

Subject: Post 11/11/11 Message.
From: "John Winston" <johnfw@mlode.com>
Date: 15/11/2011, 16:24
Newsgroups: alt.conspiracy.area-51

Subject: Post 11/11/11 Message.
Nov. 15, 2011.

Here are some suggestions from Ashtar as to what we should do now that is after 11/11/11.

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some say 11/11/11 was the real Mayan calendar crossover date,
cww

From: Cmdr. Mariel N-vios
ashtaraurora eagles@yahoo.com
Subject: Welcome to post 11-11-11 Earth!

Greetings to All in the Light of the Most Radiant One!

Ashtar here!

I bring you a greeting and a short message of encouragement on this day 11-13-11 in your Earth time. And I bring to you MUCH LOVE from All of your Brothers and Sisters of the Ashtar Command, whether serving in the lightships or embodied on Earth assignment!

As we have watched from the etherian realms as you celebrated the significant date of 11-11-11, we were filled with pride in all of you who so beautifully and powerfully and with such dedication joined in your ceremonies on that day. A wave of Light swept across your beautiful planet and radiated even into the higher dimensions!

We wish now to get to the encouragement part. We have also observed in the days since 11-11-11 as you all integrate the high energies of Light brought forth on that day. Some of you have felt what my c-annel for this message, Cmdr. Mari-el, has termed an "energy hangover." She tells me it feels similar to an a-cohol drinking hangover, without the al-ohol involved. I want to assure all of you that such a reaction often takes place when such a large volume of Light impacts your physical vehicles. After all, Beloveds, you are now processing an enormous amount of Light and energy! For some of you, the physical body takes awhile to catch up with and integrate what your other bodies more easily absorb and integrate.

Along with some physical discomfort, some of you are experiencing some mental and emotional upheavals and feeling "unlike yourself." This, too, is to be expected and it is a GOOD thing, though it might not feel good for just a small amount of time until your bodies all adjust to your new level of being.

We wish to encourage all of you to understand what is happening, that it is a very good occurrence and we ask you to be PATIENT and LOVING with yourselves and everybody else as this integration process takes place. For at least the next seven days, be especially kind to yourselves. Rest when you feel the need for rest, drink plenty of pure water, eat lightly and as healthfully as you possibly can manage and get plenty of fresh air and outside time in Nature. All of these measures will help your comfort level greatly. And, of course, please be sure to observe as much p-ayer and meditation time as you can, connecting with your own Guides and the A-gels, all of whom will give you advice and guidance and help tailored to you individually.

I wish to suggest you put aside your "to do" lists for a few days, as well. This time is about rising to a higher dimension and a higher dimensional way of doing things. Allow yourselves to rise gracefully and you may find that to-do lists are quite different in the higher vibration to which you are rising!

Please know that you are greatly loved and appreciated, each and every one of you, for the important role you are all taking in the Ascension of planet Earth. You who have agreed to be embodied on Earth at this time have taken on a challenging mission, but one that is oh so worthwhile.

I have asked Mari-el to attach a picture to this message, one to give you something to focus on as encouragement and a goal. This particular picture contains encodements to assist all in rising to the 5th dimension. You may wish to print out this picture and focus on it frequently as you integrate these energies.

My Love & My Blessings & My Deep Gratitude,
Cmdr. Ashtar Sheran

(Received by Cmdr. Mari-el No-ios. May be shared if shared in its entirety, only in written words and may NOT be shared by making a video of this ch-nneling.)

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