

28th february 2017

## Notebook 4 – Dietary changes, locomotive in the epigenetic process !



Believe it or not, even concerning nutrition, the Angel has not told us everything! We have had to first learn for ourselves!

We had to verify the theory supporting that all change in our behavior automatically induces a transformation in our bubble of perception, which thereupon influences our collective universe. This is now something we have realized even in what concerns the diet!

It has now been two years since "Rat, strawberries and telomeres" in the "Dialogue with our angel N°39", that we have been following the process of "cellular regeneration" through prolonged ketosis and intermittent fasting. Evidently this dietary practice that we have since continued, that is based on the suppression of carbohydrates (gluten, fructose, slow sugars...), has revealed extraordinary results.

It is not astonishing that it is approved in eastern Europe by clinics specialized in "regenerative" detoxification in the psychiatric and neurologic domain as well as for treating individuals programmed by the occult secret services. (Ex: The MK ultra project, Monarch, Greenbaum programmation - (procedures of mental programming and brain-washing developed by Dr. Greenbaum...)

This ketogenic diet that we have followed scrupulously during 9 months healed us from certain ailments sometimes in an astonishing and radical way. Likewise, on a psychological and psychic level, we have felt a real overall well-being. It has helped us to detect sometimes violent encroachments within our psyches and our thoughts by the predator. Thanks to our withdrawal from carbohydrates we have learned to make a difference between our "human" thoughts and those of the predator entities that often manage to penetrate into our psyches.

We have therefore been able to verify that sugar poisoning (carbohydrates, glucose, fructose), is not a fantasy, nor a whim, but "unfortunately" remains a reality that we have tested and experimented ourselves.

And it is also because among former convinced vegetarian or vegan friends, several have been touched by degenerative neurological diseases, cancer, strokes..., that we have

been able to understand that sugar, the “poison of the gods”, did indeed precipitate their deaths.

Having been myself (Jenaël), vegetarian at the time, I had an alert in this regard when in January 2011 I was subject to a parasthesia in the right arm and side. And it is because I consented to nourish myself with meat again, drastically reduce my dietary ration (above all fruit and vegetables), discard grains, follow the process of ketosis and above all because I constrained myself to do daily intermittent fasting since two years, that I have succeeded in recovering from the aftereffects that I trailed around with me since that time.

Without ever following any form of medical treatment, I have also lost 25kg to reestablish my current body weight of 69kg. Likewise, having been subject to episodes of yeast infections and fever blisters since teenage-hood, in removing cheese and milk products, I am at last rid of them. After one year of ketosis, my white hair and my body hair have started to gain lightly in pigment again.

Sand also, has shed 8kg in excess and stabilized at her current body weight of 50kg and healed herself of several episodic gynecological symptoms and recurrent spurts of eczema.

However, we have both lost a bit of muscular strength. The most surprising is that we have also clearly gained in fitness, but above all in vigilance, lucidity, discernment, intuition, and faculty for trans-dimensional visions, which ultimately contributes to the increase of our “inner connection”.

This being said, since the beginning of the year we feel like we could pass to a new stage in our diet. We have understood that we could start somewhat letting go of the rigor of the ketosis diet to grant ourselves a bit more flexibility and alimentary variety, in full knowledge that we were not yet at the final outcome of the process.

Moreover, “as if by chance”, we have fallen several times onto the recent videos of Thierry Casasnovas. A little while back, when he advocated “total vegetarianism and raw food”, he didn’t enter at all into resonance with our ethics. But today his discourse is a bit less doctrinaire and has started to hold ground because he also has changed his beliefs, which now show a certain common sense.

Apparently, even if he is still oriented predominantly towards fruits, vegetables, and juice he doesn’t make allusion to the benefits of the ketogenic diet and the harm of excess in certain sugars (which are too high on the glycemic index) contained in fruit and some vegetables. He nevertheless does cite the benefits of frugality and intermittent fasting and his global nutritional approach stays very pertinent for the large public.

After his recent videos that we watched attentively, Thierry also seemingly called a few points into question. Could his discourse and his arguments at last converge with our own experiences?

<https://www.youtube.com/watch?v=v5FO1jz19qo&t=109s>

<https://www.youtube.com/watch?v=rANZnEwUgPs>

<https://www.youtube.com/watch?v=Fy4QfQEwkzA&t=1s>

Moreover, in the last videos, Thierry appeared dressed in a t-shirt with the head of a lion print. Could this be a subliminal “sign”?

<https://www.youtube.com/watch?v=AH0tF7vtQcQ>



Thierry Casasnovas  
with the lion on his clothes!

Bursting with these symbols, we decided to pose the question to our inner being.

#### Question to our inner Being :

**Is it still useful to continue the process of ketosis, the iodine supplementation, the paleo-keto diet etc, or can we come back to a less formal mode of alimentation?**

The question at this level of experience should not need to be asked for it is about reminding ourselves about the true reason for a ketogenic diet of paleo alimentation, the intermittent fasting and the whole process that you are experimenting.

Firstly, the ketogenic diet, as with all “dietary regimes”, must not become a religion or a dogma but an experience for he who feels the call or the necessity to follow it. It must therefore, for example, never be imposed on children, keeping in mind that in the case of degenerative or neurological diseases, prolonged ketosis coupled with intermittent fasting can save their life. (See testimony 136)

You must also not forget that **you are preparing yourself to transition to the 4th density, something that most individuals don't think of during their meal.** They ignore that the content of their plate can help change reality.

It is about understanding that your organism itself is also preparing for a change in density. It is starting to change in size, volume, weight, and therefore voluminal mass. Moreover, the ketogenic diet accompanied by iodine, modifies the hormonal flux and by doing so, the capacity and the quality of energetic exchanges between your organism and your exterior

world. In this way your body is progressively adapting itself into a new density, its next reality and for this purpose continues to regenerate and adapt itself.

**The ketogenic diet is an efficient way of doing this but it is by no means a finality. It is an indispensable step for repairing your genome.** Keep in mind nevertheless, that you are going to progressively slide towards a new dietary form, but one thing at a time.

**You are now preparing your organism to physically, energetically and psychologically support the passage into the 4th density worlds of service to the other.**

Nevertheless it is not only by the bias of nutrition that this passage will be achieved. It will only open when you have rectified all the parts, in other words, the energetic combination of the body-mind-spirit (or physical, emotional and intellectual), a procedure that is not, for example, necessary for young children given that it is innate to them.

Maintaining a paleo-ketogenic diet as you have done is no small affair. But for those who search to carry out interior work and to a certain extent, to align their body-mind-spirit, it is essential to associate these two types of diet in a fairly strict way and be in ketosis for at least a certain length of time. And this time depends on your trans-dimensional origins, your age, your physical activity, if you are a woman or a man, and above all...on your personal feeling.

Generally the effects can be felt after some months. Certain need more time than others, but you should always stay responsible and aware of your nutrition. You should learn to know how to manage your daily alimentary ration and stay perfectly conscientious with regards to **the quality and the vitality of the foods that you eat**. And this you could only do by getting rid of the poison that has anesthetized your organism and contributed to the transformation of your original genetic.

It is therefore here that the problem resides. The original genetic of the human was so much altered that it is almost impossible for the modern man to find his full potential of regeneration again and therefore his creative potential.

Nevertheless, **a ketogenic diet and intermittent fasting help to repair the cells because they mimic a prolonged fast.** Both are capable in synergy, of restoring most of the faulty genetic codes, and it is this that you have undertaken to do.

Now that you have recovered your sensitivity, while staying vigilant to the reactions of your organism, you can allow yourselves to eat in a slightly more varied way, with food a little bit richer in carbohydrates<sup>1</sup> (while continuing a ketogenic diet), in order to restore and balance the level of insulin in the organism by bringing it to its vital minimum.

You are therefore going to have to relearn how to truly observe the reactions of your body, recognize the benefits or drawbacks of a certain food, feel its digestibility, its toxicity or assimilability, find a true alimentary balance again, in order to avoid falling for the trap of carbohydrates and falling sick as a result.

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<sup>1</sup> TN All sugar combined

As you have also been able to notice, the process of ketosis is not experienced in the same way by each one. It is sometimes quite difficult to put it into action. Feeding oneself depends therefore on the physiology of the person, his emotional state, and above all the influence of the predator that can have him believe that he should eat this or that, or to the contrary forego a certain food.

It is also very important to understand that the paleo-keto diet, by reintroducing **animal proteins indispensable for a better telomerase**, has nothing to do with the popular phenomenon, of the in vogue “paleo” diet that has been claimed to do the same.

It was a very necessary process to liberate you from “**vegetarianism motivated by guilt**”, which was nothing other than a skillful programming of the human society, invented and caused by STS entities to compel neo-consumers (of Organic-vegetal), to continue ingesting hidden carbohydrates. This is why the fruit and vegetables even if stamped as Organic, are just as saturated in sugars (carbohydrates and fructose), but fortunately this time the “poison of the gods” is Organic, not so?

Coming back to the question, **it is therefore now necessary to feel, not with the mental, but with the organs**. In other words, listen to what your stomach, your liver, your intestines and your muscles perceive and are saying to you. Because a good health is not defined as “the silence of the organs”, such as you have learned in institutes of health education. To the contrary, you become aware of your good health when you learn to become attentive and sensitive to the functioning and reactions of each organ in your body.

Every component of your human body is an indicator of your health. It is therefore not by anaesthetizing them with sugars (carbohydrates and gluten), that they will prove to be in good health. It is not about anaesthetizing the organism but about learning to listen to it and finding ones sensitivity again.

Gluten, carbohydrates, and fructose are elements that however **can, in certain measures, sometimes** be favorable for the organism. The slow sugars can be beneficial in **very small quantities and within the limits of ketosis**, when you make intensive physical efforts.

Carbohydrates are sometimes necessary, especially during intense intellectual work because they are more rapidly transformed into glucose. They can very rapidly become available for the brain. Keep in mind that the latter uses 10 times more glucose than the muscles during intense physical work.

It is therefore evident that different stages and several ways to achieve an efficient regeneration of the organism exist before its transition into the 4th density of existence and these steps of detoxification vary depending on your age, your dietary background and the strength of the predator. But above all it depends on the decision of your soul to choose one path of experimentation rather than another, to participate actively to your transition process by way of nutrition and finally be welcomed into the 4<sup>th</sup> density and into the “superior STO worlds.”

The ketogenic mode of alimentation represents one of the ways, but it is by no means the only one...

When we speak about alimentation, you must also understand that above all, an aliment combines in multiple energy frequencies that are more or less densified. When you ingest

aliments, you also assimilate their energies, their vibration, their genetic codes, their DNA and therefore their potential of transformation into the existential densities of their "future".

This signifies that when you eat or when a human of 3<sup>rd</sup> density feeds (absorbs the energy) on a 2<sup>nd</sup> density soul, he participates in the expansion of the "potential of souls" in the universe. Otherwise said, **when a human eats the meat of an animal, he helps its soul to evolve and cross over to more elevated densities.**

Whereas when an animal is devoured by another animal, his soul remains in the 2<sup>nd</sup> density and continues its evolution in a 2<sup>nd</sup> density "animal" world. The soul therefore could not cross over to a superior density unless it is absorbed by a soul of superior density.

In the same vein, if too many humans excessively ingest (or destroy) organisms of the 1<sup>st</sup> or 2<sup>nd</sup> density (seaweeds, mushrooms and plants), a rupture in the chain of soul evolution could be created and an imbalance in the great plan of universal evolution. In this case, nature would be obliged (as it is doing currently), to regulate this error itself through inundations and fires.

But in a fairly close future, humans that will have succeeded the dimensional change to the 4<sup>th</sup> density, could choose to do without eating, in the same way that they will be capable of deciding to leave their bodies, have their soul travel from one place to another, communicate with thoughts, go without sleeping, travel at will between densities and dimensions or visit parallel worlds...,not only during a moment of rest, but in full awareness and in full consciousness of the process. They could nevertheless only access all these possibilities, **if they have crossed over the portals of the 5<sup>th</sup> dimensional worlds of STO consciousness.**

Those who choose to evolve in the STS worlds will need a very high technology to do the same but could not make use of the capacities of their own spirits to use the natural functions of their bodies. This is simply because they would not have made the necessary effort to do this.

And so, given that you are going to ask the question, nourishing oneself with pure energy by practicing the pranic diet will be possible **for he who desires it!**

Likewise, allowing the soul to leave the body if there is a need, living in prosperity without money, being and doing as one pleases, will only be accessible and offered to he who has freed himself from all his programs and conditionings of the 3<sup>rd</sup> density, thus opening for him the door of STO worlds.

In the STS worlds, the soul will continue to evolve in 4th density with all its "physical and technological limits", whereas in the STO worlds it will have been liberated of the latter and will progress towards densities of existence that are continually more elevated.

### Question to our inner Self :

We have already evoked the case of Alina Rouelle<sup>2</sup>.

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<sup>2</sup> See the tool of evaluation on this subject.

Contrary to us, who have passed through the paleo-ketogenic diet and put an intermittent fast in place reducing our daily ration spectacularly, this person has apparently come to stop eating by being vegetarian.

We suspect that she has somehow resolved her program of solid foods. Is this really the case?

Appearances are sometimes deceiving. There is a proverb of Confucius that says: "When the wise man points at the moon, the fool looks at his finger..."

This signifies, as you have already guessed and mentioned in a previous article, that Alina Rouelle, like many other similar cases, should not be seen as an extraordinary being nor even a "saint", but instead, you should try and come to see the meaning of her experience.

She is simply, like many among you, a multi-abductee hybrid child whose soul has come back into your current space-time, to resolve something that those of her lineage (positive Grays) did not understand nor accomplish during the previous transition.

To stay simple, one of the future descendants of humanity transgressed the "law of the transfer of souls" from one dimension to the other by the process of "absorption through the alimentation", if one could formulate it in this way.

This lineage believed that eating plants in order to avoid the suffering of animals would accelerate and authorize more easily their transition into superior dimensions. This is indeed what happened. She arrived in the 4th density with a strong "quota" of Service to Others STO, but nevertheless stayed subjected to the Service to Self worlds.

Why so?

Before this previous transition, since those of her lineage had become exclusively vegetarian or vegan, the epigenetic became "exaggeratedly" adapted to plants and suffered from this. She transformed and "retrograded" her genome into an organism closer to that of plants than of a human.

Among them, some Atlanteans had become those positive Grays equipped with a biological system and DNA close to that of plants. Precisely like those biological entities that were captured during one of the Roswell crashes.

Alina, as a representative of her people, coming back from this "positive" but nevertheless entropic 4<sup>th</sup> density future, where these beings had stopped eating, must simply make the experience of "repairing" this error.

In consequence, her soul, having detected the intersection in her past where this mistake happened, has come back through the incarnation of Alina in order to correct her genetics and through resonance, the genetics of her kind. But she will have to also learn to resolve other aspects, which by a type of trans-dimensional resonance would permit her lineage to pass over to the STO worlds.

Henceforth, in accepting to return to an STS world of 3<sup>rd</sup> density she is as much subject to the laws of duality, the devil (who divides) and the "false" light of Lucifer, as you are. Prone to the multiple temptations of trans-dimensional predators and depending on her choices,

she will have the possibility to help her “past-future-current” lineage to pass over to the worlds in service of the other.

In conclusion, it is therefore very important to hold in mind that everyone must come to progressively raise the entirety of his STO potentials by gradually restricting the attraction for money, and the need for power and possessions, by diminishing his imprint on the environment, by visiting his emotional body (attachment, fear, guilt, etc.).

It is not therefore about only accentuating one sole potential such as alimentation as these ‘ancient’ aliens (or future humans) believed and accomplished.

It is only in this manner, that's to say, little by little, without rushing, by working on the ensemble of your potentials, that you will much more easily reach the necessary quota (at least 51% STO behaviors), if you want your soul to be called to experimenting the superior densities of Service to the Other-STO”.

But if your ambition is simply that your soul contents itself to experiment the STS worlds, it is enough to have approximately 5% to 50% of STO behaviors, to transit to the 4<sup>th</sup> density.

The courageous Alina has accepted to make this experience in order that her lineage can reach for the service of the other. Will she manage to honor her soul mission?

Sand & Jenaël