

Earth Restoration and Activation

During the late summer of 2005 the two of us, Ulla Anderen and Gary Kendall, were in Mt. Shasta, California, attending a workshop with Amora Quan Yin. While visit the mountain, St. Germain came through Ulla to acknowledge the earth-centered work we had already started and to say that he would now help us to set an agenda for *activating* the higher dimensional earth that was to come. The Sirian Masters of Light came through Gary to say that they would help also and that a part of the agenda for this work would be *restoring* earth's original evolutionary plan.

The two of us, Ulla and Gary, are working for *Earth Restoration and Activation*. We have worked on sites in the US, Sweden, Guatemala, Peru, Madeira (Portugal), Egypt, and now Guam. Our mission is to assist the evolution of the earth and humanity to their next stage of spiritual evolution in alignment with the guidance given to us by the ascended Masters and the star people assisting earth's evolution.

We are establishing this newsletter to share knowledge and to make connection with others who are called to this work, who want to learn the teachings given to us and to travel with us to additional sites. Please, feel free to share this newsletter with others and to send us the email address of anyone who would like to receive future newsletters. And, if you feel called to participate in this work, write to us and let us know.

Our Backgrounds

We have both studied energetic healing in Mt. Shasta with Amora Quan Yin who is our principal teacher. We have both also worked with Peruvian healers, especially don Victor Estrada who is the person who introduced us to each other back in 2000. Ulla started her spiritual training in Sweden with Ambres while Gary started his in the US with Peruvian teachers. Before all of this took over her life, Ulla worked as psychologist and consultant. Gary teaches music technology at Northwestern University near Chicago.

Report from Guam on the edge of the Philippine Sea

It was many years ago now that Ulla had received a vision of working in the Philippines. In her vision, she saw herself working to de-program a crystal that had been used in Lemuria and that was now exerting an extreme negative influence on humankind from under the water of the Philippine Sea. What did surprise us was that we were clearly guided not to work from the Philippines mainland, but from the island of Guam on the opposite side of the Philippine Sea. With no more knowledge of Guam other than it was a US territory, we made our travel plans along with our good friend Anne Wells who had worked with us on other journeys. We went attempt to capture all of Anne's work here, but we do want to include some of the important pieces that link into our experiences.

A little further study revealed that the Philippine Sea between the Philippine mainland and the island of Guam was one of the deepest places in the Pacific Ocean. We learned too that Guam had a very interesting geography with some parts of the island being hilly and volcanic and other parts being level and sandy.

One year ago the three of us, Ulla, Anne and Gary, had undertaken a similar trip to Madeira, a Portuguese island west of Morocco. Two issues emerged during our work there that we felt we had to deal with before undertaking this next trip. First, we had met with active energetic opposition during the work and Ulla and Gary were particularly beset with energetic attacks. Second, we occasionally found ourselves working at cross-purposes with one another. So, prior to the Guam trip we met to establish a clear set of procedures. Procedures for setting our sacred space included asking permission of the local spirit guardians, establishing a protective field of sacred geometry, etc. We also established guidelines for how to handle those difficult situations in which we needed clear communication and mutual consent.

We arrived at Guam early in the middle of the night on March 16th after a long flight that had us changing planes in Japan. Awaking the first morning and going down to the hotel's restaurant at the edge of a quiet bay invoked memories of Lemuria, the kind of memories we had hoped to experience. The weather was constantly shifting and the ebb and flow of the wind and water helped us to slow down and harmonize with the rhythm of the island.

First Day

Later that first day we drove to a park where a set of large ancient stones created by the ancestors of today's Chamorro people were preserved. We wanted to make contact with the earliest history we could find on the island. There too, we found a cave from World War II where the Japanese had used the forced labor of Chamorro men digging with primitive tools to hollow out space in the volcanic rock. The energy was horrible. We all three sat and did clearing work aimed at the cave. But the cave could not be dealt with in isolation and the work quickly expanded to the island as a whole. The residue of World War II was everywhere on the island. The dark energies of the misery and suffering lay over this beautiful island like a funeral drape. How did these two aspects of the island co-exist here? Ulla perceived that an energy vortex like a black hole existed in the space of the island. Gary was guided to close it and that caused a fundamental shift in the energy of the island. We had started this work because of the cave and out of our emotional reaction. We had gotten involved in this so spontaneously that afterward we realized that we needed to be far more careful about establishing our protective space. Our guidance reminded us that we would be shown how to shift the energies of the region step by step and that we should wait before engaging this any further.

Second Day

The second day we drove north to a beautiful beach on the very tip of the island to begin our central work. Ulla had foreseen that we needed to anchor two pillars of light into the earth, each at separate locations along the beach, and then to do our core work at a location in between them. This time we followed strict protocols for establishing a safe space before setting each of the pillars. The first pillar appeared to focus on opening and connecting the higher dimensions. Many light beings who had once walked the Earth entered again through this pillar and then were happy to be able to assist. The second pillar was more focused on anchoring energies into Mother Earth, especially into the second and first dimensions. We worked to anchor the Christ consciousness into the earth star crystal at the center of the earth. It took some extended time for this energy to bring about the shift that was needed.

The core work was a bit of a surprise. Gary was asked to look at the time line for earth and saw three planets, but only the most recent one was clearly the earth. The middle one was smaller and quite black. The earliest one was a large, higher-dimensional world. It seems that these planets were connected even though they existed at different times and on different dimensional levels. This wasn't so much a time line for earth as a spiritual line of development leading to the earth. In the sequence of events, something had caused a downstepping of the dimensional level between the first planet and the earth. Our memory and awareness of the earlier planet had been disrupted. The task given to the three of us at this moment was to bridge over this gap in time and memory and to link ourselves fully to the experience of that early, higher-dimensional planet. How the downstepping through the dimensions had occurred was not revealed, nor what role the second planet had played. What was revealed was that our life on earth has been lived in reaction to such great events without our being aware of it. They were written into the very fabric of the earth we have known and have shaped the structure of our experience. The separation between the conscious and the unconscious has its origins here. Then too, many of the beings we have come to know as gods were the beings from this previous world. There appears to be an important opportunity now for all humanity to heal the rift and to step into knowledge of our own higher-dimensional past.

Third Day

For the work on the morning of third day, Ulla was guided to a location on the southern end of the island where the land jutted out toward the Philippine Sea. We drove there and hiked a short distance to a spot where a few trees provided us shade against the intense sun of the day. We sat back-to-back, all three of us, Ulla, Gary and Anne. We carefully followed our protocols to establish our space but the process was slow. We apparently needed to deepen everything about the process---to make deeper and stronger connections. We had to raise ourselves to a higher standard of preparation. We established a clear linkage of our actions through the dimensions by carefully aligning and synchronizing ourselves with the 15th dimension and then aligning and synchronizing every dimension to that from the 14th through the first.

Mother Earth was very present guiding our progress. We first established a pillar of light, much like we had done the previous day. This time we kept on working at the same location. In Ulla's vision Mother Earth was holding a black ball that represented the black, middle planet seen the previous day. We held space as the Sirians, the Arcturians and others cleared away the energetic debris and shifted us all to where we could access our past. Gary was given the vision that Mother Earth in an act of love had taken into herself this other smaller planet. This planet had died and crashed into earth carrying remnants of its many souls who had died in fear and suffering. It was like a mother picking up a child who was screaming. The consequence for the earth was that huge destruction had followed---earth's frequency had downshifted and spiritual evolution on earth was set back. The residue of the absorbed planet became part of the energetic matrix of earth and earth had to restart its development. What was the sense of this event and how did it serve divine evolution? We all agreed that the dark that entered Earth had its own evolution to fulfill within the Earth experience. It had shaped the evolution of all of us on earth, and now was the time for this evolution to move into its next phase, the phase in which we all become unstuck and move on from this catastrophe. As we continued to work, the Mother Earth in Ulla's image held a ball that became lighter and lighter as its heavy energy was transmuted into something soft and loving.

We changed locations slightly for our afternoon work. We all sat in a park by a bay that lay beside the point where we had worked in the morning. In establishing our space we aligned and synchronized starting with the 16th dimension and this was accompanied by a significant upshift in the frequencies we worked with. We connected through the dimensions but we were not able to complete the linkage into the second and first dimensions. This we learned was where our efforts would now be focused. We all shifted to the second dimension and held a multidimensional connection while our non-physical companions worked through us to effect a radical transformation. In some spiritual teachings the second dimension is associated with the lower worlds and lower beings. We were shown now that it did not have to be that way! The second dimension as we have experienced it was a result of the catastrophe and has been filled with the debris and lower energies that resulted from the collision with the dark planet. In fact, the collision had occurred essentially at the first- and second-dimensional levels. We were working now to prepare the second dimension for a shift to a new higher vibrational level. Ulla discovered Annunaki who had become stuck on earth and stuck in their parasitic dependence on us. Releasing the second dimension would also liberate the Annunaki to pursue their own evolution. It was intense. The ancient giant ones came to assist. At one point we broke through the second dimension into the first, anchoring a higher dimensional connection. It was as much as we could do for that day, even though it felt as if none of this work was really complete. All along we were imagining that we had been doing preliminary work for the main work in the Philippine Sea. We imagined that we were pulling up the deep root for the issues that were centered there, but when was that going to happen?

Fourth Day

Early the previous day Ulla had received guidance that we would need to work from the interior of the island, but we now were having difficulty identifying a specific location. It finally occurred to us to ask whether we indeed still needed to work from the interior and discovered that we did not. Apparently yesterday's work had altered the plan for today. We considered a number of tentative

locations before we ended up at the northern tip of the island where we had worked two days before. It seems that the exact location on the island was no longer as critically important as it was before. We knew that we had work to do on the level of the second dimension that was a continuation of the work we have done the previous day. Anne had found herself thinking about Lemuria and Ulla had been thinking about the crystal she was guided to de-program.

Settling in on the beach under two of the few shade trees that grew down near the water, we began setting our sacred space. During the opening, Gary was given the vision that we needed to establish something like a temple in the second dimension that would help to anchor the changes that occurred the day before. Upon shifting to the second dimension, Ulla experienced the presence of Lemuria including a temple that contained the negative crystal of her visions, the crystal with which she was finally now in direct contact. This crystal contained a dangerous, explosive energy that had poisoned the evolution of the entire region. As Guam itself illustrated, nature's beauty was undercut by a visceral negativity. The temple itself contained codings all around that acted to keep the bomb-like properties of the crystal in check. Ulla was told to wait until the temple's energy had shifted before doing anything directly with the crystal. Meanwhile, Anne recognized the temple and experienced a joyful, reunion with a very large crystal she too saw there. She worked to sustain the love and light within it as the other work progressed. Gary established a multidimensional field of sacred geometry around the temple. Then with the help of the Arcturians, he focused on shifting the temple in alignment with that geometry, both the macro and the micro-structure. This helped to reshape the codings as Ulla worked to disarm the crystal. But this work progressed very slowly. The temple's structure shifted one small level at a time until the right focus seemed to lock in: *bringing in the new earth's second dimension*. Now the shifts were categorical, but not without attracting some opposition. Anne spied an intruder that had to be removed. Ulla saw the crystal lift up, signifying that it was ready for work. She saw its structure open up and then removed the internal black energies after which it was no longer dangerous.

Gary saw an empty space in the temple that he understood was supposed to be an opening for a portal, but a portal to where? Answer: a higher dimension, and there was the possibility of connecting to a much higher dimension than had been used before. Gary asked for the opening of a portal linking the first and 16th dimensions. Sensing the extent of the new possibilities, Gary asked for connection to divine truth, divine love, divine grace, divine flow---every aspect of the divine that he could name. A huge energy, an indescribable energy came pouring out of the portal. Another multidimensional field of sacred geometry was needed to help stabilize it. The second dimension seemed firmly shifted to a new state and we were all surprised and overwhelmed by the experience.

Even though we were exhausted, we had only completed our morning session. We had another session to go. We rested, ate, and tried to store up some energy for the afternoon.

Gary received the message that we were to work on the first dimension. As we shifted ourselves there, we all had different visions. Anne experienced the presence of a dragon that she had worked with in Peru. The dragon sat watching with Anne who waited and then rode the dragon. She was shown many instances of human cruelty including torture performed during the Inquisition. Ulla saw herself taken to the earth star crystal, which she experienced now as contaminated. Then Mother Earth took her into the crystal and showed her different rooms. Gary was taken to a space in the first dimension where he encountered Lucifer just as Mother Earth brought Ulla to the same place seen as a location within the earth star crystal. "This is where I have held him." was the message Mother Earth told Ulla. We were all of us very uncertain about the situation. Gary had encountered Lucifer before in exactly this same space during individual healings in which Lucifer was commanded to leave the first dimension of the client. Only we were here now in the earth with a weakened Lucifer. It was really unclear what transactions were suppose to occur. Ulla attempted to clear the earth star crystal. Anne's dragon took her to a room with higher dimensional spirits waiting to see what Lucifer would do. Gary called in the presence of Archangels Michael and Gabriel to communicate with Lucifer while waiting for things to sort themselves out. Eventually Gary received a message to open another multidimensional portal, this time from the first to the 17th dimension. Lucifer began to ascend the dimensions through the

portal and Gary saw him arriving and stretching out in the 17th dimension, even though nothing seemed really resolved. By the end, it seemed as if Lucifer had left the first dimension, but the first dimension itself had not experienced a shift. What had happened and how did this relate to our earlier work? We felt unsure how to best answer these questions, but we did understand that shifting first dimension too quickly could have created powerful imbalances.

Our discussion went on into the evening. Anne was asking Gary to pose questions to his guidance about the background to what we had experienced. We realized then that these events matched a story that we had heard about the planet Maldek, the one that is suppose to have broken up and created the asteroid belt. It appears that the first- and second-dimensional dark energy that had hit earth came from the destruction of Maldek. The crystal too had come in at that time and absorbed the destructive energy. We were in Guam because the collision had occurred in this region.

Fifth Day

We started out without knowing exactly what we would do, where the day would take us. At this point we were all deeply fatigued. Once we got started we found that each of us was being taken in a different direction, in fact, we worked individually without sharing or coordinating because we were not working in coordination. Anne had been taken into the manifestations of Lucifer's involvement in the 3rd-dimensional world, to the dark side of humankind. She was later taken by the ascended masters and given personal guidance.

Gary was directed to the first dimension again starting in the space where he had encountered Lucifer the day before. Gary held a multidimensional connection as the surroundings began to shift. After a long and slow process of transformation, Gary was shown a large dark sphere that represented the residue of the Maldek collision in the first dimension. Holding that multidimensional connection, Gary engaged it and it shifted dimensionally up, carried by the guides until it was beyond the 4th dimension and seemingly out of the way of earth's development. Gary continued to connect the higher dimensions to the space vacated by the sphere. At one point something shifted and the center of the empty space opened as a portal that poured a billowy, creative energy into the first dimension. Gary was given the vision that this is the way that the interior of a planet ought to be---with energy flowing out from within the planet feeding the growth and evolution of the dimensions above. Ever since the Maldek collision, earth had experienced a partial blockage in its first-dimensional energy flow, a blockage that was now being released.

Ulla worked with a high-dimensional collective that she knows as the Amor Group. She was told that she would be shown something specific---how Lucifer was linked to all humankind. She learned that Lucifer was a light being who acted as a god on Maldek and had started its destruction when he went into conflict with other gods. At its breakup, Mother Earth took in the lower two dimensions of Maldek along with the crystal that absorbed much of the destructive energy around it. Lucifer was sucked in by events and then held by Mother Earth. This caused a sudden collapse within the Earth's energetic field and caused human beings to loose their memory of who they were. Being in the earth star crystal, Lucifer was connected to the soul history of all human beings. Lucifer's deep split between consciousness and unconsciousness engaged all humans in the experience of that split. With the help of the Amor Group, Ulla worked to clear these energies within herself and within all humankind. She shed layer after layer of energy connected to Lucifer.

When we began again in the afternoon, both Gary and Anne were guided into personal work. Ulla, whose vision of the destructive crystal had initiated our journey to Guam, was given additional visions, this time through the guidance of the goddess Shakira. Ulla was shown how the Lucifer's release from the first dimension will have its effect on the evolution of all human beings. The veil between the conscious and unconscious will disappear. Our consciousness will be whole and this will start the process for us to remember who we are and where we come from. The goddess Shakira connected Ulla to the time before the collision when Shakira walked the earth as a giant light-being among other giant light-beings. The cities of light in which they lived

seemed almost as solid as the physical world. After the Maldek collision when earth descended in frequency, these cities remained as etheric cities of light like the one at Mt. Shasta.

This is our report of our trip to Guam. We are both exceedingly grateful for all that was given to us and for all that we learned through these experiences. We are also very grateful to Anne Wells for her part in this work.

Before the Guam trip, Gary had been working as a healer and encountered Lucifer in the first dimensional space of a client. When Lucifer was banished from the client, Gary was told that there was no longer anyone to enforce the client's agreements with the dark---the kind of agreements that limit our horizons but that we have to work through as part of our soul's evolution. One of Lucifer's roles on earth has been to enforce agreements between the light and the dark, but there is no one left now at the core of the earth to enforce them. Lucifer still holds a first-dimensional space in most members of humanity and every one of our brothers and sisters is given a new freedom now to liberate that part of themselves.

And this is only one of the ways in which fundamental changes in the structures that have ruled our existence make possible the ascent of the earth and all her peoples to a new dimensional level.

--- in love and light,
Ulla and Gary