

A Lightworker's Mission: The Journey Through Polarity Resolution covers thirty-two years of the author's interdimensional experiences and discoveries as a First Wave Lightworker. It contains twenty-five illustrations of clairvoyantly perceived ETs, a demon, sky tubes, and portal manifestations.

**A Lightworker's Mission: The Journey Through Polarity Resolution**

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# A LIGHTWORKER'S MISSION

The Journey Through  
Polarity Resolution

Denise Le Fay

*Illustrations by Yasmeen Harper*

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## Contents

Illustrations .....	ix
Gratitude.....	xi
Introduction.....	xiii
PART ONE: Portals and Preparations 1972–1979 .....	1
PART TWO: Interdimensional Lightwork 1980–1989 ...	43
PART THREE: ETs, Multidimensional Construction, Ascension, Polarity Battles, Polarity Resolution 1990–2004 .....	139
EPILOGUE: Completing Phase One 2004–2009 .....	497
About The Author .....	511
About The Artist .....	512



## Illustrations

### PART ONE

- Fig. 1.1. Eighteenth-Century Portal Encounter*
- Fig. 1.2. Silver Portal Creatures*
- Fig. 1.3. Earth Elemental Encounter*

### PART TWO

- Fig. 2.1. Yasmeen's Great Pyramid Sphere Memory*
- Fig. 2.2. Sirius, Orion, Pleiades Star Glyphs*
- Fig. 2.3. Egyptian Twins Polarity Arm Pose*
- Fig. 2.4. Dance of the Ages Positions*
- Fig. 2.5. Age of Leo through Aquarius Polarity Integration Poses*
- Fig. 2.6. Throne Pose or Energy Stair Steps*
- Fig. 2.7. Water Elemental Encounter*

## PART THREE

- Fig. 3.1. Great Pyramid Octahedron*
- Fig. 3.2. ET Pineal and Pituitary Adjustments*
- Fig. 3.3. Sixth Dimensional Geometric Blueprints*
- Fig. 3.4. Ancient ET Lion Beings*
- Fig. 3.5. Ancient ET Bird Beings*
- Fig. 3.6. 6D Blueprints or Morphogenetic Fields*
- Fig. 3.7. Merkaba Craft and Being*
- Fig. 3.8. Interdimensional Sky Tubes*
- Fig. 3.9. A Reptilian Encounter*
- Fig. 3.10. Flat ET Face*
- Fig. 3.11. The 8D Orion*
- Fig. 3.12. The 6D Sirian*
- Fig. 3.13. The 5D Pleiadian*
- Fig. 3.14. The Demon*
- Fig. 3.15. Asian Man Lightshow Pose*

### A LIGHTWORKER'S MISSION

activated in 1987, suddenly made it a bit easier for me personally for the remainder of the 1980s.



For the longest time I had wanted to get to the coast at night on a Full Moon to see what the ocean waves looked like. It was around late fall and I made plans with my boyfriend at the time to drive to the beach the night of the next Full Moon. The evening finally arrived and off he and I went to the beach to see the surf illuminated by Full Moon light.

We headed for a public beach in SoCal and immediately went straight to the nearby jetty. My boyfriend hopped quickly across the top of the jetty because he wanted to get all the way to the end of it, which he did. I however was having a bit more anxiety getting myself across the huge wet boulders that were the jetty. They looked so much smaller from shore. While he was standing way out at the very end of the jetty communing with the ocean and the beautiful moonlight glowing everywhere, I was halfway behind him, hunkered down, crawling along over the black, wet, slippery jetty boulders carefully in typical *girlie* fashion. I was becoming increasingly concerned over how the surf suddenly seemed to be getting larger and was crashing harder against one side of the jetty. The surf also looked much smaller from shore.



*THE JOURNEY THROUGH POLARITY RESOLUTION*

The Full Moon was so bright that it was easy to see everything, but struggling girl-style over massive sharp and wet boulders at night with surf sporadically breaking up over them was getting a bit dangerous. At this point I was on my hands and knees slowly crawling along the jetty boulders thinking this was much safer incase a wave did break over the top of the jetty near where I was. I knew it would be very bad if I accidentally were swept into the ocean so close to the huge rocks and rough waves at night. Therefore, crawling on my hands and knees was my solution to this very real and dangerous possibility.

I had reached the halfway point on the jetty when I suddenly saw a creature in the ocean water off to my right. I froze in place and then turned just my head to look at it directly. There in the water, clutching the jetty boulders with his black webbed hands was a water Elemental staring intently at me. I stared back at him and then jerked my head around to quickly locate my boyfriend. He was still out at the end of the jetty communing with the powers of the ocean and moonlight. I jerked my head back quickly to look at my Elemental company and he was still there staring at me.

His skin was smooth gloss-black and looked exactly like the black skin of a black and white Orca or Killer Whale. His skin was precisely the same as dolphin or whale skin. His eyes were black also but reflected the pale moonlight as animals eyes do. He was hairless and

*A LIGHTWORKER'S MISSION*

had no ears or nose and only a narrow slit for a mouth. He was exposed from the waist up only so I never did see what he looked like below the water's surface. As I hung there clutching the wet boulders with the surf pounding and splashing around the jetty and me, he and I stared at each other in the bright light of the Full Moon.

*"You could get in the water with me,"* he telepathed with a slight mischievous grin.

I immediately telepathed back, *"I would probably die if I did."*

*"Would that be so bad?"* he questioned.

I jerked my head around to quickly locate my boyfriend again just in case things suddenly became even more precarious than they already were. He was still out at the very end of the jetty standing with his back to me, gazing at the black glistening moonlit Pacific Ocean. There would be no immediate help there if I did need it.

In those few minutes of fact-to-face encounter with the male water Elemental, I completely understood how he had no concept of physical life and death as we humans experience it in the third dimension. My death to him meant that I would merely step out of one body (my physical), into another nonphysical one (my etheric), which meant I could then journey with him

*THE JOURNEY THROUGH POLARITY RESOLUTION*

more easily in his element. That is all my death meant to him and it was not malicious or evil. The whole while he and I are telepathically communicating back and forth, I was becoming increasingly saturated with the element of water, which was more than easy for me with my Pisces Rising. I'm positive it was my Pisces Ascendant that resonated so closely with the element of water and this Elemental, and that was why I was able to see and feel him so easily. I knew he sensed this in me and was energetically pulling on me even harder to get in the water with him.

In those few moments with him—as is always the case in these types of nonphysical encounters—my awareness expanded to take in more of everything that was happening. I saw and felt him and his perspective of me as a human within physicality, and learned a lot about those old stories or myths about Elemental beings and how they could cause humans to become imbalanced from too much of only one element. It was happening to me just seeing, feeling, and communicating with him in those short three or four minutes. I was becoming increasingly intoxicated and influenced by him and honestly feared I could be swept off the jetty by a wave and my boyfriend would not see or hear any of it. I would just suddenly be permanently gone.

*A LIGHTWORKER'S MISSION*



*Fig. 2.7. Water Elemental Encounter*

*THE JOURNEY THROUGH POLARITY RESOLUTION*

The male water Elemental never took his eyes off me but continued clutching two of the huge jetty boulders to keep him in place in front of me. I remember thinking during those moments of how his beautifully smooth reflective black skin looked exactly like the black reflective Ocean waters. He was the water—just a bit more solidified than it was.

As increasing fear began overtaking me, I finally hollered out for my boyfriend but my scream could not be heard over the crashing waves and pounding surf. The black water Elemental just bobbed there in the cold black water hoping I would go swimming with him in his realm. I yelled even louder the second time as I glanced sharply over my shoulder at my boyfriend. Still nothing and his not moving for so long made me wonder and worry a bit. I knew I had to get myself back on terra firma so I slowly and very carefully shifted myself on the wet slippery boulders so my head was now pointing towards land instead of out towards the open ocean. When I looked back after this adjustment, the male water Elemental was gone. I crawled very low and slow along the jetty boulders back towards the beach. In what seemed like a very short time my boyfriend was behind me asking why I was heading back in. The surf was so loud we could not hear each other well so I just shook my head at him, pointed toward the sandy beach, and kept crawling. He followed me back without knowing what had happened to me.

### *A LIGHTWORKER'S MISSION*

I wanted to see the Pacific Ocean and surf under Full Moon light and I certainly got far more than I had expected. This experience had nothing directly to do with the portal house, but I felt it needed to be shared and viewed also. I learned from the encounter that being in a physical body and dimension means we have all of the other elements within our bodies, and much more. Being in the presence of only one element causes us to become rather imbalanced, intoxicated, lost, confused, disorientated, and downright careless and stupid in some cases, obviously. Encountering one element in its natural and undiluted form is almost too much for us compound 3D humans. It can cause us to think and do dangerous and stupid things if we become ungrounded and overly influenced by whatever element or Elemental being or beings we have encountered. I learned that the old stories and myths about the Elementals and their actions are probably true for the most part.



I spent the last couple of years of the 1980s doing numerous Belly Dance performances, teaching Belly Dance classes, and working as a Belly Dancer at a beautiful Moroccan restaurant in the southern California desert. During these years, I also connected with two older professional male Flamenco dancers, and began taking Flamenco classes from them both. Flamenco Dance had long been another passion of

*THE JOURNEY THROUGH POLARITY RESOLUTION*

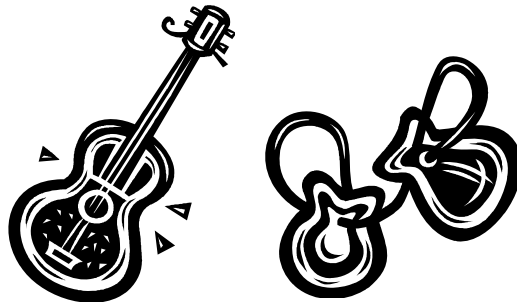
mine and I was extremely happy to have found not one, but two professional Flamenco dancers/teachers to take lessons from. In 1989, one of these Flamenco instructors started a small dance troupe and I was one of the members. It was a happy, hectic, and highly creative time and I immensely enjoyed those last few years of the 1980s to dance and dance and dance some more. Mercifully, I was oblivious to all that was approaching for me personally with the start of the next decade, and just enjoyed performing Middle Eastern and Flamenco dance, designing and sewing all of our costumes.



The decade of the 1980s completed for me in numerous yards of colorful imported Middle Eastern Belly Dance fabrics, pounds of colored glass beaded fringe, earthy, pounding Middle Eastern Belly Dance music, and singing brass finger cymbals (Zills). Also in endless yards of Flamenco ruffles, difficult and intricate Castanet patterns and Flamenco footwork, unique new

### A LIGHTWORKER'S MISSION

Flamenco music patterns, actual Flamenco guitar players, and Flamenco dance classes at midnight because that was the only time we all could get together to have them!



My interdimensional ET family and friends were still always energetically nearby, but now slightly less intense and close. The Harmonic Convergence seemed to free me up a bit energetically, so I concentrated more on dancing and learning Flamenco during the last three years of the Eighties. It did feel as if this was a rest and integration period for me. I could now play and have fun in between these intense and highly focused, higher vibrating, interdimensional contact periods with the some of the Starbeings/ETs and other nonphysical beings.

It had to be this way to give me time to integrate and adapt to all I had been through and remembered. Then, I could rest, play, and pretend I was a *normal*



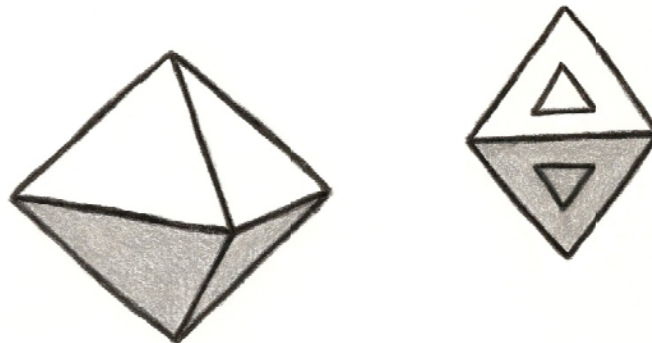
*THE JOURNEY THROUGH POLARITY RESOLUTION*

human like everyone else again—for a while. Unknown to me at that time, was the fact that I would soon be entering an extremely intense and compressed learning and transmuting phase during the entire decade of the 1990s. Ignorance *is* bliss, and I was profoundly grateful for those last few very busy and creative years performing Belly Dance and Flamenco, before the profoundly powerful and much deeper level transformational process arrived with the start of the 1990s.

*A LIGHTWORKER'S MISSION*



The next month, November 1995, I went into one of my light meditative or psychically receptive states to deliberately access higher frequency information. I wanted to go back to my past life in Egypt of 12,600 B.C. and investigate the Great Pyramid to see what I could remember or rediscover. Once I was there beside the Great Pyramid, I leaned against the west outer wall and instantly projected inside of it.



*Fig. 3.1. Great Pyramid Octahedron*

Next, I see the Great Pyramid shaped like an Octahedron. It had a mirror image of itself below ground, connected at the base to the pyramid that sat above ground. Both Pyramids had different rooms and

### *THE JOURNEY THROUGH POLARITY RESOLUTION*

tunnels within them, but the Lower Pyramid was used for very different things than the above ground or Upper Pyramid was. I am not saying this Lower Pyramid was, or is physical, only that it existed and still exists today on the Inner Planes. Many of the buildings, temples, pyramids, Sphinx, and other structures in very ancient Egypt were designed and created to be accessible using ones nonphysical bodies, as well as the physical one. The very ancient Egyptians were multidimensionally aware people and their buildings and structures naturally reflected that.

Farther within this clairvoyant journey, I started seeing a phosphorescent green glow inside the Lower Pyramid. Because I had seen this same phosphorescent green colored light before as a child and as an adult in this incarnation, I became mildly concerned. My experiences with this particular phosphorescent green light had always frightened me because it usually was connected to some dark or negative type energy or being. Because of this, I automatically reacted to seeing this same colored light deep inside the Lower Pyramid near the capstone. I internally asked why this particular colored glow frightened me so, and as usual in altered states like this, I get an immediate answer.

The answer that came was complex, deep, and profoundly important to me personally. The insights revealed were that some 12,600 years ago I had gone through an etheric level Initiation within the Lower

## A LIGHTWORKER'S MISSION

Pyramid. During it, a further splitting or separation of an aspect of me happened. The newly fragmented aspect of me that separated during that Lower Pyramid Initiation became a separate entity, and it increasingly became very frightening to this aspect of me. This further separated and polarized aspect of me only became highlighted and more potent over the millennia—as they naturally do—until we fully reintegrate them, usually many lifetimes later.



Once I had this information, my inner heart remembered what the Lower Pyramid represented to the ancient Egyptian peoples. It was another powerful symbol of how we—as spiritual energetic beings—split or polarize once we have entered physicality in physical bodies. The Upper Pyramid represented the conscious self, living in the bright daylight of the Sun. The Lower Pyramid represented the less conscious self, unseen and living in the dark that eventually manifests in all of us at some point within a physical incarnation on polarized 3D Earth. It is simply another aspect of life within the dense 3D realm where levels of polarization and further separation from our Higher Self and Source naturally happen. This is not something *bad, evil, or wrong*; it is something we as nonphysical beings greatly desire to experience, learn, and further create within.

THE JOURNEY THROUGH POLARITY RESOLUTION

The additional fragmentation that occurred within the Lower Pyramid became something that, to this aspect of me, seemed evil, dark, negative, profoundly frightening and terribly powerful. It was simply a projected, separated aspect of me, but from my perspective, it was *Evil* and had nothing to do with *me*. I did not understand that it was an aspect of me so naturally it had to be someone or something else that existed outside of me. This is how classic projections and polarizations often happen within the physical realm, and that it usually takes so very long to even realize, let alone start to work on and eventually reintegrate and resolve.

At seeing and understanding this great descending and fracturing process we each go through due to having vibrationally dove into the dense physical realm, I instantly was no longer afraid of the phosphorescent green glowing light. I understood that this separated or projected aspect of me was that very same thing, that frightening monster, that crazy male being that wanted to kill this aspect of me—or so I had always feared. He, It, did not want to kill me really but only to come back Home and be reintegrated with this aspect of me. *He/She/It wants desperately to return Home and be loved and whole once again with this aspect of me.*

Once I understood what had happened and why, I immediately grabbed the phosphorescent green glowing light energy and rolled with It, hugged It, loved It,

### *A LIGHTWORKER'S MISSION*

reabsorbed It, and drew It back into this current aspect of me. This one seemingly insignificant and simple process was one of *the* most important for me of this incarnation. I was greatly pleased with myself for finally figuring out this ancient situation and taking the first huge step in reintegrating It back into this current me in this life and time. It took me forty-three years of this current life—not to mention the last 12,600 years—to reach this special point of readiness and fearlessness. In other words, half a precessional cycle around the great astrological wheel, from the Age of Leo, to the beginning of the Age of Aquarius. It was a great day indeed and I swear I felt the heavens smile the moment I understood and reintegrated that ancient and intimidating aspect of myself. It is that huge and that simple.

Many of us have gone through this same energetic involuting or devolving process where we have aspects of ourselves separated from other aspects of us. Separated and projected aspects of us fracture off only to play polarized roles for us at other levels and dimensions, especially while we are learning and creating within extremely polarized physical reality. Once we reach a certain level of development we must reintegrate all our many separated parts, projections, fragmented aspects, unloved monsters, demons, murderous and maniac selves; those dark, dangerous, and seemingly insane aspects that we have become separated from over the millennia for the very purpose

### THE JOURNEY THROUGH POLARITY RESOLUTION

of learning what polarity is and how it feels and functions here in 3D.

The more depressed, the more fearful, disempowered, misunderstood and frustrated you may currently feel, it is most likely you being terribly tired of having separated aspects of you strewn all over the planet for a very long time now. It is time now for all of us to pick up these fragmented pieces of ourselves and love every one of them no matter how horrible, repulsive, or frightening they may seem to these not yet fully integrated aspects of us doing this spiritual work. They are nothing more than dejected, pissed-off, frustrated, and wounded aspects of you and I that are equally exhausted from playing the dark Bad Guy role so that you and I could learn about polarity and further separation from Self and Source. I have learned, repeatedly, to just get over the high polarity drama and deal with it because then it is honestly over and you are completely free of it, whatever *it* is for you personally.

Parts of the Lower Pyramid dealt exclusively with these types of spiritual energetic separating and polarization processes and leanings, hence why it was unseen and belowground. For me, the moral to this ancient and difficult learning was that it takes so much more energy to keep running away than it does to stop, turn around, and finally embrace the monsters chasing you. They are merely other aspects of YOU and they too greatly desire to return Home now.

*A LIGHTWORKER'S MISSION*



A couple weeks later in November 1995, I took note of the fact that the years of 1996 and 1997 would trigger even greater changes in many more people across the planet. Brainwave patterns would begin to evolve and change, ESP abilities would begin appearing in people who had not been psychic at all in any way prior, some people would start noticing that linear time and physical reality was becoming increasingly strange, nonlinear, and morphing in peculiar ways not yet understood by many people. In other words, I was sensing some more of what was approaching, not only for me personally, but for increasing numbers of people across the planet during the next two years.

From 1994 through 1999, higher dimensional information and different ETs were constantly available and present (nonphysically) for me. It had always been extremely easy for me to make the energetic adjustments needed to speed up enough to perceive certain beings and energies within higher dimensions. I quickly learned however exactly how difficult it was to retain all of what I had perceived once it ended and I was energetically back in a lower dimension and state of consciousness again. I would speed up a bit vibrationally to where the ETs and other higher level information was, but when I released and dropped down again, almost immediately aspects of the profound insights,



### *THE JOURNEY THROUGH POLARITY RESOLUTION*

knowledge, visions and discoveries would start to evaporate. It took some serious determination and tenacious focus doing repeated interdimensional consciousness traveling before I learned how to grab hold of the higher information and retain it fully once I was back in the lower, slower, and denser 3D world and consciousness again.

This process is not much different from learning how to adjust rabbit ears antenna on the top of an old television set to improve reception and pull-in certain channels you want to see. It is much the same with learning how to pickup and fine-tune our consciousness to be able to literally tune into higher dimensions and some of the beings that naturally reside within them. This is the direction humanity is currently evolving towards and it will be deeply satisfying for all involved.



Another weird anomaly that started during 1995 was physical banging or knocking sounds on the outside walls of Mom's house. From the sound of these knocking noises, it seemed to us that they were only a foot or two below the roofline of the house. That meant the banging, pounding, tapping, and knocking sounds we both heard repeatedly for over a year were happening around eleven feet above ground level and primarily on the front north wall of Mom's house outside.

### *A LIGHTWORKER'S MISSION*

Nonphysical ET beings will do all sorts of strange and almost comical things to get your attention and let you know they are nearby and want to communicate. Knocking, pounding, tapping sounds, sudden scents of burning pipe tobacco, burning incense, mixed flowers, roses, cinnamon, eucalyptus or combinations of those scents have been common ways they let me (and Mom) know they are energetically near and wanting to chat. Also small portals or vortexes suddenly manifesting inside your house, usually near the ceiling where the vertical wall or walls connects to it (just like the poundings or knockings), are common locations for positive ETs to come through into lower frequency physicality. At least this was the case during the 1990s that Mom and I experienced numerous times.

December 1995 brought two clairvoyant ET contacts. Earlier this particular day they had been banging and knocking on the outside north wall of Mom's house for a couple of hours (this became another common anomaly during 1994 and 1995), and we had both looked outside repeatedly to see if anyone or some physical object could have been the cause of the very physical banging sounds. We never found anything physical, plus Mom's entire property had a 6-foot tall fence around it and the front gate was always locked. The only way onto the property would have been for a human to jump the fence, run up and pound on the exterior walls at ten or eleven feet high, and then run back and jump over the fence to get off the property.

THE JOURNEY THROUGH POLARITY RESOLUTION

We heard these wall knockings and pounding sounds while we both were standing outside looking directly at the exterior north wall and there was nothing physical causing these particular sounds.

After a few hours of random wall knockings and thumps and bumps, I felt them very strongly within my bedroom, which was also a common occurrence. I immediately went into my light meditative state to meet clairvoyantly with them. Instantly the one much-loved, ancient male ET being I had remembered since childhood was there ethereally and slid into my physical body as he often did from my left side. I should add that I do not know if he actually did etherically enter my physical body as I have described; I know that is how I clairvoyantly perceived his actions. In addition, he and all the Starbeings/ETs clearly knew how I felt about allowing other beings, entities or anything into my body. I was psychic enough to not need or desire any being or entity to enter my body to either channel or as a medium, and I had made this personal desire and rule very clear as a child in this life. I was intent upon this because I have always sensed I am supposed to do these things myself in this lifetime. It is the next stage of development for me.

Because of my *no channeling any beings other than my own Higher Self rule*, I sensed that this one and only ET being simply superimposed his energy body over my physical body and never did really enter it. In other

*A LIGHTWORKER'S MISSION*

words, he aligned himself vibrationally with me to more easily communicate while I was fully conscious.

Once he was energetically in place, I said to him, *"You are the one I have always loved the most. You are me aren't you?"*

He replied, *"You could not love me the way you do if I were not an aspect of you."*

At one point while he and I were telepathically talking, a beautiful female ET I had never seen before suddenly appeared clairvoyantly right in front of me. She glided up to my body quickly and in one graceful move, bent forward slightly from her waist and inserted some very long, thin etheric something into my left eye all the way into my mid-brain. At first it looked—from my perspective—as if it was her extra long and thin pointed index finger. It may have been, or it was an etheric tool she was holding. Whichever it was, I thankfully felt nothing physically and sat there in my chair without moving, as I didn't want to disturb this strange new process. After all, some etheric, stunningly beautiful female ET had swiftly inserted something about a foot long through my left eye deep into the middle area of my brain! I was not about to panic, jump up, or run away screaming. I could easily discern that both these ET beings were very positive and highly evolved nonphysical, other dimensional beings. I sensed

*THE JOURNEY THROUGH POLARITY RESOLUTION*

whatever they were doing was to help me, not harm or control me.

After she was finished, she stood back upright again, took a few steps backwards so I could see her better and smiled gently at me. I smiled back and telepathed, "*Thank you.*" At that, she vanished.

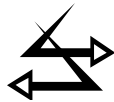


Fig. 3.2. ET Pineal and Pituitary Adjustments

I telepathically told my inner beloved male ET being that she just adjusted some brain gland inside my physical brain. He smiled and said I was correct. He informed me that the energies, my different energy

## *A LIGHTWORKER'S MISSION*

bodies, and all of the changes currently happening were progressing so well and so fast that they had to help some of us in physical bodies (Wanderers, Starseeds, and Lightworkers) with certain energetic adjustments or upgrades to continue doing all that we had been doing in physicality. His explanation made perfect sense to me. I intuitively knew what he was saying was true, and in typical Denise fashion, did not intellectualize much about any of it because I could sense and discern at higher levels the necessity for these etheric body adjustments.



To make this next insight a bit easier, let me backtrack briefly. I had long been a lover of semi-precious gemstones and had collected them for many years. Nothing expensive, just simple gemstones and many only in tumbled nugget form in long necklaces. I had hung these many different gemstone necklaces on a wall in my bedroom, mainly because I enjoyed looking at the vibrant colors and feeling their different energies. My eyes enjoyed absorbing the colors and energies of each of the different gemstone necklaces displayed like this. They were visual therapy as well as being objects I wore around my neck and wrists.

Next, an etheric ET used my numerous gemstone necklaces hanging on the wall as an example of a complex concept he wanted me to understand better. He told me that, like my different gemstones, there were different Rays or Energy Groups and that we all

*THE JOURNEY THROUGH POLARITY RESOLUTION*

belonged to one of these different colored Ray Groups. Groups such as the lapis lazuli color Ray, the amethyst color Ray, the emerald, or the gold Ray, the aquamarine colored Ray, the citrine, the carnelian colored Ray and so on.

He next showed me about how we, from our individual colored ray groups, separate or further individuate even more. Instead of there being just one huge single blue energy Ray and Ray group, there become millions of us individuated blue ray beings, or green ray beings, gold ray, purple ray, yellow ray beings or souls and so on. There are many individual and different colored gemstone pieces or souls within each ray color. I really enjoyed this clairvoyant visual lesson because I could easily see and understand the vast concept due to my different colored, different energetic gemstone necklaces.

He and I continued telepathically talking about these different things, but the bottom line kept cycling back up repeatedly; it was the "*you create your own reality*" reminder. In regards to this, he asked me what I want to have happen to Earth and myself. He was trying to get me to know in my being and not just intellectually, that I was the one (as are you) who was to create the reality I (and you) honestly and deeply want on Earth now and in the very near future. I am the one to do this in my body, my heart, my mind, my very

*A LIGHTWORKER'S MISSION*

being. It is yet another aspect of why we are reincarnate on Earth at this very important time.

After the meeting and lesson, my beloved blue ET friend gently disintegrated into the background of my awareness. I had the sense he stayed longer than usual this time only to make sure I was doing fine with the etheric brain gland (pituitary and pineal) adjustments made earlier by the female extraterrestrial. I was indeed just fine.

After he left, I continued my altered state and inner travels by myself now that both ETs had departed. The rest of this insight had to do with my blood family on my Mother's side. I saw how certain ET energies are carried into physical Earth life by certain family members and often on both sides of the blood family. I knew which of my relatives on both my Mother and Father's sides carried the ET or higher dimensional, stellar energies just as I had been shown via the different gemstones and different colored ray groups. It was fascinating. There were also some minor insights about Jupiter and Saturn and how within 3D physicality, they too carry energies that are much like certain Stars, such as Sirius (Jupiter) and Orion (Saturn). Our natal charts reveal some of these higher dimensional stellar Ray Group energies if we can sense and discern beyond traditional astrological knowledge.



### *A LIGHTWORKER'S MISSION*

The next small higher dimensional group that joined us was the equally ancient and impressive Bird beings. These grand beings also had humanoid bodies, but with stunning falcon bird heads. They were only slightly shorter than the Lion beings and were much more muscular, strong, and dense or solid feeling. They were grand and incredibly ancient beings as well, but their energies were extremely different from the Lion beings. The Bird beings were more focused, serious, and reserved than the affectionate and kindhearted Lion beings.

Their energies were equally intoxicating but in a very different way. They seized your attention in a different way from how the Lion beings did. The Lion beings felt like proud, protective elderly grandparents who deeply loved us. These particular ancient Bird beings were slightly less emotionally warm and charitable and felt considerably more mentally focused and highly alert to absolutely everything. They were not dangerous feeling at all, just resolute and focused in a very different way than the Lion beings. They gave the impression that they were on a very large and important mission and absolutely nothing would distract them from it, not even a group of excited young Star Seeds in ancient Egypt.

*THE JOURNEY THROUGH POLARITY RESOLUTION*



*Fig. 3.5. Ancient ET Bird Beings*

## *A LIGHTWORKER'S MISSION*



Those of you reading this who have had the recurring dreams over the years of being in some large shopping Mall, a Library, University, Collage campus, Auditorium, Theater, or Hospital and running into different ET beings there, I hope you are recognizing the interdimensional connections within all of this. Those of us who are Wanderers/Starseeds/Lightworkers, typically have these types of etheric dream encounters and ET meetings most of our lives. In many cases these dreams are the easiest and fastest way the Wanderer—in a human body and physical incarnation—is reintroduced to why she/he is back in 3D Earth physicality now. If the Wanderer/Starseed/Lightworker is more psychically open and can safely cope with conscious, interdimensional meetings and retain the memory of them, then that too happens with these types of lucid out-of-body dream meetings. These are both individual and group Lightworker/Wanderer dreams or out-of-body gatherings we have with some of our ET helpers, guides, interdimensional family and friends.

(Another aspect of this that many of you may relate to as well is the etheric dream meetings Lightworkers/Wanderers/Starseeds have within other people's houses across the country. We do not physically know each other and yet, many of us have remained in higher-level contact with each other through these

## A LIGHTWORKER'S MISSION

I will spare you all of the ugly, and just say that it was profoundly important for both of us and was just more of the many issues and old stuck emotional energies we each had that needed to be dealt with finally. This is an ongoing process and there are *multiple* layers to it we each must move through. As is usually the case, we have to deal with one issue multiple times over months or years before we have honestly dealt with every bit of it on all energetic levels. I wish these buried emotional issues and energies could be dealt with in a big oneshot sort of way but they rarely are. We have to work through each of them multiple times before they are totally discharged and completely transmuted.

So far these emotional energetic issues for me had centered around plenty of ex-husband stuff, old boyfriends, my son, my mother and father, my sister, my past lives, my many fears, nightmares, projections, fragmented and monstrous bits and pieces of myself that had gotten cast-off and strewn here and there over the astrological Ages. You would think I'd be making a decent dent in all this inner work by now wouldn't you? I was, but there was more to come.



April 14, 1999 and I had just gone to bed and abruptly did not know who I was! I had about five perfectly delicious seconds of absolutely no identity

*THE JOURNEY THROUGH POLARITY RESOLUTION*

whatsoever. Zero sense of egoic identity, no name, no personality, no nothing—just pure, unfiltered, naked awareness. It was confusing and perfectly brilliant at the same time. It was shocking and disturbing momentarily to my ego self, yet, it was the most free and complete I have ever felt in this life or any others that I consciously remember.

I had no personality during those few seconds of identity freedom—no personality to filter all the incoming and outgoing information and stuff that we all have running constantly. It was so pure, so vast, so direct and it felt normal despite it being the first time I (Denise) had ever experienced it in this way. It felt like Home and like the real me without any restrictive personality clothing on. It was really wonderful but the cosmic size of it was a bit unnerving. Sense of self means so many different things to different aspects of us and also to where we perceive ourselves to be at the time.

I wondered if it was my Higher Self awareness which was weird and confusing because I didn't know who I was. In the next instant I understood that it didn't matter one little bit and I needed to *get over it*. I realized that this state of no personality, no ego or smaller fractured and filtered self was normal and another aspect of being within quantum consciousness. It felt amazing to not have any filters or identity tags

A LIGHTWORKER'S MISSION

attached to me, but to simply be immeasurably more unified consciousness.



March 1999 came and went and there was nothing but physical and emotional pain, sickness, intense rage, profound exhaustion, uncontrollable crying, kundalini hot flashes day and night, vomiting and nausea, bladder spasms, bone and joint pains, mental static and blurr with no ability to focus, and general *hell on Earth* in just about every sense. I can really only hint at how profoundly severe, how sudden, how horrible, how toxic and intense this entire phase was for me physically, mentally, emotionally and psychically. The worst part was that it simply went on and on and on. As I was to learn over time, there was a very long, difficult and dark road ahead of me and I had to travel it alone and without any medications (pharmaceuticals) or anything else. I had to do it with only my over-the-counter acetaminophen and nothing else—the result of having highly (chemically) sensitive Pisces Rising I suspect.



April 1999 and it is just the same horrific unending sickness, physical and emotional pain, ultra sensitivities to nearly everything, kundalini hot flashes constantly, insomnia because of the constant hot flashes or as they are called when you have them at night *night*

## THE JOURNEY THROUGH POLARITY RESOLUTION

*sweats*, low-grade fevers, chills, bone and body flu-like aches and pains, cyclical ascension related bouts of purging diarrhea, mega headaches, severe and constant abdominal bloating, dizziness, extreme sensitivity to all sounds including my own voice, increased etheric/psychic activities, continued inability to mentally focus, forgetting the names of simple everyday objects and different words, anger and downright intense rage. I had never felt rage in my life prior to the start of my D 1 47 process (which I first discovered in late 2005 was called "ascension"), and I was shocked by my sudden hatred and absolute intolerance of all the assholes n' idiots around the world! Little did I know at the time, that even this disgusting and ugly (ascension) symptom was an exceedingly necessary one I had to move through in this ongoing process of transformation. If we are satisfied and accepting of lower and heartless things, people and ways, nothing would ever improve, so here comes the (ascension) rage and intolerance over them which forces *you* to move on and create those new, higher and better ways.

During this time I had two more teeth abscess which only made me more sick and weak than I was anyway. I spent more money and time in dentists chairs having earlier root canals and crowns extracted because they had abscessed to the point there was no saving them. In these cases I wasn't even given antibiotics by the dentists, and because my mind was not working so great, I didn't even think to ask or insist that I have

## A LIGHTWORKER'S MISSION

them. So, I would go home after each tooth extraction and become more sick and weak for a while. It seemed that one body problem was endlessly compounded by another and another and another until I was so buried underneath it all that I couldn't do much physically at all. This was the grand and much needed tearing down phase, the further dismantling of physical Denise and her ego self and corresponding mental abilities, the literal and symbolic dying phase of this enormous inner and outer process. It was at best, brutal.



June 1999 and I am so extremely and constantly bloated in the diaphragm area that I can't eat solid food. I am even throwing up room temperature water. It quickly reached the point where my body could not cope with drinking ice water, so I had to drink only room temperature filtered water so my gut wouldn't bloat any more than it always was. (This extreme diaphragm bloating was another common ascension symptom I learned about seven years later in 2005 while online. At that time it was being called "*Buddha Belly*" which reminded me of Master Hotei, and that at least gave me a smile and some pleasant insights into this uncomfortable ascension symptom.)

During this period where I couldn't eat much of anything, I gained the most weight and in record time! You can just imagine my joy. It was amazing and none



### THE JOURNEY THROUGH POLARITY RESOLUTION

of it made much sense to me then. Some of these symptoms were very much like what a couple of the menopause books I had bought were saying was common for women during perimenopause and menopause. However, the majority of my numerous other symptoms were not in any of these menopause books written by professionals, so I knew something else was happening.

I was also occasionally sensing some negative energies and small, lower frequency entities in my bedroom, which, considering all the sickness, pain, rage and weeping I was constantly living with wasn't much of a stretch really. (When one is in their Inner Basement for great lengths of time, cleaning up their lower frequency *stuff* down there, it's not uncommon or abnormal to run into some Dark company.) I was psychically wide open and unprotected most of the time and wasn't strong enough or mentally focused enough then to take the normal psychic, etheric, and astral precautions I normally would have.

At one point I could clearly feel some negative *something* had gotten in because of my own confused, unstable, and ultrasensitive, wide open state. I quickly did a very informal banishing ritual to the four directions and amazingly, I was able to sleep for four hours straight that night. It was a minor miracle for me at that point considering I couldn't sleep for longer than forty-five minutes without having a hot flash that would wake

*A LIGHTWORKER'S MISSION*

me up and then need to urinate. Hot flashes and frequent urination and bladder spasms seemed to all go together, which meant constant running to the bathroom all night long.

Despite being so sick and profoundly miserable, I understood that whatever all this darkness was, it was territory I simply had to traverse and transmute. It did not matter if this darkness was other aspects of me, other aspects of other people, or other aspects of nonhuman, nonphysical beings or entities. When you are down-and-out energetically and utterly exhausted and cannot mentally focus to save your life, it simply does not matter how dark the Darkness is, or what form it shows up in, or who or where it came from. It only matters that you—as a First Wave Lightworker—survive and transmute it all because that is what you do so well.



July 1999 and I was still having residual, stinky dank bits and pieces bubble up from deep within my inner basement—my lower chakras—as would be expected during this type of ongoing total transformational process. Some long-forgotten mommy guilt came bubbling up one day about my son and needed to be processed and released. In the great cosmic scheme of things this emotional tidbit was nothing, and yet to me—the mommy—it was a toxic monster living in my inner basement that had grow large and ugly, as they all usually do.

### *THE JOURNEY THROUGH POLARITY RESOLUTION*

There was the remembering and re-feeling of the whole situation with my son, and then my seeing and feeling the guilt I created around the event, and then how I promptly suppressed the whole business and carried on as if it didn't happen! Classic cover-up attempt. However, because this was deep-level inner House Cleaning time, all of these past issues, guilt, fears, angers, wounds and so on all had to be dealt with, healed, transmuted and released. That was the magic formula and there were absolutely no short-cuts to any of this process. None. You simply dove into your own inner dank and toxic emotional and energetic septic tank and cleaned up as much as you were capable of at that moment. Obviously, you would need to repeat this process until all layers of it were cleared and released on multiple levels. This was the procedure and it did not matter that you were dying while it all was happening, because that was another aspect of The Process. I simply had to tidy-up and transmute before I could move on to a higher vibrating level and state of being. There is only one way to the other higher side—and that's right through 4D hell. Deal with it and just keep moving forward.

I was slowly learning that on one level what I was doing was transmuting as much current life issues as I was capable of at the time, plus many of my past live's unresolved emotional, energetic, and polarized issues too. As if all that weren't enough, there were those occasional colossal negative energy-spills left by

## A LIGHTWORKER'S MISSION

strangers across time in the form of murders, rapes, tortures, mutilations and so on that I—as a Lightworker—needed to transmute and permanently clear also. Through repeated journeys into these extraordinarily dark and repulsive landscapes where past negative human activities have been energetically festering for years, decades, and eons, I came to intimately understand that to get from 3D to 5D, requires expeditions through 4D—the archetypal astral dimension or "hell". No wonder it was so sinister, wicked, depraved, appalling, enormous and so filled with ancient monsters! Nonetheless, traversing and transmuting 4D was *the* energetic roadway out of lower polarized 3D physicality and into nonpolarized, higher vibrating Heart consciousness and increased unity of 5D. We had to make the frightening and often repulsive alchemical crossing through the fourth dimension and deal with many of its terrifying inhabitants and energies first. This alone was the majority of the alchemical ascension process; cleaning up the planetary 4D collective astral sewer system.



August 1999 and I'm sicker than an ugly ol' dying dog. It really was quite amazing how sick I was constantly without having anything a doctor could find, recognize, or diagnose. They never found anything wrong with me, including no hormonal imbalances due to menopause which I found hard to believe actually.

### *THE JOURNEY THROUGH POLARITY RESOLUTION*

Because I had no medical insurance, I always paid cash for everything, including being told by medical professionals that they couldn't find anything wrong with me. So, I'm more sick and exhausted than I have ever been in my life, yet, there's nothing wrong with me and there are no medical signs or tests reflecting that I am feeling everything that I am. Oh, and I paid cash to find all that out too.

If you knew me you would know how frazzled I really was, because normally, I would have instantly and easily known that all my symptoms were energy related. I knew that anyway because of my D 1 47 heads-up message and I still paid a couple doctors to confirm it for me. So now, I'll just be sick, imbalanced, and repeatedly die at home and not worry that there might be some actual physical thing wrong with me. Here are some of the symptoms I was having.

- Weight gain
- Profound exhaustion
- Insomnia
- Nightmares, weird archetypal dreams
- Extreme dry eyes
- Bottoms of feet burning hot
- Sudden ice pick stabbing pains in certain bones and joints
- Inability to digest food
- Strange food cravings, heavy protein cravings
- Hot flashes and Cold flashes

*A LIGHTWORKER'S MISSION*

- Constant sweating from hot flashes/kundalini fire
- Ultrasensitivity to solar energies, transmissions, solar flares
- Earthquakes, magma, weather and pressure sensitivities
- Inability to mentally focus, remember names and common words
- Bouts of Diharrea purgings
- Frequent urination, bladder spasms
- Chills and frequent low-grade fevers
- Flu-like body aches and pains
- Emotional extremes, crying with deep compassion, equally deep rage
- Chemical sensitivities to foods, drinks, clothes, buildings, all products
- Ultrasensitivity to all physical sounds, people's voices, even your own
- Extreme diaphragm and belly bloating
- Burns on parts of face from both chemicals and kundalini fire
- Hips, legs, knees, ankles, feet in pain and often swollen
- Severe pressure in spine when physically in a lower energy location
- Sensation of things touching your skin
- Sudden and severe allergies
- Inner body electrical-like vibrations of the systemic Rewiring process

*THE JOURNEY THROUGH POLARITY RESOLUTION*

- Extreme electric static buildup with constant zapping discharges
- Seeing lights, mist or fog, flashes of lights, balls and pinpoints of colored lights, dark shapes, heat mirages, energy portals, seeing physicality thinning and disappearing
- Hearing nonphysical sounds, voices talking, your name being said

I have had all of these symptoms and no doubt some I have forgotten since February 1, 1999 when my D 1 47 business started. Again, I didn't know at the time what all of this was other than what had been transmitted to me through my dream message in April 1995. It wasn't until late 2005 when I ran across a link online to some very excellent information about ascension, its many symptoms and cycles, that things fell into place. Finally discovering that information was profoundly helpful to me, plus it was wonderful discovering that numerous other people were having these weird and miserable symptoms too. Misery *does* love company, especially when it is ascension related!



October 1999 and Mom tells me about a psychic attack she had the night before. For Mom this was highly out of the ordinary. For me, not so much so I was mildly concerned. She told me that in the middle of the night she had been awakened because something unseen was blowing cold air on spots of her face. She

### A LIGHTWORKER'S MISSION

said she just thought it was a bug and wiped her face and hair. At this point I interrupted her and told her that I too had felt cold air being blown on a tiny area of my face next to my mouth last night around 12:30 AM. I continued telling her that moments after feeling this I saw a small light slowly getting brighter in the nighttime darkness of my bedroom.

After hearing what had happened to me, Mom continued with her experience. Her situation had continued and she began feeling bites on her left arm which caused her whole arm, shoulder, and hand to ache for hours. She thought it was a bug and turned a light on to check but found nothing. She said at this point she suddenly began having very negative thoughts such as, "*We are going to die,*" and "*It's going to become very bad,*" and so on. Mom is one of those happy, glass-is-half-full Jupiterian types so this was thoroughly out of character for her. All I could wonder was who or what had been messing with us both the night before? Whatever it was was something I was unfamiliar with.



November 1999 and I cannot believe my condition. My physical body and mental situation only continues to worsen. My usually impressive and faster than the speed-of-light memory is shot and lying dead in the back corner of my brain somewhere. My body has



*THE JOURNEY THROUGH POLARITY RESOLUTION*

aged so fast, that for the first time in my adult life, I actually looked my age. I am continuing to gain weight despite not being able to eat much at all, and often what I do eat makes me feel like I have been poisoned, which I probably have been at this stage of my ongoing process.

Leaving our property to go to town to shop and run the monthly errands had literally become an agonizing trek through the lower layers of hell. As soon as I drive the car off our property and a few yards down the road, my diaphragm bloats even more and becomes harder simply from entering lower vibrating energies. It is very painful and makes taking a deep breath almost impossible. Every time I leave the property and drive anywhere, all of my miserable (ascension) symptoms magnify so much so that I now hate having to do any shopping at all.

After many months of this I finally realized that Mom's house and property was indeed vibrating extraordinarily high in comparison to everything outside of our property. The world *out there* was very much still in the Dark Ages vibrationally, and every time I had to go out in it to shop, it would make me more sick and in much more pain and profoundly beat-up feeling than how I felt at home. I realized that whatever was going on in my body that hurt so badly at home, was incredibly amplified every time I went out into the lower vibrating world *out there*. Eventually Mom started

### *A LIGHTWORKER'S MISSION*

noticing this excruciating change in energies and frequencies when we were in the car driving to or around in town also. The necessary monthly shopping trips out into the lower vibrating world became something neither of us wanted to have to do each month, and this only worsened every month and every year.

The other major event and turning point that happened in late November 1999, was that Rosa and her two young daughters moved out after renting next-door for nearly fifteen years. Rosa had finally had enough of Tessie's (her Landlady) cruelty and abuses. She had saved enough money to buy her and her daughters a house of their own in town and she couldn't move them out fast enough and get permanently free of Tessie and Johnny. Stan, Tessie's barely human abusive, alcoholic husband had died a few years earlier so the house was now her and Johnny's responsibility. Not that any of them had ever been responsible for anything other than getting drunk, high, or both and trying to maintain that state for as long as possible.

After Rosa moved out in late November 1999, the house remained empty for about four or five months, which I thoroughly enjoyed. It was even better having no one live in it at this point and I enjoyed having no people, no noise, no energies of any kind coming from that retched house right next-door to us. I was so sick, so extremely sensitive, and so deep into my

A Lightworker's Mission: The Journey Through Polarity Resolution covers thirty-two years of the author's interdimensional experiences and discoveries as a First Wave Lightworker. It contains twenty-five illustrations of clairvoyantly perceived ETs, a demon, sky tubes, and portal manifestations.

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