prefer to say this, stop the world when it goes crazy, look within to the universe of peace and stillness, this is where you stand as an observer. You are not part of the mind manipulation; this is illusion. We are working very hard to help you get over this difficult pass in your evolution, all creatures living on Terra will evolve with the frequency change. Anything that is generated by fear, refuse it. You are going to be more and more bombarded with fake data and this will destabilize your mind, so I ask you not to listen to the wind howling outside your house, be still, keep high in frequency and wait, we are taking the charge of helping for the rest, raise your frequency and remain like this, act also in this high frequency, the actions you know you can do locally around you physically, do it. It is not by waiting either that you will change the world, change first yourself in being in stillness and in high frequency, and then you can change the world, because you have the power to do so. If you are in this high frequency, go and do the physical actions that you are meant to do, physically and in your high frequency. Do not perform them in fear. Now the world is changing, you are uniting in the moment.

***Q: How can we use dance on Terra to raise our vibration and that of Gaia's grid?***

**Thor Han:** Dance is a way of moving your body, your avatar. You do not need to dance just to move with the fluids of ether around you; it can look like a dance, you do not need music to dance upon because the music is the ether itself. If you make silence within you can hear the music of the universe. Dancing is not performing, it is attuning your physical avatar to the frequencies of the universe and the flow of the ether. The flow will move your body, your limbs, your head, your hair, your feet, your hands and all your body within the flow of the universe and your aura will dance with the aura of the universe.

***Q: When you travel through space how does your body adjust to new surroundings? Here we experience something called jet lag; how do you experience time when going over long distances?***

**Thor Han:** The cabin of the ship has its own bio environment, its own electromagnetic field and its own gravity, its own atmosphere, and we do not need to adjust. Regarding the distortion of time we adapt our calculation to stay in the same time zone from the origin point to destination. We make calculations to recalibrate the time in order to arrive at the same time we left. When you travel through wormholes and interdimensional leaps, time gets distorted. So, you can travel in time by recalibration to stay in the same time zone.

***Q: Have you been to T'mar and Alkhorat, please tell us what these planets are like?***

**Thor Han:** I have been to T'mar quite a lot, I have friends there and Alkhorat is a very interesting planet, it is very beautiful, but I have been there only twice to accompany officials. Recently I haven't travelled that much to Alkhorat, but I know T'mar quite well, I have studied for a while there in the academy, and it was a good time, I have good friends there still, but I haven't been for a long time, just a visit as an official a few months ago but it was so short, I never even left the ship. T'mar is beautiful also, as all our worlds upon which we calibrate the growth of nature in balance with the growth of the population, so the environment is always in a good balance. T'mar is a smaller planet than Erra and that is what has caused conflicts in the past, as you know. Erra has a stronger gravity and it is damper; T'mar is more deserty and hot, although it is farther from Ashaara. T'mar has beautiful nature and valleys, some volcanoes still in activity. On Erra there are no more active volcanoes and there are more oceans. T'mar has fewer oceans, less water, but despite this lack of water it is magnificent. The mountains are higher and very beautiful, there are several mountain ranges that touch the sky and the clouds, and sometimes people live above the clouds. T'mar has no snow, only a small amount at the poles, seasons are very dry, drier than Erra because of the atmosphere, it is different. Alkhorat has snow and icy parts, continents covered by ice that are left as such for the resources, now Alkhorat has cities made of beautiful architecture, I have seen it quickly, rapidly, it seems to you transparent like crystal, but it is a very technologically advanced material.

***Q: Do people on planet Erra celebrate any holidays like on Earth ?***

**Thor Han:** We do have days off, it is calculated on our cycles of work, depending on the work.

***Q: Which planets in the Sirius system have you visited, and what can you tell us about them?***

**Thor Han:** Do you mean Thula, Ashkera or Emeya? Those three systems have planets. Thula has 10 planets. I have been on Nyan very quickly but many times on Morga. There is a lot of diversity in the Thula system which is the star you call Sirius B; not only regarding the species living on all these worlds, but also regarding the different motivations of these species and their alliances with different organizations. Morga is now the siege of the Ashtar Alliance and this is a

place where I do not like to go, like all of us. Nyan also has an outpost of the Ashtar Alliance but here it is under control of the Federation and this is the planet where my beloved friend Myrah is from. On Morga there are many colonies from different parts of the galaxy, many are humanoids members of the Federation, they live in harmony. There is a big colony from Meton. The architecture is remarkable. It is a planet rich in diversity. There are recurrent diplomatic conflicts because of the presence of the Ashtar Alliance, so the zone is isolated; a continent totally shielded from the rest of the planet, an enclave within the planet, because conflicts could happen any time. They came to a non-interference agreement, that is all I can say. It is also a beautiful world.

***Q: I would like to know whether you and the beings on your planet are born with karma, and can build up karma debts or release them?***

**Thor Han:** The path of one's soul to learn and pay for the lessons or get the rewards in the following incarnation, is to us a different perspective. We learn from incarnation to incarnation, what we refuse to learn we will choose to take the lesson again in the following incarnation or not, this could be close to what you call the Law of Karma. It is our choice, it is our decision, we always have the choice, free choice, free will in whatever level you are.

***Q: How do you take pictures and videos for memories like we do here?***

**Thor Han:** We do not do this, we have come way over this stage of technology, we imprint devices, or we just memorize and if we want to share our memories we connect by the mind to those with whom we want to share, and we send them, we transpose the memories to share with them. You can all do it, you are all able to memorize and to share them by telepathy, you just need to activate this function, we are the same, we are Man species, we have the same abilities.

***Q: If any person from your station would come down to Earth, would they have to wear a special type of spacesuit like our astronauts do in space?***

**Thor Han:** Some species need an environmental suit, some others don't. I need to be protected from the radiations of your star, so I would come at night, this is what my species Ahel does. During the day, we need to be enhanced temporarily to withstand the radiations. The Taal can walk among you in broad daylight, the Akhori, Kahel and Ummit can do it too.

***Q: Do you experience bad entities in the spiritual way?***

**Thor Han:** In all the realms there are minds that suffer and choose to follow the destructive path in any dimension or realms or density, so of course there are everywhere in all the universes,

entities, beings of different incarnations following the path of destruction. When the frequency is too different on two higher octaves or lower octaves as in music, you cannot see them.

***Q: Some Terrans try to connect with you through meditation, what would you comment on that please?***

**Thor Han:** Tell them, I strictly do not desire to connect with any other Terran than Elena, it is not my intention. If you try to connect to me, you will not succeed because I do not allow it, and you have no way to connect to me because you do not have technology, neither a connection of frequency, and if you would, I would refuse it and block it. I do not allow this. If you think you connect with me or my friend Myrah you are delusional, this is not true, you are played by your imagination or either negative intentions from some parasite beings, this is once and for all my answer to this topic, I do not connect with anyone else. Why do you want to connect to me? This is not a game. Stop idealizing us, we are just people trying to help you, stop fantasizing upon us, we look different, we look like the enhanced version of you, there is, I know a lot of sexual fantasy from your people upon our people and this you need to get over it, you need to stop wanting to connect to us just to have fun, we are here for a serious work, we are not here to entertain you, we are dying, we are working hard, we are far from our families and our homes, and trying to connect with us is not the point, if it is just to experience you need first to connect and only to yourselves and by connecting to yourselves those who are connected to you will manifest themselves, I do not consent to be idealized as a model or the deity, please stop trying to connect to me, it doesn't work.

***Q: Do you have Holodeck technology like in Star Trek where you can replicate the environment on Erra?***

**Thor Han:** This is a hologram technology, yes, we have this.

***Q:How do you own a land on Erra?***

**Thor Han:** Land belongs to the tribe and the family, we do not pay for it, the land accepts us.

***Q: Who handed out the original lands?***

**Thor Han:** It comes from very ancient times, since the time of the founders when we separated the territories in districts among the founders. The founders, it is the Ahel colony which arrived from Man – Lyra.

***Q: What happens when somebody comes from T'mar and now wants to live in Erra, how do they get land to live on?***

**Thor Han:** The cities are neutral zones and there are territories around each city, if there is some place, a plot available, they can live there otherwise they live somewhere in the city for free.

**Q: *Then you can go to the city and just take a spot somewhere or build something?***

**Thor Han:** You do not build, the government builds, you just move in, the city naturally belongs to no one, it is government buildings and facilities everywhere. If you come now to live on Erra you would live in the city, you will be welcome, if the instances agree, then if you want to live on the land you need to be adopted by a tribe.

**Q: *Do you live in family units?***

**Thor Han:** Yes, family units.

**Q: *Do you have parks that you camp in for family vacations?***

**Thor Han:** We can sleep outside on our lands, sometimes in summer it is agreeable.

**Q: *Do you have any particular goals you value that you are working towards?***

**Thor Han:** Peace and justice is the main intention in my life, helping justice.

**Q: *Are humans meant to join the Galactic Federation of Worlds and fight for a young civilization under tyrannical controls?***

**Thor Han:** If humans of Terra pass the test and become members of the Federation, but Terrans of Earth, as you name as a planet, need still to walk a long path, it is not yet in the conditions to join membership with the Galactic Federation of Worlds but if one day you fulfil the requirements, then you may join, if we think you are not a threat anymore for the galaxy. In this case we will assign a task that is relevant to your capacity within Nataru.