

Welcome to Your

Expansion Preparation Guide



Supporting you through one of History's greatest Awakenings as the old world orders collapse and Humanity shifts into a New Realm, we've not experienced before. We are all in this Together.

By Hannah Andrews & Lucas Nicolson

Dedication

To our dear Humanity, you are awakening and we've got you. You are not alone and this Realm of existence - we have all been here before - we are just remembering the truth of who we are in this space and time of existence that is our Divine Heart.

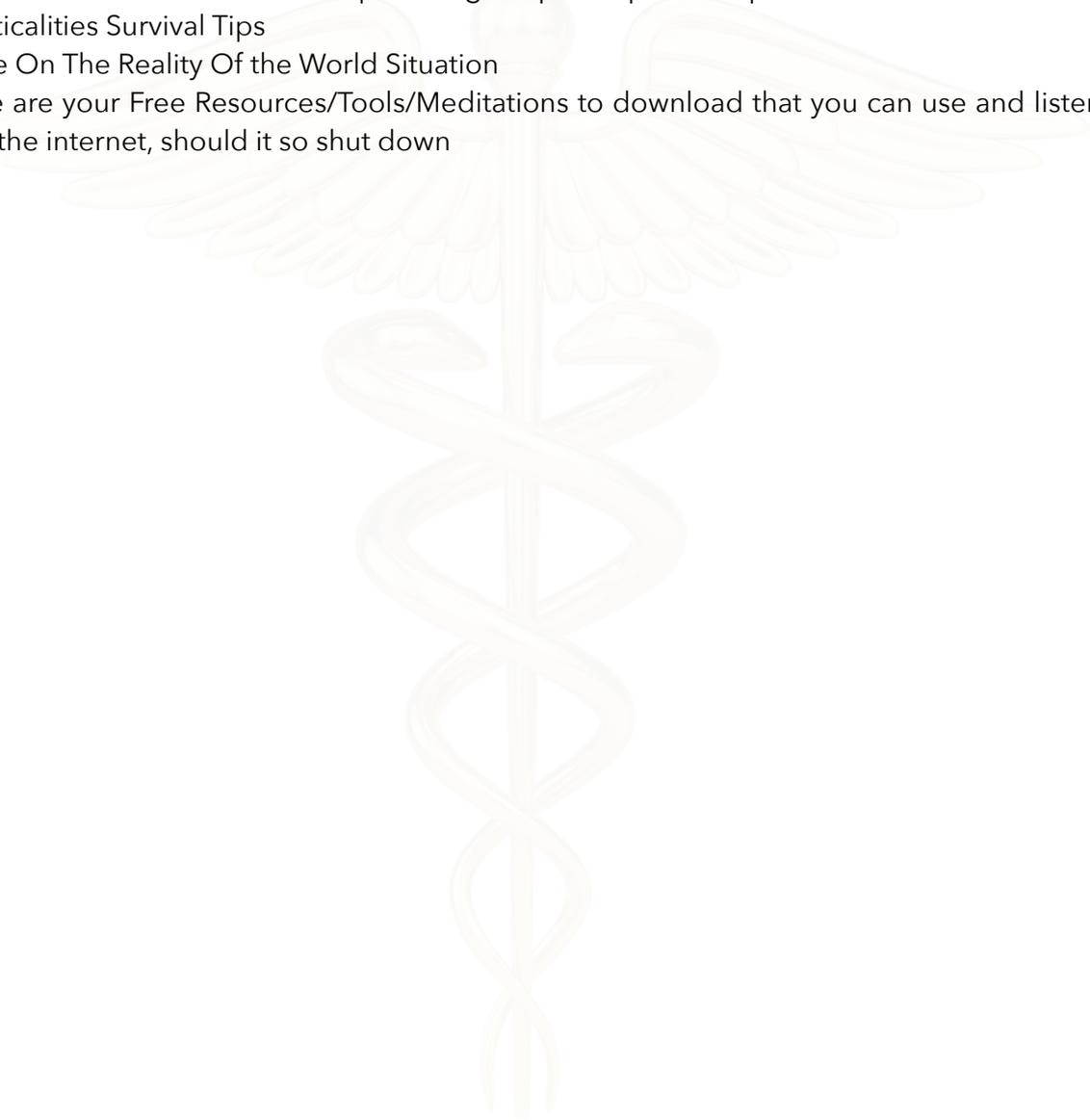
May this Expansion Preparation Guide be the guiding light through your time of need that brings you back to centre, awakening the truth of who you are, for your Life Purpose to be born on this Earth, the reason, you are here.



*“ Knowledge Dispels Fear.
Consciousness Awakens Trust,
and so your Life Purpose is Born.”*

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Introduction

Welcome to your Expansion Preparation Guide beautiful Soul!

There is always the Light and the Dark, there is always the Day and the Night, there is always good and bad, right or wrong - everything you can think of - has the other end of the spectrum.

We are either in Expansion or Contraction. This Expansion Preparation Guide - is to keep you in Expansion and allow yourself to rise and expand through this, rather than contract into the Darkness - Expand into the Light - THROUGH the Darkness - for Day always turns into Night and the Sun always rises again - the darkest and most coldest part of the day, is just before dawn - and then the Light comes back to warm the hearth of the Soul that brings life to our Earth and the cycles of life continue.

All is cyclic, all is and eb and flow, all is an in breath and an out breath - learn to ride and rise through cycles and you have become the Master of your Reality.

After our livestream together, Lucas and I felt called to put together this 'Expansion Preparation Guide' to help Humanity get through one of the toughest and somewhat most scariest ordeals we have seen as a collective. The thing that makes it scary, is the uncertainty of what is actually happening behind the scenes. Let alone happening in general. All we know is what we are being told by the media, and many of us knows that when this happens we are only being told 1% of what is really going on.

The first part of this guide will talk about the reality of what is going on in the world that I know, from many years ago being told this was coming and I kept it quiet for many reasons, let alone what has been intuitively coming to me from my Star Being back in January with the prediction I shared back then, let alone all the pieces that have dropped in along the way. The second part of this guide, is all the tools and resources to help you release the fear, shift back into trust, stay centred in the eye of the hurricane and come out the other side of this transformational chamber, ready to step up and fly free into the you, you were born to be.

If at anytime you have any questions about anything at all, please message Lucas or I on Facebook, or send me an email at hannah@realityawareness.com and we will answer you as soon as we can #wegotyoub

What On Earth Is Going On? (Pun Intended!)

There are many theories and ideologies about what is happening, but no one really knows ultimately. We are somewhat walking in blind faith, whilst waking up to deeper truths and connecting to the bigger picture of what is going on, even though we don't quite know what that is right now. We may have ideas, but nothing is set in stone... yet. As I always say, our future is not set, our future is determined by what we do with our actions and choices today - this applies to everything.

This Expansion Preparation Guide has called forth, and it began due to me trusting like I have never done before that is a continuation of the unfoldment that has led me here to be writing this in Victoria, Australia after driving 1700kms as soon as I heard lockdown was coming.

Many people have messaged me, saying that they saw I am on the road and that states are being locked down right now and were worried - however, this road trip, was SUPER intentional - there was no way I was being confined to my home! I was so conscious lock down was coming and very consciously choosing where I wanted to be. I am safe, with this Divine Union with Lucas and all my needs are met. There is an adjustment for me working offline and online, hence you may not see me online as much, but I am getting there and figuring it all out, I've only just arrived really! :)

There was no way I was going to be confined to my house with this world stuff going on. Out in the Country with no one around under the stars please!! Please know I am safe - my intuition always leads and guides me and I trust it and I have arrived, very intentionally in this space with my daughter and our animals to be in these wide open safe spaces whilst the world falls apart... here are Lucas and I coming together in this Divine Synchronistic Union.

Commencing with my Float being interrupted back at the start of January 2020, by a Star Being that came through so strongly, I needed to get out and write down the messages that He/She was showing/telling me. I was so nervous to livestream about it - me predicting the future? I have been sooo anti that for so long - because NO ONE can predict the future - because nothing is set in stone, (if you've followed me forever, you'll know I always harp on about this!) however, we can 'see' a timeline of a future and whether that 'comes true or not' is based on whether you choose to take the actions that lead to that future or choose to take actions to lead a different one. Just like I chose to trust my intuition, jump in my car again not even 2 weeks after just returning from a 3,200km road trip, this time driving 1700kms in a different direction - to very different options of futures I just chose from and chose to trust and come here to this reality. We do create our reality - but you have to trust your intuition enough to be able to take the leap when you don't know the outcome, when you don't know how and just do it. Most people don't, they just stay in their comfort zone.

When I received these messages from the Star Being in the Float as they were quite... intense, I asked, "Well, when is this going to happen?" And He answered with April/May. At the time of this writing, it is 23rd March 2020. And the spark for this Expansion Preparation Guide, is that for a few weeks, I have felt that the worst hasn't hit yet - what the 'worst' is - I don't actually know, but if we look at what is going on in the world right now - and the April/May hasn't even hit yet - then, what are they putting us in lockdown for? What are they preparing/planning for April/May that they are needing to prepare us this much for?

I am not sharing this to put fear into you. I am sharing this to prepare you. Remember - when you can support yourself through immense change, even when you don't know where it is leading you - you can feel safe in the uncertainty that is sweeping our planet, let alone your own personal life.

After discussing with my Trust Your Intuition Tribe yesterday on livestream (they get all the intuitive downloads first hand!), after our public livestream, we were all tuning into what the

April/May is about if they have already done this much, what else is coming? I have heard bits and pieces and a big drop in of confirmations of truth yesterday on livestream, what it was? Was about the internet being shut down. My own personal mind goes into - well there is so many online - how can they do that? However, I do personally feel that it will be shut down, not sure for how long, but to be rebooted up on a different system or something along those lines. Everything is being turned off - to reboot it up on another system.

How long will it last? Who knows!! However - the April/May piece that the Star Being shared with me - in myself, I am like - 2 months?! No, they wouldn't do that... people would go insane, lose their shit, especially in lockdown, especially with 'no food' - especially with no internet - SURELY they would not do that or they WILL cause mass riots! They can't control the people like that - mass protests have already broken out in Bondi, Sydney Australia this last weekend. If it gets worse and they start shooting people for this - well then, we've just moved to a whole new level right? Gah. Just keeping it in reality here to give you the big picture of all the pieces of intuition I have been picking up and piecing together...

Now... again, I am not sure how long it would take to 'reboot' the internet or systems that they are. I heard ages ago, they are changing/adding more satellites in outer space and other systems - installing more 5G and more I am sure - however, we have to keep remembering - this is the Ascension into the 5th Dimension - not 5G - they both exist - because we live in a paradoxical world that cannot have one with out the other. The Light, exists with the Dark - it cannot be any other way - the more Light that expands, the more Dark that expands - because they are on the same bandwidth. Night and Day co-exist, at this stage of the game, it doesn't exist in any other way shape or form.

Can you imagine it? The entire world, not having internet? How much do we rely on devices, technology and computers these days? Yep, huge right? From paying for our groceries, to texting our loved ones and friends, to being online in anyway shape or form. I don't feel many will cope - we've forgotten how to live without technology (in a way!) and... maybe this no internet thing won't happen - but too many signs have been leading to this, (let alone the drops in internet and technology many around the world have already been experiencing - it's coming I deeply feel), hence me pushing everything aside and writing this PDF that you can download before everything goes offline to have this comfort - read it over and over, tune into us here holding you in this space so that you can stay grounded, focused and dedicated to your Life's Mission - so when we all come back online, you're ready to step up and FLY!

I do personally believe everything will 'come back online' and there will be some sort of reason why it had to happen, but who knows how much of the real truth that will end up being. Regardless, there are too many huge corporations and the world in general for it all not to come back online. And in whatever way shape or form we come back online - we all know that, this will go down in History as one of the most hugest events Humanity has seen to date. How are you, writing your history right now?

Will the new rebooted system be better than the last? Who knows! What system is overtaking another system, creating another structure, that is keeping Humanity displaced, controlled, not free and suppressed, well, I am not sure which is better the old system or the new one coming in, but that is another intuitive story for another day!

The topic of conversation in my Trust Your Intuition group on that livestream support call - is that when we were tuning into all of this - and tapped into it - that maybe all this 'lock down' preparation is for the internet being switched off for a time - and we all got covered in goosebumps (truth bumps - tapping into the truth). Because, to do such a thing in the world - they are wanting everyone safe and protected. I guess there is a method for their madness and in a sense, the less people know, the more they won't freak out (at this stage) about what is really going on.

I do feel they will come out and share pieces of it - and a new world order will emerge - that is the entire reason this is happening.

This isn't about the Corona Virus - that is a cover up for the behind the scenes operation currently going on. They are taking down the huge peodafile rings that have been in place for goodness knows how long, amongst many other things. Hence the internet being shut down because of the links between many big companies we all use today.

Again, who knows how long this blackout of the internet may happen (IF it does!) - meaning, no phone service, no texting, no messages, emails, no nothing - again MAYBE this isn't what is happening but I have heard that the internet will go down years ago as part of this and now... well it is here. When you really think about it - what else would they be doing and needing to keep everyone safe in their houses for?

We were tuning into it in our Trust Your Intuition Tribe, different options of what it could be/how long it could be switched off for.

Maybe it is going to be switched off at the end of April, to come back online on the 1st May... maybe, it is going to be 1st April until the end of May. Imagine 2 months without the world functioning with internet/technology, gosh, we'd all return a changed world right? And perhaps some crazy weird ass shit in between! I thought, yeah, maybe it will be off at the end of April and back online 1st May - but ultimately? The reality of what they are doing behind the scenes will take longer than a flick of a switch and over night. Besides, it's only overnight on one side of our Earth at a time, so as crazy and 'not sure how that will work' 2 months sounds? It may just be the reality!

Again, this isn't for fear, this is me informing you of what I am aware of and sharing it to give you the knowledge of what is going on as the posts I share on fb about this stuff have been taken down by AI and fb, so here we are, with our Expansion Preparation Guide.

This is a big reason, why Lucas and I have been drawn to put together this Expansion Preparation Guide. IF the internet is turned off for a period of time, whether 24 hours or 2 months this Expansion Preparation Guide, can help you stay in deep trust and safety, to keep you grounded through this transformational change.

About 2 weeks after the prediction came through for me, from the Star Being in January, all I kept getting the messages of where be prepared, get ready and so I listened.

I also asked the Star Being, well, how long would this last? And He told me August. There was so much more to this prediction, that you can watch in the livestream replay I did through the link by clicking here: <https://youtu.be/qbo917MkqaQ>

The other piece that I want to mention here, is that in the original download that He shared with me in the Float, was that this would go on until 2022 - "Until propaganda can no longer hold down the truth anymore." - now what this really means or looks like, I do not know. So, lets say all this change that is currently going on - I don't feel we will be in lockdown until 2022 - but whatever changes they are making behind the scenes, I don't feel we will know the whole truth until then, or more will surface that will make us go, 'Ah, wow. Okay then!' Or something!

As I said on livestream the other day - 'The world is still in shock right now' - when you read the grief cycle coming up here, you will understand more (so important this piece about the grief!) That soon, the shock will wear of and people will be like hang on - what are they doing putting us on lock down - a huge piece of everyone's freak out mode right now is 'How are we going to pay the bills if we can't go to work!?' I'll speak more about this answer in a moment, yet the piece you must remember is that after shock, the anger and grief will surface.

Now, back in Nov 2019, The Leo King, did an Astrological prediction and predicted lots of riots and uprising this year.

He was also hearing that in the 1600's - there was an Astrological line up, that hasn't been seen again until now - 2020. And the peak of the 1600's when this same astrological line up occurred - was the peak of the witch hunts. Now - does that mean, history will repeat itself and us witches will be killed?

Or does it mean that - the ones who took down the witches originally and even labeled the Healers as such - are being taken down?

If you look at the current events right now, we know that they are taking down the child sex slave rings and more... and who holds those keys? The ones who burnt the witches/healers and even started that in the first place.

Maybe, it is their own karma coming back on them. And maybe all I share is wrong and us witches will be burned again... who really knows, but all these intuitive pieces, I will share with you that Lucas and I have been pondering, wandering and intuitively downloading together that I feel so strongly to share with you here hence me being here with you!

But How Will I Pay My Bills??

This is an interesting question for which I don't have a certain direct answer, but again, will share all I know and intuitively receive about this question as it is a huge piece on so many of Humanities mind right now.

They have put us in lockdown and even controlling how much food we have... they have made us stop work (most of us) and only allowing a certain few to do a certain few things.

You have to remember - that they have a bigger picture in mind - they just haven't announced it or told us yet.

They are 'slowing the world down' in order for this big change to come in.

What is this big change?

Again, this is just my bits and pieces I have heard over the years, but all makes sense to me....

Apparently, we/they are changing the world currency from oil backed to gold backed - back to the way it used to be.

Apparently, Africa will rise as the nation of all nations and be the leader of the World and poverty won't exist on our planet anymore.

The hungry won't go hungry and the people in poverty - won't exist.

Now, how true this is, I don't know.

The piece I want to share here about this 'How Will I Pay My Bills?' Is, I am not sure - but what I want you to stay in deep trust about is - we are all in this together. It is not just you - the entire world is currently experiencing this. They wouldn't be doing it - as I shared on livestream - the solution is already imminent and here.

Every single company in the world - knows what is going on, from your mortgage to your subscriptions to - everything.

And the reality is - nobody really knows how this is going to 'fix itself' - but, with the currency changeover happening - trillions of dollars are being pumped into Humanity right now and this whole 'switch off' of the internet and more - banks are changing, stocks are changing, commodities are changing, EVERYTHING is changing.

So when you freak out about 'How am I going to pay my bills' - just breathe and know the answer is coming.

Maybe it will be before the blackout (internet/electricity down), maybe it will be after, but just know - everyone of us - even the companies that supply you the bill you're paying - are also going through this.

The answer is coming - just be patient and know that you are safe, no matter what happens.

Who knows, maybe we all lose our houses and live in communities and tribes again. Maybe they will pump money into our bank accounts - because they are switching it all off - they have a duty of care to provide for Humanity 'if they are doing this to us' - they also, have a duty of care, to provide for us during this change over. Maybe, no one will be in debt anymore. Maybe, another solution we are not conscious of is on our way. What will happen after 6 months of this change that change that is going on? How will it go back to normal? Well, I don't know, I also don't think it will go back to normal. After a spiritual awakening, nothing is the same again right?

All we do know, is we are ALL going through this right now - together - that is what you need to stay conscious of. We might be separate in our little houses, but we are all in this together.

Breathe, trust and don't go into freak out mode.

Know that everything will be switched off, know that money and food and bills and 'normal life' will come back online....eventually. This is the transformation chamber.

Just like when you are going through your spiritual awakening to start with - it is like, gosh, a whirlwind of uncertain change, everything is changing, yet you don't know where it leads you, everything is moving, but you don't know where, friendships, family, everything changes right? You are not sure where it takes you, but you just know everything changes and 'falls apart' - you breakdown, you cry, you fall apart, you rise again and walk into a new reality, that you know you can't go back to the old reality - this is the same, just on a different level.

“The structural, physical reality of our Earthly Humanity is changing right now, not just the Spiritual.”

We've been changing the spiritual for quite some time now, doing so much inner work. The ripple effect occurs - the inner affects the outer and now the outer reality is changing - our Earth, Humanity and Reality is changing. The structural systems are changing to match the vibration of the 5th Dimension that we have all been holding the vibration of for so long.

As in any culture - there is good and bad. Of course, as I said, a whole other intuitive story for another time - is this one going to be better or worse than the last? Who knows, but all we do know, is that right now - the outer reality is changing. That's all that is going on - on an entire Earth scale.

Many have always said for so long there is so much 'wrong' in the current systems on our Earth - and now, we are able to change them. Now, they are changing. That's all that is going on. Breathe. Breathe deeper, everything's going to be okay.

We are walking through a time in space that is creating History right now and the purpose of this Expansion Preparation Guide is to release fear and get you back into the alignment of Trust,

Safety and deep, deep Certainty that you are completely safe and protected by the Divine, no matter what happens. That you are Prepared.

With practical, emotional, spiritual wellness techniques, if the world does 'shut down' without internet and may awaken never returning to the same, this can help you stay centred in the eye of the hurricane as Humanity Awakens, embracing the change we've all been waiting for.

The biggest piece you have to keep in mind, is that so many of us, for so long, have known there have been so many things 'wrong' in the world but many of us, feeling powerless to change it, so we have just been living as is.

Now Humanity is going through an Awakening - the foundational structures that have been dominating Humanity for eons of time - are crumbling and falling apart - so new ones can be reconstructed. Whether they will be 'good or bad' is another piece into the unknown at this point, however, we can always control our thoughts about any situation and this is where our power lays. The old Patriarchal structures and systems are collapsing, transforming and rewiring right now.

The change we've all been waiting for is upon us - now to stay grounded, in deep trust, feeling safe and deeply supported as we all return to Living from Our Hearts (the purpose of 5th Dimensional Living/Reality).

(More on the Reality of the Situation on Page 25)

Remembering the Truth of Change

One of the most easiest ways to regain your sense of self, empowering yourself through any situation is learning the skills you need to take you through. Learning something new can feel overwhelming or hard, yet, just like learning to drive a car - it is overwhelming in the start (and can feel exhausting afterwards and cry in between as you shift from the reality of not driving anymore, to a reality of driving and having freedom) - only because you are learning something new and the brain neural-pathways are changing and expanding, that's all - that's the overwhelm part, so when we remember this piece - it can take the overwhelm out of the overwhelm.

Self talk like, "It's okay, it is only change, I am safe, even though I don't know what's happening right now." - just like you would approach a small scared child in a dark cold room - so too, speak to yourself and create safety. Remember, creating safety is the key to getting through any change in your life.

Stepping Out of Routines - Shakes the Foundation's for Feeling Safe.

The biggest factor I teach in my online course Trust Your Intuition is to feel safe. Feeling safe creates an energy field where you can do what you need to do, when you need to do it, without second guessing yourself so you can stay in alignment with your Life Purpose.

The world right now, has shifted into chaos and deep, deep uncertainty - leaving everyone afraid and they are all still in shock right now (at the time of this writing) - because all their normal routines have stopped. The way we go to school, the way we go to the shops, the way we can live in this 'freedom' that we had previous and everyone is freaking out.

Routine creates safety and within that - creates the rhythms and routines of life. When that is taken away - we get scared.

“The Best Defence is a Strong/Strategic Offence.”

- Lucas Nicolson

In other words - Be Prepared. Get knowledgeable about what you need to learn, to empower yourself in any situation.

The key here - is to create new routines as fast as possible within this new change, to allow yourself and your family to feel safe again.

It is important to remain centred and the fastest way to return to centre and calm is to consciously feel your emotions and process them. Just like our bodily functions serve our body to return and keep in homeostasis, tears release the stress hormone cortisol from our body - returning our brain waves back to calm and centred state, the less cortisol we have in our system the better! And what a perfect time - when we don't have the normal routines of work and school - to switch out of this!

How do we do this? The fastest way is through the breath and switching off our flight or fight system.

A easy, simple and powerful breath is to inhale through your nostrils for four counts, hold your breath for four counts and exhale through pursed lips (like you're blowing through a straw) for 8 counts. Repeat this - until you feel calm. The first few times you are exhaling though your pursed lips may feel like you are running out of breath, but keep going and your breath will become longer. You may also commence this breathing pattern, with a smaller count of breath for example inhale for 2 counts, hold for 2 counts and exhale for 4 counts, and then extend from there. Trust yourself and what feels right, over what I share, every single time. Click here to watch this simple breathing technique on YouTube: <https://youtu.be/LdUXrvn0gdM>

Another way to cry, that I always suggest to my clients and tribe, is to purposefully watch a sad movie and make yourself cry. Or listen to sad music to make yourself cry and let the tears fall. Most of society is not comfortable with crying as we are taught from a very young age that it is not safe to cry, that we are not loved if we cry, or we will be belted if we cry - 'Stop crying or I will

give you something to cry about!' There is so much to this - and perhaps more on this another time - but the main piece here is that if you are feeling anxiety or can't sleep or are stressed out - do things to make yourself have a big cry and allow the stress to drip away through your tears. I'm HOLDING YOU FROM HERE!!!



Understanding the Grief Cycle

(You may want to skip to page 21 if you have already read my article on Understanding the Grief Cycle before)

The most common question I get asked is how do I let it go? How do I let that issue go and let it not interfere in my present? And the other question I get asked is how do I let go of my past relationship? And I'm going to answer them both here, because they both have the same answer. In fact, what I am about to share, relates to letting go of anything from your past. Hurt, pain, the loss of a loved one - anything.

How I speak to this right now, will be relating to being able to let your past go so it doesn't interfere with your present.

I've spoken a lot recently about choices. Make a choice to let it go. Making a decision to not feel that way. Yet a huge reality for most people and what I struggled with for many years, is being able to fucking let shit go.

I would get hurt. Someone would say something or do something and I would hold onto it for MONTHS. Years even. And I did. And it almost killed me. Literally.

So many have been asking me lately and I even taught this in Calling In Your Soulmate training just yesterday and driving home today, was so strong that everyone needs to hear this. And now.

Making a choice to let shit go is yes the first step. And you can do that. But you can still feel it sitting there and playing on your mind and helping you make choices right now yes?

And then, yet, when you are hurt, it's hard not to let it go right? "Fucking oath it is because they hurt me and I won't let ANYONE ever do that to me again."

And by right you shouldn't. And I'm deeply celebrating with you your utmost clarity about what you will and won't tolerate in your life. THIS is important. So YAY for this!!!

Yet when something turns up in your reality and you see the past starting to be in your present it can be scary, you can be seeing shit possibly going like it was. And that you know you won't tolerate what you've been through before. You definitely ain't going to let patterns repeat.

But how do you stop shit coming up?

How do you let the past go?

How do you let it go when you know it is your past coming up and being reflected in the moment?

First step is to understand being triggered.

Being triggered is when someone says or does something that:

~ brings up feelings for you

~ that you have a reaction to

~ that makes you angry, sad, frustrated or other emotions

~ that makes you revert to old patterns like wanting to leave the relationship or situation because it's too hard and think about the possibilities... you know, the grass is always greener scenario.

When you are triggered, what is actually happening is a couple of things:

~ you've stepped out of the present moment

~ you've disconnected from your heart space (heart space is present moment/feeling/feeling consciously)

~ your mind has deeply engaged (mind is ego/memories/analyzing)

Basically, someone has said something, it has made you feel a certain way - then your mind is crazily, busily and very fast, finds the similar feeling memory in your mind that you are now feeling that reminds you of something in your past. And so the story/memory comes into your conscious awareness and THIS is what you see your present as...

Say you are happily going along and someone says something to you and immediately you are like oh oh. Woah. Hold up here. And your entire feeling changes instantly. You may get defensive or uptight, or try and turn the situation around on the other person. Yes, blame them, take all the focus off you and back onto them and what they've said and how they've hurt you for what they said to you.

The reason that naturally happens is because you are now feeling pain (usually from something that reminds you of your past) and you simply don't want to feel it.

And fair enough - who would want to feel the pain of their past! Been there done that don't want to feel that shit again right? Yep. I get it. 100%.

It's like a defence mechanism and so

1. You don't get hurt again and

2. It's activated the armour that you have around your Heart because you said you wouldn't let that happen to you again. But that trigger? Is showing you, you actually haven't healed/dealt with that pain, it's just showing you you've put a big protective case around it so no one can touch it again. Until someone hits it.

And whilst you may have forgotten about your past and you don't want to remember it - you know, focus on what you do want for manifesting and all that jazz - but the reality?

Is that, that feeling memory still sits in your field (body & mind), even with that big protective armour you're trying to cover it up with.

And the other reality?

Is that it will always be there to some degree.

Yes there are levels of deep healing techniques that can shift it out. And I highly recommend this.

Yes this is stuff I teach in my courses and coach people through in private mentoring. I am a spiritual healer with lifetimes of ancient wisdom that I'm very conscious of after all. This is my gift. This is my purpose in this lifetime. And I deeply own that and share that.

And the other reality is that those memories?

They are your past baby.

And those memories?

Those experiences?

Are what make you you.

Without those memories, those experiences, you wouldn't be where you are now.

You wouldn't have the clarity and understanding that you have right now.

About what's important to you.

About what is meaningful to you.

About what you will and won't tolerate in your life.

But... how do you let it go?

Here are some things to help you be aware of.

~ There are different levels of being able to hold space and deal with your own shit whilst ALSO being able to hold space for someone else in their shit too. I did a Youtube video on these 3 stages not long ago, you can watch that here: <https://www.youtube.com/watch?v=Jg3OXCj0lNY&t=44s>

~ Know what to do when you are triggered.

~ Know and CHOOSE to remember that you are triggered and that something from your past is being activated right now.

~ Know that you have 3 options 1. Listen only to the other person. 2. Process your own trigger internally whilst listening. (this takes practice! See my youtube video mentioned above) 3. Taking a time out from the conversation to do your inner work on what is coming up (whilst letting them know you need a break and keeping commitment of when you come back together).

~ Know and CHOOSE that you can just let it go by staying present in your Heart Space knowing that it may be similar feelings to your past, but the reality is that right now is a clean slate and it is NOT your past. You can CHOOSE to make it about your past. Or you can CHOOSE to remember it is a clean slate and see it for that and simply choose to be present with what is. Yes that may mean sitting with some uncomfortable feelings and conversations, but ultimately? The Heart Space is powerful and the present moment can clear anything - if you don't allow your mind to attach to story.

~ If you can't do what I just mentioned above, then some deeper healing is required. Inner work ie inner family healing, shadow work, wound clearings, body & mind memory clearing techniques will help shift the bulk of it out of your energetic memory of that particular issue therefore allowing freer energy to BE with the present moment, rather than dragging in a tonne of energetic baggage to every moment. (EVERYONE has energetic baggage btw ;)) Plus having mentoring showing you 'how' to do this 'how' to stay in your Heart muscle over your head processes. The Heart is a very powerful clearer of your past without any meditations or healing techniques if you know 'how' to do this.

~ Heart Space Present Time Feeling WHAT IS without attaching to stories - TAKE'S PRACTISE. The Heart is a MUSCLE and takes practise to get out of your head and allow your Heart to be stronger than your mind, knowing that your Heart energy can shift anything.

So next time you are triggered, remember these things. And know that it is possible to let stuff go. With commitment to working through your shit trust me - IT GET'S EASIER every time. AND that Heart muscle get's stronger and stronger and then one day you will be like oh, I just let that go - just like that.

And you will FEEL more compassion for other people.

And you will FEEL more gratitude for YOURSELF.

And you will FEEL more OPEN with LIFE.

And you will FEEL your HEART being the centre of the space of every choice you make, of every shift you make that allows you to choose LOVE over fear. Because ultimately?

When you are triggered, all that is happening, is that you are scared of something - usually from your past memory. Your mind jumps into fear. And it is your mind taking you out of this present moment of what is.

And the reality?

Is that honey, NOTHING can hurt you.

Because right now?

Is just pure Love.

And when you can make a conscious choice to remember this.

Every moment will be more about LOVE and JOY in the NOW.

Than your fears haunting you of your past.

There is no guarantee that you won't get hurt again.

But there is also no guarantee you or the people you care about will live to see tomorrow either.

And ultimately?

If you were on your death bed dying - do you wish you would've just given Love a chance?

Opened your Heart a little wider?

Trained your brain to stay in your HEART?

Continue to CHOOSE to stay in the NOW? (Which is Heart space?)

TRUSTED your own HEART a little more? (Without your brain memories of your past making the choices for you?)

The other part to be mindful of here, is knowing the Grief Cycle. Doesn't sound nice - but if you want to know how to let shit go? THIS is the #goldnugget right here.

Because you may be stuck in a part of this Grief Cycle and this is what is keeping you from letting shit go too...

The Grief Cycle has 5 stages:

1. Denial/Shock "This can't be true, this isn't happening, I don't believe it."
2. Anger - may be misplaced, blaming others for the situation. Reality is sinking in. (Under all anger is sadness)

3. Bargaining - All the regrets, should've's "If only I did this, this wouldn't have happened" (this would be the part of returning/wanting to return to a relationship if it ended in shock/anger)
4. Depression - in grief, tears, sadness and beyond grief. Depression. And also depressed you can't get on with life or be there for other people you need to be there for or work etc
5. Acceptance - starting to move on. Doesn't mean you're necessarily happy. But you are starting to move on with your life again.

Knowing this allows you to move on. How long is supposed to take? There is no time limit. And it depends on the situation and the person.

If it is something huge, (relationship break up, moving house, death, change of career). I highly recommend receiving mentoring/counselling with someone who knows how to hold space for such. (Yes, that is me ;) I can also recommend highly sort after people too, if you need recommendations.)

Grief can take time and yep, most of society is not comfortable with it. And it can also take no time at all. And you may get through what is going on for you and then it may come up again. And instead of beating yourself up because you thought you'd already worked through it - just notice to yourself, oh, here it is again, okay, let's do this (keeping in mind this Grief Cycle process - knowing where you are at, helps you to move through it, rather than thinking something is 'wrong' with you - because NOTHING is wrong with you). Because the faster you can accept human emotions and be with what is - the faster that Heart Muscle is activated and holds compassion for all these feelings coming up - yes?

And each time you do it, it will get easier and you will get faster at it and eventually - just like that - you will let it go. Why? Because that Heart Muscle is bigger than your head one ;)

And there is no judgement on the time of your grief. Or someone else's. Telling someone to 'get over it' is the worst fucking thing you can say to someone. Where is the compassion in that?

But when you are aware of this Grief Cycle process - you can see where they are at and have compassion for them and know where they are in working through their shit. And yourself!!

Because every 'trigger' that I have mentioned in this post will go through this Grief Cycle process.

For example something little, like someone changes plans on you at last minute.

"Oh what? God damn it." (Stage 1 Shock/Denial)

"Why couldn't they give me more notice damn it now I have to change all this stuff! Far out!" (Stage 2 Anger)

"Goodness me, I knew this was going to happen with this person. If I only remembered this and not organised it, it wouldn't have happened again." (Stage 3 Bargaining)

Moping around for a bit, feeling down that they let you down again. (Stage 4 Depression/sadness)

"Oh well, that is just them. I know who they are. Just got to get on with it I guess!" (Stage 5 Acceptance/moving on)

Knowing this grief cycle - and the trigger points I mentioned - THIS is how you let shit go.

And that Heart muscle baby. Practise it.

Now, if you are stuck in letting go of a past relationship - you don't want anyone else, or trying to get them back, or going back to the relationship 60 zillion times and yep, still something not right (check if you're in the bargaining stage of Grief Cycle) or won't move on because you want them etc... What I want to say to you is this.

That the reason you can't move on, is I bet, that in some way shape or form, that relationship was the best you've yet had. Yes there may be shit times, but there is something in there, some thread that you are holding onto, because they were the first person to say, show you love. And then it didn't work out, but you hold onto them/that relationship because that is the most love and acceptance you have ever felt. And there is a part of you that feels/believes like you won't ever find that again.

Two things here:

1. You need to look at that part of you that is needing that Love/acceptance (or whatever it is you are holding onto) and give it to yourself instead
2. Remember that, I bet, that every relationship you have ever had, the most recent was better than the last and then was better than the last and so forth correct? And each time, you got something out of those relationships that made you be better and do better in the next relationship right? So, remember, that your next relationship is going to be better again. ie - the most love you ever felt was in that relationship you can't let go of. Yet, honey - that - is your reference point for Love. Now you know what that feels like. Now you know what to expect. Now you know what to create. And you know what? THAT is your GOLD. Because now you know that level of Love, you won't go to any less than that so to speak. That Love you experienced in that last relationship - that honey - that is your seed. And that seed grows into an Oak Tree. Or whatever tree you like ;) You have something to expand on and work with. So work through the Grief Cycle, get support with that if you need to. And know that that Love is only going to get better and bigger with every future step you take. The more you can give that Love to yourself - guess what the Universe will show in you response to that? You guessed it. More Love. Because you can only receive the amount of Love you feel and give to yourself. And your next relationship will reflect this to you.

I get asked these things so often that I needed to write this. I teach these things in depth in my online courses and work with people through these processes and more in my private mentoring.

Imagine a world where everyone could practise their Heart Muscle and take 100% responsibility for their own feelings. Wow, what a planet we'd have!

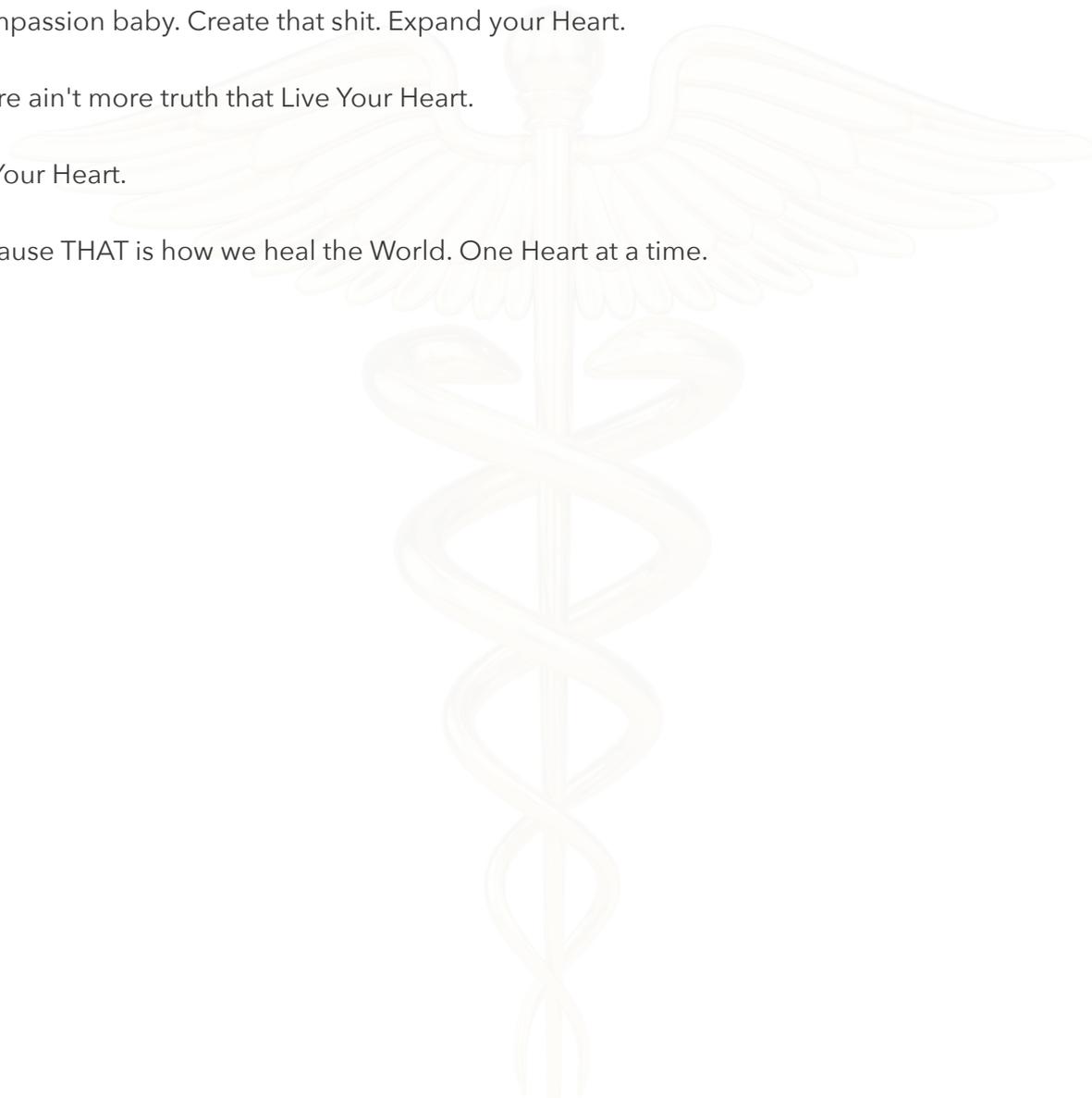
THIS is what I am here to help you with. Because one person at a time, creates Peace on Earth.

Compassion baby. Create that shit. Expand your Heart.

There ain't more truth that Live Your Heart.

Be Your Heart.

Because THAT is how we heal the World. One Heart at a time.



Practicalities Survival Guide - Empowering Simple Steps to Keep Your Grounded

Who knows the method to the madness of restricting food supplies in our world at current, let alone only allowing one person to leave the home to get food, that is also restricted at the purchase point! Who knows where this is leading us, however, the most important things to remember are the facts of our amazing Human Body, not what media is drilling into the consciousness of Humanity.

The truth is, that our Human Body is amazing. Given the right circumstances, environment and food - our body automatically returns back to pure health. You might be already telling me in your mind reading this, "Yes, Hannah but we are on restrictions and I can't get what I really want or do to make my body healthy." - and yet - the most powerful resource you have right now - is your mind. That beautiful, brilliant mind of yours, that can think anything it wants to and change the energy in whatever you hold in your hand, let alone your environment, which we will speak more to in a moment.

A simple prayer/affirmations/spell/series of words that I say over any food is "I bless this food with love and thank you for giving your life to nourish me." And it instantly changes the vibration and molecular structure of the food, let alone what you are now eating. This is a huge key why - you are what you eat - is more - you are what you think about the food you eat. You think it is bad for you, it will be and do detriment to your body. You think and feel how good it is, pour it with gratitude and love on it - you are fuelling your body with love and gratitude.

So, you can deeply turn your isolation incubation into a fasting, detox cleanse, with deep gratitude and love, for whatever you have in front of you. Of course, supplements and good food does things - but don't let not having those things stop you from being healthy beautiful Soul! If you TRULY believe you are the creator of your reality, you influence your reality, we are energetic intuitive beings - you can transform your food, healthy and your body beautiful one! I believe in you!

On a practical level, your body can go without water for three days, without food for much longer, up a month or so. Yes takes practise, mind training and other methods, but so your mind doesn't go into freak out mode with no food - fasting (going without food) is good for your body, it gives your body a chance to reset and revitalise. In the start, it can be hard, tricky and not feel good and as your body dumps all the toxins into your system - hence why it is important to know what you are doing as it isn't something I would recommend for everyone, however that golden rule - knowledge dispels fear and learning something that empowers you, shifts your entire vibration, health and life back to home-stasis.

I have spoken deeply about detoxing in my course, Earth My Reality, which goes into detoxing for beginners, medium and advanced detoxing and all the resource guides you need to safely guide the passage to pure health. Plus de-cluttering, plus so much more! Click here to see the full details for Earth My Reality: <https://www.realityawareness.com/earth-my-reality>

Practicalities Survival Tips

Let's run through some practical steps to keep you grounded through this black out of change:

- Connect to Source through a Sacred Ritual Space to fuel you with spiritual nourishment so you don't go hungry. This means, fill your body with spiritual resources like yoga, meditation or other spiritual practises. When we are eating and eating and eating and still feel hungry it is because we are needing the connection of the spiritual fulfilment, not necessarily for food - but the Soul food. When you can nourish your Soul with this connection through spiritual practises, you don't need as much food. Make this a daily ritual, even just 10 mins a day, just like showering, can change your entire day. I have many free meditations in my Meditation Pack, that can be found here to support this, click here for this: <https://www.realityawareness.com/essentials-free-meditation-pack>
- The purpose of the Sacred ritual space - is holding that higher vibration to expand through your home.
- State Your Intention for your Sacred Ritual, open the space for example: "I choose to feel safe, no matter what is going on around me, I am loved and protected, no matter what is going on around me, I am in Divine time and complete synchronicity with my Life Purpose in every breathe."
- You can use different candles and different crystals - anything that is special to you, can be used in your Sacred Ritual Space. Different candles create different intentions: White candles for Peace; Red candles for Love, Green for Health & Wealth. (If no colours don't worry about it, it is the intention behind what you are doing, that holds the power)
- Get your children involved the Sacred Ritual Space, make it a family event this will create emotional safety for the entire family unit that makes you stronger energetically from all outside energies as this pillar of energy builds for you all. Call in the Archangels and allow them to support you through this change, allow your children to feel safe with the Archangels/Angels or other deities that you are familiar with but teach this to your children, so they also have an anchor of safety through these huge world changes right now.
- Connect to Source and connect to us, holding you, in this Sacred Space of the truth of what is going on through this Humanities Awakening as we rise together.
- This is a time for intuition, telepathy and deeply trusting the messages you receive about your intuition. When the world shuts down - your intuition can amp up and stay finely tuned, even when we do come back online. Trust the communication through your intuition with people, loved ones, relatives and other beings during this time. This is not the time to doubt - your intuition is on point.
- Turn the media off. Set boundaries around how much you are absorbing. Yes, tune in and get a vibe for where the world is at, so you stay conscious of outside energies, but then turn it off - be conscious of the back ground noise your system is hearing when you are not conscious of it. Choose to put soothing Soul music on instead as your 'back ground' noise and stay connected to your Soul this way. Trust that Spirit shows you what you need to know, when you need to know it. Like when you walk into a shop that has a tv on and you 'randomly' see what you need to see about world events or that someone 'randomly' starts talking to you about or that you 'just happen' to turn the radio or tv on and see what you need to see to stay present with the outside energies and conscious of your next Soul aligned step in this moment to take.
- Turn wifi off, turn devices on plane mode to give your body a break. 30 mins on, every 3 hours ideal for wifi connection. If you can't get out of your neighbours wifi, set energetic boundaries

- imagine walls of white light shielding your home, every 12 hours to keep the energetics separate between homes. You can also use crystals such as Black Tourmaline, Andulucite, Smoky Quartz, Hematite and Lodestone are just some examples of strong, powerful stones to protect against EMF's. For more ideas on EMF protection, click here: <https://www.realityawareness.com/blog?tag=emf%27s>
- Put crystals, or activate energetic crystal grids on the boundary line fence of your property, house/apartment to keep outside energies out and prevent them from infiltrating your home and keeps your energy clean and clear.
- Colouring in/painting helps to release feelings and calms children and grounds them, as well as you of course! This is a powerful medium for shifting feelings, and is super helpful when you can't cry but need to. It doesn't have to be a work of art, just get pen to paper and draw squiggles if need be. Colour helps not only your Third Eye and intuitive abilities strengthen, but also taps into the feelings more readily - bring colour and life to your world with art. So potent, don't disregard this one!
- Move plants indoors for increased Oxygen
- You can also use Archangel Metatron's Meditation for increased Oxygen.
- Move your body. Gentle or strong Yoga; jumping up and down for 10mins minimum (gets the lymph glands moving) and starts shifting the energy in your body. If you struggle to exercise, set a timer for 10 mins and just do 10 mins. You will find you'll either stop after 10 mins or want to do more - but start with 10 mins everyday if you get stuck with this. The amount of movement also depends on your food and energy stores. For example, in extreme cases, if you haven't got much food left for you don't know how long for, then just go easy on the output of exercise to the input of food. Again, with deep training and preparation, we can be super fit healthy beings with endless energy - but there is a process to becoming super clean and fit to be in this state.
- Make connections with neighbours & community (if safe and viable) Humans are connected creatures, we are not meant to be in isolation or alone - however, alone time is important at the same time of course!
- What things are unfinished? Courses? Books you haven't finished reading? Unclean? Get them done - this isolation/incubation chamber is the perfect internal transformational cocoon on so many levels. What do you need to create/do/finish to be ready when you can spread your wings and fly again from out of this lockdown cocoon? If you are not sure, start with cleaning out cupboards and energetically cleaning them at the same time. I simply use bi-carb soda and wipe the entirety of the inside of the cupboard, whilst stating, 'I am now energetically cleaning this, this is my pure health, immunity and my own energy. I now turn this into white light walls, it is done, it is done, it is done.'
- Preserving water in your body. The best way to preserve water in the body is to minimise speaking and not breathing through the mouth. Breathe through the nose instead and attune to listening more with your two ears. They say we have one mouth and two ears for a reason - how much can you really hear?
- Recycling body fluids - IF your body is clean - and only IF - this can take training, preparation and deep ground work to be able to drink your own bodily fluids that are full of minerals. Again, only with the correct preparation and coach to support you with this.
- For gathering Water - Place/tie a plastic bag around a tree branch - gives you water to drink.
- For gathering Water - Dig a hole in the ground, put a cup in the middle, put plastic over the top of the hole. Place a small rock in the middle of the plastic and it directs the water down to the cup with condensation from the ground, gives you water to drink.

- Digging holes to store your food in winter, don't need a fridge (don't need electricity).
- Toilet paper alternatives - newspaper, water, old clothes, leaves (obviously wouldn't place those down the toilet flush!)
- Fill up as much water as possible - sinks/baths if need be/your intuitive nudge directs you to.
- Always have a full tank of fuel (over half) and extra fuel stored if possible
- Have an awareness of a hiding area or safe space - disasters spaces eg in wardrobe for cyclone, under table or door frame for earthquake, in the roof or a bunker for invasion
- Grab bag - essential - if you had to leave in 5 mins what are the things you would need/want for (small sentimental or bury that) - warm clothes, water, snack food, bare essentials - you need to be able to sustain the weather for your location around the world. Strings, ropes, plastic bags, garbage bags you can place over your clothes for a wind break. Always need a vessel to carry water. Matches or a lighter for fire, multi-purpose knife, betadine (antiseptic liquid) or peroxide for cuts to prevent infection.
- If people feel they are being targeted on purpose, don't want to carry any devices that can enable you to be tracked.
- Know your local area - look on maps - places to be, places to go - know your environment and area.
- Screenshot your google maps of anywhere you think you may need/want to go and/or print them out and take them with you
- If your intuition guides you to, head inland away from water if/when you get out again.
- Learn North, South, East & West - learn to get your bearings without devices. Draw a line on the ground from where the sun rises, to where it sets and then a line on the ground perpendicular to the line from sunrise to sunset.
- Pre-Organise weekly meeting times in your local area with people
- Vitamins and supplements, multi-vitamins if you have them available of course, can support you during times of duress, stress and general health and well-being.
- Happy Heart is the best immune booster. Do what makes your Heart happy. Not sure what that is anymore? Ah, what a perfect time to re-learn who you are.
- Creating a safety emotional connection is the fastest way to bring people back to homeostasis. Open your heart to those you are closest to, don't push them away, not now. Reconnect and bawl your eyes out to release the pain of the perceived separation that is going on right now. You're feeling the world - of course there are pieces of your own personal life - but remember how strongly you feel others and the collective too. We are all in this together.
- Group together at family/community places (taking supplies) and being together during this time of lockdown can create safety and security, let alone connecting us back to what is important in life.
- Personal Security/Pest Repellent - boil water with cayenne and chilli powder put in long reach spray bottle
- CB Radios are helpful when no reception/phone/internet service is available
- Trusting your intuition when to leave, when to stay, when to do anything - regardless of outside resources telling you otherwise.

More On The Reality Of the World Situation

This is a time of deep reconnection back to self, back to the Heart, back to all that is. This is a time for our Hearts to ignite with the kindness, empathy and love for each other. We are banding together through this. Reach out, connect, go inwards, open your heart and reach out again. Breathe deeper.

Even though the world is in chaos right now and 'out of routine' it is a time to reconnect back to our roots, back to our true sense of self, a time of reawakening the slumber of the Soul that will pull you back to you, remember who you really are and step into the vortex of your Highest Self.

As you focus on reconnecting back to who you are, back to the truth of the connection of your Heart, Humanities' Heart has been reawakened. The Heart of Humanity has been reclaimed.

Back in November 2018, I was guided to do a Global Live Healing in my Trust Your Intuition Support Group. There were 9 of us, that guided this livestream healing, that began through Mississippi in the USA, releasing the witch hunt burnings and huge destruction of the Mississippi fires and then it dropped in underneath Oklahoma City. There is a huge chamber under this city - whether it is energetic we were picking up or a real city underneath the city I do not know, but we cleared a huge pile of darkness from here. It then dropped under the ground further through the earth and into Atlantis - and the fall of Atlantis was shown. The Heart of a Human was sacrificed in attempt to 'save humanity' - and through this Healing - was placed back in the Heart of Humanity was returned. It was huge. So huge. You can watch the replay here if it calls you: (this is a private link only available to you to watch, not the general public): https://youtu.be/tj3Y_HXxJTE

In December 2018/January 2019 there was strong Lumerian and Atlantean Energy pulsating/reawakening back through the planet. This created many deaths in humans, in relationship break ups and some people went through the hardest time of their lives during this time. The Great Awakening had begun.

In August 2019, I received a message about the floods. I was a bit meh, not sure what that was about when the Fire's ripped through the planet for months after that - yet, the Amazon burning - was the Heart opening and now we are seeing a huge grief process that the planet is undertaking as the structures of how 'Humanity' lives and breathes of the planet is deeply shifting into the realms no one has seen before.

Lucas, so wisely shared - Fires, Floods, now Famine - what's next? And then Earth shifts dropped in (let alone my daughter having a dream about the roads falling into the ocean!) - then Spirit. The 5 on the spokes of change. Fire Element, Water Element (Floods), Air Element (Famine), Earth Element (Structural Change - does this mean big Earthquakes and more? Who knows at this moment in time, but this has always been long term predicted for many, many years... just 'when' who knows...), Spirit Element - a new rise in consciousness perhaps? Who knows, but it was another interesting concept to this piece of the puzzle of the shifts in Humanity of Change right now.

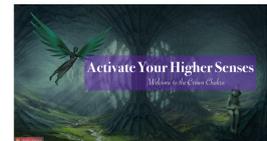
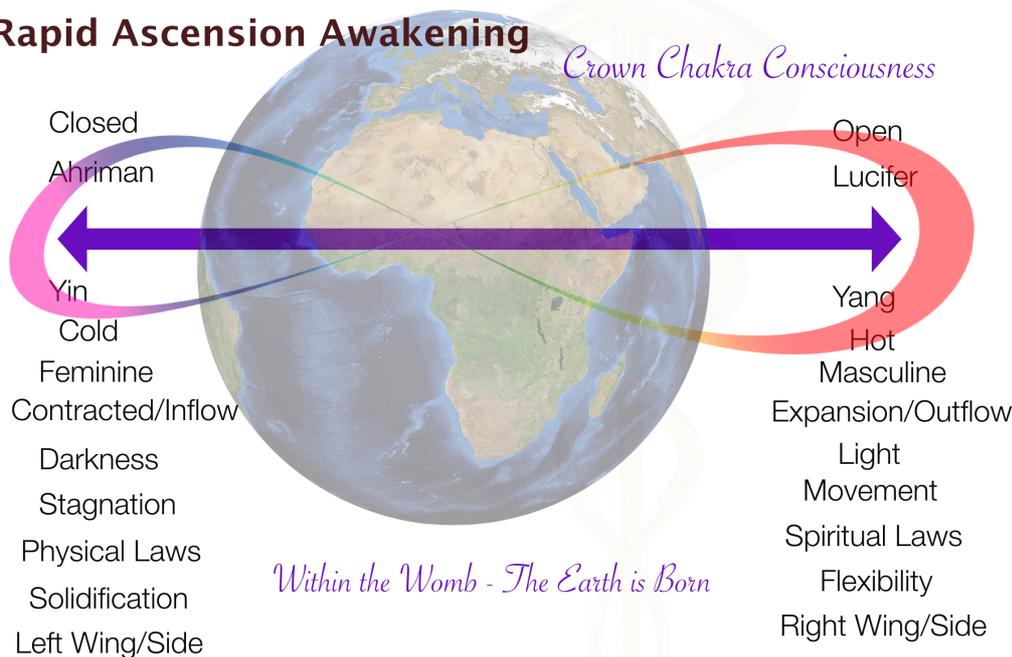
Everyone speaks of 5G and is concerned about this. Yet, our focus and judgements of it, is what makes it bad. If it is bad and you don't enjoy it - get out of it then, move house, leave, get away from it. Focusing on the problem isn't going to support you. Taking action on the solution is the answer.

The same goes for anything. It is the same concept as the food concept - what you feel about the food is what you actually consume. This is Mastery of your Reality. This is alchemy in action. This is Magic. This is the Reality we live in, but most choose not to acknowledge or even use these tools we have right in front of us that doesn't cost anything all, other than an open mind.

Some people will disagree until the cows come home with me about this and I honour what feels right about it over what I say - every single time I say this to you - trust yourself, over what I say, I am just sharing a reality that I choose to live in and is a concept I live my Life Purpose by.

Everything is on a vibrational scale from low frequency to high frequency, however, when I work with these charts, I don't see them as up and down/linear, I see them as horizontal scales from Dark to Light. Within the colour black, lays all the colours of the rainbow, within all the colours of the white, lays all the colours of the rainbow. Nothing is separate - everything is connected and all are variations on the scale, but it isn't even a scale, it is just the contradictory, Hermetic Law, that we live in on our 3D Earth Plane:

Rapid Ascension Awakening



This is a time where we come back to our roots, back to the sacredness of water, of warmth, of food... back to basics, back to reconnecting to the truth of our Heart - the things that ground us and returning to the Earth. Our Heart, has the same resonance and frequency as our Earth, it is here, that the Souls are illuminated and reminded of truth of who they are, to trust their intuition and deeply

IF Riots do start - choose where you want to be. And TRUST where you are called - if you are called to do the riots, then trust that, however, remember the power of FOCUS and the alchemic transaction that occurs when we are focusing on what we are focusing on. What energy do you want to be contributing to on the planet?

One of fighting and chaos?

Or one of love, focusing on the solution and the higher plan? (Focusing on you, creating safety, creating your love bubble, creating the reason you came here with the solution you are?)

“You Don’t Fight The Darkness, You Transform It.”

Your focus is your power and your mind is your best tool at focusing - you just need to practise and train yourself for this. And what better time to be conscious of your thoughts and feelings.

Remember, if you can’t think straight or are stressed out - you need to cry, breathe deeper, and let those feelings out.

Change is scary because it uproots our safety network of routine.

SUPER HOLDING YOU through this beautiful one, please know this!

Read over this as many times as you need to.

We WILL all come out of this transformational chamber transformed and shifted.

You’ve been doing the work and now our Earth is shifting to match it.

Hold on, we are in for a ride that is only just beginning.

Breathe deeper, connect to your Heart, reach out to those who get it and stay connected either online or in your intuition (or both!).

IF the internet does go down and social media platforms don’t come back online like they are currently - I have my Reality Awareness Online Community that is just like a Facebook group, but not on the Facebook platform - you can sign up and be a member for free here:

This community is just getting started here and is our back up plan to connect and commune should anything happen to the current social media platforms. By joining this, you also join my email list, so you can keep up to date with what is going on as I share it, click here to join this: <https://www.realityawareness.com/reality-awareness-online-community>

Here are your Free Resources/Tools/Meditations to download that you can use and listen to without the internet, should it so shut down:

Hermes Healing Activation found on the Expansion Preparation Guide page, just scroll down the page more: <https://www.realityawareness.com/your-expansion-preparation-guide>

These are in the Free Essentials Meditation Pack, that you can gain access to for free. The difference between the links just here and the actual Meditation Pack you can log in and receive, is that when you sign up (free) and log in - I have a training/explanation video there for each of these meditations that enable you to learn more in depth about why I created these meditations, how you can use each one of them to your advantage and what they actually do to your system, body, mind, Soul and life. So, if you have time before the internet drops off, if it is going to, grab the pack for free and log in and watch them now: <https://www.realityawareness.com/essentials-free-meditation-pack>

Or, you can direct download the mp3 audios, also on the Expansion Preparation Guide page (just scroll down like you did for the Hermes Healing Activation: <https://www.realityawareness.com/your-expansion-preparation-guide>

If you want to declutter your home, energetically shift the vibe of your home, detox your body or learn more about it plus so much more then Earth My Reality is where this deep information is here for you, click here for all the details for Earth My Reality: <https://www.realityawareness.com/earth-my-reality>

Archangel Metatron came through so strongly before I left for this second road trip, in deep response to the current Earth/World Events - Click here for Archangel Metatrons Sacred Geonometrics Activation: <https://www.realityawareness.com/archangel-metatron-sacred-geonometrics-activation>

Remember you are safe and we are all in this together.

Read this over and over, listen to the meditations and activations over and over. Breathe deeper. We got you, tune into us, holding you from here - we love you.

We have known this is coming for a long time, and now it is here.

Let's rise together and stay in the high frequency of the truth of the reality that we are ascending into - deep, heart centred, grounded trust and love.

Love, Hannah

The Life Purpose Queen 👑