

Captain Helena thru Azorah 09.02.06

September 2/06- I am very tired.

M: Contacting Captain Helena

H: Desire to communicate in 50% part of the communication. It is with joy that I connect with you, my dear daughter. What shall we talk about?

M: I'm not sure. I will leave the choice to you.

H: Interesting indeed. Preparation for ascension seems to be a very popular topic these days. Living in the moment (present) as there is no past and no future but just the present time is a big one. As you live in the present with no awareness of past or future a person slows down the aging process and disconnect from everyday humdrum of life. Take time out daily to connect with your higher guidance. Know that you are all loved.

This is Captain Helena from starship Capricorn.

M: Thank you so much Helena. With all my love