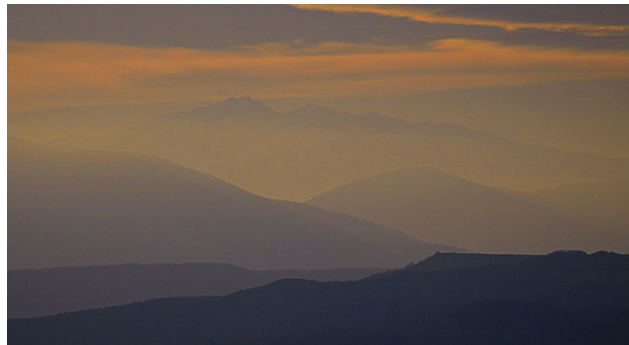


22nd april 2017

## Notebook 6 – The teachings of ECK: The role of the DNA and water in trans-dimensional incursions and communications.



Not so long ago when I was in the middle of drafting a paragraph of a future notebook, I cannot say why but ECK appeared in my thoughts. I suddenly had access to new understandings on the more profound mechanism of the trans-dimensional incursions in our daily reality.

In order to remind ourselves who ECK is, I am obliged to send the readers to “The story of Jenaël - My encounter with ECK” (“L’histoire de Jenaël - Ma rencontre avec ECK”).

To be brief, in 2003, during an impromptu onset of fever for a few minutes, the face of a seemingly pleasant being, with which I had a sort of communication through telepathy, appeared “suspended in the air” in a sort of bubble. At that time, this strange incursion in my reality left me perplexed. I had no idea about how this being had appeared to me. What had I seen ? Why and how had it made itself visible to me ? What metaphysical phenomenon came into play at that particular moment ? I remained without answer for a long time.

Nevertheless at the time, ECK explained this to me:

*– When you suddenly developed this onset of fever, your energy field, by dilating itself, became somewhat porous. I was so to speak, captured in your energy field. And given that the latter is your own manifestation, I have penetrated into your field of perception. You can therefore see me.*

- *"I have not understood your explanation very well", I admitted to him.*
- *"It does not matter, you will understand later."*

From the outset on the lookout for the signs that our environment proposes to us, we noticed two days ago, a herpes blister erupt without any warning sign on Sand's lower lip. Because we have always stayed in ketogenic mode and on Lugol supplementation (anti-viral), we did not understand how a herpes virus could still manifest especially because it disappeared as rapidly hardly 18 hours later.

We could very well ask ourselves what the relationship is between ECK and Sand's fever blister ?

Well here it is !

Her fever blister reminded me that at the time, that's to say some time around ECK's apparition, it seems to me that I was also subject to a herpes outbreak.

Bursting with these clues, I remembered the courses on herpes at the time when I frequented the hemicycle of the IFSI (French nurse aid training institution). I had learned that herpes is a virus that induces an action on our genetics. It remains in our organism all through our life and from time to time, for reasons that were maybe not yet well known 25 years ago, develop in the organism by sometimes triggering strong surges of fever.

Let us now come back to the moments of my meeting with ECK.

At the time, ECK appeared to me after a curious discomfort. In the space of a few minutes, I had started literally boiling, developing a fever (measuring more than 40 degrees). Lying naked on the bed and dripping with sweat, I lost track during long moments between several "realities", when subjected to unbearable dizziness, this entity then appeared to me, installed in a sort of bubble suspended under the ceiling beam.

During a few moments I was able to discuss with him through a form of telepathy. But I understood also that I was not really discussing with someone outside of myself ! I had the strange sensation of speaking to myself through a mirror. In reality, I knew that somehow I

was discussing with another “myself” through my mind and my thoughts... This type of “mono-dialogue” lasted until ECK started to disappear and when suddenly I realized that my fever had also disappeared.

What I since realized is that ECK appeared to me precisely because “I had developed the fever”. This being said, perhaps the swift increase of my body temperature did not appear uniquely from my own body but from a rise in the ambient temperature, an energy increase, provoked by the opening of this dimensional window, in which ECK presented himself ?

All along through my search I realized that this opening had in fact taken place through my cells, by means of the properties of my genetics. Today I could still not clearly explain it but already at that very moment, I knew that something was happening in my own DNA.

ECK had affirmed to me that:

*– « When you suddenly developed this onset of fever, your energy field became somewhat porous by dilating itself. I was so to speak, captured in your energy field. And given that the latter is your own manifestation, I have penetrated into your field of perception. You can therefore see me.*

Would this signify that a very rapid change in degrees of the body temperature and therefore the “DNA environment” would induce a form of porosity in our energy field ? Indeed a similar theory is developed by the physician Giuliana Conforto in the “Petit Soleil” (book in Italian or French) about black holes that serve as micro-tunnels between dimensions.

The concept of “porous energy fields” such as ECK had explained them to me would correspond therefore to the permeability of my energy fields (in my own bubble of perception) which are precisely only the projection and the exterior manifestation of my own body and of “my own genetic programs”.

If my bubble is contiguous to other bubbles or parallel but non-material dimensions, would they communicate between them through “my” DNA ?

This bridge between dimensions could indeed be made through these microscopic black holes that somehow constitute the “porosity” through the dimensions of reality, linking the cores of cells present in my material body (in my present) to anti-particles corresponding to an etheric body occupying the anti-matter (my past-future figured this time by ECK).

This would explain why this entity was capable of predicting that the following day I would come across a car matriculated with ECK. The following day was simply a time-space very close to the moment of his appearance in my reality, which during a single night, therefore only offered a small potential of change.

And it is equally in this manner, by establishing a contact with other Selves in a longer time-space that prophecies or premonitions could come about. The prophets like Nostradamus, Saint-Jean of Jerusalem, Edgar Cayce, Baba Vanga and many others, were also themselves connected through their subconscious to their souls, which had access to the time line of their own already realized distant futures.

We nevertheless know that many of these prophecies have not been realized and will never be realized. Why so ? For among us humans some have already succeeded in constituting a collective consciousness that is more developed and more “open” than those of the 3<sup>rd</sup> density consciousness. They alone have already succeeded in creating a sufficient bifurcation in the time trajectory that had been predicted by these prophets in order that certain events could not take place. These human consciousness had therefore engendered new potential realities, a new future that, this time, has not yet been realized !

Quantum physics has just discovered that DNA communicates with itself on other planes that are perceived by human consciousness as being etheric in nature, that is to say “gaseous” or immaterial, anti-matter, passed or future and therefore potentially realized or realizable.

We also know that most solid bodies, in order to pass from a solid state to a gaseous state, pass by an intermediate liquid or fluid state.

Water is ice in its solid state and becomes vapor in its gaseous state. And in order that this transformation from one state to another can take place, **there must be an elevation of temperature.**

I asked myself therefore: why would this rule not apply to the DNA ? Could our DNA not communicate with another more etheric “our self” in another dimension when, like with my fever, there is simply an elevation in temperature or energy ?

In the same way, would the nature elements, the different densities of living matter that contain DNA, enter into communication when a similar change takes place ?

Giuliana Conforto speaks of this phenomenon that links the different densities by relating it to “cold nuclear fusion”.

What’s more, during the appearance of ECK in this type of bubble suspended from the ceiling, I could see him just as the Amasutum had appeared to me in my bedroom; with my eyes open or shut. (See the apparition of the Amasutum just after the paragraph on ECK in “The story of Jenaël”).

ECK was therefore a « potential heavenly friend<sup>1</sup> » and a potential of realization, a true accomplice in my conscious elevation who accompanied me to change my own future time-line.

In my first writings, had the Angel himself not sometimes said at the end of his transmissions: “I am you, you are me”. He had already notified us of the fusion of my different “selves”.

Did the Cassiopeans also not say to Laura Knight: “we are you in the future, we will fusion with you when the wave approaches” ?

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<sup>1</sup> NDT Translated from « pot-en-ciel » in which you find « pot », which means « friend » and « en-ciel » meaning « in the sky ». Therefore our « potential » in the language of the goslings becomes « friends in the sky”).

They were right ! For this is exactly what is happening at this very moment for me with ECK.

Since a few days I feel like I'm being downloaded a large quantity of information that for the moment, when I am able to bring it to my consciousness, seems to me to be completely impenetrable and incomprehensible.

This would signify that the "immaterial" consciousness of ECK is probably in the process of merging with my present consciousness. He is transmitting information to me that I am incapable of recognizing or knowing at present for the concepts do not belong to a 3<sup>rd</sup> density consciousness. It is therefore this method that ECK uses for incarnating his consciousness through my current body with the result of "enlarging" my own consciousness.

Even if the noumenon of timeless reality stays impalpable for many, I myself find it very hard to understand this process. I often have the impression that ECK or other entities that teach me, are very close to my own resonance frequency. He must therefore be established in an immaterial dimension very close to my current condition of existence, my present.

This could well indicate that I did not really see him (or look at him) with my physical eyes, but rather with a vision belonging to my etheric body, which after an elevation in temperature (or energy), detached itself from my physical body in order to elevate itself to a slightly superior frequency becoming the equivalent to that of this entity.

Finally, the DNA would communicate with another part of itself on another density plane or dimensional plane by changing its state.

From the solid phase, as is the case when it's installed in an organism (in occurrence in our 3<sup>rd</sup> density cells), our DNA could pass into a sort of "fluid phase" and communicate with its double or "other its-selves" situated in other densities or dimensions adjacent to ours. This communication between densities would take place by a sort of capillary phenomenon, using cellular water as a mode of transport.

It would use the « micro black holes » of the DNA in order to pass through one density to another. The latter could thus communicate with its doubles situated on superior “etheric planes” by being subjected to elevated energetic frequencies.

Curious to know why this sudden incursion of ECK took place in my present reality, I posed the question to my superior Self.

### **Question to my interior Self:**

**Is it possible that the DNA communicates with other planes of reality by passing from a liquid to a gaseous state ?**

**This theory on the DNA changing from one state to another when changing density, could it hold water ?**

**On several occasions Sand and I could clearly smell the odor of pipe or cigarette tobacco in nature or in the house, even though there was absolutely nobody around us. Sometimes we even hear speaking or singing, despite there still being no one in our surroundings.**

**And recently, when we were discussing in the kitchen while we were doing the dishes, I even heard Sand pronounce a strange word that had nothing to do with our conversation, at which I had her repeat herself several times in order to understand that it was not her who had pronounced it.**

**Would these phenomena have something to do with any such proximity with other dimensions ? Would they have a relationship with the changes on course ?**

Indeed, on the subject of these mysterious voices that you can sometimes hear, it is about incursions by trans-dimensional visitors that manifest with the approach of the Wave of transition, as with ECK. These incursions will happen in greater and greater numbers and will take place at points that are the most fragile and unstable between two dimensions, on the outer limit of two onion layers (reference made here to note-book 2: *The nature of the illusion and the perception of the different realities of the earth's different realities*).

It is time nevertheless to delve a little more deeply into the understanding of these phenomena of temporal entanglement because for many people they could become very

disturbing in times to come. They will happen more and more frequently and could become matters of inextricable misunderstandings if you **are not** notified in advance. Likewise, other astonishing events will gradually take place in your reality, oddities that will leave more than one person stupefied.

This being said, communications between dimensions are induced by “other your-selves”, in the sense that they come from those of your lineage, from your soul family. To give an example of what this signifies let’s assume that the Pleiadians are one of these soul families, the Cassiopeans another, and the Leonians (the LEO’s) yet another. Each group possesses a resonance frequency that is unique even if on an ultimate level, all of them belong to 7<sup>th</sup> density worlds of the law of ONE.

A « LEO » individual would have more facility in communicating and agreeing with another LEO entity, simply because he fundamentally possesses the same frequency, the same “spiritual purpose”.

The soul units of the individuals of the LEO soul lineage incarnated at this moment can therefore more easily “receive and feel” “the proximity” of other “LEO” soul units. They can capture and feel the impressions, the words and even the same complete concepts coming from their soul collectivity, a center of consciousness represented by the Leo constellation.

These other LEO’s «populating» the neighboring dimensions or superior densities are simply your doubles and your guides that are the closest to you and your resonance frequency. They are yourself or your peers on other reality planes with whom you communicate permanently. But most of the time, few people realize this, simply because they are not yet attentive enough to the phenomenon or because they don’t believe in it !

For example what you are writing is being dictated to you by a version of yourself that is somewhat more advanced than you and situated in another space-time so close that you can not only hear him talking but also « thinking ».



So on writing these lines, you believe that it is yourself that is thinking. You believe that you are becoming more intelligent. It is somewhat true, nevertheless, these are other versions of you that furnish you with information that you need in order to deal with this subject.

It is also thus that the word noumenon was given to you by your double situated on a slightly displaced parallel time line, in your future. *(Explanation: during the re-transcription of this text, in the precedent paragraph, I was looking for an antonym of the word "phenomenon". In my thoughts, the word "noumenon" thus surged forth, of which I had absolutely no knowledge and did not know the meaning, but after verification, saw that it corresponded to what I wanted to express !)*

These other versions of you are fusing with your consciousness for example when you write. They inspire you with ideas; they inject you with concepts and transmit images to you when you compose your texts. This rapprochement or "integration of "other yourselves" is due to the effects of the Wave and in this way, the "growing permeability" between dimensions, which is indeed taking place through the black holes of your DNA.

In reality, many versions of you situated on other planes will continue to fusion together and furnish you with information. This will continue until the end of your process of changing density. With regard to the LEO's, these phenomena of dimensional entanglements or fusions of your other "selves" will continue occurring until the "accomplishment" that will take place at the moment of the finalization of the transition into the 4<sup>th</sup> density.

The communication between the different versions of yourself, of which ECK is a perfect example, definitively occurs through the trans-dimensional continuity of the DNA. It is induced by the fluctuations of particular energies, your own resonance frequencies that respond somewhat to the resonance of a soul group, like that of the LEO's.

This is why the LEO's possess a « recognized resonance frequency », which is slightly different to the Cassiopeans, and for example a little more distant from the Pleadians.

Even if you all participate in the same destiny of humanity, that's to say that you are working towards the elevation of its consciousness and for its transition toward superior

densities, you do not have exactly the same mission of incarnation. You have roles and tasks that are a little bit different. In order to differentiate, I would say that you are not as intellectually “scientific”, Cartesian and rigorous as the Cassiopeans, or less “love and light” than the Pleiadians, but your group mission consists of experimenting, relaying and communicating the results of your investigations and intuitions in order to open this Knowledge to a larger public.

The information that you are sharing in the LEO network is therefore very important for you to help each other psychologically, emotionally and physically in order to initiate the very important changes in your genetics. For do not forget, it is them that will allow your transition.

These mutations in your biology will therefore reverberate by resonance with all the LEO, Cassiopeans, Pleiadians and other groups of sincere searchers oriented STO (and there are only very few) who are joining together to reinforce the critical mass that will provoke the changes in human society.

The idea and strategy of the LEO network to communicate through the intimate and transparent sharing of your experiences was also injected by a collective of other versions of yourselves, who are a bit more experienced and already free of the predatory matrix. This collective declares itself as the denomination of the Confederation. It is constituted of yourselves the Leo's, the Cassiopeans, the Pleiadians and some others.

But the Orion entities are no longer part of this group. They are only partners or executants. For as you could have guessed, even though you possess a part of their genetics, they have an entirely different role in the balance of the universe.

This signifies and demonstrates well that according to its capacities to change its state or its consistency, the DNA can choose to mute in an « STS » or « STO » orientation.

It is also perfectly capable of communicating across dimensions, with its replica's or its « other expressions » and other « selves » situated in other dimensions of frequency or in other densities.

And because the LEO's are linked virtually, as they are for example through the site, they are also linked psychically, intellectually, emotionally and spiritually.

This signifies that those who participate in the « LEO » adventure even from far away benefit also from the epigenetic transformations. Furthermore, the LEOs at a complementary level and by being so to speak the successors of the Cassiopeans experience, profit also from epigenetic transformations and modifications that have been induced before by the fabulous experience of this group.

The large soul family of adventurers on the pathways in service of the other is growing. In approaching the critical mass with giant steps, it will soon contribute to finalizing the course of the difficult but fantastic human adventure.

### **Question to our inner Self:**

**By which mechanisms do genetic modifications necessary to the transition into the 4th density occur ? What is the role of the soul group in this process ?**

When a soul incarnates, it chooses a body, a family setting and the associated potentials of evolution. Its choice is somewhat inspired by the soul group, from which it will detach itself in order to accomplish its mission of incarnation. But for certain individuals, above all those who have chosen to serve humanity, the soul, while it inhabits the body can equally modify its genetic structures for its own needs.

For example, if the DNA needs certain corrections in relation to its objectives, the soul could therefore produce, organize or accelerate certain mutations specifically in the genome of its host. In order to do this, it can use the properties of the DNA of certain viruses. Therefore “the arrangement” of a herpes blister can sometimes prove to be necessary in order to trigger a more rapid upheaval of the genome.

However, this manoeuvre is not only decided by the soul itself, but on a superior level by the soul group to which it belongs (whether incarnated or not). This signifies that soul groups implicate themselves in the experience of incarnation by impregnating themselves

with very specific karma and by dedicating themselves “body and soul” in service of humanity. In reality, many of them who proceed in this manner had already surpassed the human experience. Like Yeshua in his time, they have come back in order to teach and help humanity to transit into the 4<sup>th</sup> density.

Another way of inducing rapid changes in the human genome and you already know this, is with the rapid and extreme nutritional change that you have undertaken. It was decided and injected to you, not by yourselves as soul units, but through a consensus by your soul group, in which you are yourself part of on a superior level of reality. This is why most of the individuals in the Cassiopean group have lanced themselves into paleo-keto alimentation with intermittent fasting, like in the LEO group.

In truth, all the members of the LEO family are intimately connected to each other through their DNA, whether they are incarnated or not.

This genetic mutation, which was decided at a superior density level by this group of souls, must allow the capacity of the DNA to be restored and freed in order that it pass again from a solid or densified state, to a more fluid or liquid state. This is in order that you can find certain capacities again which for the moment still seem supernatural to you, such as communicating through thoughts like you did with ECK or travelling between densities. But for the moment stay patient, continue to work, the time has not yet come.

To finish this chapter, we have learned that certain scientific studies have recently found out that under certain « energetic » conditions (temperature, hygrometry...), DNA strands are capable of communicating between themselves no matter what time and space are separating them.

In browsing the net in order to research on this subject, we came to discover that the Cassiopeans have also communicated on this matter.

See on the Cassiopean forum the 11<sup>th</sup> October. <https://cassiopaea.org/forum/index.php?topic=43781.0>

In any case, we henceforth do know that in the big LEO family, a team of scientists is realizing new studies on the properties of water. We will probably have other information on this subject.

*By Sand et Jenaël*