

About age and procreation for the Ahil:

Thor Han: In Terran years: 155 years old. In terran years those who are incarnate live up to, the luckiest 900, but it is not the average lifespan. The average lifespan is 600 to 700. I can tell between 500 and 900 hundred Terran years. The Errans, those from Erra (Ashaara- Pleiades): we are 4 colonies. We have two ways of creating children. The children are created in the same way, but the birth can be different. Females can carry the child in their womb but as well, the child can be put or created in a life pod. Women don't always bear a pregnancy because of their work and active life. Some prefer it like this.

Q: Do you guys have intercourse like humans do to procreate or even for entertainment or fun?

Myrah: I am a bit special because you I'm a hybrid: half Pleiadian and half from Sirius B. Well you call it Sirius. The real name is Ashkera, Sirius B. Well my family is split. So my mother is T-Ashkeru, my father is Ahel. My husband is Ahel Pleiadian. The Ahil have different levels of having intercourse. We can qualify it in three levels. The first level it's just for procreation. The body only comes into action, and we have physical sensations. T-Ashkeru and Errahil are very compatible. I will talk about the Errahil. The first level is to procreate, and it is very enjoyable. We have a second level which is different. It is with no physical intercourse, but it is a melting of the souls: of our light beings. This is ignited by the skin. The Ahel skin is very sensitive and receptive, it is very similar to yours, but it has little captors everywhere and in some particular areas more so. We stimulate these captors and it ignites the soul; we can then mix and melt, and our mix and melt is absolutely delightful because it merges consciousness. It merges our two lights in one, and we are projected in higher planes of consciousness towards a higher realm. It is a much better experience than only the physical one. We merge, we join and there is a third. The third is a mix of both. The mix of the both involves the sensations in your bodies, your physical bodies and as well sensations in your light beings. The sensation first starts by the physical body which is very stimulated. Procreation performed in these conditions is really amazing and then all the captors on the skin stimulate the light being. We have multiple levels of what you call orgasm. Terrans know only one level and a second level, but we have sixth. It projects our consciousness in different levels of density. We merge with the source and universe. We don't have bodies anymore. We are just a consciousness. We are not even light, we are just something that is invisible to your eyes, consciousness. Just a state of being. Then this merges for a few seconds, which seems an eternity for us because time has no more grip. Then we come down at the moment the captors on the skin just stop and ease. This calls us back into our bodies of flesh. This is how it ends. If we want to procreate, we decide it with our mind because our minds have to take control of our bodies of flesh. This is it.

Q: Are we humans basically a version of you but without less options?

Myrah: You have the same abilities but not yet developed. There is something though that you cannot have. It is the skin. We have developed a skin that is compatible with our Sun, star, atmosphere, the light and the conditions of the air. You have different conditions here. Your skin is way less sensitive than ours, but you have captors and areas receptive as well. You can actually develop this ability to join different realms of consciousness, but first you need to ascend and be connected with your being of light. The more you ascend spiritually as you say by your spirit, the better the act of love will be, but you must be at the same level. We do not have such a thing as marriage because when we choose a companion it is forever, for the lifespan, be it in a corporal body or in eternal life. Once we have found each other, we never part because we are part of each other. So how do we call each other: the exact translation is companion, a partner is a good word, but we use this word as well for work.

About the educational system for children and youth:

Myrah: We have a different system. There is no such thing as schools and teachers. The knowledge is offered individually to the children regarding their abilities. We first get to know who they are, and when we know who they are, what are the abilities they are coming with, we adapt and offer the knowledge that will develop their qualities and their abilities. It can happen that some children are grouped by a set of skills and there is an elder who comes and teaches them, but it is not done like this, normally it is knowledge accessible by devices but not devices as you know. These are etheric devices.

Q: *When you wait till to know who they are and their abilities, do they stay at home?*

Myrah: We do not wait to know. We know. We probe the soul. We enter in contact with the soul of the person. It can be a few days after the birth. It is very quick. It can be even before birth. It depends on the abilities. The higher beings, you can know it very quickly the moment they choose the body. The body is not inhabited straight away, it needs to be functional first to be able to shelter the consciousness, the light being. The light being cannot come into an embryo that is not fully formed. The light being, the consciousness and the real what you call soul need a body fully formed to enter in and inhabit. So there is a moment if the soul that comes into the body is elevated enough, it can straight away enter in contact with us. So we know. For the other ones we wait a few days until the soul manifests. This is how we know.

Q: *And once you know what happens to that baby, like does it stay with the parents because I know that you work, so where does the baby go, what happens to the baby?*

Myrah: You have places where they can spend time together with other children of the same abilities, but normally we try to spend time with our children. We don't have cells like families. We do have parents, brothers and sisters, but we live separately. We don't have a cell under the same house. So if the work of the parents is very intense, they can choose to go to the house of one or the other parents. On Erra there is not a lot of population. The percent of population is really less than on your planet Terra. First, Erra is one and a half bigger than your planet, and we are less people on it. So anyone can have his own house. It is a beautiful planet I like.

Q: *What does your house look like in Erra?*

Myrah: Oh, my house is very small because when I left I wasn't living with my husband. My husband was living with the children. It may seem complicated to you. Yes, I know. I needed to work far from my husband because I was at the capital, involved in some major projects, and he was retained by his work in our little town or this is no town as well as you know them. So I was living in a tiny house on my own. Not very far from my family but I needed to be there for work, it was very intense work, and then I chose to go. I was taken for this mission and that is when I met the famous team. For those who don't know. I know you don't know. The famous team are my friends. We were patrolling, and I was involved in cognitive research and, oh it is difficult to translate this. I will try to find some simple words. Let us say that it involves removing implants from abductees, if you want. This was my main job. This was following, monitoring, healing and helping them. I was assigned to this mission of patrolling for years with Thor Han, but as well as the friends. Well, people who became my friends because when you work a long time with some people. They become your family.

Q: *So then it sounds like when you have a partner for life you don't necessarily live together or anything like that. It's more like somebody that you connect to or with when you have time to do that.*

Myrah: We like to live together. I know I will live together with my husband when this mission is over. We like to live with our companion and our children, but it is a period where everybody needs to work. So we do but we prefer living together.

Q: *And if you live together then it would be a bigger home than the little one that you had?*

Myrah: Yes, in the house of my husband.

Q: *So then you group the children, you kind of categorize them together, and then teach them.*

Myrah: Yes, when you have the same ability, and you are grouped together you just stimulate each other and the learning goes faster.

Q: *Are either you or Thor Han part of the Pleiadian high council?*

Myrah: No we're not. He's in the military, and I am in the science section.

Q: *So you guys have a military.*

Myrah: Yes. Well not to make war, to make peace. This is another vision of the military. We are peacekeepers.

Q: *What do you do for entertainment and recreation?*

Myrah: We have different things, a lot of things. The best entertainment we like to do is walking outside in nature, but we cannot do that on the space station. So we have gardens, a beautiful ring of gardens where you can see the stars and never see the light of day, but the plants adapt because they have special lights as I can say. So this is one, but then we need to stimulate our brain. The part of our brain that is not used in our work. Entertainment is a sort of training to keep our brain perfect. So we have group entertainments which are activities which involve the body. It isn't what you call sport because this is a bit ineffective. We do not like challenges in the way you do. The challenge we have is to lift each other. It is a different way of thinking. Thor Han says Elena saw a game. I don't know which she saw. Oh yes, the Ohorai game. They sit around the table, and they all have a little computer, is the right name? And they type numbers and by calculation they build a hologram, and they all build it together. Thor Han said that it is a good way of depicting our spirit. Building together. Of course the one who puts the last element wins, but nobody tries to destroy anybody else's construction. The constructions are made by calculation.

Q: *What do you do for entertainment when you're in Erra?*

Myrah: We have a lot of beautiful nature, and we go out, and we spend time in nature. We meditate. We connect with nature. The truth. The rivers and the waters. We have a lot of lakes where we live. The land mass is very important so not everybody lives near the sea. Connecting with nature. Then we have community games, I wouldn't call it games, I would call it entertainment. We all gather in places. This is a place full of lights and there are holograms playing, pretending, and it entertains us. It tells stories of our past, stories of the old things that happened. This recreates elements and events from the past, plays, and it is holographic. It can happen anywhere outside or inside. We like this a lot.

Q: *So you guys don't have movies over there?*

Myrah: Oh, these two-dimensional things. Please don't talk about music. Thor Han puts music on the ship. I am not in his ship anymore and this is so quiet now.

Q: *Do you all feel emotions like jealousy and like those, I would say negative emotions that we feel here on Earth?*

Myrah: As part T-Ashkeru I don't have the same areas activated in my brain but let us talk about the Ahel side. We are very emotional. When you ascend to higher frequencies, emotions become more intense. We have emotions like love, laugh, curiosity and interest. Pain is rare because physical pain has been controlled and if you hurt yourself, a medic can heal you very quickly, or you can heal yourself anyway. Pain is not something physical, but we can be sad. We do not feel jealousy; jealousy is something that belongs to the body and the part of the brain that is primal, primitive, and we do not have this anymore. We do not have envy. We have excitement for the other. If the other has something we don't. We are excited. It is encouraging each other, lifting each other. This is what you have to master: giving. And the most beautiful feeling is love. I can tell you, love is not only a feeling from the heart. It is an energy, a state of being, a state of connectivity.

Q: *It sounds like you don't have egos. Is that what it was when you were created? You were created with no ego?*

Myrah: We have an ego but used in the right way. For the way of elevation you need ego. Ego is necessary for self-consciousness. You need to feel who you are, that you are important and love yourself, but you can use ego in a bad way. We do not do that anymore; it is destructive. Nobody is more important than anybody else. We are all different on different levels of evolution.

Q: *Do you exercise or do you kind of have to exercise like humans do in order to keep the body in shape?*

Myrah: Yes, we do this, but it is not in the same way. You run or you play games. We stimulate the body by electricity, as you say. It's not electric, but I would describe it, electric because it corresponds to what you could understand. I have a better term, plasmic. We induce into the body currents that will contract the muscles, and we do that if we don't have a physical day. We do that sometimes when we feel we need it. It is just to stimulate the energy flow in the muscles and the blood. This is what we do. It is a little capture. We put on our bodies. We don't

need a lot of time to do it, but it works well. Of course, we would prefer to walk in nature, but on this station, once you've done the ring of nature many times, you know every leaf. I can walk it with my eyes closed and never encounter a tree, and it is a big ring. I miss my planet. This is sadness, missing and lack. I miss my husband, two children. I am sad.

Q: *When do you get to go back home?*

Myrah: I will soon have a little holiday as you call it. I wait for my orders. Do not worry. We stay in contact.

Q: *What kind of food do you eat?*

Myrah: Oh, I love food. We grow our own vegetables, a little bit of them in the ring. What I call the ring or Thor Han says Greenhouse, but there is another sector in the space station where we grow them, and they will replicate them. We clone them. It is not individual vegetables. They are clones. We have long ago imported vegetables from our respective worlds, and we plant them. We sow them in a soil that is adaptable to the vegetable. Some are not grown in soil, but in a gel substance filled with nutrients. We do not eat flesh. Some species on the Space Station, on the Orbital Station could eat flesh, but this is a rule which is very straight. You may wonder why, maybe. It is because eating flesh lowers your vibration to the vibration of the flesh, and in the work we have to do now of elevating your planet and trying to help you elevate it, we cannot afford individuals vulnerable to the reptilian energies. So we do not have dead flesh on our station and the other stations as well. So it's only vegetables.

Q: *Do you actually cook them, or do you just eat them raw?*

Myrah: Onboard the ship we are being fed with vitamins and nutrients which are in a liquid shape, in little recipients. It is difficult to find the words because I translate. It's difficult. We eat nutrients in a liquid state. It is very energetic. We need this when we travel space, onboard ships, because we modify our density. Sometimes we do a little bit of a leap through the space continuum and our stomach must be empty, otherwise we're sick. So we eat only these nutrients which are adapted to space travel. Then we can eat them if we want and if we like them onboard the station. We cook as well. Normally we don't because we are busy. We have machines who cook for us.

Q: *Do you take the veggies, and you throw it into the machine, and then it comes out with some cooked food of some kind?*

Myrah: The machine harvests the vegetables, and it is an inducing system that cooks them, and then we can order to the machine how we want, which vegetables we want and how we want them.

Q: *So you don't do any eggs or milk?*

Myrah: Oh, no! Nothing from other beings! Everything that has a heart and a face, we are respecting even what they produce!

Q: *How about spices, do you add spices to your food, are they the same as the ones here?*

Myrah: Oh, yes. Oh, yes. These are part of the plants and the vegetables. We use it. We have delicious spices. No, they're different.

Q: *Have you ever had terran food or vegetables?*

Myrah: I never because I know the risks. Thor Han tried and was sick. I told him. We need to ingest the enzymes first and be able to digest them. We could do it, but it is not available on the station. We have to make a special request. It is possible. We can have them. Thor Han tried because he likes cooking. This is a very funny story. One day there was a ship coming back from Terra with a scientific harvest and I told Thor Han, but he wanted to taste. I said, no. So he stole one. It was a green round vegetable. It smelled strange. It was white inside like little clouds with big green leaves. I do not know the name. He put it in the machine and the machine cooked it for him. He was sick. He didn't have the enzymes in his stomach to digest it. So his body rejected it.

Q: Have you been on Sirius B? Do you remember the color of the sky, oceans? Is it similar to us or is it similar to Erra?

Myrah: Yes, when I was a little girl. Ashkera is different from Terra. The sky is sometimes blue but mainly purple. It is a three-star system. The light in the sky is absolutely changeable. Purple is the main color. It is due to a different atmosphere. There is water, not a lot. A big land mass as well. Very populous. I didn't really like this kind of urbanism. Very populated. I was happy to come back to them. I don't have a lot of enjoyable memories there.

Q: Is plant life the same as Erra or different?

Myrah: No, the species are completely different. It is a different genetics. Ashkera hasn't been colonized by the Lyrans. Wherever the Lyrans went they took their plants with them. So in all the systems colonized by the Lyrans, you have a main stream of certain species of plants. We have even imported some of ours on Terra. Oh, at the time we're doing a lot of experiments. How we could implant life forms on different worlds. It worked quite a lot on Terra because you have very good conditions for life. In the temperate zones. Temperate places where you have damp forest and damp woodlands, and it reproduces the conditions of our planet. So we imported some species, who grew well, and it took very easily, not all but some took well and multiplied. We hybridized them, and it was good fun, I suppose. I would have liked to be there and do that. This kind of department is not mine. I am very curious. My husband works in this department. We have very interesting conversations.

Q: What is the best way to connect to our star family?

Myrah: If it is the real family from the homeworld this is different from the world you are incarnated into. You already have a bond with them. You just need to activate it. This is not a bond by the mind, but a bond that is found in the middle of your chest. You have a center of energy in your chest. In this center of energy is a bond that you call, quantum. If you make the wheel, manifest the wheel to connect with them. You should manifest it in your heart, that is where it is, the heart. Attention! Not the biological heart on the left. The central one, the one I was talking about. The energy center. There you can create a connection. That is how Thor Han connects with Elena. Wherever these people are in this galaxy you have a link with them, no matter the distance. Think about them call for them.

About chakras:

Myrah: It is in the shape of a wheel and it turns. You activate it by thought and that you send to the chakra. Then it starts to turn. When it turns, it creates an energy signature. It is like having a compass in your chest. You activate it with your mind. You put an intention for contacting certain people. You manifest as if you were in contact with this person, and this person feels it. This is how we do it. Terrans don't do that, but when you have a family or a lover, a bond with somebody of our level it works. It is a visualization process. When it turns, it creates a singularity of plasmic energy, that allows connection to other realms of existence and other densities. Distance vanishes because it is what you call quantum. We call it resonance, echo. When you have lived in a community with a DNA genetic signature, you are forever connected to them. Even if these souls are not incarnated in bodies anymore, if it was in the past, or the time is not the same as you think it is. So you can connect with persons in the past, when they were your family. You need a connection by the heart. Sometimes it can be a negative connection. Somebody who hurt you, and you have the emotion still there in your energy field. You can connect, but I wouldn't recommend it. Being incarnated into a 3D body limits the perception you have of the universe.

Do reptilians know about this, do they have the same ability:

Myrah: No they don't, but they know we can do that. They use telepathy. This is something different. This is from one mind to the other. We do that as well, but it is not our main way of communicating. The Ahil elders use only telepathy. Now talking about the reptilians. They use both, but they use better telepathy because of their language. Oh, it is loud. They are not able to talk low. So when they want to be discreet, especially when they shapeshift, and they are among humans. They speak telepathically, but they can do both. It is just that their language is absolutely horrible and loud. They don't find it horrible. We do.

Q: Do you happen to know if we have anything on the planet as far as plants that came from you?

Myrah: Oh yes, Thor Han is talking to me about Osh'ksha. Orchid is the translation. It came from the first species. He knows plants better than I do, and I am a scientist. He says he knows only this one.

Q: *How you find your twin flame and call to each other? Do you court like you do here on Earth, or is it almost like already planned out by the stars?*

Myrah: Normally we know each other for a long time, since the time our souls were ready. When they were very young. I do not talk about incarnation young but young in the evolution of the soul, a being. Some take time, some find each other very early, and it is a partnership. Well, each of us stimulates each other and completes each other in their evolution. How we call for them? It happens one day, when we feel ready in our heart. We feel the call and the need for the other, our complementarity. We express, it is difficult to say, we express. That we want him or her to respond. I need precise something. Yes. It is good Thor Han is here because he helps me with things I forget. There is a polarity but sometimes the polarity changes with the incarnations. Sometimes it can be two females or two males. It is not obliged. I like males.

Q: *Does Thor Han have a spouse?*

Myrah: He has, he doesn't want this to be known because he wants to protect her. Thor Han says "Tell them that she is not available either". He wants to protect her. If it is known, she can be in trouble or bothered.

Q: *Is there ever a time when somebody could possibly not have their companion, or everybody always has that second connection?*

Myrah: It happens that you take time, and you need to incarnate a few lives before finding them. It can happen. You remember because you look for someone looking like them. This is how you remember. You are drawn to the same type of lover. It is your dream, ideal, fantasy. It is because you remember them. How they were when you left them for this mission. You know why you need to discover things by yourselves, Terrans? Because it is activating something. Remembering is a challenge that is necessary. When you incarnate into these Terran bodies of flesh, it goes with the deal that you forget, but this has a purpose because remembering activates something that you need to activate. What you are told, you do not activate. Learning activation. That is the best way to improve our learning. It is something dynamic you do yourself. Otherwise, it doesn't work. So you are remembering then the link activates. The connection activates.

Q: *Do twin flames, or I guess the companions find each other life after life?*

Myrah: Yes, but sometimes you need to have a partner. You say husband or wife, in your incarnations for a different purpose. So you will be with somebody or different people or some are with many people one after the other because it fulfills the purpose of evolution, and you just help each other, knowing that your true twin flame sometimes is not incarnated in the same plane of existence and density. Everything fulfills the purpose that you choose.

Q: *Do we, as starseeds, have to die here on Earth to return home?*

Myrah: Yes, you have to leave the body. You can return home by travel, how to say...? They say astral..., Thor Han knows better than me, and I am a scientist. Astral travel is a way that you use to connect quantumly by the decorporation, but you cannot decorporate very far because there is a link, a shiny little thread that links the two bodies. The physical third dimensional body and the light being. If the light being goes too far the thread can break, and it is dissociated from the physical body and the physical body stops, dies, if you prefer, but you can travel as well by the mind quantumly. To really return home, you need to break the thread with the incarnated body. Travel back home and your initial body is just there waiting. That is how we do it. We just decorporate. We put our body in a life support system, a pod if you prefer in stasis, and what you call soul. We call light being is sending an avatar of flesh on Terra or other worlds. You know there are other things happening as well. Well, the body avatar has to die, but we never truly die.

Q: *How old are you?*

Myrah: In terran years: 182. It is young. We are young. We age but not in the same way. Our organs just fail and our physique changes a bit, but it is mainly the functions of the body, who age, and we become tired. The organs

just fail, and the body just degenerates, and the light being has to change the body.

Q: *So you can get to look 30 for the rest of your life.*

Myrah: We will look a little different but not as, oh I don't want to say this word. Not as degenerated physically as the Terran species does.

Q: *You said usually Terran years. How are the years compared between us and you? What's the equation?*

Myrah: Oh, it is about one and a half more. We look at the age we are in Erra. So one and a half which is not absolutely exact but that gives you an idea.

Q: *One year in Terra equals one and a half years in Erra?*

Myrah: This is more like it. A year on Erra is different because we have a double star system. We have a special way of calculating it. I am very pleased to help you understand without joking too much. I was very serious tonight. I am not always serious like this. Laughter is very important. Not to take ourselves seriously too much is giving way for evolution and growth. Do not forget to laugh every day. I'll salute you all, and I hope you enjoyed my company goodbye.

Thor Han: Elena receives messages that she passes on to me. These messages are of private matter. I want precise this. I do not have the ability to know everything about every one of us, every one of you, life. I cannot answer when you ask her to ask me about your family, your twin flame, your future, your past. I don't know. I work for the fleet. I work for the Galactic Federation. I am not of the council nor a high elder. I can access the database on the station about history. I can know pretty much everything about history, but I cannot know about all of you. I cannot connect with you. I hope that doesn't make you sad, but that needs to be said. So all the private questions are not for me. I can reply to you about anything else, but I cannot connect to anybody. I'm sorry.

Q: *That's what I wanted people to understand. It is that you are literally just like us. You're just more ascended. You're just a bit higher in the scale of ascension but other than that you're actually a human being basically. You don't have superpowers. You are just basically us, except you live in spaceships or on a different planets. That's truly the difference. You are basically vegan, and you are happier than we are.*

Thor Han: We can read minds but only if we have contact with the subject by an implant or energy field contact. If I come tomorrow in your plane of existence with my ship, and we have physical contact. It takes me only to approach you to your unit of measure two meters, to read your mind without any implant or link of the heart. Because it is through the energy field. But from here I cannot. It is too far.