

Subject: Let's Hear It From Sohin.

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Subject: Let's Hear It From Sohin.
May 10, 2011.

Here is some information from a space people who I've not heard from before.

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Commander Sohin: Alpha Centaurus
C-anneled by Kris-Won

Greetings from Alpha Starship!

According to the intentions of your speakers, you will know if they really come to help you or if they have other things in mind. This advice can be applied in all spheres, not only in the terrestrial sphere.

Until only a few years ago, you had to be very alert about the communications you were receiving (some c-ntactees know this well, like Sixto Paz and Eugenio Siracusa, among others), for there was on the surface of your planet some visiting civilizations whose interest was more of a scientific nature (for their science, obviously) than a s-iritual one. They had not come to help you ev-lve sp-ritually, but to study your behaviour and also your genetics, and to understand how your internal organs functioned.

You named them "the Greys" because of their skin color. There are famously sad abduction cases in which members of your human r-ce were beamed into their small laboratory-spaceships where they were observed and studied by those small beings.

They gave all of us the same reputation, that extraterrestrials had come to kidnap and terrorize you, and in that way they put us all in the same "bag" - no matter who we were, no matter what intention we had.

Also the wish of some filmmakers to produce sensationalistic and frightening movies has contributed to the expansion of that lie, that we all come with those same selfish and egoistic intentions.

But since a few years ago, close to the turn of the millennium, the Galactic Federation decided to intervene in order to protect the population of the Earth and to dissolve the agreement and plot that the Greys had organized together with some members of the U-ited States g-vernment.

Although there were other countries who were aware of this plot, it was explicitly the Un-ted States mil-tary gov-rnment who had made this agreement with the Greys, especially the mil-tary command of that North American country.

The Federation intervened in order to protect the innocent population, mostly in the Uni-ed States, for many of them were being used as guinea pigs, with the approval of the milita-y and certain North Ame-ican Se-ret Esp-onage Agencies.

The Galactic Federation intervened with a complex logistical plan, starting by disabling those visitors' technology, and ending with their capture inside their own spaceships, banishing them from this planet and sending them back to their Solar System of origin, one very close to yours. (JW That may well be true but some of Greys, Repts. and d-mons may still be around and are working with the forces light.) Once the first part of the plan, the Greys' evacuation, was concluded, a grid formed through a type of energy unknown to you on this planet was created, one that is self-intelligent - without having a life of its own, for it has been weaved through our technology - and capable of discerning the type of visitor trying to gain access to your atmosphere and ground.

If a visitor or visitors don't have a pure and altruistic intention to help the population, this help possibly having a whole array of characteristics, the energetic grid will impede their access to this planet.

In this way, the Galactic Federation makes sure that no other exterior civilization with intentions similar to that of the Greys can interfere with the Ascension process to which you have a right, by express decision of He Who Is All Love and All Mercy.

We don't deny to you that there have been occasions when we have had to adopt drastic measures with some civilizations who came with hostile purposes or, at the very least, with no intention to help you; but you can count these cases with the fingers of one hand because the vast majority of visits that you have had since the

beginning of the new millennium have been those of your brothers who have come to help, not to experiment or to extract minerals from the earth's crust of your planet.

I have explained this to you so that you are calm, knowing that your process of elevation to the fifth dimension is being protected by all of us, as well as by the precise technology of the energetic grid surrounding Gaia since a few years of your Earth time.

The internal events occurring on your planet in which you yourselves play a leading role, and which you have knowledge of because you see them on your daily newscasts, are another matter we will speak of in another communicate later on.

May the Light of the Infinite and Eternal Creator of all worlds surround you and fill you with Peace and Love.

Commander Sohin

Kris-Won was born in the Island of Mallorca (Spain) in the Mediterranean Sea in 1961, where he currently resides. He got the gift of channeling when he was 21 years old, while he belonged to a spiritual group in Palma de Mallorca. He has traveled to countries with ancient cultures of undeniable spiritual influence such as India, Mexico and Egypt. In 1985 he personally met the Indian Master Sathya Sai Baba. His teachings and guidance influenced his life profoundly, so he dedicated himself to translating a great deal of Sathya Sai Baba's teachings to Spanish during the last 10 years. By late 2009, he joined our group of translators and began to translate other channelers' messages. Shortly after that, Alpha Starship began to dictate him their first messages.

Signs and Symbols: Honoring What You Love

by Cheryl Richardson

April 18, 2011

I've spent the week reading the wonderful stories and examples of how people are paying attention to the signs, symbols, and experiences that reawaken their passions. The stories are varied and provide great inspiration for paying attention to what shows up in your life every day!

One reader realized that her passion for watching Elvis Presley movies was a sign that she needed to sing and dance a lot more often. Another could now see that a love of National Geographic magazines reflected a hunger to be in the beauty of nature on a regular basis. One woman admitted that she feels terrific after cleaning out her car and that she loves creating order and cleanliness (I suggested she open her own auto detailing shop!).

Here are a few others:

A commercial for helping injured dogs sparks a need to do something more concrete to support the care of animals.

* Watching the movie A Little Romance, inspires a trip to Paris to fulfill a childhood dream (and who knows where that will lead!).

* A reoccurring dream of running a wellness center challenges one woman to honor her love of teaching healthy eating habits to kids.

* Beautiful earrings found at a craft fair reawakens a love of architecture and a passion for the energy of space.

As I read through these wonderful emails, I find myself thinking that we are such unique, creative beings who long to express our hidden desires. So, what gets in the way?

Okay, I know that many of us feel like there's not enough time, we can't afford to quit our day jobs, or that we're missing vital training or experience. But, I think it's something more.

1. Forgetfulness. We get lulled into a comfortably numb place by the busyness of our lives and forget what matters to our souls. Instead, we need to remember to keep our eyes and ears open for clues.

2. Not enough space. Yes, most of us do lead busy lives, myself included, but ask yourself: What small thing might you let go of to create a little space in your life to pursue the desire that tugs at your heart? I say small because too often we imagine having to make a huge life change to accommodate this need.

Anything big feels scary and undoable. So, make it small, easy and doable. Where might you find a little space to breathe life into your passion?

3. Lack of faith. What if I told you that there was a force greater than any fear you possess that will open doors and windows that lead you to do what your soul longs to do?

Well, there is, but you'll need to take action to ignite this force and operate on faith until you see the evidence of its presence.

All it takes is one little step to get started. If you love animals, visit a local shelter and volunteer for one hour. If dancing is what makes your heart soar, make a CD of your favorite ten songs and find a place to let your body move. If you love the energy of space or the beauty of architecture, buy a magazine this afternoon and read it cover to cover. Just do something!

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Part 1.

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