

THE TRUTH

BY SANAT KUMARA



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The Truth

Sanat Kumara:

The time has come for people to improve their knowledge of the spiritual world and their own role in the big universe. You must realize, that you are united with all the others, and that everything area whole in which you are a minor part. It is our hope that you, who realize this, will affect your neighbours and talk about, how it is, and that time is short.

These events are not so far away, that people would like to think. There will come a day, when man realizes that he should have listened to the well-intentioned advice, he received from the spiritual world, but then it can unfortunately be too late to do anything about it. It is now time to utilize the knowledge you can, and follow the wise decrees of the spiritual world, your older brothers and sisters who knows.

We encourage people to listen to their inner voice, when they from this can get advice and guidance on how they should behave in this difficult time, when people and animals are suffering, and much of their surroundings area are destroyed. They will then receive wise council on how they best can act to help their fellow creatures and create loving community and to provide help and comfort in a time of chaos.

THE TRUTH

*Thanks to
all the angels
who have helped me.*

THE TRUTH

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Translated from Swedish by Lillemor Ström

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SANAT KUMARA

THE TRUTH

*Channelled by Lizzie Oxov Nielsen
Translated from Swedish by Lillemor Ström*

There is only one
TRUTH

Foreword by Sanat Kumara:

You should write a book that reveals the secrets which have been hidden from the public until now.

These are in the Ark of the Covenant, which is guarded by high priests from Atlantis in Shambala, in the center of the Earth, Mother Earth's heart, the spiritual center of the Earth, where Sanat Kumara has his seat as the Earth's spiritual ruler.

You are his twin soul, the Mother Goddess Kali, who is queen there. Mother Goddess Kali has chosen to incarnate on Earth in one of her four bodies to inform people these skills, which she in her physical body can convey as a channel to the spiritual world.

Sanat Kumara.

Chapter 1

We want to make clear to mankind, that there is hidden skills, which have been inaccessible to people until now, when everything will be revealed.

It is like this, that from evil powers' side, at an early stage in human development, they managed to remove the DNA strands from the human beings. Then they had no longer contact with the spiritual world as it was meant that they should have. They had only two strands of DNA remain from the original twelve, which they had from the beginning. This has resulted in that evil took root on earth, and these creatures from the evil planets saw it as their task to control the Earth and utilize its resources. They wanted to make man to their slaves and let them do the work as spineless individuals who lived in ignorance of the noble purpose of their implantation on earth.

How this happened, we will reveal in this book, which is channelled to a great angel. She has gone into voluntary incarnation in order to save the Earth and the people, and lead them into the new era that will come, when the Earth will be a spiritual planet, and when all the evil will be screened out.

It all began 100,000 years ago, when they from the spiritual world decided to implant the light beings on earth. There were people with spiritual power and ability to communicate with the spiritual world. The aim was that these light beings would have their residence on Earth and give help in the universe. They had twelve DNA strands, which made such a mission possible.

It was an experiment, which had been agreed to by the spiritual hierarchies and the Great White Brotherhood. They wanted to try to mix up the different characteristics of intelligent beings, who came from other planets in the universe and let them to be expressed in these people, who would spread the love in the universe. It was an experiment, and from elsewhere in the universe, they did not liked this attempt, when they for a long time had intended to exploit the Earth and its resources for their own purposes, when their home planet was about to go under. Planets are born, and planets die, like everything else. They did put a net around the Earth and took away ten DNA strands from these light beings. As a result of this, and the electromagnetic network, which had been placed around the Earth, they were not able to keep in touch with the spiritual world. Then evil got access to the Earth, and the inhabitants from the evil planet infiltrated humanity, and took the leading positions everywhere on Earth, as their descendants holds to this day. This is the Secret World Government.

It is now time for mankind to become aware of this and know the truth.

These invaders are driven and set on earth ever since, but now the end is near for their domination of the planet. When the Earth becomes a spiritual planet, the evil cannot exist here on the planet Earth. The people must raise their energy frequency and come from the third dimension into the fourth. This is now happening everywhere on earth.

By showing love for oneself and others, people increases their energy frequency. Love is the life energy of the universe, and if love is not in man, he will not survive on earth, when it goes into the fifth dimension. Therefore, the time is ripe to serve the people of this knowledge, which would help them to change their way of life and show that

they can be more loving toward others, toward animals, nature and to Mother Earth.

The evil forces are trying to prevent this by giving people false information and mocking the spiritual world. They want to keep the power on the Earth and do not want men to be more spiritual and face the truth about their origins. They send out false information, and puts on high office evil people who get the public's trust, so people follow them blindly. There are false prophets who teach false doctrines, which have nothing to do with reality. It is now the people must come to know and understand that they through love can help to save the Earth and the humans.

We want to make clear to man that she has herself to blame if she does not embrace the truth and change their behaviour. It is quite clear that this presents some difficulties, because many habits are so learned, that it is almost impossible to change them. She must realize, however, that this is necessary, if she wants to survive on planet Earth. She must show love to their fellow creatures, also the essence of various other dimensions of the Earth. Man should have the ability to be able to see these beings, when the earth is entering a new era. Then everyone would live together in love. If she does not realizes this, she will not raise her energy frequency and must be weeded out.

Various natural disasters, and diseases that comes along with these, happens so that man can learn to show love to others. They must realize that they have to share and not be so materialistic, as many are today.

There will be many natural disasters, war and diseases, in which many people will be weeded out.

You must all help each other to realize this truth: that love and spiritual awareness is the key to a good and happy life. The love of one's neighbour, to animals and nature, instead of Mammon, who is the God that many of the people

worship today. The prosperity of the Earth deteriorate, for men to learn to be content with little.

It is also true that people must realize that it is not too late to do something about the state of things. It is possible to improve his attitude to the outside world and help where needed. Now it is revealed, that the love of himself (his own universe), to others, and all that is created, is a vibrant energy that exists everywhere in the universe. Love is the life energy of the universe, therefore people have to raise their energy frequency, let love blossom and to listen to their inner voice that tells them what is right and wrong. When you listen carefully to that voice, you know, which way is the right one.

Many difficulties are imminent everywhere on earth, both the economics, as diseases and starvation. This is a result of natural disasters and wars, resulting in that it becomes clear to people that they have to help each other and share with the less fortunate.

Many children have come to the Earth to sacrifice themselves for the purpose of opening up people's eyes, and make them realize that they need to show compassion and kindness to others.

The diseases, which will come to reap the lives of many people, are new diseases and cannot be cured by the doctors. Just incarnated angels can cure these diseases with love.

It is terrible times, which is now approaching, when earth must be cleansed before her ascension to the fifth dimension. Suffering and hardships will put its mark on the people, and though suffering is developing human beings, this course of events has a good purpose.

Many people will get new life on other planets in the solar system, where the development is at a level that suits to their lower energy frequency. It is a large part of the population, which must be screened out because they fail

to raise their energy frequency, and thus cannot follow up with the Earth, when she goes up in the fifth dimension.

Therefore, many angels and people from other planets in the universe (star people) are incarnated here on Earth. They should help people to realize the truth. Others assist in various ways. Some write books, channelled from the spiritual world. Others help by spreading love and teaching about the spiritual world and make people realize that they all have a spark of God within themselves, and that they must listen to their voice from heart.

There is only one truth, and it must come to people's attention, so they can become more spiritually aware. Many incarnated angels and star people also help to care for the sick and the old ones, and other teach the children, while some take care of the people to share knowledge that they must not neglect Mother Earth. They all have different tasks on Earth.

There comes a time when the angelic assistance is the only thing that can cure various diseases that people suffer from. This is part of the purge before the development of the Earth to a spiritual planet. It is for medicine completely unknown diseases, as it stands powerless. Only the angels love and gentle hands can cure these diseases; therefore it is important that incarnated angels are becoming aware of their origins and realize that they have a mission here on earth. Many incarnated angels live today unaware of who they are and why they have come to earth. There is no time to waste, and the angels must come out in the light and help.

Angelic Humans and star people are intended to help each other here on earth. Now is the time that they find each other and help each other to save the people and the Earth. People have a lot to learn. Star People and angels can give them instructions in many aspects. This applies, for example, that you have to make people realize that they

should eat only vegetarian food, so they do not eat their fellow creatures on this earth. The animals have suffered immensely by knowing what people's intention has always been, when they fattened their animals before slaughter. The animals can feel people's thoughts and know what will happen.

People and animals can communicate through thoughts, and the animals' ability is more developed than in man, and they feel in themselves, what man intends to do. Therefore, it often happens that the animals feel great terror and fear of their fate. They know that they will face a cruel death and end up as food on people's dinner table. This fear is in their cell memories and remain in their dead bodies after slaughter. When people then eat their former mates, they themselves get these cellular memories, which spreads in their bodies and cause various diseases and frustrations.

With the plants it is quite another thing. People feel good to eat green, fruit and cereal. It is the right food for people in the future. Now people raises its energy frequency and appreciate that they may not torment their fellow creatures in this way. You are advised to abstain from eating animals that have blood, heart and brain as you yourself. It is a great shame to eat your friends and torment them in different ways.

Man must think again, if she wants to survive on earth and follow, when it becomes a spiritual planet. There will be famines and severe disasters, and animals will also suffer from terrible diseases. We are moving towards a time, when everything will be different. Mother Earth is undergoing a purification process, and there will be great changes in the world.

Humans and animals, as well as beings that before, has been invisible for people, will come and live together in fellowship and joy. It will no longer have use for many of the material things that people use today. Transport is not

necessary, when man shall come to move with the power of thoughts.

However, this is not happening overnight, but grows little by little. But it will happen.

Earth is about to be cleansed of wickedness, jealousy, aggression, anger, greed and more. People must get rid of these negative emotions in their mind, as it prevents them from raising their frequency energy, and if they do not raise it, they cannot survive on earth, but will be blasted from within. When you show love and compassion and receive spiritual insight, frequency energy will increase, and man becomes cleaned from negative thoughts and feelings. The Earth should be cleaned from negative people, as these are part of the Earth's brain cells and must be weeded out, too, so Mother Earth can raise her energy frequency. Therefore, it will become a paradise on earth, when all evil and greed are gone from the Earth's surface, but before that, many serious disasters occur to assist people to empathize with others.

This time is not so distant, as many people believe. One has always been reading various predictions about the end of the world and that Jesus Christ will come to people's aid at this time. It is not entirely wrong. Disasters will occur, as we said before, and the intention is to cleanse the Earth, before it rises into the fifth dimension. This purification process should be continued until no evil and negativity are left on earth.

Jesus Christ will come to help people by preparing them, on what's going to happen, and by bringing forward the message about the power of love and the eternal life. He does this through a book, which is intended for children, who in turn can influence their parents, so they hopefully change their life for the better. Love is the life energy of the universe, and in the spiritual world is the light and the love that people in their inner longing for.

Man must receive instruction and experience in the physical world to promote their development, which is constantly going up in a spiral. There is no beginning and no end. Life is an eternal cycle, and what happens is that it undergoes a change during the further course of development. Man has not assimilated the teaching or left the physical world prematurely, she must start a new life.

That is what happens on many occasions, when man uses drugs of various kinds and takes an overdose, so life is lost? The brain is injured, and many of these people take their lives on purpose, when they in their dazed state see visions and distorted images of reality. There are other forms of drugs that damage the brain. Alcohol kills brain cells and makes people groggy too, so those under the influence of that, commit the most despicable actions such as murder, rape and robbery. Driving under the influence of these drugs is the reason, why many of their fellow human beings lose their lives because they are unable to judge distances. There are many innocent people who have lost their lives because of what these drugged and drunk people do not realize is their responsibility.

.We want to point out that people have their free will, and are living their life on earth in purpose to perform certain tasks and acquire new skills. If they instead choose a different route or leave this life early, they must live a life again that is identical to the life they left, to complete their tasks that they did not manage. Many people do not know what information they have, but everyone has committed various tasks, before they descended on earth.

Karma plays a crucial role in how the human path is staked out. Have you harmed your neighbour, you get back in the same coin later in another life. As you sow, so shall you reap? It is inevitable that people commit the same mistakes again and again, but it's here, they must learn from their

experience and choose the right path. If you have broken the law, which prevail in the universe, you have to pay for your crime. You choose and decide for yourself, when you are in the spiritual world again.

Once you have been reborn, you will not remember what you have promised and may not follow the plan, which has been prepared before. Man has a free will and several possible ways to go, so it is not certain that she chooses the right path, which is a failure for her, because she will not come further in her development, before she has completed the tasks and struck on the right path again.

We want to give the man of today, knowledge of this and guidance through books, so they have knowledge, of how it relates. They can then choose the right path and show love and compassion towards their fellow beings, and not commit further mistakes.

When you do not know, what tasks you have on earth in the present life, it is not easy for humans to fulfil their mission and follow the right path, if they do not listen to the inner voice.

There are many light workers, who have incarnated on earth for the purpose of getting people to realize this and to lead them in the right direction. Many people will unfortunately not listen to the truth and prefer to listen to other fabrications, and says that this is their truth; but they forget that there is only one truth. The rest are fabrications and false claims, which is spread by malicious people and the forces of evil.

Jealousy is also important. If a great soul enters and say that she tells the truth, then she must be the scapegoat. Everyone else wants to be biggest and best, and do not realize that the greatest soul has lived a life of obscurity, until it was time to come forward. So it has been throughout history. When great souls have emerged, who are sent to earth to help people by giving them the truth

about eternal life and the power of love, they have been met by resistance and distrust, and made a fool of. It is man's ego at play. They think they know, and have their own faith, as it is called; but few of them know the right truth.

They live on earth in ignorance and commit one mistake after another. Many false prophets taunting word of God and preaches the exact opposite of God's Ten Commandments. If you followed these decrees, the world would look completely different. People are selfish, self-righteous and materialistic and do not care much about others. Therefore, these disasters must occurred, and the disease spread, so that Mother Earth will be purified.

When people realize that the material standard and "the good life" deteriorates, they come to the realization that there are other values in life, which can make them be happier and more loving people. Happiness is not wealth and possessions, but a spark from God, which is in our hearts. When man realizes this, she becomes calm and peaceful and filled with empathy and compassion towards others' difficulties. It is love, which is spread between people that makes the Earth a better place to live. Many children have sacrificed themselves in order to get people to sympathize.

We see that people are going to wake up, and more and more become spiritually aware. A difficult time will come when you all will have to help each other and show love and compassion for your fellow creatures.

It is not too late to embark on the right path for any of you. God's love is infinite and covers everything and everyone. When man understands this, she realizes that it is her own works, which determines the living conditions of her life on earth.

God punishes and judges no one. It is the law of the universe, that is. (Man's free will and the law of karma). She cannot hide, for all her thoughts and actions will be carefully noted and written down, so she, when life is over, see what laws, she has offended, and this shows up for her with love and patience.

When the next life on earth is planned, man must with guidance and support take this into account. She has expert guidance, when her existence on earth correcting added, and she is followed by her spiritual advisers during life on earth. Now it's up to man herself, if she is properly in her new incarnation. God's love encompasses all of you, and you have the spark of God within you.

We are delighted to see that so many of you have changed your opinion about which diet, you should eat. We see that the new generation is happy to stick to vegetarian food and cares about animals, nature and Mother Earth's well-being. We also appreciate that many people have paid attention to the suffering of animals. It is not good that people destroy nature, which also has a negative impact on the animals' living conditions. The forests are destroyed, and the animals have nowhere to go. Lakes and rivers are polluted, so the fish dies. The birds are misled by all the radiation emitted from your electrical appliances. For the animals it have been difficult to find food and must embark on people's territory in order to stay alive.

Unfortunately, this is just a small part of the animals' suffering. They are used to attempts by science, and they do know what will happen, so they suffer a lot of anxiety and worry. Man slays the animals to use them as food and their fur for clothing, and elephants' teeth become different kinds of ornaments.

These people think only about making money and ignore the suffering of animals. If you are kind to animals, one