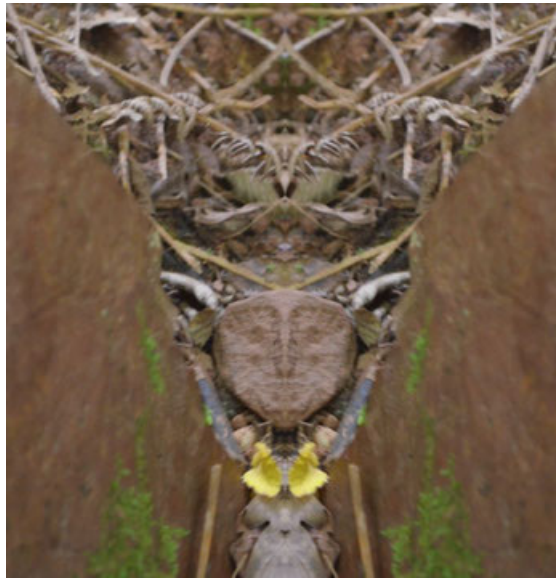


## Notebook 2.1 – What do we mean by “Illusion”?



What we perceive, feel, hear and see is not the reality. Our daily environment is only a point of view of the mind as interpreted by our brain.

The examples of “time racing by” money, work and obligations, are merely deformed shadows of the reality.

Evidently, our affirmations expressed as such without explanation might seem to be foolish to most people. Nevertheless we are witnessing them. But let’s first wait in order to gain some clarity!

The speed, in which time passes, the “dependence” on a job in order to live, the fictitious stream of money, and many other schemes of this sort, are mere deformations of reality. This is because our [predators](#), cheerfully manipulating the consciousness and the human genetic, possess the power to hide a part of the whole spectrum of frequencies that constitute the reality. Our human reality is therefore not the true reality but that, which is authorized by a matrix parasite who occupies our consciousness.

Because of the influence of the predator, all the shadows that constitute our dependence on “the matrix of the illusion”, take form exclusively in our psyche. They construct themselves and grow bigger becoming the reality uniquely through our fears, our sense of lack, our neediness, our attachments, our guilt and our projections and suppositions, all of which are skillfully piloted by the predator who uses them like command buttons in order to activate certain of our emotional notes **according to his own needs**.

In other words by passing through the whole array of our “dense” emotions and due to our beliefs and our fears, we nourish them and give them force, we are inevitably attracting towards ourselves all that displeases us, all that which makes us afraid, and all that we fight or manifest against.

It is therefore in this way that the predator has a feast. Perched in the 4<sup>th</sup> density, he is nourished by certain fragrant emanations provoked by fears, anger, sadness,... , that we

produce when our emotions are solicited. By pressing on specific buttons that cause these emanations, which are not uniquely energetic or psychic, as certain psychiatric specialists suggest, the predator is also relishing the exhalations of the hormonal system (such as the smell of adrenalin, menstruation, pheromones, and other diverse hormones, especially during the ovulation of women....(see the attacks of the black shadows in [dialogues °37 and °38](#)).

In trying to find a way out, we pass all our time scrutinizing our emotions, working on our fears, looking « inside ourselves », and adopting friendly communication techniques....**but the truth keeps passing us by.**

Since all the time that we've been communicating on this subject in our dialogues, the same truth is perpetually rejected because again and again, even if people continue to suffer, they prefer to stay in their comfort and security zones, is this not so?

For there's an order to respect if we wish to find a way out and the order is as follows:

Firstly, no matter who we are, we need to accept that we are inevitably under the influence of one or even several trans-dimensional predators.

Next, it is on visiting our karmic processes that we need to learn how to liberate ourselves from influences of our past, in order that we don't unconsciously reproduce them in our present.

It is on doing so that we tame our predator who is the entity or spirit that we were in the past or will be in the future, in order that he becomes our teacher.

This means that we need to understand that "human minds" are not human or are not only human.

We all have varying proportions of extra-terrestrial origins in our genome sequences that come from our reptilian "past" and our gray "future" or other extraneans.

More than half of humanity possesses a genetic that is mostly of reptilian origin and expresses itself through the trans-dimensional entity or spirit that we have called our predator. Contrary to what we are being led to believe, this entity is not only psychic but possesses a tangible form and manipulates our psyche for its own gain, through openings between space and time, or by the bias of biological probes that have been conceived of for this purpose (by certain races of Grays, but not all).

It is also important to know then that among those predators, certain are cloned and do not have a soul.

Less than half of humanity, on top of its reptilian genetics, possesses a genome that originates from Sirius and was implanted by the Kadistu planners. This genome is starting to be reactivated and is supplanting that of the reptilians. This genetic has been safeguarded and carried by certain amphibian descendants (spirits already present in Lemuria) becoming reactivated since the event of Atlantis (see our research on the Cathars, Cagots, the cross-bearers of Cain and his colleagues, [dialogue 45](#)).

It is therefore important to understand that the Sirius genetics, implanted by Kadistu planners, were introduced in the genome of certain peoples to restore full creative potential to human beings as they gradually find a way of freeing themselves from the illusion of time.

The Kadistu are by no means saviors of humanity, they are merely sentinels that have taken on the task of re-initiating the guiding light in the center of the human genetics.

It is therefore our responsibility, the responsibility of mankind, to awaken the flame and take care of the fire that rouses the memory of being "ardent sons of life", if we wish to aspire to our full potential.

**Under no circumstances will a galactic creator of the Kadistu cast (regardless of what countless pseudo searchers will have us believe), interfere with the free will of a human being.**

Since our genesis as man-slaves of the STS corpus, we have simply occulted that we can «naturally» manifest into reality the content of our thoughts.

We have also forgotten how to handle our creative power because our perpetrators have limited the perception that we have of our creation.

In reality we have been reduced to perceive our exterior world essentially at the same level we create within our human minds, and given that our creation appears in a limited way to our eyes, we have forgotten the vastness of the creative power of the human consciousness, the Higher Self.

Take the example of the militants who fight for animal causes. The more they fight against the bad treatment of animals, the worse it gets. The more people fight against criminality, the more crimes intensify and augment. Would you not agree?

**So the more there is opposition against something undesirable, the more the undesirable thing strengthens and takes form.** By wishful thinking or by projecting energy or intentions of love and light on displeasing or unhappy events, we inconveniently land up alimenting and amplifying them. The events appear in our lives in exaggerated measures expressed as problems, inconveniences, and contrarities that can even go as far as illness and death.

Whereas if we accept things just as they are, integrating events as lessons, they modify by themselves naturally because we are no longer acting from the desire or the personal will action of the ego. It is therefore only by learning to perceive things in another way that they generate spontaneously other alternatives and manifest new realities. This is a simple universal law.

In order to understand our declarations, let us have a look at the last discoveries of quantum physics, which affirm that the world, in which we are evolving, is only an image or feelings projected on the firmament that we decrypt with our five senses.

This firmament evidently represents the environment that we know through our senses. Ancient traditions call it the ether. It is conceived of on a microscopic level in the « so-called » infinitely tiny atom, the DNA, the cells and touch the infinitely large so-called

universe, the cosmos, the planets, the stars, the galaxies and all celestial bodies that evolve in this "immensity".

The universe, such as we have learned to perceive it, is only a minute part of the reality. It is constituted of moving images in 3 dimensions that are transmitted by electromagnetic light at "optic" frequencies that can be received by the human eye. The universe, or rather the bubble of man's perception, is completely different, for example, to that of an animal, which has another frequency of consciousness and perception.

The universe is not only constituted of visible light and visible matter. It is also constituted by that, which exists in the past, future and present. Yet it is only the present that is perceptible to human senses. The past and future are nothing other than projections of his consciousness into a reality that simply does not exist. The future and past are the worlds of [antimatter](#).

The true force of the light, if it were perceivable by the consciousness, would unveil an organic universe composed of infinite, intelligent and living worlds that would manifest in the instant they are perceived by an observer. It is the "nuclear" force that physics calls "weak" and which we "humans" could feel as truth, love and life. But the reality of the universe is more than that.

The only consciousness capable of perceiving the universe as it exists is the creative consciousness One of the source, or the consciousness center of 7<sup>th</sup> density. This Supra-consciousness is in a way the sum total of all that can be known, unknown, possible, impossible, real, unreal... It is not only constituted by the infinite potential of "being", but also of the infinite potential of "not being".

*"To be, or not to be", as Hamlet is known to say.*

It is in these two polarities (being and no-being) that the consciousness of a new world is possible and...already exists!

If we are simply observing the universe only through our human vision, we can only perceive an infinite deception. This is because the visible world, Lucifer's world, transports the light of illusion. It is only a matrix, a virtual reality that hides all the others. Yet the other worlds, constituted of multiple potentials, are those in which we can also take part.

Our human eyes cannot see them but our true "ears", the white substance of the two hemispheres of our brain, can perceive these other worlds in our inner beings.

By using our true "ears" wisely we can also feel the extraordinary intelligence of information in movement. This is the veritable light otherwise known as the "black energy" that relays each one of us to the "causal" universe (resulting of an effect), from which the story of human-kind perpetually emerges...

Our human perceptions direct our «illusion» in a way that we as humans are only able to read a minute part of our creation, which in itself, participates in manifesting the totality.

It is at this end of time cycle that the chaos of the apocalypse manifests itself in order that the human may relearn how to become creator.

The end-of-time apocalypse signifies therefore the revelation of all the forces that have reduced humans to states of disempowerment, slavery, and have maintained them in this illusion. Yet it also signifies the lifting of the veil leading to incredible secrets being revealed.

These forces that are generated in our psyche by the predator corpus are the only reason why the “creative power” of man and his sovereignty in the universe has been limited. These forces are animated by a science that has been continuously subjected to different authorities, who since forever have suppressed and enslaved man’s creative consciousness by converting it into ignorance or at best into limiting belief systems.

In our inner core a profound metamorphosis is taking place. We are witnessing this because certain daily certitudes that are deeply anchored in our minds are starting to be deconstructed and denied by events that are taking place.

Here is an example :

A few days ago while we were walking in the woods, during a brief “moment of absence”, the forest floor, on which I was walking suddenly disappeared beneath my feet. For a few fractions of a second I had the sensation of being suspended in emptiness. I understood quickly that the ground surface, on which I normally placed my feet, was only a projection of my mind that materialized because I believed that it existed. Because I have always believed in it and still continue to do so, the ground beneath my feet densifies constantly in the area where I exercise pressure with my feet while I am walking.

I also understood that when I am awake, that is to say, when my soul and mind are integrated with my body, the environment that I perceive becomes real, simply because my body decrypts it through the five senses in the manner that it was used to doing since its birth.

This signifies that the universe surrounding me is only real because I believe it and continue to do so. It is real because my mind, which creates the reality around me, occupies a human vessel of the 3<sup>rd</sup> density uniquely able to decrypt the 3<sup>rd</sup> density frequencies.

This may imply that during certain dreams when my soul and mind (spirit) detach from my present physical body, the mind sometimes records sensations that come from other times and spaces, other worlds or other universes. My mind therefore sometimes tells me about other realities and sensations, through other bodies, and other “my-selves”.

It is in this way, by being connected to other “My-selves” either in the past or in the future, that I am capable of translating my feelings through an “interior dialogue” with my soul. Obviously the experience that I describe, even if it happened in a way that is quite astonishing in the forest is not a “Jenaël” exclusivity. Many individuals have already dealt with this kind of phenomenon of a disappearing or superposing reality and there is an explanation!

As the physician [Giuliana Conforto](http://www.giulianaconforto.it/?lang=fr) maintains (<http://www.giulianaconforto.it/?lang=fr>), an immense flow of energy is spouting out of the quantum “empty” space ...The physicians call this dark energy. This energy would be made up of 70% of the universe and used by the glial cells of the brain that make up the white matter.

This energy that is welling up from the cosmic emptiness may have « astonishing » and observable effects. It may allow an action on the egregors of mankind's common belief systems that could allow him to defy gravity and modify linear time.

Gravity and time would therefore only be related to our “linear” perception of a past and future inherent to the dimension that we live in. To liberate us from the “time passing by” and gravity that holds us to the ground, a temporal inversion would be enough.

Giuliana Conforto maintains that contrary to what we believe, the temporal inversion is not just limited to fairy tales. It is a technology used in the domain of optical ultrasound. The temporal inversion can also have human origins. It is the use of our capacities to formulate and realize “projects”, while dismissing the common idea of all human minds, that only the past is real and that our future depends on the “agreement” in vigor in our society and its institutions as dictated by the scientists, the governments, the religions and the banks.

This is to say that if while thinking we edify any given grand project that is to happen in the future we should not expect the intended form to manifest, because the latter may not correspond with what we initially imagined.

The result could reveal itself to be well beyond our own imagination of 3<sup>rd</sup> dimensional reality, which refers inevitably to a known past. (Examples of this being [notre aventure au Bézu](#) et du [chap. VII de l'histoire d'Hélène](#). Link)

More and more human beings realize that our « historic » past is a collection of memories that we cannot verify or prove and that we sometimes relate to theories or theology. However these theories are refuted by the natural events taking place. We witness this all through our "[Dialogues avec l'Ange](#)" (« Dialogue's with the Angel »).

Our dialogues with our trans-dimensional consciousness would be the demonstration that supports the theory of Giuliana Conforto.

Almost all of human history is based on one sole concept: linear time or “chronos” time (chronological time). Religions, society, and the authorities that control what we think have left us believing in the separation between the light and the darkness (between the visible spectrum and dark energy) accomplished since the genesis of this world.

In the same way this illusion, the separation between the light and the darkness (Satan and Lucifer), also occurs when we choose to only observe observable effects (the false light of Lucifer), and to ignore those of the shadows (the obscure force of Satan).

It is thus that the observable effects of the false light (the luciferian light or the spectrum visible to the eye), encourages man's perception of reality. This false light is the one that only grants us the possibility of perceiving our 3<sup>rd</sup> dimensional reality. The effects of this false light or illusion (which transmits waves of forms, images and colors) are accepted by “conventional science” (supervised by the STS corpus). It supports our beliefs and therefore a commonly accepted knowledge.

While the obscure light proposes true Knowledge and includes multiple possibilities of reality, the obscure STS forces denigrate and refute it and consider it as heresy. This implies that both the darkness and the false light are false truths and perversions of visible reality.

## Why is it impossible for us to embrace the reality for the moment?

The reality is multiple and the Consciousness of these multiple realities has its roots in this dark matter that effectively has nothing to do with the classical particles of light such as the photons that constitute the perceivable light. The universe as it is, is therefore not perceivable by us.

True Knowledge that we translate by our connection to our inner Being, draws all its force from moments of temporal inversions, that are permanently able to inverse the nuclear spin within the cells of our bodies causing the resurgence of memories from other temporal lines of existence in which other bodies incarnating replicas of “Myself”, other parts of our Being are present.

The reality that surrounds us in our daily life is therefore only an infamous fraction of the reality of the “grand Total”. So we perceive this phenomenon of the inversed spin, of the inner “return” into our Being, as the guidance of the “In-I” (translated from “En-je”, which sounds like “ange” meaning “angel” in English\*). The guidance of our “In-I” (angel/Superior Consciousness), orients our intuitions, visions, sensations and pre-visions (fore-casts).

As Giuliana says, the rotation of the earth is directly influenced by this cosmic emptiness otherwise known as dark matter.

Just as quantum physics has recently discovered, even this emptiness is constantly in movement. **As the “grand Totality” is made purely of energy-waves in constant movement**, it is generally accepted that the relationship between the “emptiness” and the surface of the earth are in the process of transformation and even more so with “the Wave”, this great influx of potential change coming in from the cosmos (in reference to the Cassiopeian transmissions of Laura Knight-Jadzyk) that is affecting our planet at present.

Effectively, many individuals could witness that the dark matter known traditionally as Ether (feminine energy or the black virgins of ancient traditions), is in the process of penetrating into the subtle bodies of the earth. In the same way, this penetration that is affecting the white matter of the brain more and more would be at the origin of the moment of “absence” that I experienced when the earth vanished beneath my feet. Is the 4<sup>th</sup> density starting to take form?

On top of that I am persuaded that prolonged ketosis permits the dark matter to connect more easily with my cellular memories given that this dietary process (the suppression of carbohydrates and sugars) is recognized as the only way to efficiently regenerate both the white matter constituting the internal mass of the brain and the myelin sheath surrounding the neuronal network.

MOURAVIEFF said:

« After having seen or felt ourselves in a 4th dimensional world, we would find that the 3rd dimensional world has not and never has had a real existence and that it is a creation of our imagination, a phantom, a fantasy, a ghost, a trickery, an optic illusion – lastly everything you want except the reality.»

<https://www.reseaeleo.com/2017/02/11/karl-von-eckartshausen-et-le-témoignage-du-monde-invisible/>

## **Dark Energy, true substrate of universal information.**

The physicists say they are very surprised to assess that nature seems to use the same models on all levels of creation. Whether it is on a molecular or cellular level, or that of the organism continuing on up to the level of the population and its ecosystem, or at last the planetary system on to the galactic system, the same pattern seems to be the base of all life-system interactions.

According to the nuclear physicist Charles Horowitz:

"Although we have not yet resolved all the mysteries that are linked to one another, the observation of similar structures at the core of a system so fundamentally different, suggests that the energy of a system can depend on its form in both a simple and universal manner."

<https://fr.sott.net/article/29295-De-la-cellule-a-l-etoile-a-neutrons-la-meme-relation-forme-energie>

(See [fractalfoundation.org](http://fractalfoundation.org) for more on this subject in english).

Are the microcosm and the macrocosm therefore so different? In looking at the interior of a cell with an electronic microscope we could observe for example, similar structures to those that characterize the neutron stars, on a far greater scale.

These neutron stars and the cytoplasm of our cells may have something in common: structures that resemble spaced out layers on several stratum.

The structures at these different levels of creation are similar because their genesis is driven by the "information" contained in this "dark energy" or dark substance (in opposition to the photonic light visible to the human eye).

**This obscure energy is the Mother substance, the feminine energy, the "moving matrix" of the cosmos that generates all rotations at the center of our atoms in our cells engendering also that of the planets and the galaxies.**

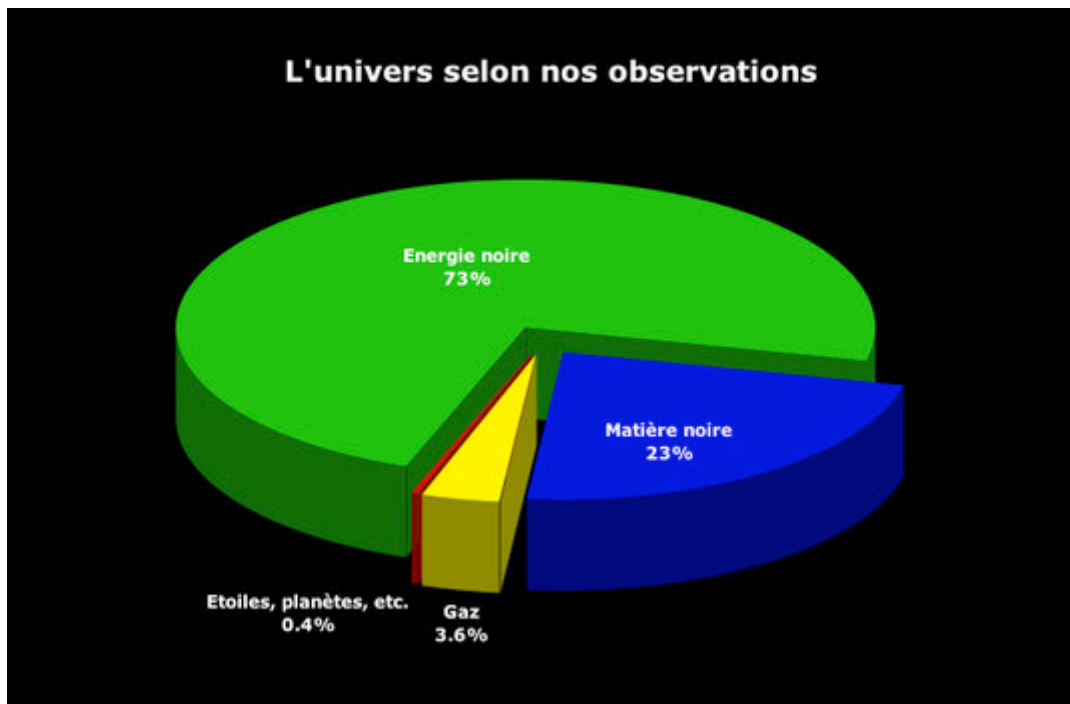
Giuliana Conforto: "This impalpable substance transported by bosons could be what the physicists these days call "Higgs Field". From this obscure energy field all the "rotations" descend in clockwise and anti-clockwise direction, and should normally be in equality among themselves. Nevertheless, physicists often observe a violation of the equilibrium between both of them.

Such an example of disequilibrium is produced during eclipses or major solar eruptions or inversely by the absence of the latter."

**During an interior dialogue, we asked the following question:**

**What is the proportion of dark energy in the universe and what does it represent?**





*Illustrated extract from the book "Petit Soleil" ("Little Sun") of G. Conforto.*

Dark energy such as it can be imagined by the human spirit represents about three quarters of the totality of the Universe, the remaining quarter representing dark matter, of which barely 4 % represents solids and gasses (matter and anti-matter included). Among this 4% are the planets, stars and galaxies emitting wave forms, soundwaves and light waves that are perceptible by human senses.

**Matter that appears to be dense represents therefore barely 0.4% of the totality of the universe.**

In that respect even if the most emeritus scientists would lean towards the notion of dark matter and even if by convention they would fall into common accord, they could never measure its precise proportion in the universe. For the same dark matter, precisely at the origin of the discernment, human perceptions and beliefs, constantly generates a clockwise and anti-clockwise movement, preventing them from perceiving the totality of the reality of the Universe.

**Seeing the reality of the Universe depends therefore on your perception of time.**

Time potentially unfolds in infinite directions, which are generated by consciousness who are themselves subject precisely to the course of time. Time does not only have one direction and does not uniquely proceed from the past to the future but also in the opposite direction from the future to the past. Time, even generates perpendicular embranchments when enough consciousness's become creators of such a creation and submit to it.

While your spirit is subject to another scale of time-space, for example during past incarnations, the time does not move at the same speed as in your present. Today it extends according to your present perceptions and the power **of the magnetic field, in which you are currently physically bathed**. It is for this reason that the time that unfolds in your dreams cannot be compared to the time that elapses when you are "awake".

Your perception of the past corresponds in reality to the perception of half of the magnetic field, in which you are immersed. The future corresponds to the other half, which exists already too. The magnetic field in itself is not time but a force field, in which human consciousness is bathed and that is perceived as being time.

We could therefore affirm that a clock does nothing but cut this magnetic field into an infinite series of present moments.

**Nevertheless, it is possible for all humans to extract themselves from this magnetic field, in which a past/future is implied. This possibility resides in the power to stay consciously centered in the present in that, which you are and in that, which you are doing in the moment.**

In reality the present contains **all the potential futures (and also the potential pasts)** defined by human consciousness. The present contains the potential, with which you could act toward creating a new future but also toward modifying your vision of the past. It is true that in order to “act” it is necessary to abstract oneself from the unfolding of time. **A tenacious will-power is also necessary in order to maintain the creative energy.** It is the essential value of “the power of the force of consciousness” that the “scientific corpus”, subject to the authority in place in our matrix of 3<sup>rd</sup> dimension, represses permanently.

In truth, all man-kinds problems are due to the erroneous perception that they have of time and also due to their false values that they graft onto this.

It is necessary to understand that dark energy, present in the functioning of the human brain that disposes of elements of your “potential future”, operates in a magical way. When you are resting or when you are thinking while focusing your consciousness on imagining your new future, you are creating it.

It is in this same way that mankind, ignoring his power of creation, while ruminating perpetually on his ill-fortune, creates his unhappiness.

You attract to yourself what you think strongly about and wish to see happening in your life as much as what you think and don't want to see happening.

**That which you strive to reject is nourished by the power of your thoughts and inevitably manifests itself. It is for this reason that it is indispensable to never make suppositions. Suppositions are based on a past that invariably is projected into an already existing future.**

The human brain is gifted with enormous potentialities. Immersed in this dark energy, it establishes instantaneous contact with the infinite universe that cannot be perceived.

So if you are content to observe only half of the electromagnetic field, which in general in the human consciousness falls more under the past than under the future, you will not notice the enormous potential that the human brain possesses. For in reality, your brain, being in perpetual contact with the infinite potentials of creation duly transported by the dark Energy, holds all the willing and the power that supports your potential to create.

But, given that more than 95% of human consciousness is parasitized by the consciousness of the predator (your past consciousness and for some their future consciousness), all that you plan as “projects” will not reveal your own creation. The fruits

of your projects will be the creation of the predator consciousness that is parasitizing your own.

**But, if you'd use your true cognitive capacities, that is to say mainly your intuition and after your intellect,** rather than only trusting the known world, proofs, habits and your security, otherwise identifiable as the perverted world of the reptilian matrix, you would notice that no one is obliged to work by "the sweat of their brow", to be slave, nor to suffer, but that you could be free to use the infinite resources of the Consciousness. This would help you to realize what it is you are truly destined to accomplish, that's to say, to re-learn how to become conscious of your own creation. Not so?

Your brain is the one able to imagine infinite combinations of matter in order to choose what is realizable in its "dimension". It can only support the creator by accepting the reality of its own harmony in the eternal present, in which all potential futures are generated and pasts are repaired. This communion falls within the power and the willing of the human spirit to no longer generate a single thought in relation to neither a hypothetical future nor a just as probable past.

The Creator's creative magic takes form when the man has managed to liberate himself of all supposition, extrapolation, hypothesis, or projection of any thought containing such intentions. Otherwise said, when he succeeds in detecting and discerning his own thoughts from those of the predator. The secret of the creator resides in the power of creation of the human spirit. This power of creation is born from true Knowledge as well as ones creative thoughts.

Finally, the illusion will disappear when man learns to become a true Creator of his reality again, which at this point is not the case in your 3<sup>rd</sup> density because this world is presently mostly a creation of the "Service to Self-STS" corpus, which is still far away from recognizing the magical and mysterious effects of the dark energy.

Sand & Jenaël

*\* Note of the translator: The beauty of the French language is the multiple double meanings we can find in its pronunciation, much more so than in English, with hidden keys to understanding the true significance of words allowing us to discover keys of Knowledge through the sound of each word or syllable that we pronounce.*