

# **GALACTIC ENERGY WAVE BATHES THE EARTH**

**Lady Portia and Count St. Germain**

**Star Hinman, Spiritual Messenger for  
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## **Lady Portia's Message:**

There is something people need to know about present conditions on earth, so that you will be empowered to make the highest and best use of these energies. The earth is experiencing a wave or "ray" of extremely high-frequency solar light energies which are bathing the earth and causing the rapid transformation of many circumstances on your planet.

The origination point of these energies lies within a far-distant galactic system, which your scientists have neither recognized nor named – yet it exists, and is now greatly affecting earth, by accelerating the evolution of your planet and all life upon her.

Many people have been curious about why many things now seem to be unexpectedly changing at a very rapid pace, so we wish to speak about this situation and provide information to assist humanity to harmonize their energies with these frequencies. There are many things you can do in order to provide some relief to your overly-stressed bodies, such as "grounding to the planet" (which is described later in this article) and providing lots of hydration for the body – but beyond that, be aware that your attitude about all of these circumstances is of utmost importance! Many people are fighting these energies and the changes they bring because of their inability to understand what is happening.

That is completely understandable, because an event such as this has never occurred for the earth in exactly this same way. Realize that you are now different! You are becoming a new version of yourself because you are evolving at a very rapid pace – to be able to accept and integrate these very high-frequency energies, as the earth approaches her full potential of fifth dimensional existence.

This overall process of evolution has been occurring on earth for many years, but now it is accelerating even more, due to the addition of these extremely high-frequency energies. As a result, many people are feeling very destabilized in their physical bodies as well as in their minds and emotions. Therefore, many people would now benefit from receiving helpful information about this process.

These energies can either be constructive or destructive in your systems and in your lives – depending upon how you choose to respond to this situation. We have found that people are amazingly adaptable, once they realize what is happening, and can then make sense of the situation. And that is precisely why we are now bringing you this message!

There are many changes occurring for the earth as a whole, as well as changes within your lives. Your bodies are extremely challenged now – to adapt to the rising frequencies of earth. Every day the energy goes higher! Do you realize what that means? Everything within you is changing daily. It is never the same for two days in a row, and many people are becoming quite fatigued by the process of these constant energy changes and updates, because they do not know how to care for the body during these extreme circumstances.

We would recommend to you that you become very attuned to your physical bodies, and perhaps “break all the norms” in how you are accustomed to caring for your body. Be sensitive to yourself and your needs. Use intuition to “tune in” to the “inner voice of the body” so that you can hear what your body is saying to you regarding its needs. Often the body simply wants to stabilize its energy frequencies – in order to maintain a stable energy field – both within and around the body. Perhaps you need more rest and sleep to allow the brain and nervous system to adapt to changing energies, perhaps you need to modify your diet in some way, perhaps you need to drink more water to stabilize the body.

In addition, attitude is all-important! Be willing to support the body’s progress through these changes. There are many things you can do to stay “grounded” and “in-sync” with the frequencies of earth. Be in sunlight with your feet (preferably bare feet, weather permitting) on the earth, to connect with her energies. You will be able to learn what is helpful for you individually.

You may find that the body will become quite irritated occasionally, through the stress of having to constantly adapt to all these changes. Be patient with yourself and rest when you need to do so. We will repeat: your attitude is all-important in this process. Many people are becoming quite agitated through not understanding the huge scenario of what is occurring.

Be patient with yourselves and do not allow yourselves to go into negative thoughts or emotions due to all the seemingly “uncontrollable” circumstances in your lives. Remember, “This, too, shall pass.” All of these circumstances and events are a “birth process” for the earth! She is experiencing being raised up energetically to be closer to her “original divine state of being,” Prior to “The Fall from Grace,” which occurred millions of years ago in the far-distant past, the earth existed at a much higher vibrational frequency.

You have all been on this path of recovering from “The Fall” for a very long time, but you have never experienced anything like what is happening now! Realize that all of this is able to occur *because you are ready for it now!* You have been prepared. You have all the necessary abilities to witness and experience this incredible recalibration of your bodies to match the Earth’s rising frequencies! You are ready for this, and you will be victorious!

Earth has been prepared for this for a very long time – and NOW it is happening! We hope you will find this experience both exciting and joyful! Realize that you have come here for *this moment* – when earth takes another big step to return to her “original state of being” – a planet exuding light-frequency energies to her “neighboring planets” in the solar system.

You evolve as she evolves! Many people do not know this, but this experience on Earth, as she transforms, also transforms YOU – in many ways that human beings do not yet either recognize or understand. So, trust the process! You are receiving quantum energies which are capable of total transformation. You will not be the same after this process is finished! And we promise that you will like the “new versions of yourselves” that are even now being birthed into existence.

I AM Portia, and with great love, I bring you this message

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**Star’s Note:**

Lady Portia tells us that this process of “evolving with the earth” is capable of producing powerful transformative circumstances and energies within each of us which will hasten our own evolutionary process, so that fewer incarnational experiences (or “lifetimes” in the “schoolrooms of learning”) on earth may be required of each of us, as we continue our ascension process and attain the state of being where future earthly incarnation becomes “optional” for us – and not a “requirement or prerequisite” to attaining our ascension in consciousness.

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**Count St. Germain’s Message at a Live Event:**

Occurring alongside the background noise of the negativity of your current political situation, you will find this band of extremely positive, constructive, and humanly-beneficial energies which you can use to support such diverse things as even the health of the physical body, as well as your financial well-being through the use of your enhanced creativity.

The wise will use this extraordinary opportunity that you will be having to listen deep within and find your alignment to this positive stream of energy which is similar to a radio or television broadcast coming from the higher realms, which is meant to support the earth and to support humanity. Those of you who are focused on moving forward will be able to align with these energies and make extraordinary progress, riding this wave of energy which supports positivity and optimism regarding your own lives in such areas as your financial well-being and even your physical well-being.

But this will not happen unless you focus on it, you see, and that is why I am bringing this message to all of you today. Focus on the positive to expect miracles to happen in your lives, and be aware that you can consciously create miracles to happen! This message is meant to get people focused on this level of positivity in the energies which are going to be like a huge transformative wave of potential energies hitting the earth in the year 2020 which will enable many people to completely transform their lives on many levels – not only financial or physical.

All of you have access to the entire spectrum of the positive application of these highly=creative energies. And so, that is how we would like to instruct people in the use of the available energies in this year. I believe that those of you who recognize the importance of this message and choose to continue to keep your consciousness focused along this stream of energy, which, as I said, will be continuing through the entire year of 2020. This is not a “hit and miss” scenario. This is something that will be stable and secure and continuous during the entire timeframe of 2020.

It is like a huge wave of energy, and those who perceive and “ride this wave of energy” with your enthusiasm and your own levels of adaptation and creativity will be receiving the greatest benefit of what will be achieved through this process of adaptability and seizing the opportunity that will be given to many of you who can perceive what is happening or have heard about this opportunity in some way.

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### **Dual message from Lady Portia and Count St. Germain at a Live Channeling Event:**

To answer your question, we will begin by saying that there are some very high-frequency light energies which are bathing the earth now and allowing her to use these energies to raise her frequencies quite a bit, and this is what is causing what many people are experiencing as difficulties with the human body. Actually, these might more rightly be called ascension symptoms, and that is exactly how we would define them, because this is a good description of the process that occurs with the body when you are going through this larger process that is happening on the earth now of being forced to raise your energy frequencies in order to exist on the planet Earth – and that is just the bottom line! The earth is raising her frequencies with not as much difficulty as what human beings are experiencing. The human beings are sometimes having these very uncomfortable symptoms of being “out of sync” with the earth, and this is very destabilizing to the body.

This process will continue for quite some time, because you are approximately in the center of this particular “wave or ray” of extremely high-frequency light energy now (at Oct. 23, 2019), and so this will be continuing for at least several more months at a minimum, and it might extend even further than that. It is very difficult for us to try to give you an exact timeframe of when this will end, but I would not be in a hurry for it to end if I were you, because it is bringing great benefit to all of you in the midst of all of these uncomfortable symptoms. You see, nothing else could have caused all of these updates and immense changes to your bodies as this has done.

This beam of very intense electronic light is causing a very fast acceleration of the earth, so it is “getting you back on track” in many ways. It is speeding you up in your process of acceleration, and it is unknown exactly what will be the determinants for the remainder of this process, because we have not seen anything exactly like this happen with the earth in all the time that

we have been observing earth. I can tell you that, there has never been anything exactly of this magnitude, and the duration of the time passage while you are in this stream of energy.

The best thing I can tell you is to get plenty of rest, because your bodies are going through an immense change as a result of these very intense energies that the body is experiencing, day in and day out. And many of you are getting very tired of this process, as I can well understand. I would be tired of it myself, if I had a physical body, receiving these immense flows of electronic energy, because you see this is passing through the molecular structures of the body, and as it does so it increases the frequency of vibration of everything within molecular structure. And so, this is very intense, because when the body is increased in frequency from the molecular structure, it vibrates differently than if this were a different scenario, so to speak. And so, this is one of the most intense ways that the body energy can be affected and increased.

These types of circumstances do not happen very often on the earth! This is a unique event in many ways, because it has been many thousands of years since anything of this magnitude has occurred previously. And, of course, you do not have any records of this, or any memory that it occurred. And so, it has shocked many people to see the effects which this is producing – to see all of these unexpected events and circumstances -- and to be feeling so strange and not knowing why. Generally, this has been very difficult for people as a whole, and we are very aware of this, as well! That is precisely why we bring information and perspective where we are able to do so, and I did mention previously that this was going to occur.

Many people are becoming aware of this situation now, of course, because there has been the recording of the Earth's frequencies being raised by some unknown condition. Well, this present scenario would be the cause of it. And so, many people are finding out that there is something going on, and they are trying to learn what it is! Now, the ones who are attuned to spiritual sources of information, of course, are able to understand what, indeed, is causing all of this, and they feel much better for having some explanation of it. There is nothing more disconcerting to the human being than to feel that something is going on that they cannot understand, especially when they do not know what is causing it.

It is very frightening for people to have that sensation, that things are out of control. But I can tell you that it is not a question of things being out of control – although it might seem that it is out of human control, and that is certainly true. But, all of this, strangely enough, has been carefully orchestrated by higher intelligences who are in charge of harmonizing frequencies such as this, and they are capable of adjusting somewhat the timing and the angles of how these light rays affect various segments of the galaxy. And so, there is divine direction behind this process, even if you are not aware of this, you see. In order to allay the fears of some people, I can tell you that this process is being directed by higher intelligence “beings,” if you wish to call them that. On the level where they operate, they are sheer energy frequency, but we can call them “beings,” if that helps you to understand the situation.

It is exciting to see this happening for the earth, because this is exactly what was needed at this period of time, to shake up some of these “negative camps” that are so diametrically opposed to each other, and I’m sure you know what I’m speaking about in your political systems. And this runs entirely through the fabric of your society now. So this is what we have been observing: it is that all of this higher-frequency energy is speeding up the process of bringing these opposing camps back together in some future timeframe for the earth. And we are not sure exactly when this will be, but when it has run its course, then you will be able to see that there is more of a unity of thought process on this planet, and that will be much more enjoyable for many of you residing on the earth, I am sure.

Many people are finding this steady diet of negativity that you have been fed by your news media -- and all forms of social media, really -- to be not only repetitive, but very wearing -- to the point of actual boredom with the repetitive nature of many of these charges and counter charges, as well as this stalemate that has locked your political system into this state of making absolutely no discernible forward progress that would benefit humanity. And so, we just have to be amused by all of this and allow human beings to choose the course, and allow all of these things to run their course -- because it is not appropriate for us to interfere in any of this in any way.

We expect that it will be interesting for you to watch the effects of these intense energies on various developments on your planet, such as political events in your country. You are approximately in the middle of this ray, almost to the middle of this ray now, I will say, and this is the most intense point of the ray, of course, when you are in the direct center of it. And so, we find this to be very interesting to observe and quite beneficial, in an overall sense, for the earth, and of course humanity -- even though many people do not understand what is occurring.

That is all right, because they are still receiving the benefits of this energy, and that is the beauty of this situation: people do not need to understand, on a mental level, what is going on, in order to be receiving all of the desired and designed benefits that are being supplied by this huge stream of electronic light frequency energy. And it is revolutionizing the earth. It is revamping many things on the earth. It is causing great change -- unexpected change. People cannot understand what is going on! Things are constantly breaking and malfunctioning in their lives, and also it is having unexpected results in the human body. And so, we try to explain this to as many people as we can reach, so that they will have some understanding of how to work with these energies.

In addition, I will mention that, although it seems to defy common logic, the more you can raise your frequencies, to raise your energies, this will actually help you to stay in alignment with these higher energies as they come to the earth and take effect. You might think that you would want to lower your energy frequency, because that is what is challenging the body -- this very high-frequency energy. But, you see, when you do that, you fall further out of sync with these energies. So that is why I wanted to mention to you what we would recommend, as far as

a strategy, is to stay at a center point within yourselves and keep your energetic frequencies set at a high point, in order to minimize circumstances of the effects on the body, and on the consciousness, of these very advanced energies.

And so, just remember that I told you this, and each morning when you get up, just do what you can to keep the body at a very high point of energy frequency and consciousness. And you can accomplish a lot of this with your thought energy, your intention, and your communication with the body. You would be surprised at how intelligent the body is, as far as being able to discern your thoughts, your encouragement, and, indeed, your appreciation for all the body is having to do, you see, to constantly reset many of these programs which regulate the nervous system and all of these types of regulating mechanisms in the body. They must be constantly reset as the energy is raising.

So I just want to tell you that the more you can cooperate with the body and consciously reward the body for the great job it is doing for you, and to complement yourself and your body for staying at a very high-frequency -- I believe all of this will be helpful to you, if you will try it -- and not fight the process out of some sense of fear, uncertainty, or dread about things getting out of control or outside of what is considered "normal." Even though this entire process, yes, has spiraled completely out of the range of any human control, it may make you feel better to understand that there is a divine level of actual control in the mechanism of this process.

Actually, there are many beings who are assigned to the regulation of this process, so that the energy does not spike up too much or get out of hand in any way. They are doing an excellent job in regulating and trying to stabilize the frequencies -- so that you do not get this "spiking effect" in the frequencies (where you have unexpectedly high frequencies).

It's very good timing that you are undergoing this process now, because if it had happened a little further along in your future time, it would have been even more intense for many reasons I cannot go into now, because it would have intersected with several other circumstances on the earth -- so that it would not have had as good an outcome as having it occur in this time frame. So everything is going very well from what we can observe about this process.

I would not change anything myself, and I would just say to you to relax and enjoy the process the best that you can. And enjoy observing the effects of this, because, believe me, not many human beings get to observe events such as this. That is why you came to earth, to have this unique vantage point on the earth to observe her as she goes through this ascension process! That is why you came here, and so, enjoy the view! And I expect the results of this will stabilize a little over the next month or so, because you are getting used to it, you see, and you are beginning to flow with the process. So just relax a little bit and realize that nothing terrible is going to happen from this, and you will all be, in the long run, much better off for having experienced this vast infusion of extremely high frequency energy into yourselves, and into the earth.

The earth is very happy with this, as well, because it is getting her back to feeling “normal,” so to speak, because she had dropped so far “out of frequency” (out of her normal frequency) for a very long time, that we were concerned about her. She was obviously concerned about herself! But now everyone is feeling a lot better about what is going on. And so, it’s just that some people on earth are not enjoying the ride at this point in time, I’m afraid, but they will get through it, and be much the better off when they come out the other side of this experience. And so, that is all I will say to you today about this very large process that is happening for earth.

So continue to study this and make your own observations. Perhaps make notes on this, because this will not happen again in exactly this way in your lifetimes. And so, enjoy the observation of it while you have a chance to do so – and that would be my word to you today.

Count St. Germain has been standing by and interjecting some information into what has been said, so in some ways this has been a dual message from the two of us. And he sends his best regards to all of you, as do I.

Best wishes for your navigation of these frequencies.

Much love to you, and our blessings to each of you,

I AM Portia

Namaste

**Star’s Note:**

In order to assist the body to stay “in sync” with these high-frequency energies, you may find it helpful to try some of the following techniques, summarized here:

- Be outdoors and connect with nature.
- Drink plenty of water to keep the body fully hydrated.
- “Ground” the body by connecting your energies to the planet Earth. Some people accomplish this by putting their bare feet on the earth (weather permitting), or imagining a column of light extending from the end of the spinal cord and/or the feet and connecting to the center of earth.
- Exercise, go for a walk, etc.
- Get plenty of rest and sleep.

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