

## Messages from Matthew - July 2, 2020

### Protests against racism; coronavirus, principals; Q, Qanon; rescue of children; human sacrifice; emotions; love

With loving greetings from all souls at this station, this is Matthew. Especially when you are inundated with media reports of turmoil around the world, it is important for your health in mind, body and spirit to frequently breathe deeply, then exhale slowly to release stress so it doesn't accumulate and cause imbalance. Please, dear family, take a moment now and do that for yourselves. Thank you!

Now then, two global situations are keeping Earth's energy field of potential in fervent activity. Let us speak first about the protests against racism and excessive police force that started in the United States and quickly erupted in many other countries. Essential change doesn't start with leaders, but with demands of the peoples.

You may have seen films of George Floyd's death and noticed unusual circumstances: The policeman who had his knee on Mr. Floyd's neck looked "vacant" as he gazed at the person who was filming him, and the three policemen who were standing nearby appeared to have little interest in what was happening.

The very second the incident started, those five souls and others in their respective pre-birth agreements amended their soul contracts so they could participate as they did. The policemen's apparent lack of emotions and lack of dread in Mr. Floyd was the effect of their subconscious processing as they acted in accordance with their newly-agreed upon roles.

They did so to thrust racism onto the global stage so dramatically that this pernicious aspect of humanity no longer can be brushed aside. Earth's civilization cannot advance in spiritual and conscious awareness until the unjustness of systemic bigotry ends and healing can come to the society.

The other global situation is the continuing saga of the coronavirus. Keeping in mind that most national borders are closed to travelers, you may ask how that disease reached countries that had been free of it. It happened the same way it did in China's Hunan province—the virus was released by drones, or, in the new countries, perhaps by crop-dusting as well.

Although the two areas differ greatly, both were prime targets for the Illuminati to unleash their virus. Along with dense air pollution, Hunan is saturated with 5G technology whose emissions are damaging to bodies; both conditions compromise immune systems and render the residents susceptible to contracting a contagious respiratory disease. People in the countries where covid-19 was more recently introduced are equally vulnerable. They have low immunity due to existing health issues caused by malnutrition and other substandard living conditions.

The spike in numbers of cases and deaths in the United States was predictable. Masks prevent normal respiratory functioning and that severely affects immunity. Stress also adversely affects immune systems, and a great deal of stress has been caused by "stay at home," mass unemployment, economic hardships, childcare for people who must work, and the exhaustion of hospital personnel and first responders.

The ones behind this pandemic want you to believe otherwise, so the finger-pointing is at people who are not wearing masks or "social distancing" and businesses opening too

quickly. Another aspect of the rising numbers is that cases and deaths from numerous medical issues are falsely reported as due to Covid-19 or complications thereof.

Contrary to what may appear as the dark ones winning this round, they are not. They are digging their graves deeper, in a manner of speaking. The truth about the laboratory-designed, patented coronavirus cannot be hidden from the public much longer. Removing from the Internet the testimonies of individuals who know the truth isn't preventing the posting of other truthful information, and labelling it "conspiracy theory" is not going to work on the dark ones' behalf either.

To readers who also asked if Bill Gates and Dr. Anthony Fauci are among those responsible for the pandemic, yes, both are heavily involved. So is the CDC, whose "guidelines" often are mandated.

Now about Q and QAnon. According to Nirvana's monitors of Earth, Q is a few individuals who have extensive personal knowledge of "Deep State," the secret society we call Illuminati and others refer to as the cabal, One World Order, Shadow government and other designations. QAnon, a loosely allied group of individuals who research or have personal knowledge of information not readily available to the public, follow Q's enigmatic messages posted on an Internet site and interpret those with varying degrees of accuracy. Because the intention of all these individuals is to expose the dark ones, information coming from Q or QAnon also is ridiculed as "conspiracy theory."

Mainstream media are controlled, information on the Internet is a mixture of authentic and false, and social media is a hotbed of opinions along with facts, so be discerning about information from all sources. Ask within—the truths you are seeking reside at soul level.

*"I heard that your president [United States President Trump] ordered the military to destroy underground bases where they found many children in cages and released them. Please ask Matthew if this actually happened."*

Nirvana's monitors can't confirm that the rescue order came from President Trump, but it is true that military troops released hundreds of children held captive in the Illuminati's mammoth underground bases, then destroyed the bases. The children are receiving medical and psychological care.

The most diabolical of all darkness on the planet is satanic worship. Along with kidnapping thousands of children around the world for rituals, worshippers impregnate women they imprison so their infants can be sacrificed.

Eons past the dark forces inculcated into inexperienced souls the idea that human sacrifice "pleased or appeased the gods," and millennia ago Earth's civilization did that. In more recent centuries the Illuminati have used those ungodly acts to create the energy of fear, which they require as fuel to survive, and they believe that consuming parts of sacrificed bodies gives them unlimited powers.

Another reader who wrote about this asked: *"Is it better to stay out of everything and let people feel bright and happy (including myself) or is it better to let people know?"* As shocking as the truth is, it must become widely known so these unspeakable practices will be ended and the dark ones involved held accountable for their crimes against humanity. The information is available on the Internet and we urge you to make others aware of it.

Our reply to the following excerpt of an email always applies, but with emotions running high about what is going on in your world, it is especially relevant now: *"In day-to-day family life*

*we encounter never-ending emotional conflicts and turmoil that often takes away from the joy of life. Loss of emotional control inevitably leads to undesirable consequences. So why were we given emotions when for the most part reasoning is a far better survival tool?*

First we say, Earth is universally known as an excellent schoolhouse specifically because it offers the finest lessons in emotions, and souls from numerous civilizations choose to incarnate there so they can overcome low vibratory emotions and replace them with high.

Dear ones, we know from our own lifetimes in worlds that are loosening third density shackles that it is exceedingly difficult to always feel positive and confident.

You come from civilizations where only joy, kindness, honesty, generosity, forgiveness, gratitude and other emotions with high vibrations exist. And now here you are in the midst of Earth's emotional spectrum that includes impatience, anger, disappointment, intimidation, discouragement, hopelessness, pessimism, frustration and fear. Dispelling those negative sensations by radiating the light of high emotions to inspire Earth's peoples to manifest the better world they want is why you chose to be where you are.

Yes, indeed, reasoning is involved, but you don't have to eschew emotions to use good judgment, make wise decisions and employ common sense. Furthermore, life without any emotions would be a dim, hollow existence. It would preclude the joy when a new family member is born. Excitement about a successful undertaking. Thrill at seeing Nature's spectacular beauty. Happiness about a friend's visit. Sympathy for those who are mourning, empathy for those who are struggling. The pleasure of companion animals. Appreciation for others' loyalty to you and gratitude for thoughtfulness and kindness.

Why didn't we mention love? Because love is *far* more than emotions—love is what souls are made of. Beloved sisters and brothers, love is *who you are!* The high vibrations of the aforementioned sensations are expressions of the love you are radiating as the light that is undergirding all efforts to co-create Earth's Golden Age.

We honour you for your essential service in this monumental undertaking. With unconditional love, the most powerful force in this universe, we have been supporting you all along your Earth journey.

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LOVE and PEACE  
Suzanne Ward