

# Changing Your Reality

Mary Sutherland 2011

The “Old Paradigm” operates on a “Seeing is Believing” Program which is basically a ‘slave program’. When the “Controllers of the Old Paradigm” separated the “Flames of the Twin”, our “Material Self” lost its connection to its “Spiritual Self”, which resulted in a downwards spiral of mankind into a life of materialization and servitude. Now disconnected from Spirit, all right-brain thinking (intuition and spirituality) was depressed and left-brain thinking (rationalization and materialism) was developed.

Functioning on rationalization based on disinformation fed to him/her from the “Controllers of the Old Paradigm” mankind was left in a state of helplessness, completely dependent on an ‘outside’ source for their sense of power. In this reality mankind lives in the shadow of an ‘outside source’s reality, dependent upon their whims. If that source sees us as good, we are rewarded and if bad, we are punished. We find ourselves constantly jumping through a hoop trying to impress that source.

*“The Serpent’s made Homo-Atlantis their slave. His job was to serve his masters. On the great continent of Appalachia, they erected their city state Atlantis and there they sat to reign over the earth.”*

The first hybridization or cross-breeding of man was the creation of Homo-Atlantis and his job was to serve his masters. On the continent of Appalachia they went and constructed the great citadel, or city state, precinct of Atlantis, where the Serpent masters sat to reign over the earth. Their slaves or progeny were to serve them in this. But there was a problem...Homo-Atlantis, having both their gene and the Human DNA, was a being of high intelligence. When they realized that they were merely servants and mistreated ones at that, they left Atlantis and migrated to the great continent of Lemuria.

*“Let us make him, who shall nourish and sustain us. What shall we do to be invoked, to be remembered in earth? We have tried with our first creatures, but we could not make them venerate us. So then, let us try to make obedient, respectful beings, which shall nourish and sustain us.” (The Popul Vuh)*

The rebellion and exodus of their first cross-breeds forced the Serpents to create a second hybridization of man, again crossing and manipulating the Human DNA. In the second experiment \*Adamic Mans’ intelligence was ‘confounded’...or ‘dummied down’. (The word Adam comes from Adom which means to “cut off” or “divide”)

*“..Divided within himself, a part of him has been shut down.” (Recounting Plato’s Symposium account) “Zeus gathered the Gods in council to express his concern that these unusual creatures would one day challenge their hegemony. He was loathed to exterminate them with his thunderbolts, though, because there would be no one to bring the Gods offerings. He solved the problem, by putting each creature into a trance, and then \*splitting it down the middle.”*

*“Upon awakening, each half only dimly remembered what it had been prior to being cleft in two. Zeus explained to the assembled Gods and Goddesses the cleverness of his scheme. These creatures would no longer pose a threat to the Gods, because they would dissipate their considerable energy by spending the rest of their days searching for their missing halves.”*

\*In accordance to the 'Twin Hero Cycle': "Though the Twins are said to be the sons of the Sun, they are essentially human and together constitute a single person. Originally united in the mother's womb, they were forced apart at birth. Yet they belong together, and it is necessary – though exceedingly difficult- to reunite them. In these two children, we see the two sides of man's nature. One of them is acquiescent, mild and without initiative; the other is dynamic and rebellious. One figure represents the introvert, whose main strength lies in his powers of reflection and the other is an extravert, a man of action who can accomplish great deeds.

The Old Paradigm is based upon control and that control is crumbling all around us, which can be evidenced by the world events taking place today. This Paradigm is now being replaced by a new Paradigm....one that re-unites the twin flames. With the coming in of the New Paradigm, we will awaken to our own power, having the use of both our material self and spiritual self, the world will see the whole man – the twin – a race of mankind that goes forth with responsibility, action and ethics.

But, the New Paradigm has not fully come in and the Old Paradigm is putting up a good fight to its bitter end. The Controllers of the Old Paradigm are using all the tricks they have in their bag to postpone the inevitable, knowing that the change will not take place until the vibrations of change have hit a critical mass point. The critical mass point depends on the vibration of mankind which depends on the people's desire to "consciously want" change. And this is where dilemma of mankind comes in:

- 1) We are still separated from our twin self "Spirit"
- 2) We have given our power to the Controllers
- 3) They control us through chaos and fear

When we finally accept that chaos and fear keeps us enslaved to the lower vibrations of the Old Paradigm and there is no way out except to throw away the chaos and fear in our lives and surrender the material to the spiritual we will lift our vibration and spiral upwards to a higher vibration. When we join our twin flame we will know that the 'fear of the controllers' is not 'our fear'. The fear of the Controllers is to lose power ....we never had the power, they took it from us...the Controllers were in control of us.... They fear us taking back our power. So why should we share their fear?

Many of us fear the unknown. What will happen to us if the controllers are not there to run our state of affairs? We will take care of ourselves and the world we live on and all the living creatures that share this world with us. Don't fear this because when we have surrendered and joined with our twin flame, we will do this in a responsible way. You may doubt this, but realize that the only reason you may doubt it now is because you are still separated from your twin self....your 'all knowing self'. Right now you only know yourself and your reality based on what the 'Controllers' have led you to believe. What they have told you is not the truth... they have programmed your reality based only on what they wanted you to create for them. This will soon change.

Based on what the Controllers have made you believe, you probably feel that you are very vulnerable to all these earth changes, wars, politics, and financial collapses. Right now, because you believe that, you probably are...but the truth of the matter is you can change your belief system and actually "disappear" and become "invincible" to weapons, disease and world catastrophes? You, as the special being you are, can simply 'create' an artificial reality or shift into another dimension. Although you may think this impossible, we are all shifting daily without realizing it! To consciously enter another dimension is simply a matter of expanding your consciousness of reality.

*"Thousands, if not millions, of people alive today have had the experience of existing outside the space of their physical bodies for a brief period and experiencing this separated state as real, not as a dream or imaginary experience. A typical consequence of such an out-of-body experience is on the order of 'I no longer believe that I have a soul, or that some part of me will survive death, I know it!" (Rogo, 1983)*

Many people await the December 21<sup>st</sup>, 2012 date for their "Time of Change"...but they are missing the boat of opportunity...because that time is "NOW". This is the "Time of Transition"...This is the "Time of Change". Mother Earth knows this and that is why we are experiencing "Earth Changes". She is not waiting for December 21<sup>st</sup> she is changing her vibration and ascending now...and we need to change our vibration and ascend with her ...now.

We can pride ourselves in our knowledge on the subject of ascension and creating realities, we can call ourselves experts, give seminars and become teachers to the masses, but there is a big difference between "talking" and "walking" the talk. A teacher of truth will be the first to tell you that the "Magic" doesn't happen simply by going through the "actions" and "following directions" – it is in "Surrendering Self to Spirit" ...Its casting away your fears and self doubt and taking that 'Leap of Faith'. And that is not easy...we have been programmed all of our lives to never to do that! And until we do, we are forever held in bondage to the reality created by the Controllers. But when you do surrender, a world will open to you that you had never imagined. Prior to my surrender to Spirit, I used to just pray for just a "light at the end of the tunnel" ...but as I tell my students, when I finally surrendered, instead of seeing the "light at the end of the tunnel", I was given a "Rainbow". Now I live my life in a state of "Knowing" instead of "Believing". I have not reached my stage of ascension desired, but now I "Know" I am following the right path and Spirit will provide me with the information I need to continue.

If Reality is an Illusion and an Illusion is created by your mind's thought process, then by triggering your brain to accept a new program should start you out in the right direction. And of course, "accepting" the new program goes back to the act of "surrendering" the old for the new.

To understand this, let me explain it to you as I understand it.

1.) Think of your brain as the CPU (Central Processing Unit) of a computer. In order for the computer to process data it first needs to be programmed to process...and from there we basically have a functioning computer where we can surf to our hearts content...taking us to all the realities hooked up to the world wide net...including mine. When you are born, you come with a brain ready for programming which comes via data received from a world-wide human network, all of who were programmed earlier by the 'Controllers of the Old Paradigm'. Your brain is programmed as to what to believe and how to respond to all conditions based on data fed to you through parents, teachers, religions, peers, books, television, etc.

2.) Your five senses send all their information to your brain, which then 'filters' it, according to what it has been programmed to believe is necessary for your survival. (Much like your computer's spam mail filter) Material coming in that is not part of your belief structure is booted out into the trash. After it has booted out what it thinks is trash, it then processes the remaining information as your reality.

3.) Your nervous system works like a two way highway. It receives and sends information. The nerve cells of the body (neurons) talk to each other - passing information from one sensory neuron to another until it gets to the central nervous system. When the brain again receives the signal it processes it and sends it back to the body telling it what action to take.

If the brain was not programmed to process, your reality would simply not exist to you. You would be in nothingness. Your five senses would not be able to respond because the brain is not sending them information as to what the senses should see, feel, hear, taste or smell. This would not be a good thing for you...nor would it be good for you if the brain had been improperly programmed with false information, which is exactly what the "Controllers" did in order to control you through their desired reality for you.

For some of you, the information you have is adequate. But for those of you that want more - that want the magic back in your life, you need to start re-programming your brain to allow more information to filter in. As you surrender to the new program, the real world opens to you. A world of many worlds in many dimensions, a world where you are in control of your own reality, a world where you are one with the universe and all living creatures, a world of promise, hope and responsibility. Surrender the Old Program and allow the magic to begin.

*"Sit down before facts like a child, and be prepared to give up every preconceived notion, follow humbly wherever and to whatever abysses Nature leads, or you shall learn nothing." T.H. Huxley*

This year Brad and I will be providing various events at the Sci-Fi Café. These events will include special guests that we have chosen to help you on your path of ascension. We also do tours on Saturday nights to the Sacred Circle in the Woods of Burlington. This vortex area is one of the strongest in the world and is a place where you can make contact with the fairy world, communicate with spirits and travel into the other dimensions. While you are traveling into the other dimensional worlds, Brad and I are photographing this mystical event. After the tour, we take the group back to the Café where all the photos are viewed as a virtual tour in our theater room. After seeing photos of you with the fairies, spirits and dimensional traveling, we download the photos on a CD and give you a copy as a gift from us to you, in memory of your night. For more information on our tours please go to <http://www.burlingtonnews.net/hauntedtours4>

To keep up on our events please check on our site at either <http://www.burlingtonnews.net> or <http://www.burlingtonnews.net/scificafe>

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May You Chose Your Well,

Mary Sutherland

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