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I had been asking CM (yes and no) questions daily for months prior to learning meditation from Helen. I knew at that point that I also had a personal teacher assigned to me. I was trying to make contact with her. Then during my meditations I was making contact with Christ Michael, Angel Leia, Archangel Michael, Sananda, my personal teacher as well. But I had not attempted to connect at the computer at that point. It was then that CM said to me to just stop procrastinating and "JUST DO IT." That got me into gear so to speak and I sat at the computer to receive my first message from Capt Helena. I remember being very nervous for a week as I made myself sit at the computer to make contact with her daily. First thing one must do is believe that it is happening. It took me many messages and help from Helen before I absolutely believed it was happening. Once I believed it...I became more confident.

LISA Jan 11/ 06

H: Captain Helena L: Lisa

L: Good day to you Captain Helena.....was my connection strong or faint?

H: Your connection was fairly good.

L: I have a question for you. How can I get my connection better?

H: By practising.

L: Do I need to meditate much longer before connection?

H: It is better to be relaxed for sure.

L: I was wondering if it would be possible to have a first landing here in Creston? Is It better to have a person who is telepathicyes?

H: Indeed.

L: You are most helpfulI hope we can land some day soon.

H: Yes.....I hope so also.

L: My coordinates are 49.2 and 117.14.....in case that helps....in southern British Columbia.

H: That is very helpful.

L: I look forward to working with you in the near future.....if you need me.

H: We would surely love your help.

L: Thanks you so much Captain. I love you all.....thank you for devoting your service to us.

H: You are very welcome my dear. Bye

