

## **Transliteration of the Channeling "Shadow realm" of Archangel Chamuel by Heike Lieselotte Schneider on May 28, 2021**

"Blessings to you, beloved children of light. We are the energy which you call Chamuel.

Beloved children in the light. We would like to talk a little bit more about the current transformational processes that are actually shaking your bodies, your minds, before we would like to go to our actual topic, which this time will deal a little bit closer and more detailed with the shadow realm.

Beloved Children in Light. Currently, the month of May itself, is actually a complete gateway opening or the complete transformational machinery necessary to ultimately advance the liberation of humanity. We know that it is very, very exhausting for you on the physical level and also on the spiritual level. However, your souls are rejoicing. The more contact you have with your souls, the more you will be able to participate in this jubilation.

Beloved children. We know that it is extremely difficult for you. We know that you are challenged with great physical transformation processes. To facilitate this, as you are still very much in the struggle, it is helpful to drink a lot of water in general. Bless the water in the light of Divine Love. Simply say the phrase "I ask for the blessing in Divine Love for this water" or "the Divine Blessing in Love". Be flexible. Try to bless your food. Try to bless the water. Bless everything. Bless yourself, ask for the blessing, bless others - anything that helps to bring the vibration up. A pronounced blessing, as long as you are in the heart, is one of the greatest, most powerful instruments there is.

At present, because of the elevated vibrational frequencies, the Schumann frequency, the wake-up call is getting stronger. Earth is not yet completely free, because the dark forces are fighting, because it is really a matter of their survival. They know that they have lost, but they want to carry away as much as possible people. You have the power! Do not give up!

The physical transformational processes that are currently taking place are taking place on the bone structure as well as in the tissues, everywhere. Many people will still have problems at the moment with the joints, but also with the back, with the spinal canal, for the simple reason that the Kundalini is rising up in many people, at least in the people who are waking up, and it is expanding. This energy needs space. So it appears that there are a lot of pressure points in your body where the energy is actually flowing stronger and this is pushing the bones apart a little bit and ultimately just supporting the process, on all levels. In addition, the neck area continues to be problematic for many people, all the way down to the arms.

Throat/neck area or the throat itself represents the power center. The language that tells you "yes / no" or that should make you say "yes or no". Many of you, in order not to become unpopular, try to keep your mouth shut. Or you try to take the easy way out. There's nothing wrong with taking the easy way out, don't get us wrong. It's just that ultimately, a clear "no" pronounced is a great, powerful weapon. Just like a clear "yes." Yes, I stand by myself, Yes, I stand by my love, Yes, I stand by my body, Yes, I stand by my being and I just won't allow to be bullied any longer. Being courageous is very much in demand at the moment. Being courageous, as you know, is not because you have no fear, but to be courageous is to stand up for yourself and others in spite of fear.

Beloved children in the light. You are on a great and good path. But this path is much more complex and encompassing. You have unfortunately chosen the timeline that is the most difficult. In the end, all the timelines will be merged, but this will take a little time because so many people are still not stepping into their own responsibility.

The second big issue is the head in general. You will feel increased pressure in the forehead area, sometimes the feeling of having a clamp around the head, this is the darkness trying to prevent waking up even further, so to speak, and of course in the area of the top of the head, crown chakra, connected to neck/throat and with the filtering of not always telling others the truth completely, as said, for fear of driving people away from themselves, but also for fear of being cut completely.

Courage always goes hand in hand with humility. Humility ultimately means nothing more than humbly surrendering to the greater energy that is at work within you all. This humility does not say that you should do nothing, this humility says that something is at work that is much greater and much more immeasurable than you can ever imagine. Humility says that you are a part of this process. But those who live humility will find a courage within themselves that you cannot imagine. To be humble ultimately means to surrender to Divine Omnipotence, to surrender to the Light. To completely accept the freedom given by God, and to also live this freedom, to also show it on the outside. This does not mean that you have to commit every fight. Quite the contrary. But if you live this humility in connection with your courage, you will find that other people either go along with you, these are the people who want to go along, or also say goodbye to you, these are the people who do not want to go along with the process of 3D in 5D.

Beloved children in the light. From our side and from the Divine Omnipotence, no soul will be abandoned. Nevertheless, we would like to point out that very many souls will decide against the ascension process. We know how difficult it is, especially when it is partly about the families. We know what suffering you are in, but since you have been taught all your life that death is the end of being - it is not so. This does not mean that you should ultimately give up, but it means that you should accept this strength and this power, that you are immortal! Immortality means that in 5D everything will finally be united again. Maybe not on the physical structure, but on the mental/spiritual in any case. And regardless of whether these souls have left or decided to go directly to the other realms, it does not mean that there will be no contact at all. However, for this to happen, 5D must first be reached. Many people believe that when the truth comes to light, a switch is flipped and you are on 5D. This is not so. The shadow realm, which is still being nourished, understandably by fear, anger, rage, hatred and the low vibrational emotions of all kinds, means that the shadow realm can continue to feed on it.

Beloved children in the light. You are getting that a great deal is being cleared up, a great deal is being cleaned up. The planet itself is not yet free. Mother Earth is still suffering. She needs all the support she can get.

And we know that many of you believe, "Yes, how can I be happy, how can I be in love, if the world is the way it is?" This is a misconception. Faith and love and happiness you create within yourself when you are in connection with your soul. First comes faith, love and happiness and then faith, love and happiness will show up on the outside, not the other way around.

Beloved children. Ascension is a process for each individual. For every single soul. It is the breaking free from the old structures. The breaking free from the 3rd dimension. And that ultimately means nothing else than to face your own shadow realm. The shadow realm, which partly also works in each of you. This shadow realm is the temptation. It is the temptation to take the easy way out, to dare to quit, to do what the supposed superiors say, not to stand up, to be good.

Beloved children in the light. You have the courage and you have the strength. Even though in the end, if you don't want to, you don't have to argue right away or go into every fight, but if you are somewhere and a person tries to convince you of something where you know it is not your opinion, say no. Lovingly, firmly. Empower yourself, but don't stay stuck in your head, feel your soul giving you permission to say no because it is a God given human right. You have the right to live in freedom. You have the right to be self-determined. You have these rights. These are Divine rights. Human rights are Divine rights. No one is so far above you that they can make you do anything you don't want. And when all this power is vibrating in your body, the darkness will already retreat due to the fact that it is afraid to be transformed in your light.

The shadow realm can be dissolved only when the critical mass is reached. And it has not been reached yet. The shadow realm is struggling. And it still exists. On a smaller scale, but all the more desperate. Do you stop being desperate. Do not doubt. Do not doubt the omnipotence of the Creator. Do not doubt your own power and strength. Do not doubt your courage, your inner strength. And above all, do not doubt your soul connection, which connects you directly with the Divine Source through the Higher Self.

The moment you manage to maintain this as often as possible during the day, be it by being in nature, be it by meditating, be it by contemplating, be it by simply being in your power and in your strength through yoga, through tai chi, through any form where you completely focus on yourself, on your innermost being, on your power and your strength, it will come more and more into everyday life. At the moment, you hear a positive news and you become a bit euphoric for a short time. Then comes a supposedly negative news, and already the level drops again. And this sinking of the level because of the previous euphoria is much greater. And that is exactly what the darkness can then pick off. The mountain, the great mountain of euphoria goes into the deep valley, and the amount of energy that can then be tapped is much, much greater than if you remain constant in observation.

You stay in a mode of observation when you accept that there are many things happening in the world right now, and remember one thing: the children are the most important thing. Because they are the most innocent. And there are always some being taken that need to be liberated. Stay in your strength, stay connected, and also remember that these are very, very great souls that are walking this path. And support these souls by sending light and love. Support the people who are educating. Support the people through prayers, through love, through blessings who are currently trying to dissolve the shadow power. Believe in your power and please stop thinking that you are not strong enough, that you are just a little person. Through each of you, the finger of God can work. Never forget this! The Divine spark is within you. And this power and this strength works through you, if you allow it.

Beloved children in the light. All development, as we have already explained, goes in waves. And the greatest fear that most people have now is whether people who have chosen to go down the dark path that goes with poisoning, which is a little bit like turning away from God and turning to the supposed God of the medical profession, the self-sacrifice, whether it can be dangerous to other people.

Beloved children in the light. Verily, we say to you. Every soul is capable of transforming everything, if it is in the front line. That means everything can be neutralized and transformed. Every soul would even be able to transform metal. This is pure alchemy. These alchemical abilities lie within each and every soul.

The problem behind this is that the soul often withdraws from the body piecemeal because of this dark decision to go the supposedly easy and free way. But this is also no problem, because ultimately, we are mainly here to protect the soul parts. This has been the main focus of the Creator, that every being is protected, which is how we came to our tasks in the first place. Do not be afraid of other people. Do not participate in this division. Of course, you can get reactions on the physical level if you are not vibrating high enough. If you vibrate high enough, even someone who is poisoned cannot do anything against your vibrational frequency, against your body structure. This power can never be exercised by the shadow realm. Only if you go into fear. Only if you participate in division and anger. Of course, this injustice is immeasurable to watch, especially the grab for the children in any form. But every awakened soul will give themselves to protect the child no matter what the cost. All are your children. Stand up for your children! Be in the power for your children! Do not fight against duties or decrees, but fight for freedom, stand up for freedom.

It does not even need a fight, because you are free. You are the power in your world. You change the world through your pure being. You change through the power and the strength that flows through you. You are transforming. It takes your courage. It takes your bravery. It takes the power of your entire soul. There is no room for apprehension. There is no more room for doubt, there is no more room for fear. When you embrace your power, no matter who stands before you and threatens you, may retreat from you because of your light. Once again the note: Darkness is immediately transformed in the light. People who have sold themselves to the darkness, so to speak, are led by the darkness. The darkness sits in the auric field of these people, sometimes also in their body. They will automatically withdraw, because in the light of Divine Omnipotence everything that is dark must give way or it will be transformed. Beloved children in the light. Do not be afraid. You are not alone. But we also need your help. Your willingness to accept and live the light and love. Everything is ready for you. But the ascension from 3D means the change of your own being. It means the acceptance of your own powers. It means surrender to the Creator. It means surrender to the Light. It means the transformation of darkness, starting with each Human Being.

If this succeeds - and it will succeed - because many have already accomplished it worldwide, the change is already much stronger than you can even imagine, but it also means that a large part of humanity is still asleep. It doesn't matter if they are asleep as long as your light is so strong that they are automatically swept along by this gigantic wave of love and light into the new time. Only if your light is too low, it means that the shadow realm can be nourished longer. It takes one person who is in the light of omnipotence to spread 100 square kilometers of light and love. You decide how often you do this. You decide whether you are mindful and live in mindfulness, checking yourself and always feeling: Is it good how I feel? Is it in the connection with God, in the knowledge that you cannot fall lower than into the Divine Hand? Or do you give up? Mankind does not give up. Soulful humanity does not give up because God works through it. The decision from 3D to 5D is ultimately the decision for the Creator or against.

Beloved children in light. You are so very loved. You are so very much supported. And whoever believes in God's help, draws down God's help. The most powerful instrument is and remains love. Love for the Creator, love for life, love for children, love for the world, love for your fellow man, no matter how twisted he is.

The time of easy awakening is over. It will now be a matter of confronting people with truths. But for this it is indispensable that you know the truth about yourself and face your own shadow realm.

You are loving, you are self-determined, you are inspired with the Divine Spark. You are the child of Omnipotence, you are the child of the Creator of All That Is. You are the power of the I AM. Begin to live it. You are never alone. We are always by your side.

We bless you in the infinite love and omniscience of the Divine Omnipotence, Now and Always, and so be it.