

ATHENA SWARUU - SPIRITUAL CHAT WITH DALE & RICH (2021) - GALACTIC FEDERATION, TIME (PART 2)

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PART 2

Rich: Yeah. I have a question about thought control and how it is for other races in our galaxy and how this relates to the energy field around Earth. I ask because, for us here to create a better reality, we have to stop thinking about what we do not want, and we have to learn how to control our thoughts. Any tips, and how is it for other races off Earth?

Swaruu X (Athena): Yes, but not easily said in a few sentences, it is a process to go through just to explain this. But, as Yazhi and I understand this, the energy cocoon surrounding Earth in theory should not be of any consequence, I mean mentally people should be able to override it. As Yazhi and I have experienced, we can describe it as seeing the Earth and you all in it like under a thick fog that does not let you see anything clearly and does not let us contact you or sense you directly as we could if it did not exist. Or like wanting to see the fish diving into a murky water lake.

Rich: This helps, thank you.

Dale: May I interrupt this line of thought?

Swaruu X (Athena): Yes, Dale.

Dale: Sister, I have few metaphysical and or tech questions to ask. I am content as it were. I came here to serve humanity and to serve the Taygetans and you. I wish to only be of further service. But I find myself very, very angry with the Federation. I can barely contain myself and the way the Taygetans have been treated as well as Swaruunians. This is an ongoing daily fight for me. Maybe you feel the same, Rich?

Swaruu X (Athena): We can go into the Federation subject if you like.

Rich: Well, the GF pisses me off a lot and I don't like the BS going around about them being represented one way while I see them as something else, but I am processing the aggravation as fast as I can and going back to "I create my own reality" thing, and doing what I can to be responsible for it. It can be a reach sometimes, but I am literally working on how reality manifestation works and doing what I can, and the idea being that I 'get over' my being pissed at any and all real or imagined GF issues, so that I can refocus on personal development, shadow work as it's been called. I have been doing this kind of work for years, but am always looking for more and better techniques, methods and approaches. And thank you for asking btw, because this is a

very important topic. I have so much more to understand about it all. Yes, Athena, what seems to be some of the most important things we should know about the Federation currently? And, when addressing the subject, we could look at how we can deal with the Federation, or we could look at how to deal with ourselves REGARDING the Federation.

Dale: Thank you, both of you.

Swaruu X (Athena): To start with this train of conversation, I sometimes feel that, from the point of view of practicality, for the people of Earth, from 'street level', it is as if they weren't even there! As they are doing absolutely nothing for the people in any practical way, or not. So I do not agree and will not accept what so many others (that claim to have direct contact with GF ETs or not) are saying about the GF, saying that it is helping humans "so much" because they "love them so much" and that help is just around the corner. That to me has the distinctive stench of a three letter government agency set out to control and direct the perception of the larger public!

Dale: I agree sister, the rest are just blowing smoke, and it does anger me.

Rich: I hear you! Yep, I stopped buying into the friendly Galactic Federation back in the 90's when they were saying stuff about the Ashtar Command and Sananda.

Dale: Oh good grief. Ashtar.

Swaruu X (Athena): The Federation will never intervene as humans need, expect, or what them to intervene. They did not intervene during any other important historical moment where people were being badly mistreated (understatement). Where were they during the first "COVID" hoax?! (Spanish flue 1918-1920) During WWI?! During WWII?! During the Dark Ages with the "Holy Inquisition"... on and on and on. They won't do anything, humans will have to solve their problems on their own. As I said, as if the GF wasn't even there!

Dale: Most of these events were probably their doing.

Swaruu X (Athena): Oh YES they were and are!

Dale: Now, that is just beyond sad.

Rich: My thoughts are that the three letter agencies, so to speak, are working things, and would like to scare everyone with a (fake) alien invasion scare story and then play both sides, with the GF popping up in the narrative. I haven't given this one a lot of thought yet, but friendly GF of light, nope, not buying it. Which brings up a related point. It seems to me the GF violates their own non-interference directive whenever it pleases them, and always in favour of the regressives here on Earth.

Swaruu X (Athena): YES, they violate their own directives all the time. It is another case of "do what I say, not what I do". They contradict themselves so much and are immersed in so much technicalities and plain impossible to understand excuses that make me think they are just plain regressive as they are indeed the ultimate controllers of Earth, so it is on them. This is why we dare say that they are at least acting regressively with regards to Earth, and we've been attacked over and over for daring to say this, but it is the undeniable truth because if the Galactic Federation wanted to help, all the problems of Earth would be over in weeks if not days!

Rich: Absolutely, Athena. I am so onboard with this take on things. And I personally believe all this "good Federation" channelling and YouTube channel stuff is just business as usual for the regressives, whether they are here on Earth or off planet.

And, with that said, I came to the conclusion that no kind of discussion with them is EVER going to get them to see 'reason' and change their minds and start helping us. And I mean specifically those individuals who are in a particular counsel (group) who are the ones in control of said group, and thus what happens on Earth - without calling the whole group or subgroup regressive necessarily.

Swaruu X (Athena): Yes, they are going that way, and as Gosia and I have discussed, it looks to be that the fake invasion can come in two ways: As positive ETs coming to help and imposing on the human population new rules, rules that will be the exact ones the New World Order wants. Or as a regressive invasion military style, hostile takeover.

For now, we strongly think that when and if that comes to pass, it probably will go the path of the "loving and caring problem-solving GF", imposing New World Order rules on the people. We do have things that indicate that they probably will take that path, for example the insidious insistence of imposing on the public the concept of a benevolent and loving GF as they are out to destroy and censor anything that goes against the GF. They are clearly setting things up in that direction, so they don't want people like us ranting against the Federation as it goes against their plans. If they censor something, it means that it is stepping on their toes, and if the GF were false, then no one would care if they are under attack or not, being bad mouthed or not!

Rich: Wow, thanks for the input on this, it helps. The 'benevolent government' strategy, "we are here to help" along with the 'problem - reaction - solution' trick they like to use over and over again (because they have been very successful with it) sounds like the way they will go with this.

Swaruu X (Athena): No one can argue that the GF is about to save the humans,

because about half the population on Earth has been vaccinated with a genocidal cocktail of substances. So, it is too late to be asking them for help.

Rich: Theoretically, it's possible that each individual on Earth (who can see through this pandemic bs and the good GF bs) they could each, from their own perspective, create a better reality and outcome for the entire planet - meaning from the perspective of their individual reality (which would include their idea that there's the rest of humanity here as well. I am getting kinda deep here and 'reaching for it', so to speak. But something I consider from time to time).

Swaruu X (Athena): Unfortunately, the perception of most woke people who can see through all this is that they are so powerless that they cannot even "save" or change the perception of their own families! If most people cannot even understand the absurdity of facemasks, how can we expect them to understand more complicated subjects?!

Rich: Yes, I have had a few clients talking about this. How long do you think it will take before the negative effects show up, is it a matter of sterile men, so it will be a rather covert attack in that way? Not obviously and openly killing people, so much as stopping the continued population and dropping the birthrate to a very very minimum, is that the strategy?

Swaruu X (Athena): One of the strategies. Some say that it will start in two years from now. Others say that it has already started. From my personal point of view, it has already started and it will get increasingly worse and worse as time goes by. And when people start dying because of the delayed effects of the vaccines, they will only use that to say there is another strain or variant and then they will impose more vaccines and lock downs.

Everything points out to there being a deadly "second wave" where people will die in mass as they claimed they did in the first false wave, only this time it will be real, people will die in mass, but because of the vaccines.

Rich: Ok, so it is not just the sterilization part, but the actual (planned) effect is to start killing people with the effects... and its effects are delayed to distance the vax with the symptoms of the vax so as to blame it on something else (a new virus) cause "they" bought the first bs story so easily.

Dale: Is there something we can do here, sister Athena, to help, other than what we are doing, Gosia, Robert, and Rich?

Swaruu X (Athena): We can think of solutions, for now I do not hold a direct answer. I also feel like I have my hands tied up. I don't hold any real power, political or otherwise.

Dale: You empower us. We can work together?

Swaruu X (Athena): I wish I could do that more! And yes, we must. Sometimes the truth may have a dis-empowering effect!

Dale: It can for a while but, ultimately, I think we can rise above. I know it slaps me down now and again. Gosia has helped me to deal with it when I was not able to be in contact with you or the family.

Rich: What I am doing, and will continue doing, is sharing info like I do about empowering self.

Swaruu X (Athena): Yes, so will I, to the limit of my ability.

Rich: And what you are doing, Athena, is so greatly appreciated by me and all of those who understand what's going on. You are helping us, you and Swaruu 9 and Yazhi, you are doing a great job all things considered, you have certainly helped me wake up more and see through the fog better. And I think, most of all, you are helping (me) see past this Earthly experience and create a better tomorrow so to speak, today.

Swaruu X (Athena): Thank you. There is simply so much more going on.

Dale: Indeed. We have been several hours. Are you tiring, sister? We do not wish to invite frequency dissonance (FDS)

Swaruu X (Athena): Yes, I'm slowing down but eager to continue, as you wish!

Just to start with, people, the concept of "human", not with that name of course, is not unique to Earth, and it is one of the most common and diversified body models so many races use all over the galaxy if not universe. So there are people everywhere! Just not from Earth!

Rich: I have question about that FDS, is it something that happens because of the topics we (necessarily have to) discuss or is it just being connected to the human experience and our psychic energy so to speak? Cause I was thinking maybe we could change the subject and talk about something much lighter? I could ask, what do you do for entertainment, if you have time for that, and are so inclined? There are so many things I would like to ask you!!

Swaruu X (Athena): Please, feel free to! I personally exercise a lot running, walking in nature or wherever I can, I read a lot and I meditate a lot. I read and research a lot using my own computer systems, (as these are tiresome to use) and I read books (paper). I also may use full immersion entertainment to relax, to experience a beach, for example, while far from a real one. And I'm also functioning as a surrogate mother for Yazhi who lives with me now and I'm responsible for her as her guardian.

Rich: The entertainment sound very wholesome and healthy. Well, you are from another timeline than Yazhi. At first, I thought you

were her grandmother, but when did you split off into this 3rd timeline? I followed pretty well when Swaruu split off into two but without any of the details. I say "when", that's a tricky question for a time-traveller, sorry. Let me ask instead "why"? And, by the way, you are kinda living the life I would love to live - I say that without knowing a lot of the detail. I mean I admire it, and you in all your 'versions' and your dedication to helping and guiding. I am sure it's quite an adventure and VERY unusual.

Swaruu X (Athena): I was following Swaruu 11 and her little daughter when 11 was killed. Then I could see from my ship that little Yazhi ran into her mother's ship and sloppily time jumped looking for another surrogate mother, so she says. As she jumped with her ship in an inexperienced sloppy way, mine could detect the frequency of the toroid that it used to jump and I could follow it here emulating it with mine. Then, I kept mostly out of the way as Yazhi was living with Swaruu and with the Taygetans, until now when Yazhi needed me, so I stepped in to back her up.

I'm not her grandmother, that would be another older "me" (time jump mess). I'm a younger version of Yazhi's grandmother. More into exploring.

Dale: Very interesting.

Rich: I love you sharing your story - this is fascinating and engaging. Thank you so much!

Swaruu X (Athena): Although it may sound interesting and even compelling, my life has been extremely complicated. But by far the most complicated person any one of us can come across would be Yazhi. I try to simplify things as I remember Swaruu 9 was always in distress because of having too much on her plate.

Another problem is that we tend to remember nearly everything, it means literally thousands of years in "your head" and that creates a lot of problems. You forget for a reason, to be able to be someone different in your next life. If you don't forget, you can become a little psychotic. And there is a lot of pain and bad memories rattling inside my head. Things I wish I could forget.

Rich: Yes, that makes a lot of sense, forgetting for a reason - but hearing it from someone who hasn't forgotten, carries more weight, it sinks in better.

Swaruu X (Athena): I, or Swaruus in general, do forget, but not as much as other people. And it is heavy for us.

Rich: I understand (at least a little).

Swaruu X (Athena): Thank you. For example, I have a very long list of people I cared for, and even with who I have interacted in a personal way. Families of people who have helped me. I have in my mind's eye the

memory of their smile, of their little kids running around. I remember their house, how it was inside. I remember where they kept their cutlery! The problem is that the date is 1530.

Rich: If you ever want to just talk about some of this stuff, to get it said, to talk it out... maybe I am not qualified, but I'm here for you. I care deeply about you and the Taygetans, and maybe this isn't the kind of thing you would find necessary (so I hesitate to offer) but I am a good listener.

Swaruu X (Athena): Thank you so much, that would be nice. Time travel is not difficult. It is the very same process of hyperspace. If you can go from point A to point B in space "faster than light" then you can time jump with the same effort. There is nothing to it. It's punching numbers into a flight computer. The real problem with time travel and jumping are the countless ethical problems that arise all the time.

Dale: You experience the past, present and future simultaneously, do you not?

Swaruu X (Athena): Sort of. Time is semi linear for me, in the way that it is linear as it is now talking to you. Progression as we talk along. But it's not linear other times if, for example, I decide for whatever reason to end my day in 1920. Then I went back.

Dale: Yes, understood, it is your focus for the moment. Thank you.

Swaruu X (Athena): Welcome.

Rich: Do you simply shift consciousness into "1920" and manifest or tune into that time and sort of 'live it' until you decide to shift somewhere else? Or this is without the ship? Or is it with the ship (referring the 1920 mention above).

Swaruu X (Athena): I would do that with the ship. All I need is a time map that is a location map, but not as in locations, but as in frequency, like in stellar navigation. Imagine a terrain, but instead of places there are only value numbers. And on top of that map, you can add countless others as a stack, one above the other, of slightly different variables or variants of the same place. The place in the stack of variables is the time factor of that same place, and it is also represented with a set of numerical values. Those numerical values represent the harmonics of a frequency - value of gravity and mass of any place. That is an energetic-map-representation of a realm, or a place. That would be a location but fixed in time. Not moving. Just is! But if you place one onto the other, more and more maps slightly different one from another with a logical progression, you now would have not only the value of where, but also of when.

Dale: Awesome, understood, sister. Same as with our ship jumps and navigation. Thank you.

Rich: Makes sense, yep. I feel like I shouldn't ask this next question. It has to do with seeing Earth futures. Plural. Have you seen a version of Earth, let's say 2040 at it has a good outcome (for example)? And could we get there from here (so to speak)? Is that still possible? And I understand that futures are relative to where one is considering 'now' to be and is this your "now" or is 2021 a past for you. Like 1540 is a past?

I know, deep, hard to answer questions but yeah. Sorry. I ask cause I can imagine you have other timelines that you could be focusing on but here you are and Yazhi too. It is very much appreciated, by the way. And I suppose you can be in those others now as well (the good ones and the 'bad' ones - those doing fine, and those needing help or guidance).

Swaruu X (Athena): As there are no densities as such, from our point of view, there aren't any timelines or alternate universes either. See time and space as many parallel lines, imagine them in your mind's eye. They are moving in one direction for now, each one represents a different timeline, different events in the same date. They all converge on the observer, you, as with a black hole. So all the lines bend and meet at that point, the now, and the now is you, your consciousness and awareness.

So all the versions of all your past lives, timelines and events, alternate or not, including all those innumerable events that did not happen in your perceivable past but did occur in another timeline converge into that singularity that is the now, that is you. So the now, you are made of all what you call your past, be it that you lived that past or not. It's the same, it is still making up who you are.

But then, what you perceive as the future is again all those lines coming out of you coming out of that singularity point and moving forwards, each one is a possibility, a potential. They all are as real as the next one, and it is your thoughts, your frequency what will determine which one you will experience consciously.

But of all those potential lines some are more probable than others based on the past choices you made before, you or a collective timeline. So it is possible to predict with some certainty what will occur next, but if that base point, or history, is confusing and chaotic, it will be harder to predict. And the Earth now is extremely chaotic as it is today!

Another problem is that the further ahead you may want to predict, the more variables come out and come into play, so the further ahead, the more difficult to predict, always. It is easy to predict where we will all be in three min from now, chances are that we will still be sitting here so I can predict some future outcomes for Earth, but they will not be set in stone. This is the problem with psychics and people who can see the future, they can only see what is

based on their personal frequency, so it will be their future but not the future as in set in stone.

Rich: Good stuff. Kinda like we are the original black holes. I appreciate this explanation.

Swaruu X (Athena): Each point of consciousness is by definition a singularity in a field of gravity.

Dale: Wow! So there is a timeline in which the GF is good and all of Earth is on the right track. Now, if we could just find that line....

Rich: I get that we can focus in and experience an unlimited number of futures (if we consider this 2021 to be "now"). I can focus in on one and that's my experience... and another being can focus into another outcome - that I could consider negative, or undesirable, and that would be their experience. Like we have by agreement selected what we consider a 'past event' and through agreement on what we believe is possible or predictable, we select potential outcome that will manifest as the new "now" as we go tripping along through an (illusionary) timestream? Kinda like that?

Swaruu X (Athena): Yes. And there are as many pasts making up the now as potential futures ahead.

Rich: Yes, like there are many potential futures, there are as many potential pasts - yes?

Swaruu X (Athena): Yes. Countless. But it gets worse.

Rich: Gulp.

Dale: Oh oh.

Swaruu X (Athena): That is only looking behind and ahead. Still thinking of linear time, past and future.

Rich: There's parallels "above" and "below"?

Dale: And we will attract the one that matches our frequency.

Rich: By virtue of what they are agreeing with and believing, etc?

Swaruu X (Athena): Yes, all by perception and agreements of what is possible and what is not and why!

Rich: Well yeah. In fact, whatever is happening, it is unfolding around the individual moment by moment.

Swaruu X (Athena): Gets weird when you come up with 3D time, as in D for Dimensional, that is time moving in every conceivable direction. Most people can only perceive time as in moving one way on one line:

Past >-----> Future

Time in general looks more like this: *picture not shown*

Rich: Lol. OMG. RUN!!!!

Dale: Boing!

Rich: Lol, but yeah I get you. I mean not before you showed us that image. But as soon as you did, CLICK!

Dale: Sister, we are fast approaching four hours and I am worried about taxing you too much.

Swaruu X (Athena): Ok, I do need to stop at the hour.

Dale: Very well.

Rich: Good place for me as well. Do these long chats effect you very much?

Swaruu X (Athena): They do. I usually sleep them of after! But I love them.

Dale: So sorry, but we do thank you.

Rich: Well, thank you so much for spending this much time with us, I certainly enjoy it, immensely. You really are a kind and loving being and taking the time to chat with me is my honour. Really.

Swaruu X (Athena): Thank you Rich, I enjoyed it a lot as well. Dale, I know you had a technical chat with Yazhi about many things, among them plasma turbine engines. I have an update about engines I'd like to give whenever possible. State of the art solid state counter rotating turbines. No moving parts, same effect as a turbine in older ships, but better, more reliable.

Dale: I am at your service, sister, please let me know when.

Swaruu X (Athena): Thank you. Hoping we can do this again some other time.

Dale: I have one last windy statement before we stop. Please forgive me, sister, as I know I send telepathic contact to you and Little Little Sister Yazhi reasonably often. I'm trying not to tax either of you. However, have one final request, sister Athena. Please extend my love to Little Little Sister Yazhi and yourself. I ask both of you to befriend me on this server so I may send a simple message now and then. I promise not to abuse this privilege but would appreciate contact once in awhile. This helps me to stay in service. Further, I am always here for either of you should you need me in any way. Other than that, I thank you with all my heart for coming and chatting today. It has been an honour. I remain in service and my best to our crew and HRH Princess Alenym.

Rich, it has also been a great pleasure to meet and chat with you. Thank You. I look forward to chatting with you again.

Swaruu X (Athena): Of course Dale, thank you very much as well. We will befriend you.

Rich: Thank you Dale, a pleasure meeting you as well.

Dale: Thank you!!

Swaruu X (Athena): I'm very pleased to meet you both. Have a nice time.

Rich: And tell Yazhi I say hello, and look forward to chatting again with her if and when the time is appropriate and convenient.

Swaruu X (Athena): Thank you, I will tell her.

Rich: Bye Athena! Take care!

Swaruu X (Athena): Bye Rich, take care!