

ATHENA SWARUU - SPIRITUAL CHAT WITH DALE & RICH (2021) - HIGHER
CONSCIOUSNESS (PART 1)

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Swaruu X (Athena): Hello, good evening.

Rich: Hi Athena!

Swaruu X (Athena): Pleased to meet you both.

Dale: Good evening, sister Athena. It is an honour to meet and chat with you.

Swaruu X (Athena): My name is Athena Swaruu. Swaruu is my sir name equivalent. My first name is Athena. You can call me as you wish. I see Swaruu as very formal, but it is ok.

Dale: I have always been Big Brother to the Taygetans and Yazhi. Please call me that, I am family. May I call you sister Athena?

Swaruu X (Athena): Yes, you may, thank you, as you wish.

Rich: I will call you Athena.

Swaruu X (Athena): Thank you, Rich.

Gosia: Good idea to call her Athena as this way it will be clear that she is NOT Swaruu 9 and the rest. It will mark her individuality.

Swaruu X (Athena): Yes, I'm a different person.

Rich: I think about the adventures you have had, the experiences, the knowledge and the wisdom, and I'm like... wow... does she like pizza? (Kidding).

Dale: My favourite food, unfortunately. I am so happy to be with you today, I miss the Taygetans and all of you so very much. I am on fire inside and it feels good. Thank you for arranging this today also.

Swaruu X (Athena): And only to clear something out: Yazhi and I are not Taygetans. I'm not Taygetan, I am Swaruunian, it is now an official Federation recognized name. And we are still here, still a lot to do here. To seed information and concepts, for better or worse. Please, feel free to start a topic for our conversation. Or ask me just about anything.

Rich: Was wondering about a lot of things, lots of topics, don't know where to start. Things about the astral realms from the Taygetan perspective, and the out of body experience... but more to point for people

of Earth, things about how we manifest our own reality and what can we do to help with the mind control and regain more ability to control our own thinking.

Swaruu X (Athena): Ok, although my concepts are not the same ones of Taygeta specifically. Remember I'm not Taygetan, connected to them yes, but different now, with a different mindset and thinking.

I'd like to talk about a few things as well, like for example density names like 3D, 5D, dimensions and physical reality. Among a few other related things. I'd like to hear what you may have to say or add about that.

Rich: Sure, let's talk about 3D and 5D. Very important these days, very relevant to the whole Federation issue. I think those labels confuse and misdirect and alter the clearer understanding of the relationship between Federation member planets and Earth.

Swaruu X (Athena): I see them as human made concepts reflecting human mind and thinking. Reductionist, an attempt to convert something very big and unmanageable into 'bite size' pieces. Reflection of a mind stuck in dualistic thinking.

Rich: My understanding is that when people leave their body, after it dies, some do not return to the physical universe experience, they do not return to Earth or any other planet in this physical universe. Is your understanding or experience that there are many similar reality systems a lot like here in the physical universe where these kinds of experiences that are going on with Earth and the Federation are going on in other realms?

Swaruu X (Athena): I see as a valid point of observation or of view to understand that there is a physical universe creating its opposite, the not physical universe, especially while reasoning about the subjects from within a current ongoing incarnation. From the point of view of my, and Yazhi's, understanding, there is no such physical universe, being that everything is astral (for lack of a better term). Where the agreements of perception are the ones that make up a conceptual frame used to place a limit or a series of boundaries to be able to think in terms of physical and not physical. So the type of experience an individual will have depends only on its frame of understanding. Notice I'm using "individual" and not "soul" because that is another term full of problems.

So we could see the so-called physical universe as seen from within a body. Thought or perceived as made up of something. But then, according to Yazhi and I, all the concepts that make up a 'soul', an individual being anywhere it may be, means it has or holds the concept of "me", of "self", "I" or Ego. This means it still functions in some degree of duality, meaning it knows itself to be something and not something else. And that concept of "me" that individual holds we could argue would be a body in itself. So the concept of Ego, of the "I", will be a body. Of sorts.

However compelling the physical may be, especially the physical body, from our understanding it is as real as any other concept of "Ego", "I" body, being in the astral or wherever it may be, and its solidity is only an illusion based on agreements. As irritatingly so... Yazhi has recently made some kind of experiment with Gosia and Matias regarding those agreements that cause the perceivable solidity of a body, yet it is only a set of ideas. <--- end for now.

Rich: I gotcha. I made a video some time ago talking about how the physical universe is just one more 'belief system territory. As in "it's all a dream" or it's all in one's imagination. And we create that reality for ourselves, whether we are "in the physical universe (dream)" or any other. It all comes back to us being responsible for the reality we create and experience for ourselves - as the ego self/soul/individual - i.e. the identity and perspective that consciousness assumes. Yes?

Swaruu X (Athena): Yes, absolutely!

Rich: So as labels go - 3D and 5D, I guess the idea is to shake those labels off to get a clearer understanding? Yes?

Swaruu X (Athena): Ok, density labels: This is how we see that. For us, and as we perceive things to be, both mentally and through instrumentation and also through direct travel and its characteristics, there is only one reality mass. Immense so much so it collapses all the capacity of every being to fully grasp what it is. Anything that defines it falls short of its real nature. For example, the concept of eternity, of "always has been and always will be", because it functions outside of known concepts of time and space.

After having said this disappointing sentence, I can add how we see things:

One mass made up of "gravity" that is a flow in the ether. That causes a soup of potential energy that can be understood as made up of frequencies that go from very low to very high, getting lost in both directions into the unfathomable and the unmeasurable.

So where we live is a soup of energy frequencies and what each individual person can perceive as reality is determined by its own frequency. That is, people, individuals, do not live in a density as such, like 3D or 5D, but live in whatever part of it all they can perceive as a range of frequencies. So I could argue that each individual has or holds its own density, it creates its own density of existence. And the people who are perceived as co-existing in a density are only sharing agreements of perception that would be similar to those of the first individual, yet never exactly the same.

The problem while explaining other concepts in a video, for example, is that this may be too complicated for most people to

understand. So we have been wrongly still using 3D and 5D as examples, but knowing it is wrong, and we know it is time to evolve.

So we do not see any densities as such, only one mass of infinite energy, and we understand that it is the awareness, the mind and the consciousness of each individual who will make up, create or manifest a density, a "reality" and all its laws and characteristics, but as a realm cannot exist without the individual, the observer.

Rich: Yes, I am following you, I get this. Yep, common agreements make up a common reality.

Dale: Very good explanation, sister. Thank you. May we change this point of perception at any time, sister, by desiring it so? Is there a process to change it or simply a thought, which is everything anyway. I am living between here and there all the time. I am at "war" with my ego. Tired of this dilemma. Sometimes I want to get off this mud ball and others, I want to stay and fight for humanity.

Swaruu X (Athena): You expand your perception and understanding of reality working on yourself as a process. Only you can know in what direction to go. The more you know and understand, the more you will perceive, and then that will change your frequency of thought-mind, and that your reality, but it's a long process. It would also mean that when someone no longer is compatible with one "place" (set of agreements as seen by a collective (collective unconscious)), it is time for such individual to evolve... not to return to said realm in favour of a more compatible one.

Quote: "I want to stay and fight for humanity". End quote. We are all doing that as well as we can with what we have. And, at the same time, we must all understand that it is not our problem to fix, nor is it our responsibility. As a mass, humans don't want get involved in helping themselves, as you said they want to be saved, that means they are in victim mode, when they are creators. And, at the same time, yes they are victims and not accepting that fact is abusive! They are victims and need a helping hand! But it is a very delicate process, to know how much to help. And to what cost for yourself.

Dale: Understood sister, thank you.

Rich: How much to help and how to help - big subjects - and to help with what? Humanity, the collective, might want help being saved, when they actually need help understanding how they are doing it to themselves.

It can be a challenge sharing this kind of information with people who have been agreeing the terms that 3D and 5D have been representing on Earth. I like the way you put it, "everything is astral". I think most people around here on the ground can relate to that one, even if there's way more to it, they can relate to the concept - whether they

choose to agree with concept is another thing.

Swaruu X (Athena): I think this is a case of multiple points of view. Because stating that everything is astral would be from one "expanded" point of view, but from another "down to Earth" practical point of view, you clearly can make the distinction between astral and physical. Both points of view are correct from one or another perspective.

The problem here is that people who do understand why everything is astral can understand why others only see physical vs. astral. And those last people cannot understand why everything is astral from a more expanded point of view (generalizing, of course).

How much to help... like with the false COVID subject. People only do what they are told and they don't bother to think. They cannot even question the most obvious subjects, not even when their survival is at stake, only blindly believing in what authority figures tell them. I see this even with people who think they are woke. As they cannot think and question reality for themselves, for whatever reason or excuse they may have, may very well spell doom for them all.

Rich: Yes, I hear you. When you consider humanity and what to do here, is it more like teaching, or guiding, just sharing helpful concepts or how would you put this? I like to teach and I like to share.

Dale: Me as well, Rich.

Swaruu X (Athena): I like to teach as well. The problem is that you need people to be interested in what you want to teach. And that has become increasingly more and more difficult. So what I prefer to do is simply to place concepts "out there" in the wind, and let the people sort them out.

Rich: What I HAVE been doing is learning for myself, how to get better, and then sharing my perspective, what I believe to be a more empowering set of beliefs or agreements, but there's so much to still learn about all this. And you have been doing this sort of thing for a very long time, yes?

Dale: Hahaha, cast your seed, maybe some will take root.

Rich: That's a good way of putting it, Dale.

Swaruu X (Athena): Essentially, I have been doing the same as you. And that learning for yourself is what I was talking about above, as the only way to increase your perception and understanding of everything, therefore expanding your 'boundaries' of real and not real, and of your own private density as a final consequence. All I have been doing personally is learning.

About casting seeds, yes. As Robert has complained about many times, he noticed

that our concepts are being used by countless others, giving us no credit. But I am personally OK with that, because I'm here to seed and spread. Not to be given credits.

Rich: Yes, I am very well aware that when I set out to 'teach' something to someone or share the best version of what I understand on a given subject, I am the one who is learning and growing.

Dale: That is the one constant sister, learning is never ending.

Swaruu X (Athena): Yes, Rich, I figure you also experience having a much clearer idea about any concept at hand after explaining it to someone else. When you stop learning, your "soul" dies (for lack of a better word.) Just look at all those poor bank workers in an office looking at financial nonsense day after day year after year, are they even alive? As I see things, their essence, 'soul' whatever, does retract. They become automatons. Incapable of thinking for themselves.

Rich: When I listen the Cosmic Agency messages, I am always looking to understand more and better what is being shared. My starting assumption being that with your greater awareness, understanding and experience, there is something I can learn here, something that will improve the quality of my experience... plus you guys are real smart and I love you! Just saying.

I just started to say I DO get a little emotional sometimes as I share what I am hearing - sometimes I will be processing my own emotions on camera as I rant and all this, but I always try to come back around and share your messages, the essence of it, what you are trying to convey.

Dale: I too am very emotional, Rich, and it is a typical Taygetan trait.

Swaruu X (Athena): Thank you so much! I love your rants! Also, when we listen to your reaction videos, we start to see where we are not being clear enough. It helps us a lot. For example, those 3D and 5D concepts are really bothering me. I remember you recently said that there only would be physical and astral, no densities, and I agree as we have said above.

The only added problem to discuss with that is the undeniable presence of creatures that are not visible to us all from the "physical", yet they are there. For example, elementals, shadow people, crypto animals. That in my understanding are simply outside the range of our perception as we cannot see all there is. But a ship's sensors can detect elementals, and even CGI them for you super imposing their image on to the video feel of the forest you are in (creepy by the way).

Rich: Thanks for clearing this up! You said: "For example, elementals, shadow people, crypto animals. Those, in my

understanding, are simply outside the range of our perception as we cannot see all there is." I was wondering about this one. Are those elementals here or the astral so to speak... cause it was Yazhi, or maybe Swaruu 9, that was saying people on other planets can see those things but on Earth most cannot. I thought they were seeing into the astral. But then again we might be struggling with words and limited vocabulary.

Swaruu X (Athena): Again, I think they are difficult to precise where they are. Because they are in perception not there when you walk through a forest, yet they can throw rocks and stones at you. So they are physical.

Dale: And people think I am nuts when I talk to the trees and flowers and they talk back.

Swaruu X (Athena): And if it helps (or make things even more confusing), a ship can see them using gravity imaging and process an image for you to see them. And they are very much like how they have been represented since eons ago. You can see the leaves and twigs under their feet bend under their weight as they creep along cautiously thinking that they cannot be seen. And, as they ship is detecting them with gravity anomaly sensors, you can therefore see that they have mass. Place where I experienced seeing them using gravity sensors: Yorkshire, England.

Rich: Oh wow, so cool, I see. I have talked to quite a few people who can see this sort of thing. So it's really not about "physical reality" vs NOT, so much as range of perception and personal reality and who else is agreeing with us about what we perceive and believe - kinda like that, yeah? And that's not really about 'astral' or 'lower astral' creatures as it is, just a range of perception.

Dale: I think if you believe it, you can experience it. It is a matter of expanding one's conscience and heart.

Swaruu X (Athena): Yes, exactly, they are there in the 'physical' but outside the capacity of your body and perceptual agreements to see. But they can throw a rock at you, hurt you. Yazhi can see them with her naked eyes, I cannot. Although she says they are not clear, they are like shadows with some shapes and features in them. The gravity sensors do give you a lot more details.

Rich: Lol, yes. And they can knock pictures off the wall and bang your cupboards. Same 'guys', yeah?

Swaruu X (Athena): Yes, same guys. As real as you or !!!! May be friendly, or may get angry, and they can be very difficult to get rid of!