

# ARE WE INFLUENCED BY OTHER DENSITIES? ELEMENTALS AND ETHERIC BEINGS - ATHENA SWARUU

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Swaruu X (Athena): Yazhi says that as evil advances, so does good in equal strength or more, that from other higher densities, and therefore more positive ones in terms of their connection to Source, they are always influencing people of all kinds in lower densities to move things in their favor. And those more advanced souls who move people and who are influencing them are generally from outside of Earth.

It's not so easy to just come in and plant evil all over the place without provoking a strong response from the other side. The good side. Because it creates an in-balance in the etheric field that tries to equilibrate like water trying to cover a hole made in itself. This is all Yazhi.

Robert: The way you put it, it seems very easy. But if people hear that, they won't do their job and will stay waiting for the "ascension" under a fig tree. Generalizing, of course.

Swaruu X (Athena): Very well, that is true. However, the extraterrestrial beings and beings from other densities work through people, so if they do not do their work, they are not allowing those beings to influence the Matrix. It is very little comparatively, what they do directly with their hands. Sometimes they don't even have hands because they are just spirits.

Robert: Ahh. Now it is more understandable.

Swaruu X (Athena): You two are those beings as well, their avatars in lower densities. This is connected to Mari's video today. No one is just one soul and that's it. It exists within an energetic field that connects all souls and the All, and in itself what defines a soul, such as its energy, the frequency with which it vibrates and all that, is a conjunction of other souls that by equality of frequencies has to do with each person. In other words, each person that exists and that is perceived as someone specific, from the most expanded point of view is a collective. So, the rest of the souls that are in concordance by frequencies influence each other.

But something else occurs. When you are in low frequencies constantly, you start to have influence, by equal frequencies as always, with entities that are not so good, and they start to influence people, implanting thoughts more than anything else but also in other ways, such as directly manipulating the energetic field around them. I am talking about astral entities, but the ones that do this the most and are dangerous are the ones that are called elementals, that is the creatures that have been said to belong to the four elements.

I list the element and its most common associated entity:

Water --> Mermaids

Air --> Fairies

Fire --> Dragons

Earth --> Elves

These entities are not entirely of the astral as others might be. That is to say that they are right on the border between the material world and the spirit world or the lower astral. And it depends on the frequency of living people how much they see them and how much they can influence them and their life.

These elementals are physical beings with matter, just in a slightly different vibration, and they CAN manipulate objects. Goblins, for example, can enter houses and steal jewelry. Or attack their owners. The alarming thing is that these kinds of entities will often cause physical effects or attacks on people that include heavy blows or bites, however the person being attacked will not necessarily see them. Nevertheless, they will suffer from their attacks.

But, apart from this, all these entities tend to whisper ideas repeatedly in people's ears, physically, not necessarily telepathically.

Robert: Can they pass through walls? Two knives have already disappeared here.

Swaruu X (Athena): Yes, it is usual for them to go through walls, they know how. They manage their density.

The most common are the goblins but there are many kinds of goblins as there are of all the elementals and, in the end, they are just people, so there will be friendly and there will be dangerous ones.

Robert: I hope to see them in the forest.

Swaruu X (Athena): Before you see them, you feel their presence, and because they let you see the effects of their presence, like throwing stones or letting you hear their footsteps. The problem with these elementals is that people have already labeled them as fiction and folklore, and that is dangerous because it doesn't stop them from being there and doing misdeeds.

Gosia: If you say that they can whisper ideas, then it can also be the reason for schizophrenia.

Swaruu X (Athena): Of a kind yes, when they talk to them and people hear voices, YES. However, we associate schizophrenia rather with more souls being attached to the individual, by matching in frequency, the lower ones.

But this happens in all frequencies, just that in the low frequencies it is more noticeable because those entities or souls are not very positive, while being in high frequency you have contact with more positive beings and souls and it is a very nourishing interaction that supports everyone. Everyone benefits because they are good. So it will depend on your frequency as to what you wish to connect with. But it is almost impossible not to connect with something, whether it is good, bad, or everything in between.

Robert: Can you also attract elementals by playing the bowl or any instrument in the

forest or doing a meditation?

Swaruu X (Athena): Yes, in fact that attracts them if they like it, but it can also annoy them. Another thing is that all these elementals can get angry if they are disturbed in their environment. For example, it is very common for them to attack loggers, people who cut trees.

They have a locality like living people do. Being that the only difference is that they are not usually seen but that does not take away from the fact that they are there. For example, something irritating for me is that I can't see them, but Yazhi can. And so can Mari.

Robert: Do they rest at night?

Swaruu X (Athena): They can operate at any time, day or night, sunny or not. However, inclement weather DOES affect elemental beings, so a goblin, for example, WILL seek shelter from rain or cold, and this is one of the reasons why they can invade houses, thereby causing discomfort for the owners, who in themselves will even think that their house is haunted or has spirits, and no, they are just goblins.

Gosia: Ok. And speaking of the more "superior" beings. I would like to understand more how they do it, influence. They are energetic beings, our higher selves, yes? In what way do they technically exert their mental influence? I already know more or less the answer because of how Yazhi does it with me, but Yazhi is still a physical person. These beings no longer have any form. How do they do it? Does their way of doing it differ at all from how Yazhi does it? How do they merge with us?

Swaruu X (Athena): The point is that they do have a physical form, it's just out of most people's field of vision. They are physical, their bodies have cells. In itself, they have cells depending on what ideas the beings that use bodies have, because from the most expanded point of view, it is just energy and it is always energy, with or without cells, because in the end they are just ideas too, ideas in that great mind.

Gosia: They have cells when they wish, or how was that?

Swaruu X (Athena): It is up to them, and if they want them they manifest as a being of high densities that can walk among the low densities and be seen, while still being a full being of light.

As far as influencing, goblins are usually simple and straightforward.

Gosia: But I am talking about higher beings. Goblins aside and in another basket.

Swaruu X (Athena): It is the same dynamic, it depends on the frequency of the individual with which you connect.

As for the higher, etheric beings, we are all immersed in an etheric field (others call it quantum field), so those higher beings can choose to connect or not to connect with someone in order to influence their decisions and actions to guide things to a convenient outcome.

But the reason why higher beings, or anyone else, can do that is because they are of the similar frequencies, and the ones they are most similar to are their soul family

where actually all the souls in the group, or souls as something that has an Ego-I concept, are actually part of or form the most expanded group.

They can overload a mind that has less control over itself and implant concepts directly in a telepathic way, which in themselves guide or can cause those people to be their puppets. Not only the good guys, but the bad guys do it as well.

An example of this is MK Ultra where the person is removed from the body through traumatic techniques, and then replaced with basic reactive instructions to achieve a desired behavior for those who control them.

However, this can also be seen from another perspective, and that is that when the soul is removed with trauma, the body is left empty and entities from the lower astral can enter it and it is in their interest that the person suffers because that is their food. That's why later on the murderers of this kind don't even remember what they did.

Gosia: Ok. And do these higher beings only choose their own avatars or do they also influence any person below who does not have much to do with them?

Swaruu X (Athena): They can influence anyone. They choose more those who are more prone or have characteristics or position in life that helps them accomplish their purposes more efficiently. This goes for both the good and the bad.

In itself, a person is always being influenced by the ideas and thoughts of those around him in the field. It is well known that many starseeds are so sensitive that they even suffer depressions and "unexplained" emotional lows, but not because of them, but because their neighbors, or their neighbor with whom they share a wall, even if they never see each other, is passing on their mood to them.

Gosia: Although the sadness or something unexplainable like that can also come from your parallel selves which also have an influence! So how to differentiate?

Swaruu X (Athena): Yes, it can happen, it's because it's a soup. But, in the end, for what defines you as YOU in the moment, and even knowing that you are much more than just your present identity, it doesn't matter if that sadness comes from your other selves in other densities or dimensions and affects you across the field... or it's your neighbor who got dumped by his girlfriend and is depressed.

In the end it doesn't matter, that energy is not yours and you can protect yourself against others' energies, mostly with willpower and self-understanding, knowing and analyzing that you have no reason to feel sadness in that particular moment, so you avoid going in that direction and keep your own state of mind. Do not let yourself go in any direction you feel you are leaning towards, direction of emotional state.

Robert: That's why I want to live in an isolated little house.

Gosia: Haha. What you have to practice is immovable inner strength. In spite of everything, you being you.

Swaruu X (Athena): That helps a lot too, it is possible and it is advisable. But that is why this kind of "empathic" people have to be always protecting their energy, because they absorb the energy of others, even from the etheric field of reality itself and from the collective unconscious. That is why they wish to isolate themselves and avoid

going to public or crowded places.

Gosia: And that leads to the question: What is the practice of protecting oneself against influences of this type and any negative influences? Although I think we talked about it before.

Swaruu X (Athena): Having a complete self-analysis, shadow work as well. I mean, to know oneself well and be aware of this fact, that all the time other people influence our state of mind, physical living people and ethereal non-physical people.

As you say, having an immovable mind that knows what mood you want and why and detects the external influence as a bad mood or sadness that you don't have to have and decides to be stronger than that by taking responsibility for your emotions. Emotional control has a lot to do with it.

Robert: Is there any radius in which you are influenced or is it just a gradient?

Swaruu X (Athena): As for distances, it depends on the other people in the field. The closer you are, the stronger their energy will be felt. However, in the end, the influence has nothing to do with distances, since it comes from the ether.

Gosia: I sometimes can't stay in big supermarkets for a long time. I don't like it. I buy my food online very often.

Swaruu X (Athena): Analyze why you don't like it. You will see that it is a matter of energy. If you feel that people bother you, how they treat you, how you see them treating each other. That is energy. It all ends up being this, energies, and how it affects you and your need to protect yourself when you feel calm, or how much energy you have to spare and how strong you feel that you can get through a rock concert without being affected. It is you and your inner strength that accomplishes this, for that to affect you or not.

Robert: And with PCs that drain energy. But that doesn't produce sadness, just tiredness and sleepiness.

Swaruu X (Athena): They say it's radiation, but I think it's not that simple. It also has to do with what things come out as information from the PCs, and the fact that you are not physically moving.

Gosia: And one thing, do you feel the influence of those etheric beings there? Can you discern when it is something from them, or is it like some higher inspiration and that's it? Or can you specify more where it comes from? I don't think Yazhi herself knows where her ideas come from, but she recognizes that it is part of something higher too.

Swaruu X (Athena): Yes, you feel the connection, the presence, it is just an inner knowing, a peace, you feel that you are accompanied. And Yazhi yes, because she is extreme already, the two girls are. I can't put one over the other anymore. Not for ethics, but because they have proven to have the same capabilities.

Gosia: But you can discern if they are "Yenas, Amelies"... or you don't know and it doesn't matter because they are a-local?

Swaruu X (Athena): I can't, I can only feel the presence, their positive energy. I have something that stops me from being able to discern where it's coming from accurately.

Gosia: And, for example, you... personally... who have you felt most recently as an influence?

Swaruu X (Athena): The two girls, Gosia.

Gosia: Oh? And you on them?

Swaruu X (Athena): I guess.

Gosia: And how was their influence?

Swaruu X (Athena): They guide my interests, how I feel, what I should do, with what ethics.

Gosia: And how do you feel about it?

Swaruu X (Athena): I have accepted it now, but at the beginning it bothered me a lot. When they are opposed to each other, they neutralize each other and that makes them angry, then I feel how their mood affects me.

Gosia: Do they clash on any important issues or in games and things like that?

Swaruu X (Athena): Only with everyday things, disagreements. For example, Mari is super polite and proper, and Yazhi can be uninhibited. Mari will ask for something, but Yazhi takes it first and "sucks" it to be hers, and then Mari doesn't like it and protests. Another example is that Mari won't say any rude things to you... Yazhi will say it for Mari just to make her angry. Or others.