

MARIS ON THE CORONA VIRUS - edited

While giving a Reiki treatment to my dear friend and co-worker, Paula Jane, this morning, a message began formulating in my mind about the corona virus (COVID-19). When I mentioned it at the end of the treatment, Paula burst out laughing. Unbeknown to me, as we went into the treatment, she put out a silent request to my Grey Teacher, Maris, to provide us with some information on this latest planetary drama, and he kindly obliged. She reckoned that it 'made her day,' receiving this great confirmation of Maris's reality and presence. Here is the message:

Everything in the universe is energy, so everything that manifests in the universe, whether perceived by Earth humans as 'good' or 'bad,' comes originally from Source. To understand the reason why seemingly negative events occur, such as this virus, there are 3 basic facts that need to be taken into consideration.

Firstly, Source (God) Energy is non-polarized. It is neither negative (yin) nor positive (yang), but rather composed of BOTH polarities held in a state of perfect Oneness/Balance. However, once Energy moves out from Source and transmutes to a lower frequency, and most especially on a highly polarized planet such as Earth, separation and polarization occur. One aspect of extreme polarization are the illusions of 'good' and 'bad.' In the Greater Reality, these opposites do not apply, all is Oneness and Balance, but in 3-D Earth-plane manifestation, yes, such states are a subjective reality.

Secondly, death is an illusion. What Earth humans perceive as the greatest tragedy that can happen – the death of a human being, is simply a prime opportunity for spiritual growth and evolution. The death of the physical body, which is nothing more than a container for the soul, frees the spirit to enable it to focus on higher learning. It can then choose whether to reincarnate back to a physical life on Earth or elsewhere, or else to progress to a higher, less physical level of the Human Ladder.

No death is ever 'accidental.' Every soul freely chooses in its pre-birth state when, where and how it will make its transition at the end of the coming life. This virus is offering an opportunity for those who aren't ready for the planetary shift to leave through the portal of death. This will then enable them to reincarnate back again, if and when they're spiritually ready. The virus is part of a planetary and universal plan and purpose to enable ascension.

Thirdly, the Planetary Shift from 4th to 5th World Consciousness. We have discussed this in the past, and it is most important to understand that, when a planet is going through an evolutionary shift, as Earth is doing right now, those souls who are not ready or able to consciously make the transition in synchronization with their home planet, take the opportunity to make a timely exit through 'death,' so that they can then partake of higher learning between lives. They can then either reincarnate back again in step with their higher-evolved planet, or else to another version of the planet that is more compatible with their lower energy frequency. Remember, planets, as sentient Beings, are multi-dimensional, so in the Greater Reality, there is an 'Earth' to suit all tastes. This is the reason why mass deaths always occur around the times of planetary shifts. Death is not an ending, but rather a beginning.

We are quite aware of the myriad conspiracy theories doing the rounds on Earth in connection with COVID-19, with certain 'negative' agencies being blamed for creating and spreading the virus. Earth humans are always happiest when they have an 'enemy' to blame

for their woes. The bottom line, however, comes back to the personal 'Armageddon' you are all facing as a result of the changing and evolving planetary energies – that is, the choice between Love and Fear. It all comes back to this!

The occurrence of COVID-19 is providing a major opportunity for spiritual growth by providing this choice between love and fear. You CANNOT evolve spiritually if you are not provided with this all-important choice, so, in reality, the 'negative forces' down here are doing you a great favour. In a way, they are your Guardian Angels! The choice is yours to make, each and every one of you. Are you going to be pulled into the 'herd instinct' stampeding into fear and panic, trampling over others around you in your terror? Or are you drawn to a more evolved-human energy of love and trust, and knowing that, no matter what, all is well, and even death is not the end, but rather an opportunity for evolution to a higher state.

Lastly, a point to consider if you really can't get past your fear of potential death. Fear has a very detrimental effect on the human immune system, so keeping positive is a great preventative medicine to help you to stay healthy.

GLOBAL WARMING – Sent through by my Grey teacher, Maris. Judy Carroll.

Everything is energy, vibrating at infinite frequencies. This includes all of you, the human species of Earth. As Soul Essences, you are expressing a very small aspect of your true multi-dimensional beingness in physical human bodies on Planet Earth, which is also a sentient, multi-dimensional Energy Being.

Once energy moves out from the non-polarized Oneness of Source (that which you call 'God'), it becomes polarized. In the greater reality there is no separation, but as quantum physics on Earth is finally beginning to prove, you create your own illusion of reality through the workings of your minds. On a level 1 planet like Earth, a large part of that illusion is separation – you are down here, God is up there; you are human and we are alien; some of you are of one religion or nation and others are of another! You cannot perceive the reality of us all being One.

Being an energy form, all states of dis-ease begin as an imbalance in the energy frequency of your chakra system. As a sentient, living Being, this applies with your Mother Earth as well, whose state of imbalance is being expressed through climate change and global warming. Some of you believe that this is a natural cycle, and others of you believe that it is man-made. In a way you are both correct, but it goes much deeper, with a problem that needs to be addressed at the energy level, where all dis-ease and imbalance begins.

The problem is that Earth's energy frequency is intrinsically linked into the energy of humankind, which is badly out of balance. This has come about because of the patriarchal yang energy that has been and is still being promoted through your planetary leaders, your religions and your governments, thus the natural cycle of your planet is also being affected. In a human body, this imbalance would express through symptoms such as fever, skin rashes and eruptions caused by the internal excess of yang energy within the chakra system.

The terms yin and yang refer to polarity as it is expressed through Nature. Yin is negatively polarized energy and yang is positively polarized energy. This has nothing whatsoever to do with 'good' and 'evil,' as some of your religions have misinterpreted it. It is simply energy, just as a battery has both negative and positive polarity. The two polarities may be opposite, but they are equal and complimentary to each other, keep each other in balance, and need

to work in Oneness to create the energy to empower the lights and other electrical equipment in your homes and work places. Expressions of yang and yin polarity in nature are male and female, day and night, sun and moon, inner and outer, heat and cold, etc., etc. Even the organs in your body are either yang or yin.

Getting back to the climate of Earth and what is occurring, all you need do is look at the history of humanity to see how the male, yang, patriarchal energy has dominated on Earth for a very long time. This has been building for hundreds and even thousands of years. Seasons change, but major climatic changes do not occur because of the short, one-year elliptical but almost circular orbit of the planet around the sun. Earth cycles span much longer time frames than that, and the balance of yang/male/heat energy has been building over many hundreds of years, and has now reached a critical point of impacting upon the

Earth's climate, exacerbated over the past century and more by human-created pollution, and population growth, which is also out of control.

No matter how much so-called evidence is fed to you on global warming being a wholly natural event, the burning of fossil fuels and human pollution do play a large part. The planet herself tries to compensate and rebalance, with very cold winters experienced in some areas, but human consciousness dominates and controls the climate. Until such time as the cooling, calming and balancing of yin/female energy is allowed to be properly expressed, acknowledged and respected, the heating will continue.

Yin/female energy is to do with gentleness, peace and nurturing. Yang/male energy should be about strength, compassion and caring, thus ensuring the safe-guarding of Oneness and respect for all beings on your home world. Unfortunately, on Earth, yang is more about patriarchal control and domination, warfare and bloodshed. It expresses in an imbalanced way through racism, religious intolerance and prejudice and the building of walls both physical and emotional, to separate and divide. It is all about 'overcoming the enemy,' which, in reality, is a reflection of self and one's own inner, unresolved fears.

Attempts have been made to rebalance the patriarchal dominance, but in some cases the so-called Feminist Movement only causes more imbalance as it is often expressed in an aggressive yang way rather than as a cooling, calming and nurturing yin energy. Even in the field of UFO and ET contact research there is fighting, jealousy, discord and bullying! Even in this, humans cannot work together in Oneness and accord! No wonder not much progress is ever made!

There is so much disinformation and cover-up on the subject of an alternative energy source to run your transport and industry. In our and other off-planet societies, energy is generated cleanly, naturally and safely, in ways that are freely available to everyone. This higher technology has started to be known by some researchers on Earth, but is kept firmly under wraps and not developed commercially because of fear – fear of loss of jobs, fear of loss of money, fear of loss of control – always fear!

While your religions and governments put their energy into divisiveness, xenophobia and war-mongering, no real solution is possible. Humanity will remain weakened and disempowered. It is only through harmony, peace and cooperation between faiths and nations that true progress and empowerment can be made. Once you begin working together in loving Oneness and respect, and as a planetary culture, a door will be opened to levels of technology that you have not dreamed possible.

Our technology may seem like magic to you now, but when peace and unconditional love reigns on Earth, it will be made freely available to you. The 'secret' behind it is our more expanded conscious awareness, which can only be achieved when you all begin working together in peace and cooperation as a planetary society. The first step must start with the re-balancing of the yin and yang aspects of Earth-plane humanity. The patriarchal imbalance mainly has its roots in religions which portray 'God' as a male figure. This is totally incorrect and has caused major problems on Earth. God is NOT a physical male being. God is pure,

non-polarized Source Energy. The term non-polarized simply means that yin and yang, negative and positive, are in complete balance and empowerment, This understanding is the key to your evolution as human beings.

ABOUT JUDY CARROLL:

Judy Carroll was born and still lives in Australia. She has had over 60 years of encounters with Grey ETs since her early childhood. She introduced her life-long connections to the Zeta Greys in her first two books, *The Zeta Message* and *Human by Day, Zeta by Night*. In her most recent book, *Extraterrestrial Presence on Earth: Lessons in History*, she reveals that she is a "blended soul" whose conscious awareness spans two planetary connections – both Earth human and Zeta Grey. Judy's missions, along with others of her kind, is to be an inter-planetary ambassador, here to assist with the evolution of humanity from fourth to fifth world consciousness.

Judy's website – www.ufogreyinfo.com

YouTube channel – <https://www.youtube.com/user/TheZetaMessage>

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DISCERNMENT

As quantum physics is proving, you create your reality through your own thought patterns. This applies on a personal level, but also on a family, group and national level. Earth is a school planet; you are creators-in-training, and as with any school, tests are set to gauge your progress. One of the main subjects of study on which you are tested is discernment of energy frequencies. This is what is meant in your Bible about "testing the spirits." Everything in the universe, including all sentient beings, is energy in motion, so it's important for you to be able to discern this energy, and learn to feel when it is vibrating in a state of balance or imbalance. You may notice here that we do not use the terms "good" and "evil," or even "positive" and "negative." These terms have been used far too much in Earth human societies in a judgemental way towards others.

Judgement is all too often based on shallow outer states – physical appearance, skin color, race, religion, political affiliation and financial status. In the greater reality these count for nothing, even religion. It is not the religion that you follow, but rather your level of spirituality/love that truly matters. This too controls the state of your energy field and whether it is in balance, or not, and is where discernment comes into the picture. It is the ability to read energy on a deeper level beyond physical appearance or words, to be able to pick up on whether a person is resonating in Love or Fear.

These tests you are set gauge your ability to discern, which is the reason why you have been given free will. This is to enable you to choose the energy fields you wish to tune into and feel most comfortable with. On a personal level, this applies with the friends you choose to

spend time with. On a broader scale it applies with your world leaders, and who you elect to run your country.

In some places on Earth, your leaders are forced upon you. You have no choice, but still this does not need to stop you from discerning within your own heart and mind whether that leader is coming from a place of love or fear. In those countries where this high level of control happens, the latter, fear, is always the case. These are the only two choices that really matter, and in those nations where you are free to vote, this should be the criteria applied to the one you choose to elect.

As creators-in-training, you do need to be presented with this choice, whether it is an inner or outer choosing. It does not have to be made known to others. In the greater reality, it is your deepest feeling and sensing that really count. It is at this level that you create your own reality. And in the making of your choice of friend, business associate or leader, remember that it must go way deeper than their words, physical appearance, race or religion. It is all about the energy you discern within them – of fear, or unconditional love. Fear is expressed through ego, self-righteousness, religious and racial prejudice, war-mongering, bullying and creating divisiveness and separation. Love is expressed through humility, peace, non-judgement, inclusiveness, kindness, respect, compassion and Oneness.
