
KIM DANIELA
WHOLE LIFE TRANSFORMATION



**Stepping Out Of Quarantine And
Into The Great Awakening:
Creating Our New Reality**

Kim Daniela

Wherever you are in the world right now you are likely being affected by the Coronavirus pandemic, or '**plandemic**' as it is now being referred to by an ever increasing group. We are in unprecedented times as one third to half of the world are on some form of government imposed lockdown. It appears as if much of the world has simply stopped. Does this leave you feeling somewhat strange? Or are you feeling better for it? Either way, has it made you question some parts of your life, or reality in general? If you are someone who follows and believes the mainstream media narrative, I request that you suspend your belief for a moment to consider the alternate ideas and facts that will be presented in this piece. No pressure though, you can definitely exercise your free will and choose not read any further. If you do choose to read and study this e-book, I ask that you follow up by ignoring all that I have said and conduct your own research to come to your own decision. This is about '**critical thinking**', the very element the governments and mainstream media/global narrative are trying to remove from humanity.

Firstly, let's look at what we know about the Coronavirus COVID 19. According to the mainstream narrative, '*Coronavirus disease 2019 is an infectious disease caused by severe acute respiratory syndrome Coronavirus 2. The disease was first identified in December 2019 in Wuhan, the capital of China's Hubei Province, and has since spread globally, resulting in the ongoing 2019-20 Coronavirus pandemic.*' Wikipedia. The disease is purported to have spread to humans by way of a dirty seafood market in Wuhan.

But what if we look at some facts that haven't been released into the mainstream, facts that when pieced together, will show us a very different picture of what is going on? Note, there will be a large number of links to articles and videos in this e-book, I ask that if you want to really delve in and learn, to please have some patience and dedicate some time when you can to read and listen, because it does take time..

To begin with, what are some brilliant doctors and scientists saying?

- Dr Andrew Kaufman, "The COVID 19 virus has never been purified and visualised, and has never been tested against a gold standard. Because of incorrect testing, results show approximately **80%** false positives. This is not testing as a virus but as an exosome response."

<https://youtu.be/GWRbIIaPV78>

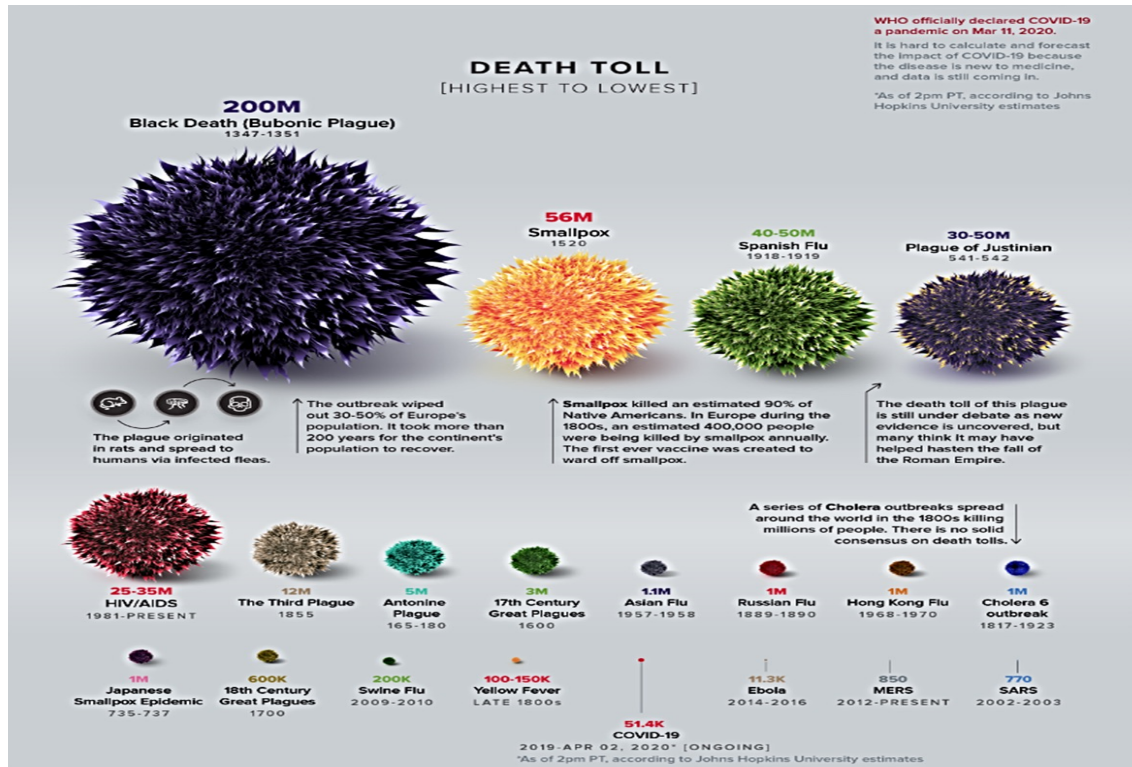
- Doctor Shiva Ayadurai, the inventor of email and candidate for the senate in Massachusetts. He exposes the fraudulent system and the UN Sustainable Development program called SDG-3, leading to mandated vaccinations. <https://youtu.be/xf-qv9o8nq8>

- Doctor Rashid Buttar, chronic disease expert and ex US Army surgeon. He further exposes the fraud involved with this whole COVID 19 story. https://youtu.be/8yK3uXjp_hQ
- Doctor Judy Mikovitz “This virus didn’t spread to 110 countries from a seafood market in China. It’s plausible and probable that it’s been injected in every flu vaccine since 2013/15 as that is when the illegal work of lab culturing these viruses was being continued.” Listen to this abridged version interview. <https://youtu.be/WgHeXcn5xAk> Here is another very powerful video by Robert Kennedy Jr’s organisation, where Dr Mikovitz exposes the truth about who Anthony Fauci is. <https://youtu.be/wW7lclOmgzE>
- Scientist Sharry Edwards shares that this virus is completely different to any we’ve seen before because although on the one gene, there are many different proteins due to a continued mutation. Note that she has created the sound frequencies to combat this virus. I’ll post the link later in this e-book. Initial interview: <https://youtu.be/Ll6iYWczO8Q>
- An ICU nurse of 30 years speaks out about untruths being propagated in US hospitals. <https://youtu.be/FCgea5o3ALU>
- Dr Francis Boyle, creator of the Biological Weapons Act of 1989 speaks out. <https://needtoknow.news/2020/02/creator-of-the-bioweapons-act-of-1989-says-coronavirus-is-a-biological-warfare-weapon/>

What are the numbers saying?

For the sake of perspective, look at where COVID 19 shows up in the below visual scale of pandemic death tolls. The simple truth is that the common flu kills a far greater percentage of people than COVID 19 does. Listen to CNN admit they've massively overestimated.

https://youtu.be/IYPM6wQQ_js



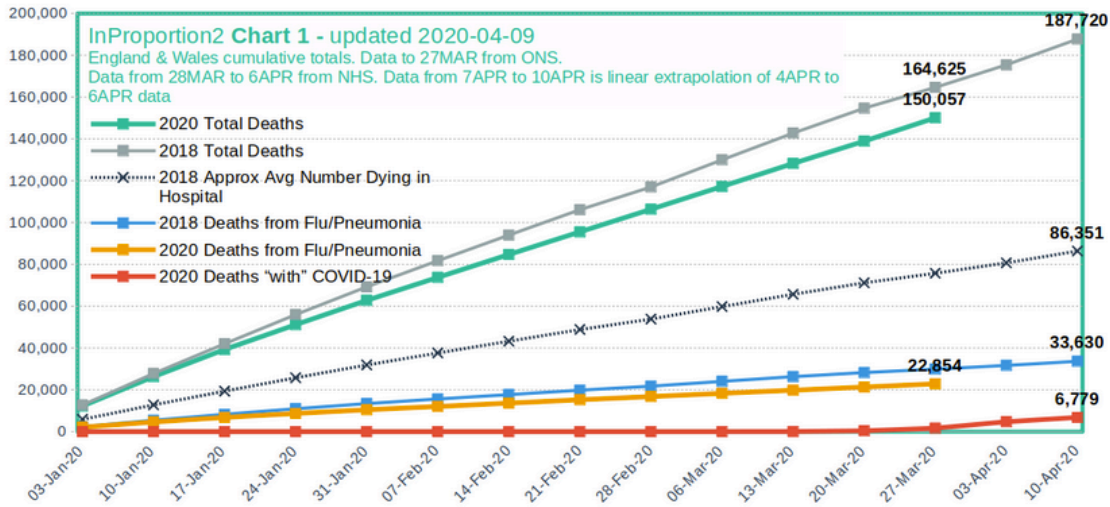
I'm sure some of you out there will bring up the point that quarantine and lockdowns have stopped the spread of COVID 19 and hence lowered the death count. INCORRECT. See the facts here:

Japan, which did not shut down until April 6 and then only with voluntary measures, has 2 COVID-19 deaths per million population. China, which shut down in December, has 3 deaths per million population. Belarus, which never shut down, has 4 per million. South Korea, which has only voluntary measures, has 5 per million. Iran, which shut down in early March, has 62 per million. Sweden, which did not shut down, has 156 per million. Switzerland, which did shut down, has 165 per million. Belgium, which did shut down, has 503 deaths per million population. Vietnam, Laos and Cambodia, all close to

China, have no COVID-19 deaths at all. Vietnam shut down in early February, Laos shut down in late March, and Cambodia has never shut down at all. In the U.S., South Dakota, which has not shut down at all, has four times as many cases, but fewer deaths, than neighboring Montana, which is completely locked down. Death rates in the United States have been going down, not up, since the beginning of the year.

Let's look at yet another fact. On March 27th the WHO (World Health Organisation) issued a code 'U07.1' that basically states death certificates can report a person's cause of death as COVID 19 WITHOUT having proof that this was the cause, it only has to be one of the contributors. What??! It's true, <https://www.barnhardt.biz/2020/03/30/the-cdcs-full-document-explaining-coding-for-coronacold-19/>. These US doctors expose what they have been instructed to do, https://youtu.be/FXZQUZt_s44 and <https://youtu.be/LzoOZC9WT1E>. The Italian National Health Institute has also reported that deaths have been hastily and wrongly reported, as covered by brilliant investigative journalist Jon Rappaport <https://blog.nomorefakenews.com/2020/04/09/covid-italy-update-dispelling-the-pandemic-illusion/>. Aside from this we have a flawed testing model, as layed out above by Dr Andrew Kaufman and summised again by Jon Rappaport, whose sources are the very organisations that created the tests! <https://blog.nomorefakenews.com/2020/04/09/covid-italy-update-dispelling-the-pandemic-illusion/>. A final related article from Jon Rappaport where he speaks with Minnesota State Senator and Doctor Scott Jensen, who states “ “Right now in the US, Medicare has determined that if you have a COVID-19 admission to the hospital you'll get paid \$13,000. If that COVID-19 patient goes on a ventilator, you get \$39,000; three times as much.” Wow! <https://blog.nomorefakenews.com/2020/04/12/state-senator-and-doctor-exposes-medicare-payouts-for-covid-19-patients/>

Below is a chart showing England and Wales' cumulative total deaths (including who knows how many incorrectly reported COVID 19 deaths):



In the above chart BLUE shows the number of deaths from Flu/Pneumonia in 2019, ORANGE shows Flu/Pneumonia deaths this year (it takes a few weeks before data is published). RED are the deaths in the UK reported "with" COVID-19 ("with" not necessarily "because of").

At this scale, the deaths "with" COVID-19 look relatively few compared to the deaths from all causes and compared to the number of deaths that usually take place in NHS hospitals.

Former Supreme Court Judge , Lord John Sumption, discussing the UK response to COVID-19, BBC interview 2019-03-30:

"The real question is, is this serious enough to warrant putting most of our population into house imprisonment, wrecking our economy for an indefinite period, destroying businesses that honest and hardworking people have taken years to build up, saddling future generations with debt, depression, stress, heart attacks, suicides and unbelievable distress inflicted on millions of people who are not especially vulnerable, and will suffer only mild symptoms or none at all?"

5G – Is there a connection?

You may have noticed that the mainstream media and social media platforms have been up in arms about anyone making ANY kind of a connection between 5G and Coronavirus. It all started with the infamous David Icke interview on London Real <https://londonreal.tv/guest/david-icke/>, suggesting there was a connection. The interview was the second most popular podcast EVER, garnered 7 million views in only a few days, while being removed from youtube multiple times during this period. Consequently London Reel's youtube, vimeo, linked in, twitter and dropbox accounts were all banned, their website was hacked numerous times, and the BBC and

Ofcom attacked them publically.

Simultaneously many people around the world have been noticing and reporting on how many 5G towers are being secretly erected with incredible speeds in a great number of countries, during the lockdown. When any of these workers erecting towers have been questioned by members of the public, they are highly secretive and some have stated they're contracted not to speak a word. It does beg the question, if these were simply lawful installations of beneficial technology, why would they need to be shrouded in secrecy and occurring at high speeds while so much of the population are on lockdown? What you may also have seen is people tearing and burning down these towers in a number of countries worldwide. It's not for no reason. I won't discuss the thousands of medical papers documenting the health effects of EMF radiation, nor will I speak about the dangers of 5G. I have already detailed that at length in two articles, one of which is also available as a free e-book, <https://kimdaniela.com/product/free-e-book-the-5g-iot-agenda-implications-on-humanity-and-the-planet/>. I will add that you tube and social media have banned ANY posts that mention 5G and Coronavirus. While there is no released proof that COVID 19 and 5G are connected, there is no released proof that they aren't. And if we lived in a world where freedom of speech actually prevailed, posts and videos would not be banned, and the conversation around this topic would at least be allowed. Food for thought. This article <https://blog.nomorefakenews.com/2020/04/07/covid-and-a-5g-connection/> by Jon Rappaport shares what I believe to be the truth. And here, <https://youtu.be/1EWQPgF6-UQ> NYC ICU Doctor Cameron Kyle-Sidell describes his patient's symptoms, which are consequently exactly the symptoms of 5G sickness (hypoxia being one). Interestingly, Wuhan China became the first fully functional 5G city in the world, which happened in Nov 2019.

Some interesting correlations between radio waves and respiratory epidemics:

5G launched, COVID-19 2019.
4G launched, H1N1 2009.
3G launched, Influenza 1998.
2G launched, Cholera 1991.
1G launched, influenza 1979.
The introduction of radio waves
caused the Spanish flu of 1918.

Do you see a pattern ?

Every time the world gets an
upgrade on its electromagnetic
field it messes people
breathing up clearly .

What does Bill Gates have to do with the price of fish?

Bill Gates has never been in the media as much as he has since the COVID 19 breakout. Have you noticed this? It's almost as if he'd been waiting for the opportunity to pounce on the population via his PR soap box promoting his ideals of forced vaccinations and complete control of the population via means of A.I.

Bill Gates – Some background notes:

- Bill Gates is now the largest donor to the WHO (World Health Organisation), after the United States who were the largest donor pulled their funding. The United Kingdom is now second.
- On March 11, one day after Business Insider reported how Gates had been pushing for a WHO declared pandemic on the Coronavirus – also one day after Gates announced the infusion of millions of dollars into a WHO partnered venture called Covid 19 Therapeutics Accelerator, that dangled the prospect of putting more regulatory powers into the hands of the global elitists – one day after that, WHO's director-general made an interesting announcement. He said "We have therefore made the assessment that COVID 19 can be characterised as a pandemic."
- The Bill and Melinda Gates Foundation, in partnership with the Johns Hopkins University and the World Economic Forum sponsored 'Event 201', which happened in October 2019. What is that? Learn all about it and more here <https://youtu.be/mx8xKcQMTRs>. Warning: if this is your first time hearing about this, the video will shock you.
- The Bill and Melinda Gates Foundation just so happen to fund the group who owns the patent to the deadly coronavirus, The Pirbright Institute, and who were already working on a vaccine to solve the current crisis.
- In 2015 Bill Gates gave a Ted Talk that warned of a global pandemic that was a much greater threat than a nuclear war. An interesting side note, in January 2017 Bill's friend (and Gates Foundation board member) Doctor Anthony Fauci, who also happens to be the US chief medical advisor and head of the Coronavirus taskforce, predicted there would be a surprise outbreak of an infectious disease during Trump's presidency.
- As a huge number of businesses go bust around the world, Bill Gates is currently buying up large ownership of companies on the stock exchange.
- The completely faulty IHME model being used by the US government for projecting Coronavirus until days ago is funded by Bill Gates. Look at the connections here: <https://www.thegatewaypundit.com/2020/04/outrageous-dr-birx-went-bill-gates-funded->

[coronavirus-model-sits-gates-funded-foundation-board/](#)

- Bill Gates and Anthony Fauci amongst others have threatened that life will not return to normal until the entire population is vaccinated. Australia's Prime Minister Scott Morrison echoed similar thoughts. They are eugenists and puppets for the eugenics agenda. Bill's plan is for a human implanted micro-chip ID that integrates into a new digital financial control system and that tracks everyone and everything (look up ID 2020). This all falls into the United Nations Agenda 2030 for Sustainable Development.

-Robert Kennedy Jr had this to say <https://www.instagram.com/p/B-s-9ZjHoYP/> :

Vaccines, for Bill Gates, are a strategic philanthropy that feed his many vaccine-related businesses (including Microsoft's ambition to control a global vac ID enterprise) and give him dictatorial control over global health policy—the spear tip of corporate neo-imperialism. Gates' obsession with vaccines seems fueled by a messianic conviction that he is ordained to save the world with technology and a god-like willingness to experiment with the lives of lesser humans.

Promising to eradicate Polio with \$1.2 billion, Gates took control of India 's National Advisory Board (NAB) and mandated 50 polio vaccines (up from 5) to every child before age 5. Indian doctors blame the Gates campaign for a devastating vaccine-strain polio epidemic that paralyzed 496,000 children between 2000 and 2017. In 2017, the Indian Government dialed back Gates' vaccine regimen and evicted Gates and his cronies from the NAB. Polio paralysis rates dropped precipitously. In 2017, the World Health Organization reluctantly admitted that the global polio explosion is predominantly vaccine strain, meaning it is coming from Gates' Vaccine Program. The most frightening epidemics in Congo, the Philippines, and Afghanistan are all linked to Gates' vaccines. By 2018, ¾ of global polio cases were from Gates' vaccines. In 2014, the Gates Foundation funded tests of experimental HPV vaccines, developed by GSK and Merck, on 23,000 young girls in remote Indian provinces. Approximately 1,200 suffered severe side effects, including autoimmune and fertility disorders. Seven died. Indian government investigations charged that Gates funded researchers committed pervasive ethical violations: pressuring vulnerable village girls into the trial, bullying parents, forging consent forms, and refusing medical care to the injured girls. The case is now in the country's Supreme Court.

In 2010, the Gates Foundation funded a trial of a GSK's experimental malaria vaccine, killing 151 African infants and causing serious adverse effects including paralysis, seizure, and febrile convulsions to 1,048 of the 5,049 children.

- Dr Mercola had this to say:

<https://articles.mercola.com/sites/articles/archive/2020/04/21/bill-gates-political-power.aspx>

- BILL GATES HAS NO MEDICAL BACKGROUND. It begs the question, why should he be spearheading the WHO and greatly influencing decisions being made globally about COVID 19 procedures? Or health and medical issues in general? A short video

https://youtu.be/7PYllH_jHHc that gives the back story.

Some deductions about COVID 19 summarised from facts thus far presented:

Coronavirus COVID 19 is a unique entity that doesn't present like other viruses or bacteria and whose proteins mutate. It still hasn't been defined. It doesn't present as naturally occurring, but synthetic and lab tampered. It has plausibly/probably been injected into every flu vaccine since 2013/15. Respiratory symptoms in those heavily afflicted mimic symptoms of 5G sickness. Meanwhile 5G towers are being erected globally at high speeds during this lockdown. Wuhan, China was the first fully 5G functioning city in the world. The COVID 19 testing is completely flawed, rendering 80% false positive results. Deaths have been incorrectly recorded, globally. In the US, hospitals are given three times as much money if they admit a COVID 19 patient. A huge percentage of the deaths reported by COVID 19 are elderly and/or have more than one pre-existing illness, hence are immuno-compromised. The numbers clearly show COVID 19 is not a pandemic, in fact far more people die of the seasonal flu. Event 201, a high level pandemic exercise hosted by Johns Hopkins University and the Bill and Melinda Gates Foundation, took place in New York just 6 weeks before the first Coronavirus case was reported. Guess what disease was the focus of the event? CORONAVIRUS! The Gates Foundation funds the group who own the patent on the Coronavirus, additionally they fund the WHO, the CDC, and the IHME Coronavirus predictive model. Bill Gates and friend Doctor Anthony Fauci both predicted a pandemic, and both are part of a group pushing to impose forced vaccinations and an implanted micro-chip ID on every person in the world, a prime goal being depopulation (yes, Bill Gates has even revealed this!). See the highly important website, <https://questioningcovid.com/>, created by clinicians, researchers and health experts from around the world interrogating the mainstream narrative around the pandemic.

So what the hell is going on here?

Connecting the dots it's plain to see we're experiencing a '**plandemic**', pertaining to my earlier reference. A plandemic with a deeper agenda behind it, one that has garnered the participation of most of the world. In the Christian Bible this vaccination/micro-chipping agenda is prophesized as *the mark of the beast*, aptly revealed (as are many other current happenings) in the Book of Revelations. But for those of us non-religious types, this experience simply comes down to a *war on our consciousness*. For aeons our world has been run as a matrix (or series of matrices) by dark entities who use the world as their stage with the majority of the world's power figures as puppets. Their ultimate goal is domination and control and they feed off humanity's fear. On a deeper level we can call them controlled opposition, because when you peel the onion, at the core we are ALL in unity. Therefore they are just another part of us, playing out roles as the dark ones that represent our agreements at a core soul level. Their ultimate purpose is to push us to break free and live our ultimate mission (should we choose to accept it) as our empowered masterful selves.

In another twist to this scenario the domination and control timeline isn't panning out as desired, because we're currently in a time of great universal transformation and awakening! Additionally, there are a large group of people referred to by some as the Alliance, who have been working behind the scenes in many different areas against the dark agenda based leaders, towards the goal of ending tyranny. We are seeing some of the results at this time which will become more apparent as the story evolves.

Energies have been pulsing from the galactic core, through our sun, and hitting earth, causing humans to awaken and truth to surface. These entities have been trying to stop the pulsing energies coming through our sun in a myriad of ways, because their greatest fear is humanity awakening. This is why they govern us through their false doctrines and false legal system. It is why they create fear and hysteria while pushing their narrative through their greatest vehicle, mainstream media and entertainment. Our powers as creators of reality have now rendered this narrative into physical form. It is why they have created wars and divided the people. It is also why they have created a false pandemic so that they could step in and offer their grand solution. '**Problem, Reaction, Solution**', otherwise known as the Hegelian Dialectic. It is their means toward an end of complete control, realised within a depopulated technocratic society where a vaccinated and micro-chipped humanity live in a 5G A.I.-controlled smart grid, an augmented reality. Read the books '1984' by George Orwell and 'Brave New World' by Alduous Huxley and you'll get the picture. Think this is farfetched? Listen to some of Elon Musk's recent interviews..

If this information is newer to you, know that this is not meant to incite or enhance fear, but only to give you an overview of the energies at play. In fact, what we are seeing in this time of global lockdown is a far greater number of people awakening and starting to step into their power, in complete love. We are witnessing the magic of source at play! And when that happens, when humans awaken and take on the spiritual work, we overcome the controlled opposition and free ourselves of the matrix(es). We can then begin managing our reality. Because the truth is WE HAVE ALL THE POWER, we are the master creators and their control over us is illusory. Awakening to this knowledge leads us to our greatness! It was a case of having our memory files wiped for a very long time and we're now experiencing the remembering. I could go far deeper into the grand picture, but for the purposes of this e-book I've tried to give as concise and simple a summation as I could. I'm now going to share some solutions, for it's time to begin putting these into play.

What are some physical tools and steps for helping ourselves in these times?

- Whether you are worried about a virus or not, going back to nature/natural health and immune building protocols are always the answer! The immune system is everything in physical health, as any good functional medicine or holistic doctor will tell you. A healthy immune system fends off a great number of predators and toxins on any given day. Here's how:

1. Where possible, try to spend at least a few minutes a day walking on bare earth, and at least 30 minutes a day out in sunshine. Immerse into nature when you can. We are organic beings with a profound connection to earth and the sun, so the benefits are greater than you can imagine.
2. Drink enough high quality water. Eat a diet based in organic whole foods where possible, as close to source as possible, including fruits and lots of vegetables. It doesn't matter whether you are a meat eater, pescetarian, vegetarian, vegan or following any other type of diet, the same rules apply. Again, we are organic beings and we're supposed to eat real whole foods, not pesticide laden processed garbage and synthetic sugar. Which doesn't mean we can't have cheat foods, but the basis of our diet is what's important.
3. Exercise and move your body, on a daily basis. It's not about doing hard core workouts every day, in fact overdoing those can cause more harm than good. Walking, stretching and swimming are all amazing ways to move the body, but there is no one size fit's all. Find what lights you up and create a practice!

4. Take high quality supplements. Due to industrial agriculture, our soil has sadly lost most all of it's nutrition and mineral content, so most people need to supplement at least a little. It goes without saying that if you have medical issues, consult your doctor first. My recommendation is to find a good holistic or functional medicine doctor, and tailor a plan that works for you using quality products. Unfortunately modern medicine has no idea about nutrition, the immune system or preventative health. For a healthy person, some of the basic immune builders are vitamin c (non-synthetic from a natural source); zinc; vitamin d3, medicinal mushrooms such as astragalus, poria, chaga, reishi and shitake; probiotics (including food source for example sauerkraut), allicin garlic, and olive leaf extract. Atomic (not ionic) colloidal silver is an excellent anti viral and microbial, as is tonic water/quinine (hence the hydroxychloroquine connection with COVID 19).

5. Avoid or at least greatly lessen the use of toxins in your personal care and household products, this includes skin/body care, cosmetics, household cleaning items and cooking utensils.

6. Get quality sleep. I know this is harder for some than others, but a few tools to help with this: Do as much to have as few emf's present in your bedroom at night. No tv, computer, ipad. Wifi switched off if possible. If you need to keep a phone in your room, have it on airplane mode and plugged in away from your bed. Isochronic/binural tones such as these <https://youtu.be/N3B9BODeGeE> to prepare the brain for sleep are wonderful and available on many sites. Taking homeopathic aids, cbd oil or melatonin can also help, as can reading a book.

7. Lessen your time on electronic devices (computers, tablets, phones) where possible. If you work on a computer take regular breaks and go outside to change your scene. Invest in EMF protection, I recommend some of the best products here on my website <https://kimdaniela.com/kim-recommends/>. Wear blue light blocking glasses.

8. We have been bomblasted with toxins in so many forms. Take detoxing hot baths or foot baths, using combinations such as these <https://wellnessmama.com/8331/detox-bath-recipes/>, followed by cold showers of 45 seconds or more (Wim Hof method).

9. Look up near and far infrared saunas in your area, and once the lockdown period ends, treat yourself to some sessions, they are profoundly detoxing and healing for the immune system.

10. Understand fear and do not live in it. Fear is a normal part of the human emotional experience, but when that fear comes up we need to allow it, process it and release it. We can alchemise that energy to propel us forward in life. The problem occurs when we are controlled by fear and perpetuate it, when we don't move the energy and it stagnates in our body. This is

what we're currently witnessing on a global scale. Unfortunately many have no idea of the consequences of this. Not only does it feed the controlled opposition, but it keeps us in a negative timeline AND it damages the immune system.

11. Meditate and connect into your heart centre. This will do more for your immune system than you could have thought possible. Aforementioned scientist Sharry Edwards created these sound frequencies that provide defence for the Coronavirus and are great used in meditation. Find them here <https://www.coronavirusdefence.org/>, credit Jill Mattson.

What about some spiritual tools for these times?

If it is your desire to break out of the matrix(es) and transcend to freedom, welcome to the journey and the true work. By work I mean the study of the greater cosmic picture, the breaking down of false programming, the integration of the shadow, the reconnection to organic reality and realisation of humanity's true power, and the closure of soul agreements that are not serving you towards your awakening and completion cycle.

There really is no way to crash course an awakening journey, any path you take requires a certain degree of time to actualise. But thanks to the powerful energies available right now, you can move faster than ever before! I'm going to share some of the overviews and tools I most align with to get you on track, but it's important to remember this is an individual path and we each need to create and develop our own practice.

Magenta Pixie has given one of the most user friendly and cohesive summaries on the current planetary situation. Listen here <https://youtu.be/hUlIXFHmvfs>. To repeat what I said earlier and to summarise, the controlled opposition has been attempting to stop the awakening caused by the transformation of our sun, earth and universe, but their plan is backfiring. This period of global lockdown was engineered to enable a planetary takeover, but is instead supporting a big awakening within the populace. Social distancing has encouraged a new kind of unity between many.

A part of awakening entails learning about the earthly and greater cosmic picture and there are a great many ways to go about this, particularly with the level of access the internet has brought to us. I cover various related parts in my many blog posts over the years, <https://kimdaniela.com/blog/>.

Additionally, some spiritual teaches whose work I greatly respect for different aspects are:

- George Kavassilas <https://www.weareinfinite.love/> If you're ready to dive straight into the deep end and get to the core of our cosmic experience, he knows what's up.

- Magenta Pixie <https://www.magentapixie.com/> For a cohesive overall picture in digestable language, especially for those newer to the path, she's wonderful (as mentioned above).
- Laura Eisenhower <https://cosmicgaia.org/> The great-granddaughter of President Dwight Eisenhower, she brings forth incredible work on exopolitics, alchemy and galactic history. Here <https://youtu.be/og3aEn7eSyI> she shares a highly recommended 'Non Consent' video!
- Dolores Cannon <http://www.dolorescannon.com/> While she was alive, she amassed a great body of work via the journeys of her hundreds of past life regression clients.
- Barbara Marciniak <http://www.pleiadians.com/> is a wonderful clear channel who has been in this space for many years.

For a more 3D explanation of history and events via investigative journalism, David Icke <https://www.davidicke.com/> is the most renowned figure in the field of uncovering global conspiracy, who has been active for 30 years now. Jon Rappaport <https://nomorefakenews.com/>, another investigative journalist has made similar wonderful revelations and connections over a 30 year period. Alfred Labremont Webre <https://exopolitics.blogs.com/exopolitics/> brought us the science of exopolitics and has a vast information bank available for study. Sacha Stone <http://sachastone.com/about/>, a highly connected and brilliant activist who founded the International Tribunal for Natural Justice, has also brought forward a huge amount of knowledge. I HIGHLY recommend these current videos by him, <https://youtu.be/gjbrlcl-DgQ> and https://youtu.be/P7LGGkay_xg. There are many more brilliant minds out in the world revealing truths, I urge you to do your own research and use your heart as your discernment meter. Also remember that deep love and humanity in it's power trumps all darkness, so even though many of these revelations of truth will be shocking and can invoke fear, know that fear is just energy and is there to be alchemised. When we work through the heart (the most powerful alchemical tool that exists) and apply the tools, believe it or not we can burn through the shadow energies to transcend this reality and create something new, *a reality designed by sovereign humans for sovereign humans, once based on unity and wholeness.*

The breaking down of false programming and the integration of the shadow require holding a strong mirror up to oneself, and a very deep level of work on the reflections. In doing this we peel the onion and break free of the matrix(es), eventually arriving at our core, when reality management (masterful co-creation of our experience and the world around us) can begin. Side note, it's not easy! Again I'll share some tools that I have found to work profoundly well, but it is up to you to find and purpose your own practice. Renowned scientist and epigenetics genius Dr

Bruce Lipton <https://www.brucelipton.com/> has revealed incredible breakthroughs via the study of genes, I cannot recommend his books enough. He endorses the healing modality PSYCH-K <https://psych-k.com/> which I have experienced and is simply life changing. Equally renowned lecturer and teacher Dr Joe Dispenza's brilliant work <https://drjoedispenza.com/> lies at the intersection of neuroscience, epigenetics and quantum physics, for which he offers meditations and courses. Of the many other healing modalities I have personally practiced or experienced, I've found the most powerful to be <https://www.bodytalksystem.com/>, The Healing Codes <https://www.dralexanderloyd.com/>, and <https://discoverhealing.com/the-emotion-code/>. I also recommend the powerful in-depth work of my dear friend Georgia Jean <https://circleevolution.com/>. Others that come highly recommended but that I haven't yet personally experienced are the <https://www.releasetechnique.com/what-is-releasing/releasing-support/> and <https://avatarenergymaster.com/> teachings. Whichever modalities you may decide to explore, the key lies in creating a surrounding personal practice and having the discipline to see it through. There is no 'one off' transformation, the spiritual journey requires desire and daily discipline in the follow through.

In summary, the pandemic that is currently playing out in our collective world reality, while engineered for nefarious purposes has also served to fast track a great awakening of humanity. Your mission, should you choose to accept it (ie if that is where your heart felt truth and inner knowing leads you), is to detox and uncouple from the matrix(es) and make a stand to live as the powerful sovereign human being you truly are. This is undertaken physically, emotionally, mentally and spiritually, and as presented here there are a plethora of tools to guide you on that journey. If you have any questions or are looking for further guidance or coaching, feel free to contact me at kim@kimdaniela.com!