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Module 1 – Lesson 5: Extraterrestrial Counterparts & The Soul Matrix

- Time is an illusion. Only the experience of time is real. The physics behind the experience of time is that we're Infinite Consciousness in flux, constantly changing our vibrational frequency depending upon what we're learning and exploring in the moment. The mirror effect is us shifting through billions of different parallel realities a second within our Infinite Consciousness, giving the illusion of a space/time reality. Much the same as a Youtube video is made up of 25 still frames played one after another each second to give the illusion of movement.
- Visualise yourself as Infinity to the best of your ability. Some sort of imagination of the universe and the stars going on for ever works for me. Feel into how you and the Universe and the stars are Infinity are One! Feel how the energy field of your own body is the same energy that exist in All Creation, and how we're all humming along together as One Field of Source Energy Consciousness.
- Now feel how *within* this field of awareness, as a powerful reflection and symbol of our Infinite nature, exists our Soul Matrix. I use the term Matrix because it `s made of many parts all coexisting here and now *as us*, within our consciousness.
- Feeling into our Aura and our energy body, and then feeling into how our energy body is connected to our *Greater Energy Body*, our Infinite Self, enables us to access our Soul Matrix within our Infinite Self.



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- Accessing our Soul Matrix usually begins with a feeling or a sensation of connectedness. We begin to feel our energy field expanding outwards into space. Space and the Universe is a reflection and symbol of our expanding consciousness. As we go inwards and feel the expansion into our soul we realise that our outer reality is a reflection of our inner expansion. Our consciousness begins to expand outwards into the cosmos as a reflection of our inner expansion into our Soul. We realise the Cosmos *is* our Soul reflecting it's Infinite nature in the manifest world. From here we have access to all information *relevant to our journey* in that moment. We are free and One with the cosmos.
- Information from our Soul Matrix: past lives, future lives, parallel reality Earth versions of us experiencing similar and different themes, extraterrestrials, angels, information from these beings is now available to us. We can also connect with our Higher Self and our Soul Directly. The communications are often energetic in nature, feelings and sensations that reveal realisations within us, either immediately or perhaps weeks later. Visions and auditory communications are a bonus if they come.
- These beings that are part of our Soul are what I refer to as "Counterparts", a term I picked up from Bashar. The contact experience I had aboard a Yahyel ship on September 11th 2018 was with my Yahyel counterpart. An aspect of my own soul. The connection of this being to myself and my close family brought up a lot of emotions in me in the days and weeks after the experience when I began to recall memories aboard the ship in meditation.

