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Journey with the Angels



*A Vision for New Earth
and
The Angelic Template of
Humanity*

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To the Angels,

*Thank you for entrusting me
with your vision*

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Introduction

On the day I realised I was going to be writing this book, no-one could have been more surprised than I was. Having already spent a period working with the angels, I had been unaware that they were preparing me for something; I just hadn't been sure what. The title they had kindly provided me with just a few weeks before, whilst on a trip to see family. The content, it turned out, they had been helping me to acquire over my lifetime. When the moment actually arrived, therefore, and I was told that this was the book they wished me to write – to channel, in fact – I felt a strange mixture of apprehension, enthusiasm and excitement. I had known something was in the offing. I suppose there was almost a kind of relief when I finally came to understand what it was.

To explain more fully, I left my house one morning for a walk with an incredibly good friend, who also happens to be the reiki master who trained me up in energy healing. Within just an hour, our conversation had led to my arranging to see her again a short time later for an energy healing session. I had been told by the angels that I needed this in order for the full idea for the book to be delivered to me. I am now used to energy healing having a very dramatic impact on my creativity. The ideas, and content, for many books I have written have come about very quickly after undergoing an energy healing session.

The timescale for this one was, however, rather unique. The immediacy with which I was asked to place myself upon the reiki bed was, I think my friend and I would both agree, verging on amusing. For anyone who is not connected to the angels in the way that I am, this may all seem a little intriguing. When you know that you are working with the angels, however, you appreciate that at times they will call you into action. As your soul has made the commitment to work for them, into action you therefore must go. As I lay down on the reiki bed, I knew something fairly big was coming. I could feel it throughout my whole being, as I often do at such pivotal moments in my life.

“They have something they want me to channel - a book, I think,” I said to my friend as I lay down ready for her work on me. I had brought a notepad and pen with me, ready for whatever was to come.

“I know,” she replied.

This notion had already arisen during our walk together earlier in the day. As we are both very energetically attuned, from the moment it had, we had felt a powerful draw to investigate fully what this message was that we both seemed to be receiving. We are both able to channel information from the angels. We had already done it together previously on a number of occasions. This, however, felt slightly different. We both felt quite assured of our differing roles. I was being prepared to create a work

involving the written word. My friend, meanwhile, was being prepared to help me clear down my energy body so that I could be as pure a channel as possible for whatever I was to receive.

“They’ve told me to put on my green goddess dress,” my friend said, with a slight giggle, as I hopped up on to the table. Despite the seeming seriousness of whatever was about to occur, we had to laugh. Life with the angels brings plenty of humour at times, and this certainly felt like one of them.

Angels will obviously be mentioned a lot throughout the course of this book. The title being as it is, I don’t imagine that any reader will find that unusual. For those who are not all that familiar with the concept of angels, it feels as though right here, at the start, is a good place to explain a few key things about them. It is my hope that this will help to bring a more in-depth understanding of the rest of the content.

1) Angels transcend all faiths and in fact are present across every one of them, just as nature underpins all faiths. Some fairly cursory research will show this to be the case.

2) There are many angels, some very well-known across Planet Earth. These include: Raphael – the archangel of healing; Gabriel – the archangel of revelation; and Michael - the archangel of protection. Angels are now called upon by many people to help both themselves and their loved ones

during times of need. They can also be called up on a daily basis, to help assist with the simple act of living life.

3) Angelic energy is currently the highest vibrational energy on Planet Earth. It is of a purity that nothing else possesses at the present time, as it vibrates at the frequency of unconditional love. More and more of it is now filtering in across the planet, so the energetic vibration of our shared world is increasing. This is a truly beautiful occurrence. We are living in a time when many of our souls have chosen to incarnate here, so that we can both witness and help with this process, which is known as *ascension*. This is also a period where we are experiencing huge global transition. We are leaving behind the template of Old Earth, which has been in existence for millennia and centred on hierarchical structures and power being held by the few. Our future lies in the creation of New Earth, where we are all sovereign beings, yet working in unity to ensure a peaceful and loving future for our incredible home.

4) Angels have a great sense of humour. I always find they do, at least. Some may think that everything relating to angels is very serious. However, I have had so many moments of pure humour and laughter as a result of my connection with them that they tell me this is one of the most important things they wish me to share. They are here to ensure that we experience joy on Earth, as

well as the full range of other emotions. Knowing that you are connected to the angels can raise your enjoyment of your earthly journey exponentially. This is one of the things I love most about working with them. You only have to look at the way in which this book initially came about to understand that the events that come to pass as a result of working with the angels can often be nothing short of hilarious.

5) Angels are different from what is known as a 'spirit guide'. Spirit guides are souls which are now beyond the Earthly realm and help the souls of those still incarnated here on Earth to develop. Spirit guides have usually had an incarnation here on Earth previously. Angels, however, have not. Everyone has at least one spirit guide. I have more than one, and mine are quite demanding of me in terms of my soul's development. This is because this is my last incarnation here on Earth so there are certain things that I am required to achieve before I leave once again. Some will have much gentler guides. All is exactly as it should be in this respect. The important difference to note, however, is that spirit guides are there to help your soul learn lessons, develop and grow. Angels provide only unconditional love and support for you at every stage of your soul's journey here on Earth, through absolutely every experience, encounter and moment of your existence.

When you have a strong connection with the angels, you often receive messages from them. They come

via your *highest self*, which is the part of you that is open to them. This is a soul-level, energetic part of your being, rather than a cerebral one, and some people have it more activated within them than others. Lots of different activities can help to help you to connect more effectively to your higher self. Spending time in nature, doing calming activities such as meditation, yoga and breathwork, engaging in any physical or creative activity, listening to your favourite music, and simply sitting in silence and tuning in to what you can sense your own heart wishes to tell you.

Some refer to the messages their highest self receives as getting information from ‘source’, ‘spirit’ or ‘the universe’. For anyone who is not sure what this might feel like, in my particular case it comes in a mixture of forms. Sometimes it is clairsentience, where I *feel* the messages. At others it is clairvoyance, where I *see* the messages. And then there is clairsentience, where I *hear* the messages. When you have been experiencing these messages for your whole life, it feels quite normal. Those who aren’t aware that all humans possess these abilities to receive such messages can often find it easier to understand the concept through the term ‘intuition’. Every human is familiar with that feeling of inner knowing; Those times when you suddenly feel an inexplicable urge to do something, contact someone, or even to avoid things which you instinctively know do not feel right. This intuition is born of source, spirit, the universe, the angels – call

it what you will – and it is a form of help which is designed to keep you safe, healthy and on the correct path for your own life. This path, or *soul mission* as it is sometimes called, is unique to each human on Earth and is born of their *soul contract*. A *soul contract* is the agreement your soul makes before it arrives in your physical human form that it will undertake certain activities whilst in existence on Earth. This *soul contract* enables your soul to grow in the appropriate way through a series of lessons, some pleasant and some painful. Above and beyond that, an individual is also allowed to invoke *free will*, which overrides their soul contract. Some opt to do this and others do not. The reason for this can sometimes be because life here on planet Earth is challenging. Individuals invoke free will in an attempt to ease their existence and not to have to confront some of the challenges that come with their unique soul contract or mission. Invoking free will can still result in an individual's soul going through exactly the process it needs to in order to grow and achieve their soul contract in a different way. The angels cannot, and will not, do anything that is counter to a sentient being's free will, even if the invoking of free will is not in the interest of the being's highest self. The angels will only intervene and support an individual again once the individual begins to act and make choices from highest self once more.

The aim of a soul contract and mission, ultimately, is for your soul to become enlightened and to reach

the highest level of energetic vibration possible in the earthly realm for your unique being. As the energetic vibration of your soul in human form increases, so too does what is known as its *light quotient*, or *light body*. This represents the frequency of energetic vibration at which each of us are operating. What happens once we have attained the highest possible vibration – or level of enlightenment - for our soul on this planet in this particular incarnation is of course open to interpretation based on your personal beliefs. The beautiful thing about having a connection with the angels is that the unconditional love with which you work means that you accept all humans exactly as they are. Every individual is entitled to hold their own beliefs, have their own experiences and undertake their own soul contract and mission. My role is therefore not to suggest to people what happens to their soul after it leaves Earth. It is simply to ask that anyone reading this book contemplate what their heart and their highest self suggests to them may be the case. What feels right for you *is* right for you. Such is the way when you are journeying with the angels. When travelling accompanied by them, you come to be extremely discerning, ignoring any external influences and learning to trust nothing but your own highest self.

One of the benefits of having a strong link to the angels is that I am able to pass on messages that they may wish to communicate to others who are still developing knowledge of and trust in their

higher self. These messages are to be listened to and then used with personal discernment. Sometimes they may come as a word, or a sentence. At other times they may be something more substantial, such as a concrete object (a gift) or a creation of some kind (a painting, piece of music or book.) My own particular soul mission involves communicating between the angels and humanity through education, language, the written word and energy healing. I am very fortunate in that I knew from a young age the path I was to follow. The years of experience I have accumulated in these areas take me continually in new directions which have this set of skills as their basis. I have therefore written many books which I was asked directly to create by the angels. This is the latest of these. It is being communicated to me as I write with such clarity that this process of creation is known as *channelling*. Channelling is where I connect with the angels to such an extent that they assist me in the act of creation. I am of course the vessel through which the creating happens, but the message to be conveyed comes from something greater than myself; in this case, it is an angelic presence.

I had been told that this book would be channelled, so as I write these words, the way in which they are flowing is not unexpected. I have channelled much written work previously. As with any skill, the more you practise, the better you become at it. The angels have asked that I share, once again, that all humans have the capacity to do this. I have simply been

trained up a little more than most. (I am laughing as I write this, because in no previous book has the voice of the angels been quite so insistent!) The way in which most people channel messages from the angels without realising it, is in moments when they are creating something, undertaking an act of service to others or asking for assistance – even without realising it - during times of challenge. These are activities during which we all naturally channel the energy of the angels (or spirit, source, the universe). The more we partake in them, the better our channelling ability becomes. I have learned that it is something of a relief to leave things in the angels' hands. It removes any human interference with the purity of the energy and information to be relayed and always feels incredibly enjoyable and peaceful.

New Earth is the planet whose creation is being assured by every human being helping to create the angelic template of humanity - a human race which operates purely from its heart space. This process is occurring through humans using their life force energy to engage in positive and loving acts of creation. These may be within family, education, healthcare, business, art, agriculture, environmental conservation or any other sphere of our existence on our shared home. Known also as the *ascension* process, it will take our planet from a three-dimensional reality into the higher fourth, fifth, sixth dimension, and even beyond for certain parts of it. This new planet will be based on heart-

centred rather than ego-centred living. This means that we will all move towards a more internally driven, intuitive and intentional form of living, rather than the externally driven, controlled and coercive living to which we have been subjected for a very long period of time now. We will all take complete personal responsibility for our own existence, rather than assigning accountability for it in any way to anything outside of ourselves. We will also connect at a much deeper level with the universe within which our planet is positioned. We will come to understand that we as souls here in physical form are just one small part of it, and we will become more aware once again of souls of all kinds and of the non-tangible realities beyond our own here on Earth.

This book, the angels tell me, is to provide an insight into what New Earth will look like. It is to contain an overview of some of the teachings I myself have been given over my lifetime, whilst journeying around the world collecting messages about the role I am to play in helping to create New Earth using my own personal skillset. Those reading it, the angels have highlighted, need only use the information contained within its pages to help inform what they have already understood, or are starting to understand, is their own role in the creation of New Earth. Every reader will be on a different path, and their contribution to our new planet will be equally as unique as they themselves are, both as a soul and as a physical presence.

With that in mind, I shall end this preface simply by saying that I feel honoured to have been called upon in this way. It is the culmination, in some ways, of my life's work so far, although I am told that there is more to come. At this stage, however, I need not consider the future. To live in the eternal now is all that is asked of us if we are to learn to live in a truly heart-centred and unconditionally loving way. Being fully immersed in the present moment permits a level of peace and joy which is unachievable when focused on anything before, after or beyond it. So I shall remain entirely present, as I begin to convey the chapters to come. I have been asked to use each of them as means of celebrating and explaining the components which will make up the world that we are all creating together. It is the angels' hope, as it is mine, that those who read them will feel the same level of excitement about and commitment to what we are all co-creating as we do. In this way, we can use our combined, high vibrational energies to collectively manifest it into existence all the more rapidly.

In closing, I would like to point out that I have been asked in this book to introduce a number of concepts which may be new to those who are commencing their own soul discovery and spiritual journey. Rather than include these as any kind of discrete glossary, I have chosen to interweave them within the different chapters so that they are introduced organically and in a way which places them more into context. I have italicised these

terms and would recommend that where they resonate and the reader feels drawn, they do further research on these particular pieces of terminology. There is a wealth of information out there about each of them, both in printed books and online. If you feel called to investigate any of them, then energetically, the angels suggest that this is because now is the time for you to do so. Everything in our universe is divinely timed. I therefore wish you much peace, love and joy as you delve deeper into any of the aspects of this book which touch your heart.

Sustainability

I don't think it will come as any surprise that the first, and most important thing that the angels wish everyone to understand about New Earth is that we need to make it sustainable. Mother Nature is in and of herself a beautiful process of cyclical birth, life, death and re-birth. Her timing is such that things occur calmly and relatively slowly compared to the rate at which humanity has been attempting to imitate this cycle whilst living on Old Earth. The pace at which we have been utilising natural resources – which can be replenished, over time, if given long enough – has not been synchronized with the speed at which natural restoration and reproduction of these resources occur. To ensure a long and fruitful existence for the planet we all share, we are required to alter the rhythm at which we consume both natural and man-made products. New Earth asks that we begin to match our use of resources to the tempo of nature. This is the way for us to guarantee a balanced, healthy and harmonious existence for all life as well as a prolonged one.

Mother Nature is the very source of all of our sustenance. She offers us everything we need, from food to shelter to medicines for our health, tools for our well-being and inspiration for our creativity. Living in a way that fosters this relationship between we humans, as the sentient beings that we are, and

all aspects of nature, which carry this same sentence, is one of the most fundamental parts of creating a new version of the planet upon which we live. Not only will it keep the planet healthy, it will ensure that we too remain well. These two outcomes are interwoven, with one not being possible without the other. Healthy humans make for a healthy planet, the converse also being true. The angels, therefore, wish us to look at things such as the actual quantity of food that we need to eat, material possessions that we need to own and activities that we need to partake in for a happy and wholesome life. They suggest that they are far fewer than many currently understand, or believe. By honing our connection to our highest self over time, we will become aware that creating and preserving more of the resources which we truly need to sustain life – trees, flowers, crops, clean water, clean air – is of more value than creating or preserving things which deplete these natural, life-sustaining resources.

We have already reached a point where much of humanity appreciates the need for us to focus on sustainability across all areas of our existence – from our work, to our homes, to the way we raise our children, farm, manufacture, purchase goods, and even travel. As a species, we know we are capable of living entirely in harmony with nature; in some remote areas of our world, there are people still living in this way. However, we have grown used to creating and producing things which may provide us

with extra comfort, but are not necessary for our survival or even our enjoyment of life. It is things such as these that the angels would like us to revisit, to assess where we can introduce more sustainability, even if that means eventually going without these things at all. This is, the angels say, a small price to pay for a long and prosperous future for our planet and all those who come to live on it. They also say, rather amusingly once again, that they do not expect us to live some stoic, unpleasant existence. Rather, they would like us to discover joy in the simple things once more, for they feel that this is where true fulfilment in life is to be found.

The intent of this book is not to deep dive into topics which are considered in much more depth elsewhere, including in other books which are wholly dedicated to them. Instead, it is to introduce tenets that must underly the way in which we create New Earth. If these are adhered to as we innovate, create and problem solve, then the new world which we are now constructing will come to be a beautiful, peaceful and loving one, built on highly conscious foundations. The angels do not wish to specify how these tenets should be implemented. They trust in humanity's ability to create from a place of high consciousness. They merely wish to provide some guidance, so that our own personal consciousness is raised, thereby ensuring that what we create bears that self-same imprint.

Communities

As has been the case throughout the history of humanity, and the civilizations which have previously been created here upon Earth, community is at the heart of our planet's successful and prosperous survival. We may all differ in the way in which we wish to live, and the size of community to which we are best suited. Nevertheless, no human is able to survive entirely alone. We need each other because we are social beings and because together we are stronger, more resilient, more adaptable to change, more joyful and also more able to cope when issues such as ill health affect us for any period. Some individuals might survive alone longer than others, but eventually, if we wish to extend our existence, there will come a time when we will need the support of other humans.

New Earth requires us to understand that communities of all kinds will be at the very core of the way in which we live. These may be organic and develop simply because of a geographical location we share. Alternatively, they may be purposefully put together through shared interests, lifestyle aspirations or to achieve temporary goals. Whatever the reason for their being, for as long as they are in existence, communities will be required for us to learn from each other, share knowledge and resources, create and thrive going forward. Having

other humans around us ensures that we remain open to adaptation, compassionate, and able to confront the challenges of life here on our planet. The aim of New Earth may be to achieve heart-centred planetary living, but that does not mean that it will be a place free of tests for our spiritual, mental, emotional and physical growth. These things will continue, as they form a part of our soul's journey for as long as we are here.

For the creation of an entire planet which is heart-centred, all of the communities which make it up must naturally be heart-centred as well. We are fortunate in that there are already models of this type of living all over our world, and there have been for as long as humans have lived upon it. Often, some of the best examples of heart-centred communities are those which are small in size and whose members depend entirely upon each other for their survival; indigenous tribes, for example, or small hamlets in remote rural areas. In such instances, community members have to act, for the most part, out of consideration for the collective, for the benefit of all, for everyone within the community to thrive. Lack of agreement, compromise or participation can result in a decline in community well-being. All members therefore come quickly to learn of the value and importance of their own contribution. The angels understand that life here on Earth for any soul can be challenging. In fact, they say, they appreciate that it can be something of a battle at times! (As I mentioned earlier, there is

nothing wrong with their sense of humour.) The nature of human intelligence means that we can tend towards a prioritization of personal desires over collective well-being. The angels therefore comprehend that an increase in consciousness is required for all communities to become heart-centred ones, and they are patient and understanding in their request that this be our aim. Intention, the angels say, is the first step. To have the will to create communities in which the members are calm, unconditionally loving, creative and also interdependent is our first task. Where we truly wish for this to be the case, manifesting such communities into being is a much easier and more rapid process.

Some communities may, of course, fare better at this process than others. Indeed, they are doing so as this book is being written. It will be important, therefore, that such communities share how they have achieved what they have with others, so that lessons can be learned and implemented to enable their success to be replicated. The angels ask that this be done with kindness, consideration, fun and enthusiasm, to ensure that interactions between, as well as within communities, are kept as high vibrational as possible. Every tiny bit of high vibrational energy contributes to the overall vibration-raising of our planet. The whole, in energetic terms, is undoubtedly greater than the sum of the parts.

As New Earth template communities are established, there will of course be flux, flow, transience and exchange between them in many ways, from skills sharing to movement of actual members. The angels merely ask that everything relating to community be undertaken from a place of empathy, respect and love. In so doing, the continual rise in energetic vibration across all of our communities is something which will occur almost effortlessly.

One of the greatest tests that humans will confront in establishing entirely heart-centred communities, the angels say, is the removal of their own *lower ego*. This ego is the one that relates to fear and which causes humans to be negative, vain, self-centred, selfish, judgemental, intolerant, and unloving of others for all manner of reasons. Life on Earth is hard, so at certain moments we can all act from our lower ego, often without even realising it. Lower ego makes it very hard to collaborate joyfully, peacefully and lovingly with others to ensure both our own survival and that of all other sentient life on the planet. Acting from our *higher ego*, however, does not present the same issue. This ego is the one which relates to unconditional love and which ensures that we love and look after ourselves as individuals in the appropriate, self-nourishing way, so that we feel able to contribute positively, calmly, compassionately and pro-actively to any community which we are a part of. Every member of a community will always be different to us. They will

hold different perspectives and opinions, have differing skills and often come from a variety of backgrounds. When operating out of higher ego, we accept this. In fact, we relish the learning opportunities that it presents, understanding that is it the differences between us which provide the most growth for all of us if we use them to create better unity and cohesion amongst us. The higher ego is not something which any one of us simply chooses to act from overnight. It can take many years, and much spiritual training and growth here on Earth to master the eradication of the lower ego in favour of the higher one. What matters once again, the angels tell us, is that we have the intention to do so.

A key component of New Earth and the communities we create across it, the angels explain, is the balancing and uniting of what is known as the *divine feminine* and the *divine masculine*. These are actually energies – *yin (feminine)* and *yang (masculine)* as they are sometimes referred to - rather than references to any man or woman. They are energies which all humans hold within them at varying levels, and which also exist within everything in our universe. A very macho man, for example, will have stronger masculine energy whereas an extremely feminine woman will have stronger feminine energy. For a long period of humanity's existence these energies have been unbalanced and often divided at both an individual and a collective level. As we create New

Earth, the angels say that is unnecessary for us to focus overly on way this has been the case. This will merely see us contemplating Old Earth's past, rather than New Earth's future, so they ask that we try to refrain from this where possible. There are reasons for the imbalance and division and most humans will have some knowledge, and an inner knowing, of why this occurred. Our task going forward is to redress the balance and to unite these energies, both across our species and within each one of us as individuals. By doing so, we can ensure that any communities we come to create are also born of the optimum balancing of these energies, and will therefore thrive.

Masculine energy is outwards, external, expansive, proactive and protective. It is a *doing energy* which self-asserts and self-propels and is associated with logic over emotion. *Feminine energy* is inwards, internal, receptive, gentle and nourishing. It is a *being energy* which is compassionate, creative and heart-oriented and is associated with emotion over logic. When in balance, they support each other and create beautiful synergy. From a spiritual perspective, each of these distinct energies has a complementary function. They need one another to coexist and together they result in creation. As we move towards New Earth, it will be important that we look to balance these energies both within ourselves, as well as in our family and friendships groups, workplaces, social groups and the communities in which we live. Any imbalance

constricts our ability to create in the most unconditionally loving and abundant way. It will naturally take time for these energies to become more balanced, but, the angels remind us, intent is everything. If we start out looking at how we can perhaps balance these energies a little more within ourselves, this will filter out, energetically, and enable better balance between the energies across the collective as well. Examples of how we might personally address the balance of these energies within ourselves are a woman becoming more assertive and boundaried in her communications with others and a man becoming more able to express his emotions openly, honestly and gently. When we establish a better balance between these energies in ourselves, the angels say, it is common to feel calmer, more peaceful, more 'whole', 'complete' and 'at one' with ourselves. These may therefore be indicators to show that your work in this respect is paying off. The same can be said of communities of any kind. Where these operate with a good balance of masculine and feminine energies, they are often peaceful, joyful, positive communities which create from a place of unity and oneness rather than division.

Technology

In every civilization which humans have developed, technology of some kind has come to play a fundamental part. From the Egyptians, to the Aztecs, Mayans, Indus Valley Civilization, Ancient Greeks and Romans, technology of some form or another always evolved and flourished. Generally, from what common sense would tell us, this occurred as these technologies were designed to ease the existence of a civilization in some way, or to enable them to leave a pronounced mark on planet Earth. Sometimes, as was the case with the healing temples within the pyramids of Egypt, both things were achieved simultaneously. Anyone with an interest in ancient civilizations will no doubt be as fascinated as I am by what we are told they achieved in terms of technological development. The fact that the angels feel some forms of technologies will be required as we forge New Earth is therefore not particularly remarkable. How they wish us to develop these technologies, and what they might consist of, however, is perhaps somewhat more striking.

The angels ask that our technologies of the future consist of a combination of nature and her spectacular technologies, human fabricated technologies, those which are being resurrected from ancient times, and those which come from

beyond our planet itself. If we are to live in a world which is truly peaceful and centred on unconditional love, then we will need to be accepting of all technologies, whether they are ones we use ourselves, or ones we never interact with. Provided they are being used with good intent to manifest a healthy, happy world for every sentient life form on Earth, then their use is to be accepted, the angels explain.

There has been much discussion surrounding certain types of technologies - Artificial Intelligence, for example - and where these may or may not lead us. From the perspective of the angels, anything that is being developed with good intent can come to be a valuable part of our new world. We must remember, however, that the intent of those who partake in the creation of artificial intelligence is therefore of utmost importance. The intent of any artificial intelligence which becomes intelligent enough to create in and of itself is of course also of vital significance. The only risk would come about where such technology continues to be developed with any type of malicious or negative energy being incorporated within its programming or its self-creation. As this technology comes to be autonomous, it will matter all the more that it has been trained to operate and create anew from a place of peace, positivity and harmonious interaction with both humanity and the natural world.

Energy exchange

New Earth is all about energetic vibration. The highest vibrational energies are peace, love and joy. As we transition, therefore, those who wish to be a part of New Earth will live in a way which honours these energies each and every day. One individual maintaining a high vibrational state, as per the laws of universal energy, impacts the vibrational energy state of everything around them. It will therefore become more important than ever to become educated about energy and to understand that we are all responsible only for our own energetic state, and not that of others. As with many other components of New Earth, personal responsibility is an underpinning tenet if we are to achieve the planetary existence that we all wish to. There may be those who choose not to raise their energetic vibration as rapidly as others, owing to their soul contract and mission. As unconditionally loving beings of New Earth, the angels ask us to honour this choice, but also to ensure we protect our own energy so that we can ensure we continue to do the work that our own soul is here to do. By keeping to the high vibrational path that we know we are destined to follow, we create a better chance of more souls choosing, through free will, to join us over time.

Becoming more educated about energy will help us all to appreciate that every single thought and every single action that we engage in each day and night is of a particular energetic vibration. New Earth will be built upon energy exchange at the highest possible vibrational level. Energy exchange comes in many forms – words, deeds, creative activities, bodily movement, monetary transactions – and all are equally valid. What matters is that they are undertaken with integrity, respect and from a place of love, to ensure that they are a form of energetic exchange which is high vibrational.

Other forms of energy, the ones that aren't so high vibrational, we will still experience as we co-create the overall energetic vibration of our new planet. These include things such as emotional anger, grief, depression, acts of unkindness, intolerance, theft and so on. Energy, as we are often taught in our formal schooling, is not created or destroyed, it is merely changed from one form to another. Consequently, our role will be to take lower vibrational forms of energy and transmute them into higher vibrational ones. This means doing things such as creating beautiful art from pain or grief, being generous to people who have had something stolen from them, showing love and compassion to those who have had malicious acts committed against them, and even just turning our own momentary anger or annoyance into peace and joy by phoning a loved one for an uplifting chat. Humans already have this innate ability of

transmutation, as we are composed, ultimately, of nothing but energy. We simply need to be in constant awareness of this and understand that as with any skill, the more we practise, the better we get. For some, changing negative feelings into positive ones may be something they are only just starting to work on. Others may have already mastered this skill. They can therefore assist those who are still practising this particular form of energy transmutation, and indeed do, in jobs such as counselling, psychiatry, martial arts teaching and so on. As we all develop and become better and better at transmuting lower vibrational energy into high vibrational energy, this will support the overall consciousness and energetic vibration of the planet. Each new generation that is born will therefore have an increased ability to do this from birth, ensuring an ever-ascending level of vibrational energy upon New Earth.

When we become aware of the fundamental role that the principle of energy exchange plays on New Earth, we also become aware of something else connected with it. We come to understand that every bit of energy that we place out there into the world around us will be reciprocated and returned to us, immediately – as is the case with some energy exchanges – or later on in time – as is the case with others. More than just the quantity of energy being returned to us, however, it is the vibrational frequency of the energy that will also be returned to us. This law of energetic exchange is tantamount to

a principle that many refer to as *karma*. Karma is known as something of a spiritual concept, but is ultimately an energy-based one. The energy we emit is the same energy that we will receive, at some point. Some energy exchanges are instantaneous. Some take place over much larger periods of time. They can, for example, involve much cumulative energy being emitted by just one individual over many years before they receive any kind of return on that energy. But the law of energy means that at some point, what we put out into the universe will be returned to us. These periods of cumulative energy emission can act a little like putting away money (which is simply a form of energy in itself) in a savings account each month. Over time, when we decide to cash in the original sum, it is returned to us. It is sometimes even returned to us with some type of interest. Thus, we actually receive more than we have given. Those energetic exchanges with the highest returns often come about in this way. They are the result of someone putting out energy of a certain kind over a prolonged period and receiving the same kind of energy back, plus some extra energy which has accrued, a bit like interest. There should be no expectation that this is the case. But knowing it can happen should certainly act as an incentive to be very discerning about the kind of energy that we put out into the world around us over time.

For those who perhaps prefer more concrete examples of the types of things that an energy

exchange may involve, on New Earth, these will include, but won't be limited to, money, bartering, skill sharing, knowledge exchange, healing exchange, food exchange, transport exchange, child and pet care exchange, educational exchange and so on.

Education

Education on New Earth will take a rather different form to what we have been familiar with for a fairly prolonged period now. The formal education system which exists across many countries of our world is itself already in transition as this book is being written. The level of consciousness among most practitioners in education means that the collective consciousness across the whole system is rising, bringing with it enormous change, which is allowing for a much more heart-centred, rather than cerebral focus. This is incredibly promising, the angels say, for what is to come. Alongside this, in recent decades in particular, there has been a dramatic increase in new types of education being formulated, from online courses, schools and academies, to home-schooling, forest schools and Montessori schools. Going forward, the angels say, the key will be for the intent within any education to be an unconditionally loving one, based on acquiring desired skills at a level which is personal to each and every participant. Old Earth saw much formulaic education, which was prescriptive, ever more focused on targets and achievements of these, and discredited education which was highly personalised and born of unconditional love. Unconditional love, the angels are keen to point out, is the way all sentient life forms – including animals and humans – learn most effectively. It is therefore

going to be essential that we return to education of any kind being built upon this paradigm.

Education which is externally devised by powerful entities such as governments and large corporations, with content delivered uniformly to participants in order to serve the entity's own objectives, will be replaced with education which is based on individual heart-choice, needs and abilities. This will enable each of us to acquire the right level of the appropriate skills and knowledge to better serve the communities with which we are associated. One example of such education would be the type given by tribal elders to their children so that they can grow food, work together in harmony, raise healthy families, protect Mother Nature and enjoy singing, dancing and other forms of creation together. Another would be parents in a small town training their children up in the skills which they themselves possess, so that the town's community can continue to function. Yet another might be more nomadic humans travelling to different places and obtaining skills in each of their chosen destinations. They would then contribute to the communities that they temporarily form part of as they pass through them using these same skills both as they are acquiring them and thereafter.

The content of what is taught is also something which will see development as we transition to New Earth. With our collective rise in consciousness, we will begin to remember different learnings from

throughout the history of humanity on Earth, and our souls beyond it, so that we can revive, share once again and benefit from these. This process has already begun and includes such topics as ancient civilizations and their practices, energy work, divine creation and natural medicines. As rigid, formalised education structures are replaced by organic, more holistic ones, the angels ask that we always ensure that education works in harmony with Mother Nature and that significant learning be based around her and the requirement to ensure that she is appropriately sustained.

Healthcare and healing

One of the most essential foundations of New Earth is the idea that a healed population will result in a healed planet. Mother Earth has, as we all know, suffered from severe maladies over a long period of time (soil erosion, species decline, more extreme weather patterns resulting in excesses or complete lack of water and so on). The angels wish to remind us that it is somewhat naïve to think that a planet which is home to many individuals who are not feeling completely healthy and healed - in mind, body and spirit – can be healthy or healed. On the basis of energy alone, dis-ease and sickness energy in its inhabitants feeds into the energy of Mother Nature, causing her also to be in a state of dis-ease. The converse is also true. In order for one to heal, the other must as well. New Earth gives us an opportunity to achieve both of these things simultaneously. As we humans focus more and more on healing ourselves of everything from generational trauma to broken bones and neurological disorders, Mother Nature will naturally benefit. Truly healthy people have more time and inclination to look after the natural environment which sustains them. This natural environment, as it becomes healthier, also sustains the health of all the sentient beings which are dependent upon it more effectively.

So how will healthcare and healing change as we create and live upon New Earth to ensure that this collective healing and care of our health comes to pass? The angels explain that first and foremost, at the root of all healing and health maintenance is our sovereignty as unique and individual beings of creation. This requires that we take personal responsibility for ourselves. Put simply, that means each of us takes responsibility for healing our own selves – in other words, our physical, mental, emotional and spiritual being. We do not allocate responsibility to others for keeping ourselves fully healthy or recovering from any poor health, accidents and the like. Of course, we may seek counsel, and call upon the services of those who know more than we do in a given domain at first – the ‘experts’ as we like to refer to them on Old Earth. As things progress, however, and our consciousness rises, we will come to remember that Mother Nature – of which humans are one small part - has all of the answers for keeping us healthy and also returning us to health when something within us falls out of balance for a time. This could be anything from a sprained ankle, to a headache, to a bout of diarrhoea. We have generally been trained on Old Earth to deal with the symptoms when a lack of health appears, rather than to look beyond these to the root cause of a problem. We are being asked to start looking within once again, rather than without. It is here that the means reside for us to keep ourselves well and cure ourselves if we encounter

some problem in our physical, mental, emotional or spiritual well-being. Along with nature, we are but energetic beings and New Earth is calling us home to remember this. We each possess incredible innate healing abilities, our minds and thoughts alone being just some of these. As we move forward, we will come to use these skills more and more once again. They have been forgotten for a prolonged period, and replaced with quick, convenient, non-natural solutions. Ironically, the drugs we take to help us with all sorts of health issues within our being are based on natural solutions. Most histories of aspirin, to use this as an example, refer to tablets prepared by the Sumerians four thousand years ago made from willow bark. As more of us come to realise this is the case, we will gradually turn away from manufacturing products which already exist freely in nature and focus on using the original, natural versions themselves. This in turn will cause us to become more aware of the need to maintain such natural medicines. The result will be that we ensure reserves of everything we need to heal ourselves are replenished. We will therefore be called to plant more trees, flowers, fruit, vegetables, and other crops, and look after our soil and water supply more carefully. This will have the desired effect not only upon our own well-being but upon the well-being of Mother Earth. She, in turn, will be better able to provide us with the very things which keep us well. This will be a reciprocal arrangement whereby equilibrium is maintained and

we live in complete harmony with our natural world. We will live with the understanding that we are mutually dependent upon each other if we are to feel consistently well and have the means available to help at any moment when we do not.

The angels do not wish to specify the ways in which we humans take personal responsibility for our own health. It merely matters that we do. To one person that may mean researching ways to deal with feelings of anxiety, much of which is an energetic phenomenon and can therefore be managed by learning to master our own energies and those around us effectively. So grounding in nature, breathwork, physical movement, good quality rest, along with work and lifestyle alterations will replace the simple consumption of something that is prescribed. For another person, obtaining more information about foods which help to keep the heart healthy will allow them to make dietary changes to recover from things such as high cholesterol level and heart surgery. One individual may start to speak to a psychologist rather than using alcohol to medicate the pain caused by childhood abuse. They might engage in behavioural therapy to ensure they have lifelong strategies which better serve their health each time that another layer of trauma comes to the surface and needs to be dealt with. Yet another individual may find out from a physiotherapist or sports rehabilitation professional the ways in which they should be moving their spine to health restore it to health

when they start to notice some back pain. They will then practise such movements continuously, for life, to improve and maintain the well-being of this essential component of their physical being. The angels have asked me to point out here that the reason so much focus is being placed on spinal health and alignment as we co-create New Earth is because in humans this is the body part through which our life force energy flows. Consequently, when it is not functioning correctly, we are not able to tap in effectively to the energy which gives us our powers of creativity, healing and consciousness-raising. It is therefore imperative that the literal backbone of our being is operating optimally for us to be able to live a full, high-vibrational existence, whilst contributing to our world in the very best possible way in accordance with our soul mission.

The angels are aware that some may find it harder than others to take personal responsibility for their health as we transition to New Earth, owing to some of the experiences which they have had during their existence on our planet, and their soul contract. Examples of this are people who have developed addictions or other very serious physical, mental, emotional or spiritual issues. The angels therefore ask that we be very compassionate towards those who may face greater hurdles than we do in taking accountability for their own well-being. So as not to put our own health in jeopardy, the angels ask that unless we work specifically in specialist fields dedicated to supporting such individuals, when we

encounter them we simply direct them to appropriate means of help so that these may engaged with.

When it comes to the health of Mother Nature and others sentient life forms on the planet, personal responsibility is already always taken. The fact that other sentient life forms have not developed the same type of cerebral intelligence as humans is actually a blessing. They are not able to choose to hand over their sovereign power. They cannot engage external entities to help maintain or heal their health. They therefore act using life force energy – which some may prefer to call intuition - in order to heal themselves. Thus, a dog eats grass when it needs to clear its stomach of something harmful which it senses it has ingested. A tree, meanwhile, will self-seed and sprout other trees after a fire or other disturbance, reproducing without human intervention. It will use mechanisms such as suckering to establish new growth. In this way, areas that have been burned can see the regrowth of native trees from seeds which have survived the fire or via the root systems underneath existing trees. Both the dog and the tree can be assisted, naturally, through the highest healing force in the universe, the power of love. As we transition to New Earth we are seeing more and more of this, in the form of humans and other life forms helping each other. Humans helping sick and rescued dogs through charities, for example, or mass tree

plantings after forest fires to help restore the natural habitat of species which depend upon them.

Another reason for personal responsibility being so valuable when it comes to human health in particular is that it raises energetic vibration. A higher energetic vibration is something which facilitates better health and healing. Some of the highest vibrational life forms on Earth – things such as crystals, which have been fashioned over millennia through geological processes – do not lack health or well-being. Their energetic vibration is too high to permit the negative consequences which can arise from lower vibrational energies. As human beings, we have to interact with our world in a way that crystals do not. Our mere moving around and engaging with many other humans each day means that our own vibrational energy is impacted constantly. This makes it more challenging to maintain a consistently high energetic vibration at every moment of our lives. The more we are able to, however, in whatever way we find we can, then the more we free ourselves from some of the health effects of lower vibrational energies. The same is entirely true of our planet as a whole. Mother Earth is also an energetic being with its own vibration. Imagine the number of humans and other living beings that she provides a home for each day and who interact with her at locations all over the globe. She has an incredibly challenging job attempting to keep her overall vibrational level high. Where she does, however, her health is self-evident. In places

that are quite remote, for example, where she is in her most natural state, the environment is often clean, pure, spectacularly beautiful and thriving in terms of flora and fauna. Mother Nature takes great personal responsibility for her own health. Without humans, the angels say, there is no doubt that her energetic vibration would be incredibly high and she would be in an optimum state of health. It is humans' lack of health which causes much of the malaise which affects her. By taking personal responsibility for our own health and healing, therefore, we can use our own higher energetic vibration to help raise hers, which is of course of benefit to all of us. A healthier, more healed natural environment all across our world does wonders for the health and healing of every sentient being who inhabits it.

Mother Nature also teaches us another valuable lesson which we will need to integrate fully as we co-create New Earth. This is to live in harmony with the cycles of the natural world. These involve periods both of productivity, and also of quiet and rest. A field restores its nutrients whilst lying fallow. Many animals hibernate over winter ready to become active again in the spring. Lots of plants and trees lose their leaves and remain bare during colder, darker months, their foliage renewing as photosynthesis increases again with warmer and lighter days. As a species, on Old Earth, we as humans have lost our ability to move with these cycles across large parts of our world. We have

become industrious at almost the same rate – day and night – throughout each of our calendar years. We have decided – using our cerebral skills, rather than our sentience or heart – that somehow this is a better way of living. Constant production, constant hits of adrenalin and dopamine, have left many stuck in a cycle that is largely trauma-driven and does not allow us time to restore either our own health or that of the planet. New Earth, and the angels, ask that we learn to match our activities to the rhythms of the natural world once more. Rest and downtime are essential both for our well-being, but also to allow us time and space to reconnect with our own inner being, away from distractions, noise and constant stimulation. As we become more in touch with highest selves once more, we will feel more comfortable moving at the pace that our bodies, our nervous systems and the natural world around us suggest. We will feel more confident in our understanding that this is what is required to maintain the health of a whole population as well as the planet upon which it lives.

One of the ways in which we will continue to heal both ourselves on New Earth, and as a by-product others and nature, is by using the time-worn tradition of simply passing on knowledge. Where we learn something that is of help or interest to us, we will share this with others when the appropriate moment presents itself. As our time is freed up and we have more time to dedicate to learning, creation and healing ourselves and the planet, we will be

able to do more and more of this. It is already noticeable, the angels point out, that humanity's increased level of consciousness has led many individuals to share their knowledge as a means of healing others. The information provided benevolently by experts, as well as people who simply care and wish to share, via means such as television, social media, community groups, social enterprises and charities continues to increase daily. These are all ways in which we are healing ourselves and each other and this is of course also a form of energy exchange. The more information we give out generously and without expecting anything in return, the more positive energy of some kind we will receive back.

For as long as civilizations have existed on Planet Earth, people have wanted to feel well. Humans have, at different times in our history, used many different tools to help achieve this. New Earth will see a resurgence and more widespread popularity of the most beneficial of these – tools such as natural medicines, crystal healing, energy healing, light and sound healing, physical massage and musculo-skeletal manipulation in various forms, fasting, hypnosis, creative activities and sleep. This process has already begun, and it is no coincidence. As humans have risen in consciousness, they have automatically been drawn to more conscious forms of healthcare and healing. The angels ask that we trust the messages we receive by means of our intuition, and act always out of kindness and love

when searching for solutions to physical, mental, emotional and spiritual issues. They emphasise that we need never have any fear. We are always protected and looked after by them, so we need not opt for solutions to our health problems which are in any way born out of a sense of anxiety. The right solutions to any discomfort we may be feeling in any part of our being, when they come to us, will leave us feeling at peace in body and mind. On Old Earth, we have been trained somewhat to trust solutions which are marketed to us, or sold, for fear that we may never recover without them. The healthcare and healing solutions on New Earth will involve nothing but loving support for keeping our precious energetic selves as high vibrational, and therefore healthy, as possible. There is generally more than one way to do this. The angels ask that even in situations of crisis, we try to take a moment to listen within and to follow any signs that we are given. Sometimes these may come in the form of a sudden jolt of inspiration concerning the healing action that we should take. Sometimes it may be in the form of loved one making a gentle suggestion, or even just coming across someone who appears to have much knowledge about resolving a health issue at just the moment we need it.

As New Earth develops, alongside more of the ancient healthcare and healing tools which have served us in previous times, we will also create new tools, using all the means at our disposal. The angels ask that we never pass judgement upon any

of these. The only thing that matters is the intent with which they are created – to spread love-based rather than fear-based healing. Where their creation is based upon unconditional love, there is a place for them on New Earth. As we as a species gain in health, however, more of the tools we use are likely to be preventative - in order to retain our level of good health - rather than curative.

The last point that the angels wish to make about health and healthcare is to remind us that good health is a right, rather than a privilege for some chosen few. It is imperative, therefore, that New Earth be a place where we all share the knowledge we have about different healing modalities and that we all be open to learning more about all of these as well. No healing modality is better than any other. All have a place. Accepting this is another way of us increasing our own energetic vibration. It ensures we do not fall into a place of judgement, something which automatically lowers our own vibration and our individual, and collective, health.

Transport

We have grown accustomed to, and very much enjoy, being able to travel the globe both for pleasure, as well as to make and sustain personal and professional connections. If we are to continue to do this, then it will need to be in a way that causes as little footprint upon Mother Nature as possible. Innovation has already seen to it that everything from the materials which are used to construct means of transportation, to fuel, to the nature of transportation networks is already being developed in ways which are more sustainable. Adapting the ways in which we travel – doing more walking, cycling, sail boating and even swimming, for example - is another very simple solution which the angels propose, so as to keep both the planet, and ourselves, operating in a way which is healthy and can be maintained in the long term.

At the outset, transport on New Earth will involve some of the innovations we are already familiar with, such as low emission fuels, public transport and no emission vehicles. Over time, new innovations, some of which we may not be able to conceive of at this point in time, will come into being. These will enable us to do things in an even more sustainable way. Imagine, for example, being able to teleport from one place on New Earth to another. Literally, transferring the matter or energy

of your being from one place on Earth to another without traversing the space in between. Advances in science and our understanding of the quantum world mean that although this is not something that is happening right now, we already know it is possible. The angels tell us that it is a question of time before innovation which currently seems incredible becomes conceivable to our minds.

Art and Design

Creation of all kinds, including all types of art and design, will be fundamental to New Earth. These are at the source of humanity developing its creativity and problem-solving skills. They also provide therapy for mental and emotional well-being – and therefore humanity's healing. They are a means of navigating life and self-expression concerning our experiences so that others may relate to and connect with us. This in turn helps to bring us all together in unity consciousness. Already, in recent years, there has been a significant increase in the quantity of art and design of different sorts produced by individuals all over the planet. This is not coincidental, the angels tell us. The rise in consciousness among humanity these last few years in particular is responsible for this. This trend will only increase as time goes on and New Earth will see many who had fallen out of touch with their artistic and design abilities rediscovering them. The benefits for us as a species as well as the planet as a whole is immeasurable, the angels explain. No matter whether we are the creator, the audience or the user of a product of art and design, its effects are positive.

Art and design as we know them (music, painting, writing, dance, fashion design, architecture and so on) will see us through the transition to New Earth,

and with a new kind of living will come new kinds of art and design. Already we have seen these develop in recent times. Technology is now used to support the creation of music beats. A resurgence in nature has seen it being used more and more as a basis for human artistic endeavours; these might include its use for decorative purposes such as wall hangings and door wreaths, or for functional ones such as ornate wooden blinds, linen dresses and treehouses for human inhabitation. This will only continue. 3D printing, solar-powered cave homes and films containing special effects are all things which just a few decades ago humans may have found it difficult to conceive of, and yet now they form a part of our existence. Other new kinds of art and design will come into being, which anyone aside from those who are conjuring them up in their imagination may as yet find it hard to even envisage. Nevertheless, these will bring both aesthetic pleasure and as functional benefits to our existence. The means with which we are able to produce art and design will also alter over time as we come to reconnect more with our energy bodies and remember just what powerful manifestors we are. Using different forms of energy will enable us to create in different ways. Infrared saunas and holographic healing chambers are examples of newer energies which are now being used within our world of art and design as they have been made possible by the increase in our consciousness and energetic vibration.

On Old Earth, there was often something of a 'division' between those who created and those who consumed. As our consciousness rises we will come to remember that as mere energy bodies spending time here on this precious planet, each one of us is in fact nothing but a creator. We are imbued with the divine essence to create all that we can imagine. And it is this ability which gives us most joy, purpose and contentment whilst we are on our journey here. Creation of all kinds both supports our spiritual growth and also helps us to alleviate the pain that is an inevitable part of this at times. What do we turn to when we are feeling in need of uplift? Most often, it is either to be around the creations of others – which could include a favourite piece of music, a good book or a piece of cake – or to create ourselves. There is nothing more therapeutic and cathartic than creating in some form. It is what we are designed to do and the angels wish to highlight this quite emphatically. At times in our history we have forgotten this and have fallen into the cycle of over-consumption, the collection of material items, ego and separation rather than acts of creation. It is the energy of fear which has, and continues, to cause us to do this. The energy of unconditional love, meanwhile, produces only unity and creation. Ultimately, the angels gently remind us, we can take nothing material from Earth – either Old Earth or New Earth – once we leave the planet. Our role is therefore simply to create all the beauty we can whilst here, in ways that make this a better

dwelling place both for ourselves and for all those who share our planetary home with us.

In what ways should we do this, though? Some may be unsure, irrespective of whether they consider themselves always to have been a creator, or are only now realising their infinite potential as one. The answer, the angels tell us, is within our heart. Each moment that we take a breath, the oxygen that fills our lungs goes on to circulate our entire physical body via the blood running through our veins. This fill us with, and connects us to, the infinite creative power of Mother Nature and our divine universal Creator. What our heart tells us to create, therefore, in each and every moment, is always the correct thing, if we simply trust in our higher self. Although we may receive external inspiration from others, the ultimate decision to create something should never be based on what is outside, only what comes from within us. It is for this reason that it is so very important for us to breath properly and fully and to take space to listen to what our heart is telling us, rather than to surround ourselves constantly with the noise and energy of others who may attempt to influence our creative decisions. The angels instruct us always to take full responsibility as the final decision-maker in anything that we create in our world. What they ask is that it come from our heart, so that what we create fills our New Earth with unconditional love alone. Creations from any other form of energy will slowly dissipate as we rise in consciousness and reconnect fully with the power

of our own heart. Connected with the chapter in this book on Healthcare and Healing, but very relevant here, is the need for us all to ensure, therefore, that we understand how to breathe properly and focus on doing so throughout our existence. Not only is our breath one of our most powerful healers, it also provides us with the incredible power of life force creation energy.

How will we know that we have connected appropriately with both our breath and our heart? The angels tell us that the signs of this will be when we start to recognise all of the beauty in every creation around us, and in our own. As we revel in the wondrous creations of Mother Nature, magnificent works of art and architecture – be they complex or extremely simple in form – we come to the increasing realisation that the beauty of the world is all that we wish to be a part of, our own creations therefore reflect this and become all the more inspired by the unconditional love in our hearts. No two humans are on Earth to create the same things, for we all carry a uniquely divine and sovereign imprint. We must simply be guided by our own highest self, as what we were destined to create on New Earth will always come to pass, eventually. During the transition phase, some may still be overly influenced by external forces and may create things which are not their true calling. Nevertheless, the mere act of creation, and their practising of it, will ensure that once such individuals are on their correct path of creation

things flow more smoothly. They can then bring to bear all of the creative skills which they have spent time acquiring and utilising in pursuit of their very highest acts of creation. Examples of this would be a painter who begins working in the abstract style, before realising that actually, their heart lies in watercolour; their late life works, which wider audiences are drawn to, are in this genre alone. Or the architect who begins their career designing large buildings in cities before moving to a smaller practice in a rural area. They decide that their heart actually lies in designing spaces for community use made from natural materials. As their later life work is born more of love, it is unsurprising when their community space endeavours become so popular that they are asked by organisations around the world to consult and teach new generations of architects how to do the same. Anything that we create entirely from the heart and our highest self tends to be instantly recognisable as such. It therefore draws the appropriate audience; this is often an even wider one than those acts of creation which we engage in through duty, obligation, or an external need which is pressed upon us.

Food and agriculture

What we eat and how we farm and grow the food that we are to consume on New Earth will be, of course, very closely connected with the emphasis on sustainability. There will not be one means that is more appropriate than another, the angels say. Rather, we will ensure that whether a larger scale farmer, or simply growing fruit and vegetables in our own back garden, we work in harmony with the cycles of Mother Nature and of the soil and water. On New Earth, as has already been mentioned, the aim will be to use nature as a medicine, to both sustain and heal us. It will therefore become essential that what we grow and consume is as natural and pure as possible. The addition of 'extras' – such as chemicals, heavy metals and so on – which on Old Earth have often been used to speed things up or to produce greater quantities of food – will come to be eradicated as we learn more and more about the effects these can have on our physical bodies and minds. Our increased level of consciousness will see us wish to purify our bodies more and more, including through the food and water we consume, and this purification will in turn increase our level of consciousness. This will permit us to become more able to constantly formulate new creative solutions to our needs for optimal quality food and water.

The move towards more sustainable agriculture, at all levels, across the globe, has already been underway for quite some time as this book is being written. The angels wish to congratulate us for our endeavours on this front so far – for without a certain quantity of food and water, we will not be able to sustain ourselves as a species moving forward. As our bodies and minds adapt to our new higher state of consciousness, we may find that our bodies do not tolerate certain foods in the way they once did, even if these are entirely organically grown produce. Higher levels of consciousness require that we become very attuned to our own particular body and its needs, rather than simply consuming in the way that the collective around us does. However, through unconditional love, we will all come to understand that we are, quite literally, what we eat, and will respect others' choices, understanding that each of us as individuals wishes to be able to choose exactly what we feel is right for our particular physical system.

The angels assume that anyone reading this book is already aware of the damage that non-naturally produced foodstuffs can cause to our physical bodies and minds. Processed sugars, certain types of metal and excessive salt and minerals deposits – such as fluoride, the chemicals in some fertilizer products and the man-made flavourings added to so many food products on Old Earth will gradually be phased out among those who wish to live upon New Earth. As consciousness rises, people's bodies

will be less able to tolerate these substances and they will find themselves drawn to purer, cleaner, natural foods. Similarly, we will become more educated about the impact of certain styles of food preparation, such as cooking some oils – although they may be natural ones – at high heat, which can result in compounds which are toxic. We will therefore also focus on the very way in which the food we eat is prepared and consumed, choosing, once again, to be as pure and natural in such processes as we are able.

Unity consciousness, of course, means that on New Earth we will also be much more aware that we are in fact connected at a very fundamental level to all other sentient life forms. This is one of the reasons that many have chosen to start eating less meat, or to become vegan, for example. Feeling the strong connection between ourselves and animals, fish, or the produce that they provide us with, such as milk and eggs, can be too much for some to feel that they can continue to consume them. They angels ask that we be patient and kind with each other as this transition occurs, for our soul missions are all different, and so are our physical bodies. What they ask us to consider is that as we are indeed so closely connected to all other natural life forms, owing to unity consciousness, we should show incredible gratitude to anything that we are fortunate to have the privilege to consume in order to sustain us. So, expressing thanks before eating a meal – whether it contains meat, fish, rice, fruit and

vegetables, water, milk or other ingredients – is something that on New Earth we will move towards doing without even thinking. Some do this already. The practice of showing gratitude actually raises the energetic vibration of whatever we are expressing our thanks towards. This will ensure, therefore, that the food we consume is of the highest vibrational energy possible, which serves to keep our own vibrational energy high. This in turn has an impact upon our overall health.

When it comes to agriculture, there will continue to be smaller and larger plots of land dedicated to food production as we move towards New Earth. This will depend on the number of people that an area of land will provide food for. There is no right, or wrong, the angels explain. We will simply work out within our communities what best serves the needs of our differently-sized groupings and living arrangements. Over time, we will continue to develop new ways of providing the food which best serves our needs. The angels again point out that we will return to a more harmonious relationship with nature as the source of our sustenance. They also indicate that we will come to recall natural and life force energy-based technologies that have been used here on Earth as well as elsewhere in the universe, to help us with the production of all that is to sustain us as a lifeform. Some of these technologies are already starting to be recognised here on Earth – the use of crystals for water purification and harnessing the sun's energy in different ways to promote plant growth, for

instance. We should be open to and indeed welcome and support these new means as they are coming about through our increased consciousness and thus will be of benefit both to Mother Earth as well as humans as a species.

As a final point on the subject matter of this section, the angels wish to explain that as humans raise their energetic vibration on our planet, they will actually not require as much Earthly food intake to live on. Increased energetic vibration results in a higher light quotient within our being. As we come to fuel ourselves more through light energy, then we will be able to sustain ourselves for significant periods on this, sunlight and water (which we do need, simply to ensure the functioning of all of our physical body's organs). Some may already be noticing that their desire for Earthly food decreases as their light body becomes ever lighter. Sometimes, too much Earthly food will cause them to feel very uncomfortable and heavy, even if it is healthy sustenance. Once again, the angels say that we need simply connect into and listen to the guidance given our highest selves. It will always act in our best interests and ensure that we come to sense the optimum level of different foods for own unique body.

Work

Work on New Earth will feel entirely different to how it has on Old Earth. It will of course be necessary to engage in activities of all kinds which serve to help sustain our own species and all living beings. We will therefore, as mentioned previously, need to grow food, source clean water, and build shelters of some kind for ourselves. However, more and more, as we increase in consciousness, we will find that the activities we spend most of our time on will feel like playful creation and will also be helpful means of healing. This is because, the angels tell us, creation of all kinds is in fact the ultimate manner of healing both ourselves and the natural world around us. Whether we are creating something in nature, such as a garden, or a technological device to help repair a brain injury, playfulness is always involved, or those engaging in such activities would have no desire to do so. They must feel enjoyable at some level. As our consciousness rises, on New Earth, we will find that we dispense with the activities which do not bring us joy. These chain us to Old Earth, which was a world of self- and externally imposed constriction, obligation and density, rather than the sovereignty, freedom of choice and levity which characterise New Earth.

To give a precise example, for more clarity, imagine those forms you need to fill in so that you can

declare earnings and be taxed appropriately on them. It is unlikely that such heavy, draining activities will eventually even exist on New Earth. Already, technologies have been developed to help facilitate the task, the angels explain. Going a step further, we will develop new systems where there is no overriding government at a national level which tells us what we must give up of our earnings each year so that the State can allocate it in the way they see fit across our local geographical area. We will live in communities based on energy exchange and self-government. They will decide amongst themselves what kind of resources and how much of each will be assigned to ensuring a stable and sustainable living environment for the inhabitants concerned. This will be done in a much more enjoyable way, in part through trial and error, which is a fundamental part of play. Naturally, it will take time to reach this stage. The angels say that they hope the promise of what is on the horizon and being able to envisage just some small element of the greater picture will spur readers on to become a part of this process within their own communities. As Old Earth systems come to an end, their replacements will need to be created by innovators so that there is a viable alternative for those looking to become a part of New Earth as it develops. The rate at which people choose to participate in the creation of New Earth will depend on people's soul missions. If, as you read this, play feels more like your calling than Old Earth's definition of a routine,

monotonous work set-up, then it is highly likely that you are here to help create the new rather than perpetuate the existing paradigm on our planet.

As a living being increases in consciousness – a human, for instance - a previously boring or monotonous task can actually feel much less so, as it its undertaking is imbued with a much greater level of heart-centredness. As we transition to New Earth, therefore, the angels are quick to point out that many of the activities we currently engage in under the label of ‘work’, will come to feel different anyway; we will come to value the ‘service to others’ aspect of them at a much deeper level. From supermarket checkout assistants, to carers for the sick and elderly, teachers, those who clean public toilets and data entry clerks, work that has in the past sometimes been felt to be very arduous will come to feel less so owing to the value it provides to others. Some of these forms of work, and indeed many others, will gradually be phased out as they become replaced with new types of activity that serve the new type of existence we are forging for ourselves. In the meantime, the angels reassure us, whatever ‘work’ we are undertaking is likely to feel more enjoyable, purposeful and playful simply owing to the rise in humanity’s consciousness and therefore energetic vibration.

Work, as a concept, has unfortunately on Old Earth come to have connotations of many types associated with it. That it is ‘hard’, to be ‘endured’, ‘a

necessary evil' or 'something unpleasant'. Ask anyone on the planet who has been involved in preparing the ground for New Earth thus far – many of them creatives, healers and entrepreneurs - and they will likely tell you that they realised early on in their working life, or at least at some point during it, that the traditional work set-up of Old Earth was not going to be for them. It left them feeling too low in energetic vibration. They therefore felt called to work for themselves, or to create a new business or social organisation, in order to be able to follow their heart's desire for activity which makes their heart sing each day. Many of them don't really refer to what they do as 'work'. They will often refer to it as their 'calling', their 'mission' or just 'play'. As New Earth becomes more embedded on our planet, more and more of us will feel drawn to engage in activities that bring us enjoyment and fulfilment at the same time. This will result in an increasing number of people deciding to become self-employed, whilst supporting and collaborating with others who have chosen to do the same either in their own community or in communities further afield. The benefit of this is that happiness and joy are two of the highest vibrational energies on the planet. The more of us that are engaging in activities each day which place us in this energetic state, the greater the increase in the overall vibration of our communities and the planet as a whole.

Time

Possibly one of the most challenging aspects of New Earth for many will be the idea that time will not operate in the way that we have been used to on Old Earth. The rise in energetic vibrational level will bring with it a different concept and feeling of time for us all. Time in and of itself, the angels point out, is a man-made construct. Nature only operates in cycles and seasons, rather than the linear time that we chose long ago to devise for ourselves. We have tried various systems of time and yet none of them seem to have made humanity any happier. The angels suggest, therefore, that the new notion of time – quantum time, some would call it – will be of benefit to humanity, as it will enable us to fit time to our activities rather than vice versa. As we transition to New Earth, owing to the increased overall vibration of our planet, time will feel faster to most, and may also start to feel ‘stretchy’, for want of a better term. This is because we will be leaving the former linear time system behind and becoming a world where time is as flexible as we wish it to be to accommodate our daily existence.

As time will feel as though it has sped up, we as a species will begin to adapt accordingly. This means that we will begin to become more discerning about what we spend our days, and our energies, doing. At the moment of writing of this book, some readers

may already be aware of this process and have noticed this sensation of time passing more quickly. A natural consequence of this is that people tend to realise that only a certain amount of activity can be fitted into our existence as a whole. When this realisation dawns, humans often begin to respond in one of two ways, either by trying to fit more into each moment of their existence – which is a trauma-based response, as it arises from the fear of our own existence coming to an end – or by reducing the amount of activities that they engage in during their time on Earth. The latter, the angels tell us, is better both for us as individuals, particularly our nervous systems, and for the planet as a whole. As a species, the angels inform us, over recent centuries and decades in particular, many of us have been attempting to fit too much into our existence on Earth, often because of the environment in which we live. Where we have created non-natural dwellings for ourselves – such as cities – the lower energetic vibration has impacted our ability to connect with nature and to allow our own physical being to follow its rhythms. As we reconnect with nature, and our energetic vibration as individuals and a collective increases, we will rediscover a deep longing to slow down and pace ourselves, just as Mother Nature does. This will allow us to restore balance to our central nervous system – which is at the very core of our physical, mental, emotional and spiritual being – by seeking out fewer externally imposed or overly stimulating activities, in favour of

ones that we feel support our highest selves and our health and well-being. Already, many readers may know that they have been doing this and feel called to continue, simply because it feels more comforting and calming to them. As we learn to keep our own nervous system in balance, this will have a dramatic impact on the nervous system of the collective and the planet as a whole, ensuring that New Earth is a place with a slower rhythm of human existence, bathed in more peace, quiet and stillness.

As we learn to welcome a more relaxed way of living, we will come to relish the notion of time which the new version of our planet presents us with. We will come to appreciate its ability to have us make decisions more discerningly about what we prioritise on our journey here. From spending more time with family and friends, to working in a productive, but less exhausting, manner, spending more time connecting with and tending to Mother Nature, and indulging in more creation of all kinds merely for pleasure, we will be thankful that we have chosen to transition to a new, higher dimension, planet. The transition may take some time as we accustom ourselves to a world that is very different to how some of us remember it. Fortunately, the raise in energetic vibration will assist in clearing us of all older, denser energies which no longer serve us. So our memories of Old Earth will be softened in order that they may become fond souvenirs of a

former time rather than something to mourn or grieve.

The angels understand that for some on our planet, there will be resistance to the change in how time is perceived. And, naturally, we are not all meant to perceive and use time on New Earth in exactly the same way. We each have our own unique path and will interact with time in the way that is most fitting for our personal soul mission. As always, the angels will continue to offer unconditional love to all who inhabit our Earth, no matter what stage of the transition to New Earth they may be in and for how long. As the angels remind us, only through acceptance of all exactly as it is, and by acting lovingly from the heart at all times, and in every situation, can we truly hope to move fully towards we to New Earth. They will lead the way as we journey together along this path at our varying paces.

Unity consciousness

Unity consciousness is a concept at the very heart of New Earth. It means, in essence, that everything and everyone here on planet Earth that has consciousness is connected to each other. There is no divide. We are but one, wholly united consciousness. To explain a little an example of how this manifests itself from an energetic vibration perspective, imagine how you feel when you see a child or an animal that is sick or injured. Then imagine how you feel when you see a friend getting married or during a joyous family birthday celebration. The reason you can feel others' pain, or happiness, is because you are in fact united in consciousness. This does not mean that each unique individual cannot have their own path in life, their own soul contract and mission. We all do. However, when we become aware of how connected we all are at a consciousness level we understand that all of our roles, our feelings, our emotions, play into unity consciousness across our planet. So, whilst anything or anyone is ill or unhealed, in pain or discomfort, then everything and everyone is affected in some way. It is therefore in the interests of everyone and everything on our planet that we all work daily on keeping ourselves healthy and joyful and in the highest possible vibrational state as this energy filters out into everything and everyone around us.

Unity consciousness does not require that we all 'be the same'. Rather, it is the method by which we are all connected. Choosing to accept everything and everyone else on the planet, no matter how they differ from us, enables us to vibrate in peace and love, which helps to create a unity consciousness which also vibrates at this frequency. On Old Earth, divide - caused by things such as dislike, hatred, non-acceptance, judgement, anger, fear and other low vibrational states - had fragmented our unity consciousness in places. Where such lower vibrational states existed among groups of humans or other sentient beings, unity consciousness was brought into a lower vibrational state. This affected all members of such groups, keeping them in a lower vibrational state, unless they were able to remove themselves and seek better, more high vibrational groupings. New Earth, and the angels, asks us to understand this concept. By doing so, we come to realise that every bit of fear, anger, dislike, hatred or non-acceptance which we feel for anything or anyone on the planet comes back around to us as a result of the vibrational energy of unity consciousness. If we want to live in a world consisting only of love, peace and joy - which is the whole point of New Earth - then we must begin by embodying love and peace in everything that we do. We understand that we are connected in every way at a consciousness level. There is no divide. So any divide that we create ourselves will impact

everything and everyone else on the planet, including ourselves.

This is not the easiest of concepts to grasp for some. However, when considered more from a heart space than a head space it is easier to comprehend. On New Earth, our awareness of unity consciousness will enable us to work towards acceptance of every single unique being and the way in which they wish to live, as long as they are not harming others. Where they are, we will work with love to help them return to the correct path. This will still mean that they live in a way which they uniquely choose. But they will understand unity consciousness and so will not wish to live in a manner which is of detriment to others, and ultimately to themselves as well. On New Earth, all beliefs, faiths, styles and approaches to living, family structures and so on are possible and permitted. This will enable humanity, and other sentient beings, to evolve in a way that places unconditional love at the centre of all that we do. To achieve higher and higher levels of vibrational and dimensional living eradicates lower forms of energy such as conflict, anger, hatred, malintent and so on. This will naturally take time, as it requires each human to take continuous responsibility for their own healing at all levels. They must find and use the appropriate tools to clear themselves of past traumas in both this soul incarnation and in previous ones too. It is, however, entirely possible, the angels tell us. Across our planet, some are

already leading the way and have been for a considerable period of time. You are most likely to recognise them by the way they make you feel. When in their presence you will feel calm, loved, happy and uplifted. These individuals act as beacons of light to show others what is possible.

The importance of human healing to achieve higher vibrational unity consciousness cannot be overstated. Animals and planets and certain other sentient beings are not always able to find or use tools to help themselves heal. They rely, therefore, upon humans to a certain extent. Once unity consciousness is entirely in balance and operates at a vibrational level of harmony, love, peace and joy, then all sentient beings will benefit, as lower vibrational states which cause imbalance, ill health and so on will no longer exist. In the interim, as we work to achieve this, humans will need to help those sentient beings which do not have the means to help themselves, as this is for the benefit of the unity consciousness amongst us all.

Future generations on New Earth

All of the proceeding sections in this book are aimed at adults and young people who are old enough to read and process the information contained within them. That leaves us, as the angels now rightfully remind me, with the question of how we prepare the very youngest members of humanity on our planet at this time for our future, higher vibrational world.

The angels are keen to point out a couple of things on this subject. Firstly, the mere fact that we choose as an individual to raise our vibrational energy so that we may transition to New Earth has an enormous impact on the vibrational energy of all those around us. So, any children that we come into contact with will automatically benefit and become more prepared for New Earth simply by being in our presence. Vibrational energy is, in a very positive way, infectious. Secondly, most children on Earth, even on Old Earth, are born with very high vibrational energy and it is the environment that we place them in which determines largely whether they will retain this vibrational level or have it lowered by circumstances and surroundings. The aim, therefore, is for us to ensure that we help the children who arrive on our planet to sustain the energetic vibration with which they are born. This automatically facilitates their contributing effectively to New Earth, in the immediate future

and over the generations to come. This is where the content in the previous sections of this book becomes significant for future generations. If, as adults, we act in accordance with the guidelines provided to us by the angels in areas such as sustainability, healthcare, food and agriculture, communities and so on, our children will automatically be prepared appropriately for the role that they will come to play on New Earth. It really is as simple as that. Our children require things such as plenty of connection with Mother Nature, lots of time spent as part of a community, the ability to playfully create, physical movement, and access to the healthiest food and water to ensure that their energetic vibration remains as high as possible. This in turn will help them to stay healthy and enable their highest self to contribute to New Earth as it develops in the future.

We can, of course, more actively support the next generation as we transition to New Earth and in the case of those children born with particularly high energetic vibration and consciousness, the angels explain that doing this will in and of itself be a component of New Earth. By learning more about new generations of higher vibrational, more conscious humans as we support their existence here on our planet, we will learn to act out of nothing but unconditional love. This is, ultimately, the very definition of all that will exist on New Earth. Such higher vibrational humans include those who are highly sensitive to external, non-natural stimuli

or have a soul which enables them to connect more readily to other domains and realities beyond that present here on our planet. We are already seeing this in the way that we cater for any human, particularly younger ones whose physical and neuro-sensitivities are extremely high, owing to their higher energetic vibration and consciousness. As we help them to manage their own energy more effectively, using a variety of tools including access to nature, creating and appropriate breathwork and calming bodily movement, we will raise our own vibration and that of the collective on our planet. What is happening in this regard as this book is being written, the angels say, is probably one of the best and most comprehensible examples of humans adapting and transitioning to New Earth and its higher vibrational energy and consciousness. As a closing remark to this section, the angels have asked me to explain that many of the higher vibrational and higher conscious individuals arriving here on Earth will have the same ability to channel that I do, thus there will be much more creation coming directly from the angels, source, spirit or universal life force energy. Both the angels, and I, are extremely excited at this prospect, for it will hasten the transition of humans on Earth to the angelic template of humanity. At its core, this template is simply humans acting solely out of unconditional love in every way and with every other sentient life form. As I write the final few words of this book, I am filled with enthusiasm at this

prospect. I have never been more sure in my heart that I came to Earth in this, my final incarnation here, to help this transition to our beautiful, heart-centred and peaceful New Earth. That this is now not only on the horizon, but already beginning to be lived out by many of us, fills me with pure wonderment at the marvels that are to come.

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