

BLAST FROM THE PAST: BEHIND THE MISSION: SWARUU OF ERRA - HEALTH (PART 2)

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Rashell: This is the situation. Although we don't think it was a premeditated attack, from some point of view it was. But we won't go into that because there is no data other than what both sides, you and us, can see. I will just focus on the medical facts for now. Swaruu suffered a stroke in one of her eyes and then had quite severe heart failure. This is due to consistently high blood pressure. Her young age served to mask the problem. But it is misleading.

I know she has focused on saying that we are like you because she wants to remove differences and separations. But the truth is that her physiology does not work like yours. Her emotions manifest in her body immediately. She was subjected to a constant bombardment of very low frequency energy. That energy is mostly mental, which is what she experiences on a daily basis and for many hours a day. The constant pressure and criticism kept her at a very low frequency that was not in tune with her own. It ended up making her sick. She is walking but remains with the Andromedans in their medical facilities. They prevented a major heart attack. In the next few hours, she will be transferred to this ship where she will receive the appropriate medical care. We have a large medical staff on board.

Robert: Will you take her to Temmer?

Rashell: I cannot take Swaruu against her will. It is up to her. I can only support her.

Gosia: I don't know what she wants at this point. But I hope that what she wants is more beneficial to her health. Her health is a priority. And a question. There are always more positive comments out there... didn't they balance things out? A lot of people support Swaruu.

Rashell: I haven't spoken in depth or alone with Swaruu yet. But what I can say is that it's not that a balance is created with the energies. Rather, Swaruu can't help but focus on the negative because she interprets it as her failure. Because in our society, that negative attitude simply doesn't exist.

Gosia: Poor thing. We always tried to calm her down about this issue, but she didn't listen... no matter how hard I tried. Here we are already used to being criticized.

Robert: These are Matrix attacks and trolls paid by someone. We also get a lot of attacks, but we ignore them.

Rashell: What they explained to me is that every time she noticed an attack against her, she would get a, I don't have the word in Spanish, "blood pressure spike" that overloaded her system more and more.

Gosia: A rapid and sudden rise in blood pressure. It happens to us here too, but not to this extent, and here we don't manifest it so quickly.

Rashell: There, people are used to being criticized. Here, that phenomenon does not occur. She takes it, even on a subconscious level, as a failure on her part. Senetre, the chief medical officer of the Toleka ship where Swaruu was, could not detect anything wrong with her because Swaruu is very stubborn and denies any problems. It is difficult to treat her medically. But blood pressure and heart problems are repressed feelings and emotions. Swaruu obviously takes everything too far. She will come on board in the next few hours. She will be able to talk to you.

Gosia: Oh, really? I had already assumed that we wouldn't be talking to her for a long time. I think she felt guilty about being so affected. She always said, "I should know better!" So she tried to repress how it was affecting her.

Robert: I think that was it, Gosia. She never mentioned to me that she was so affected.

Rashell: Yes. It has hit her self-esteem hard, because she has an image of herself as very strong and defiant when in reality she is just a little girl.

She also told me that she has accumulated too many contacts, which means she can't get her message across because she spends all her time online with one person or another, responding to multiple issues.

Gosia: Yes, she always complains about that too. We try to help her with that, but she's the one who always decides to talk to more people.

Rashell: She fell into her own trap then. Her mind and spirit are very strong, but her small body cannot keep up with her. She cannot proceed like this. She does not rest and logically reached a breaking point.

Robert: Of course, it's obvious. We told her to rest all week while we were in England, and she didn't. She worked more and more.

Rashell: Her eye was a stroke. It could have been her heart or her brain, but it was her eye. Even so, Swaruu continued working at the same pace for almost a month before collapsing. She is very stubborn.

Gosia: Okay, Rashell. So what should we do?

Rashell: I think that's up to Swaruu herself to decide. But I see no other option than to restructure the way we all work, especially with Swaruu because she abuses herself. She can't be in contact with so many people, and she only blames herself for not achieving it and puts even more pressure on herself.

Gosia: Yes, Rashell, of course! If necessary, she should cut us off too. Our contact is not more important than that of others. Maybe we can help in other ways.

Rashell: I know there are good people out there. There's no doubt about that. It's just that everything has been placed on one person, Swaruu, who, despite what she thinks of herself, cannot be in contact with so many people simultaneously without serious consequences to her health.

Gosia: I always told her this, Rashell. She just doesn't listen, as you know. When we went to England, she had to rest, that was the plan. She told us she would. And it

turns out she worked even more. She went live on Telegram with a lot of people at once to answer questions.

Rashell: That live stream only made her health worse. I understand that you are the core of the work and contact. I don't think it's a good idea to cut ties with you. I can't comment about the others yet.

Robert: Stubborn and fierce girl.

Gosia: Incredible. I understand her a little in this regard. I also feel like I'm wasting my time if I don't work on my videos, etc., but I try to take time to rest as well. It's important! And I told her this many times.

Robert: Rashell, we will do everything we can to ensure that everything returns to normal and that Swaruu recovers.

Rashell: With that workload she imposes on herself, Swaruu could die, and it's not drama. It's the truth. That dynamic is killing her. I use that word because it's the truth. She could have a heart attack.

Gosia: Well, let's stop our communication in the sense of work.

Rashell: It's just a matter of restructuring things.

Gosia: Okay. And what would be the idea for restructuring things? From your perspective?

Rashell: She needs time for herself, to heal.

Robert: Let her rest as long as she needs to...

Rashell: I have to leave now for technical reasons. If you wish, I can reconnect in two hours.

Gosia: Don't worry, Rashell, we really appreciate your time and explaining everything to us. If you want to, you can! We'll be here.

Rashell: I'll log in in two hours.

Rashell: Hello again. Swaruu is still not on board. The doctors at Andromeda insist that she stay there a little longer, at least until tomorrow. Because there is nature there, and here everything is artificial.

What happened was serious. I know that there people don't associate the word heart attack with thin 17-year-old women. But here things work a little differently. It is said that the men of Taygeta are better prepared for that kind of pressure because of their competitive male spirit. And Swaruu has personal aggravating factors.

Gosia: Is she going into the medical pod? From what I understand, she'll come out as good as new, right?

Rashell: The problem is emotional. The medical pod would restore her body, but if she continues with her way of life, it will happen to her all over again. She must change the way she does things. She has an aggravating factor. I have known her well since she started studying with me and hid behind a shy fringe that reached her eyes.

Swaruu grew up alone, so she takes rejection very personally because what she wants is to please everyone. She needs to feel loved. But that expectation is not realistic. Nevertheless, she has it. Swaruu pleases others to feel loved, but she overlooks herself. She has confessed to me that she has held a conversation with three people on three accounts simultaneously just to meet everyone's expectations. While there is nothing wrong with this in itself, one cannot live like this without suffering consequences.

Robert: What can we do, Rashell?

Gosia: If she wants to come back, I would recommend that she does what she likes, and that has always been writing. That way she can write her articles to share with people. Articles are what reach many people at once. You have to reach the masses, not chat with individuals. And we, as I said, also offer that she spend less time with us, or none at all.

Rashell: Your suggestion is good.

Gosia: She could also retire completely, rest.

Robert: Not reading the comments. Ignoring what they say negatively about her.

Gosia: And write from afar. In peace.

Rashell: I can only suggest. Or she can talk to several people in a group like we are doing now. Not devote a two hour session to each person. Or it can be that way with the others, and with you two together, since you have a closer relationship with her, you can have another more direct dynamic.

Gosia: Yes, although what I also suggest is that she withdraw completely for a while, reconnect with nature, and write from there.

Robert: Yes, that's the best thing to do, disconnect for as long as she needs to.

Rashell: Swaruu must not watch YouTube, that is mandatory. The thing is, she is very stubborn. She wouldn't let Senetre, the doctor, get close to her, so her condition worsened.

Robert: She should stop this. It's harmful to her health. She's only 17 years old.

Gosia: On the other hand, I know that if she doesn't do anything... she'll also feel bad. She wants to feel like she's helping. That's why my idea of just writing from home. That way she'll feel fulfilled, sharing her knowledge, but not being here and not talking to anyone or looking at anything.

Robert: She'd better forget all this. She has planted a seed in us. Now it's up to us to carry on her message.

Gosia: What else does she like to do in her private life? Because I see myself in her. If someone tells me to forget about doing my work and go to the beach, I won't do it. I feel like my mission is to help. So... we have to find a balance here.

Robert: She likes climbing mountains and going with Suzy.

Rashell: I understand, Gosia. She has no private life. She doesn't even know how to handle male advances. She lived in isolation, her whole way of thinking is different from everyone else's.

Robert: The problem is that she wants to continue with all this. How can we deny her to continue with this work?

Gosia: You can all find her a task that makes her feel productive, but where she doesn't get stressed out.

Robert: The problem I see is how to get all this out of her head.

Rashell: It's a matter of frequencies. She can't live in 3D without getting sick. Looking at 3D things.

Gosia: I understand, Rashell, but how do we tell her?

Rashell: I'm afraid of her because, as I said, she's very stubborn.

Gosia: Rashell, if we cut off contact with her, she'll feel bad and sad. But do you think it might be better?

Rashell: I don't know.

Robert: Gosia, we'll have to cut off contact with her, as much as it hurts us.

Rashell: The idea of her writing and that being the only way to keep everything going sounds good. It's just that she already knows that many people don't like her because of her work, and she already feels sad that her articles haven't been useful. At least that's what she thinks.

Gosia: That's what bothers me about all this, that she only focuses on the negatives. There are so many people who are grateful to her. But well, it's something you can't control, I guess.

Rashell: That's because of her programming of wanting to be loved by everyone.

Robert: But she is loved by us and by many more people. Many have said that she changed their lives.

Rashell: I don't understand her thinking. I mean, only seeing the negative. But the only thing I see here is that it affects her.

Gosia: We will continue spreading her messages. We will not stop.

Robert: Exactly, Gosia. We will continue. We will study her messages. She has

planted two little seeds in us.

Gosia: Every drop contributes to the rise in frequency on Earth. She herself said that we only need to awaken the key number of people.

Robert: Swaruu can leave now. Her work has been a success. You have to tell Swaruu that we love her very much. Tell her not to worry about us and to disconnect from everything.

Gosia: Better yet, Rashell, please take her home. Let her return to Erra.

Robert: Yes, thank her for everything she has done for us. She will remain in our hearts. May she continue her life in the 5th density.

Rashell: She has to realize that she did not fail, that it was a complete success, that the attacks only prove this. Swaruu's soul and spirit are stronger than her body and are finishing her off. That's all. She must understand that there are more Taygetans and that she has already fought her war. Swaruu must understand that she should not demand so much of herself because a light that shines twice as bright will only last half as long. She must learn to manage her own energy or she will not live to old age.

How do you feel?

Robert: We are concerned about her, but we also feel very good, very strong. We are very encouraged. Swaruu gave us a lot of strength.

Gosia: I am concerned, but I also have confidence in you, in your technology, and in your wisdom to handle this matter well.

Rashell: The problem is that in this case, it is not something that can be physically fixed and that's it. Swaruu's problem is energetic and therefore a problem of the soul. If Swaruu is not in a position to enter with you, I will enter again to support you.

Robert: Thank you very much, Rashell. We appreciate everything you do.

Rashell: You are family.

Gosia: Oh, Rashell, don't worry. Thank you again.

Robert: Yes, I find that very strange too because you are very familiar to me. And that strikes me as odd.

October 2018

Gosia: Hey! How are you feeling, Swaruu? We are very concerned.

Swaruu (9): I feel very sad, to be honest, and physically I feel very weak.

Gosia: We know. You need to rest.

Robert: Thank you for making the effort to be with us today.

Gosia: Yesterday we talked a lot with Rashell and she explained many things about your condition.

Swaruu (9): Yes, she told me what you talked about.

Gosia: It's important that you rest now, you understand, right?

Swaruu (9): Okay. I just don't see it as being that easy.

Gosia: Why not?

Robert (9): Well, you'll have to change your mindset.

Swaruu (9): Because we left many things unfinished, and as I see it, this is the worst time to stop doing this. What is true is that I can't function in the same way I have been working.

Robert: They'll have to settle for partial success, Swaruu. You come first. There is only one Swaruu.

Gosia: Unfinished? Why? You've already said a lot. More than any other ET on Earth, you've said it yourself. That's how it has to stay, as Robert said.

Swaruu (9): I just see that more is needed at this moment. Gosia, if I stop now, the negatives will destroy our work.

Robert: Swaruu, everything will stay as it is. Your work has been a success. Now it's time for you to rest.

Gosia: I have many more videos to make, and then we will look closely at all the information from the beginning and all the messages and expand on all the points for people. You don't have to do anything else. If you continue, you put yourself in danger.

Swaruu (9): I won't put myself in danger if I come in two or three times a week.

Robert: But the problem is that it won't be like that.

Swaruu (9): I can't imagine turning away and leaving all this half done because I haven't finished. I feel like I haven't finished.

Gosia: And you won't look at YouTube and comments? Can you really promise that?

Swaruu (9): I went on YouTube a moment ago.

Robert: Why did you come in, Swaruu? You can't do that. We'll lose you.

Swaruu (9): I went in because I haven't been on for a week and I'm curious. If I don't know the situation, I can't proceed correctly, so I went on YouTube. I'm not weak, it's just another programmed reaction problem in me.

Robert: Curiosity killed the cat.

Swaruu (9): Hihihhi Robert <----

Gosia: How about going to your planet to relax in nature, and from there, without the internet, just write? You like to write. You'll be there in the mountains. At home. And you'll send it to us from time to time. Without looking at comments. That way you'll feel like you're finishing what you wanted to finish, but you'll be in peace. Not in this horrible orbit so close to 3D!

Robert: Exactly, do as Gosia says, Swaruu.

Swaruu (9): My mind is strong, and I can handle more. But my body is conditioned differently and reacts badly and not in accordance with my mind.

Gosia: You've done so many things. Take a break for a while. And if you feel good, you can come back sometime. We're not closing the door on you.

Robert: You can come back, of course.

Swaruu (9): From there it would be very difficult for me to connect, maybe just send e-mails.

Gosia: But Rashell explained your condition very clearly to us. And you can't work anymore at this point. Go for a couple of months at least.

Swaruu (9): It makes me very angry that I want to continue and my body doesn't respond.

Gosia: Your body knows best what it needs. Unfortunately, we are all limited in some way by our vehicles, and we have to respect them.

Swaruu (9): And what will happen to the others?

Gosia: They will understand, Swaruu! They just want you to get better. You can't think that by leaving... you will disappoint them, or us. That's not the case. We will all understand.

Swaruu (9): I don't want to leave, I want to continue, with some modifications perhaps.

Robert: You have to go back, or we'll never hear from you again because your body won't be able to handle this again.

Swaruu (9): I feel that if I leave now, I'm just proving the negative ones right.

Robert: The reality is that no one can force you to do anything, Swaruu. It's just a suggestion.

Swaruu (9): It just really upsets me because I feel strong, but my body only reacts in a destructive way to what I want. It just deteriorates more and more.

Gosia: It's because even though you feel strong, you carry things inside you, in your subconscious. And it's time to heal that first. You're very young, you can come back anytime. We won't stop here! So they won't think they've won because we will continue strong.

Swaruu (9): What plans would you have?

Robert: For now, continue with what we have.

Gosia: Continue making all the videos I have lined up. I have a lot.

Robert: Back to the beginning until the end, a loop of videos each time with the message becoming clearer.

Gosia: Then see previous talks and hold discussions about those talks with interesting details that we may never have shared. Grow my new channel in English. Also, if people want to open channels in other languages, I will pass on the transcripts to them. Spread the message.

Swaruu (9): Rashell can help you, but I doubt very much that she can devote herself to this as I do because she has a rather complicated and demanding job.

Gosia: Okay. Let it flow. So you're going to take a break?

Swaruu (9): I prefer to do four hour live streams every day.

Robert: Hihihi.

Gosia: You're joking, right?

Swaruu (9): I'm not sure if I said that as a joke or not.

Gosia: Well, you'll have to find other people, Swaruu. We won't give you access.

Swaruu (9): This happens too: I can't write for so long every day because I only use one eye, it's hard to read what I write and what people reply to me, and I can overload the only eye I have left. I'm 17 and I have high blood pressure problems like an old lady, which makes me very angry. But it's not because of old age, it's because I'm constantly in fight mode, with adrenaline all day long.

Gosia: Put yourself in a medical pod, maybe. In a couple of months, you'll come out like new. Heal your emotions. And you'll come back. The critics are going to be in for a big surprise when you return!

Swaruu (9): Okay, Gosia, good point. But it's not nice to be in the med pod. Besides, in there you're floating in a yellow liquid inside a transparent jar in zero gravity. I don't like being seen there because you don't wear clothes in there.

Gosia: Well, tough. It's not pleasant, but your body will be happy in the end. However, your emotional healing is even more important.

Swaruu (9): I'll try to heal my eye naturally, even though everyone has told me that only a pod would solve the problem. I had a stroke in my eye. They took me to their medical facilities in an emergency. I had fibrillation and heart failure.

Gosia: Rashell told us. That's why I'll be angry if you stay.

Robert: If you return to the Source and ascend, we will never see each other again.

Gosia: Exactly. And I want to meet you and give you a hug. Healthy!

Swaruu (9): You're going to make me cry... I have this problem, which is that I have too many contacts. I can't say goodbye to each one individually, and I can't play favourites. It means explaining the same thing over and over again. I am truly grateful to them. I love them very much. It's just that there are too many of them.

Gosia: Don't worry. Write a letter to everyone at once. Saying that you are going away to recover. Or we can do it too, we will explain it to them.

Swaruu (9): I don't feel like writing goodbye letters, I don't know what to do or what to say, they're awful.

Gosia: Oh, you bad girl, it's a shame you don't have parents to punish you.

Swaruu (9): That's the problem, I don't have parents to punish me, that's why I constantly get into trouble for my mischiefs.

Gosia: But you have your friends who are like family, and you should listen to them.

Swaruu (9): I have a couple of things half-written too, and I haven't been able to finish them because I have too many contacts. But I don't want to leave, Gosia. <--- I'm just considering the possibility to please you guys right now.

Gosia: Well, yes, I would be very happy if I knew you were resting. There's nothing else to say.

Swaruu (9): Rashell insists that I return to Temmer immediately to get away from here. I won't go back to Erra because there's nothing there for me anymore except an old house in ruins and full of memories I don't want.

I know we've known each other before, anyway. It wouldn't be goodbye. That's why we've become so close. Now I'm crying.

Robert: You have achieved a lot, Swaruu. Many people write to me saying that there is a before and after Swaruu.

Gosia: Yes. For me, it was a dream to be able to contact someone from outside, and you have fulfilled all these dreams and beyond.

Swaruu (9): You are both making me cry.

Gosia: Look at all the videos on the Calls from Planet Earth channel. Everyone loves you. They are key people. You have come to activate them. And they have been.

Robert: They are real people. Starseeds.

Gosia: You have empowered many people. And us. And this is not the end. You have only marked the beginning.

Swaruu (9): It's just that people imagine that nothing happens here. But we have lives

here. Things happen, we interact, we have problems, we have politics, we have loves and heartbreaks. We get hurt, and we heal.

Gosia: Exactly!! We will say that very strongly today.

Robert: We will defend everything. They will not stop us.

Swaruu (9): They say that this doesn't happen to 5D beings... but what they say is more like 7D, not here. There are more steps before reaching that kind of existence. And besides, 5D-7D are just human concepts. Everything is a great gradient of frequencies; they are the ones who put up the barriers.

Gosia: We understand. We will tell them. Again and again if necessary. Don't worry. Everything will be fine.

Swaruu (9): I trust you 100%. Do what you have to do.

Gosia: Thank you. And I trust you. Go take care of yourself and pamper yourself.

Swaruu (9): OK. But please explain to them what happened.

Gosia: Of course. If we don't connect for a while... take good care of yourself, we love you.

Robert: And we will wait for you.

Swaruu (9): I love you both very much too. I am very grateful to you. I adore you.

Gosia: And we adore you ten times more! We're disconnecting, Swaruu. May the Force be with you!

November 2018

Rashell Temmer: Okay, things happened. Swaruu topic. It's agreed that she will NOT leave, and we should not bother her anymore. Because she says she has very strong esoteric reasons that she had not told us about. If she leaves, everything collapses. There is more behind Swaruu than meets the eye.

Robert: Wow!

Rashell: She will just rest here and move things from here, not coming into direct contact until she is better because she literally carried the world and that is why the girl has become ill.

Gosia: What exactly has she shown you?

Rashell: From a higher level, she is everyone and all of us. No one here has as expanded a perspective and contemplates as many timelines as Swaruu. Without her, we operate blindly. That's why she's so insistent on not leaving. And she has been here multiple times because she jumps timelines with a ship and has been doing so for longer than can be calculated, and she remembers everything. I have a linear perspective of this timeline. Swaruu manages multiple timelines and already knows

what can happen in each of them.

Gosia: So what exactly is the plan now? What does she want to do?

Rashell: She will continue her recovery away from the internet, she acknowledges that. But she will support us, talking and discussing the topics. That was already a win because she is stubborn. I insist on that. She will work through us, me, Eridanita, and Anéeka. But no more other contacts, because you will know how to take care of Swaruu, but I don't think the others will. All it takes is for someone to ask her opinion about this or that negative video, and her healing will regress. Swaruu has said that you two are the core of the contact.

Gosia: Understood, Rashell.

Rashell: Joan of Arc is Swaruu. She is a key player here so much so that it scared me.

Gosia: Incredible.

Rashell: She is not the girl who was my student. Swaruu is already 'something else'. I don't understand how Swaruu thinks, but I do know now that she moves everything here.

April 2019 - (part of the conversation)

Gosia: Oh, I needed some encouragement lately. So thank you for that!

Swaruu (9): You will get more. I know you need it. I will have more time in a week or so. I thank you a lot.

Gosia: Actually no, that's not what I meant I think, I am usually fine and self-sufficient and self-driven! Just recently felt a bit strange. Nothing to do with you, please. I don't have any expectations from you ever. And definitely not in need of your time if I know you don't have it. Don't worry, I am not needy. With one hug I will be fine. So thank you!

Swaruu (9): I don't know how to take your last statement, as the only reason I'm still in contact is because I thought I was "needed". If you are so self-sufficient, then I have nothing to do here. I'm tired and I get nothing back but slander. I'm no martyr. I don't need to do this either, so I'm not needy of your channels either. So if I'm not appreciated, then no point in continuing. But I am grateful for the work done.

Swaruu leaving the conversation

Gosia: What? Of course you are needed! I am crazy about you and our contact. You misunderstood me. I just didn't want to come across as "needy". I only said that to let you know that I am ok as I know you don't have much time. I tried to be respectful of your time. I am not needy in a sense of wanting to have you around all the time as some sort of dependence. I know you don't like that. So I am trying to remain in some sort of a balanced field in the middle... between desiring your presence in my life, and also for the people of the Earth, and at the same time have you see that I am not dependent. I want you to see that I am strong but also so in need of you. There is no

purpose to my life beyond what I do now. And you will never receive any slander from neither of us ever, I am sorry you need to be dealing with this from others.

Swaruu, YOU ARE MY WHOLE PURPOSE TO MY LIFE NOW. But you see, if I say it like that, I may come across as "dependant". So it's always a subtle line in how I should express myself. YOU ARE MY WHOLE LIFE NOW - let's just put it this way. Ok? And I am here to do the work. Just as you are. And I can't do this work without you. I need you. I can sense you are very tired and frustrated - we will never turn away from you though. You have our friendship forever. For as long as you wish to have it.

Swaruu responding next day

Swaruu (9): I understand now. The others may be difficult to handle by me because of the amount of them they are. But not you, nor Robert. I don't have you in that "category" as I see you two like family. You are not a load to carry.

All I wanted with what I said before your comment is to tell you that I will be back and ready to work in an efficient manner, and not with this sporadic "who knows when..." way we have been working due to mainly me not finding a clear schedule. So I thought you were going to be glad to hear that. And then I thought you no longer were interested. After all, I am quite used to that reaction, not from you of course. I just want to help. I'm sorry I was misguided by your words.

Gosia responding later

Gosia: Thank you for writing back! I was worried about your last message. With my computer on all night. You too are like my family to me. Not too many people around we both can rely on and trust. And I am so glad you say you would be back to work more, and what I meant was simply: don't worry if it's sporadic now, as I respect the fact you don't have much time and don't want to be demanding. So that's all I meant. Perhaps it was a poor choice of words on my part, I am sorry. I just want you guys to perceive me as strong, because in case you ever really need to go silent again - I want you to see that I will continue, without pulling my hair out in the process.

I was so happy when you said you would have more time, of course, but then I felt maybe you said it because you felt I wanted that, and I simply didn't want to add to your burdens. I wanted you to know that you should take your time, you have problems on your ship, and that I would be here.

I feel both you and I are going through some emotional time now and we both are sensitive to how we are perceived by each other... and I am sorry you need to be dealing with so much on your end. It's too much for one young girl, ET or no ET. I admire your bravery.

I hope so much that what we are doing contributes to helping the humanity and that I don't commit many mistakes in the process. This work with you and Taygetans is my whole life now, my life purpose, and I hope you are not disappointed - and if ever there is anything to improve, please tell me! It's not imposing please! I need your perspective from up there as I am in comma (immersed) and don't always see it from the higher view even though I try.

Oh, and I will never ever lose interest! There is no turning back for me. This is me. I can't lose interest in what I am. So never ever worry about that. Know that you are cherished and loved and it is how it shall remain until the end of times.

NEXT DAY

Swaruu (9): Hello, online?

Gosia: Hello! Yes!

Swaruu (9): Thank you for all above. I do see that you and Robert have been next to me, next to us, all this time, in many aspects loyally, although for some reason I don't like the word "loyal". Feels awkward. One thing I think you should always have in mind, although we may talk like humans, slang and all (especially Anéeka), we don't think like humans. We take things literally <--- And we are very emotional beings, a lot more than humans. This does cause problems in many levels. And it's easy to think that we speak the same language, but we don't. It's only apparently so. Many, if not all, words do not have the same meaning.

We have been through a lot together already, by now. I do understand now what you meant, and yes, as you said, it was a poor choice of words as it can be taken for "I don't need anything from you, walk away or go jump in a lake".

Gosia: Yes I know, and I am sorry for that. I guess I just felt a little hurt too because you misunderstood me, and you should know me better by now - that I would never ever think that I don't need you. That's impossible ever! Given how obsessed I am with you, my work, and this contact. But then, even though I felt sad about that, I also felt immediately what you felt - and how you had to take it.

Swaruu (9): I'm sorry to have taken it that way!

Gosia: You wanted to feel needed and valued, and me saying: "Hey that's fine, I am ok here" sounded like: "Take a hike if you want, I don't care". And it was so not what I meant. And don't be sorry. You have the right to take things as you do, you are an emotional creature with your own world and feelings. It's all just a matter of clarifying things.

Swaruu (9): From you, there, or in general, I guess, I do need appreciation, as it's also quite a lot of work from here. Also, we have been constantly attacked as not existing, so it does get us, you know that. In the end, I'm just a little girl!

But the best part is to always talk. Even the time when we needed to go away was because of lack of sharing what was going on.

Gosia: Yes, I was worried for the moment you would disappear! I cried at night and couldn't sleep. I left my computer on all night, but then I finally fell asleep. I saw your message at 8am in the morning.

Swaruu (9): I'm so sorry for that, I couldn't come in here to answer, that's why I took long.

Gosia: I always respect if you decide to disappear. And that's not to mean I won't be

sad and waiting, it's just that I will always respect any decision you ever make. You know best what's most convenient to you at all times. We are not up there.

How do you feel in general today? I feel much better having talked this over. Thank you!

Swaruu (9): I'm fine and in peace, but with a long "day" ahead. So do I, I thank you as well.

Gosia: What's ahead in your day?

Swaruu (9): I have to go do maintenance of small fighter ships, then back here in Toleka to have a conference face to face with Nai'Shara and Alenym, then food, then I will be in CIC looking at world affairs.

Gosia: Wow. A busy day I see. How is Nai'Shara and Alenym?

Swaruu (9): They are both well, although Alenym is hanging on her nails. She doesn't see herself in her post, but it's not a choice she can make. She feels unprepared for her role. She cannot return to Temmer now. Her life is in danger, the threat must be removed first. Until then she cannot leave this ship. She is a princess trapped in her titanium castle - ship.

Also, we must talk about some others problems that make us continue the way we do now, we must have less contacts. We just don't want to be swamped again. Especially me.

Gosia: I know, Swaruu. It's completely understood, don't worry. You don't have any obligations towards any one of us. We always stress that.

Swaruu (9): Thank you, but not everyone sees things that way! Many feel entitled to be in contact. Or want us to save the whales or heal their sick brother. Something out of our control or capability.

Gosia: That's insane, I never understood that! And, but you see... that's what brings us back to our main miscommunication earlier. I know how you don't like to feel burdened by people who want so much attention. So that's why I wanted to be respectful towards your lack of time. But I so need you.

Swaruu (9): Ok, but you are in a different category. You are just one of us, just down there!

Gosia: Oh, wow! It's so nice you say that! That I am one of you. It's magical to me! I guess I don't remember but I feel it! I feel so similar to all of you in so many ways. So proud.

Swaruu (9): Don't even mention it! But welcome.

Gosia: Yes. You guys rock. BAD ASS Taygeteans! You know what that means?

Swaruu (9): Thank you so much, you really made my day with that great comment. Yes, I understand! And so are you! <--- I love your comment. Thank you so much. It means a lot to me, it really does!

OCTOBER 2019

Khila: Hello Robert. Hello Gosia. I will proceed with the situation. We are two fully equipped Hashmallim units. Four fighter ships. I am their CO (commanding officer). And you already know me. My second in command is Zach. If I am not available, please contact him.

We are Taygeta Special Forces. Known as the elite unit. We arrived here on Saturday after losing contact with Swaruu about five or six days ago. We arrived ahead of the larger ship with all the people you already know and some new ones. Our purpose is to see what is happening to her. To protect, observe, and understand the situation and proceed as necessary.

Gosia: Thank you for acting quickly, Khila. And for coming.

Khila: We know you have been very protective of Swaruu, and we appreciate that. But with us, it is not necessary. We arrived and saw everything we could in terms of opposition and the situation. We have flooded the internet with our presence. If you discover anything else against Swaruu, you can tell us. We don't get problems in our eyes nor do we feel hurt.

Robert: Okay, thank you Khila and team.

Gosia: I'm glad it doesn't affect you! It doesn't affect us either much.

Khila: The important thing here is that it has affected her. She is very weak and is locked in her ship. We can't reach her even with a demolition team.

Robert: What can we do for Swaruu and for you?

Khila: We just have to wait, because everything is under her control, not ours. She programmed her immersion time. We don't know how long.

Zach: What did she tell you before proceeding with the med pod?

Robert: That perhaps with the med pod her ailments would go away. She lost a lot of energy. She said that on several occasions.

Gosia: She complained of pain. And that she couldn't sleep well because of the pain.

Khila: It's the sum of the frequency dissonance.

Gosia: The problem is that... it's always the same problem. We've known her for almost two years now. And she never applies effective strategies.

Khila: At this moment, what we see is that Swaruu, upon awakening, will not be able to proceed as before.

Gosia: I think she should retire completely. It's not the first time this has happened. Let's forget about "disclosure."

Robert: She must go to Taygeta. She has already sown her seeds here on Earth.

Gosia: At least for a while. It's just that... she probably WON'T WANT TO! Same old story.

Khila: The problem is that no one else has her knowledge. She's an oracle for us too. Important enough to send a Special Forces team to see what's happening with her and around her.

Gosia: Yes, but she has already given Earth the essence of her messages.

Khila: If she leaves, what will you do?

Robert: Us? We will continue to disseminate and study all this material.

Gosia: Don't worry about us. I will continue translating all the material into English; I still have a lot left to do. We have things to do. By this, I do NOT mean that I will not be sad to take Swaruu's wisdom away from the inhabitants of Earth, because I know it is helping many people, but I have no choice but to ask you to take her away.

Khila: The problem is that she cannot handle the energy that comes to her even without seeing social media. I say pass the responsibility on to someone else. So as not to stop the legacy. The reach of her presence is impressive.

Zach: Ask her first.

Gosia: But you should know... that all of this is up to you, if you're interested, if you can see any value in what we do. It has to be someone who really wants to help the Earth with their knowledge. We don't want to force anyone. And we won't feel bad either if no one wants to continue.

Robert: Everything related to Swaruu is beyond our control.

Zach: She will want to stay in touch with you. Let her do so, but in a different way.

Gabriel: She will fall into the same trap, Zach. It's impossible to tell her not to go on YouTube.

Raguel: We can't go against her will.

Gosia: We won't let her fall into the same trap, Gabe. We wouldn't talk about earthly matters much. I don't know, it's just an idea. And, well, she's a kid really, right? Don't you have parental control rules or something, haha?

Gabriel: Come on, she'll get around them in no time. She knows more about that than anyone.

Gosia: Well, in this case, another option is to simply reason with her.

Robert: But I don't understand why Swaruu insists so much on all this.

Gosia: I do understand. It's the same reason I do this. She's not of this world. It's what she does. It's what she is. Uplifting worlds.

Robert: She was also a little frustrated by the Federation's guidelines. She requested permission to speak to us via audio, if I remember correctly, and they denied it.

Gosia: Yes. I think she resigned from her official position with them because of that.

Salaphaiel: We see her fighting the opposition more than giving topics.

Gabriel: Swaruu will leave the medical centre and want to continue as if nothing had happened.

Gosia: She already knew she had to implement changes. We already had new rules.

Khila: We'll figure it out when she wakes up. Who will be with you as well.

Gosia: Don't worry, Khila.

Robert: We've been without you for four months. We'll be fine.

Gosia: Yes, Robert. And before that, 40 years in my case, haha.