

SECRETS TO SURVIVING & THRIVING IN 2025

Special Issue

NEW DAWN

VOL.19 NO.1

HEALING REMEDIES FOR TRANSFORMATIONAL TIMES

The Invisible War on Wellness

How the Deep State, Big Pharma, & Big Food Manipulate Minds & Bodies

4TH PHASE WATER & YOU

Recharging Your Cellular Batteries Naturally

Everything You're Eating Is Toxic & Big Pharma Likes It That Way

FULLY CHARGED

*Inside Trump's Vitality & Longevity Strategy
The Shocking Truth Behind His Vigour*

Bovaer – The Anti-Belch Feed That's A Disaster for Cattle & Humans

ACTIVATING YOUR 12-STRAND DNA

*Gene Editing & the Biotech Gamble
Are We Playing With Life Itself?*



ISSN 1839-7085

9 771839 708009 01

\$9.95 inc GST

**"CONSPIRACY THEORISTS"
TAKE THE WHITE HOUSE**



Healing Remedies for Transformational Times

Step into your higher self by balancing thoughts, energy, and nutrition during this evolutionary shift.

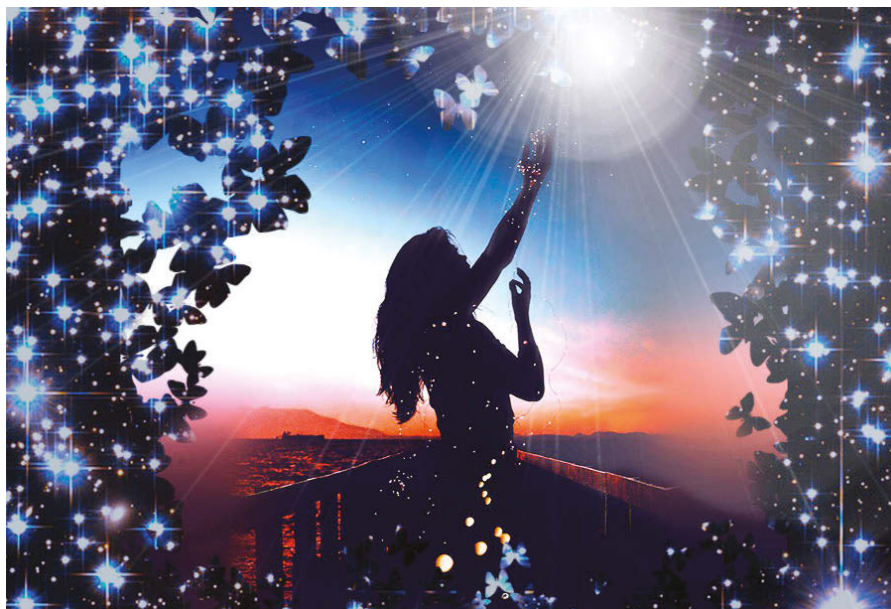
By DR. PIA ORLEANE

Many people are experiencing symptoms that they cannot explain. If you are experiencing unusual symptoms or are curious about what is happening to your body, your mind, or your emotions, this article will give you some insight into how to heal yourself during this transformational time.

Some of the most common negative symptoms I hear from my clients are Extreme Fatigue, Dizziness, Loss of Balance, Sleep Disruptions or Changes – interrupted sleep, no sleep, or too much sleep, Digestive Issues, Aching muscles, joints, and bones, Old injuries or pains resurfacing, Confusion & Memory loss, Loss of Sight or *really* blurred vision, Emotional overwhelm, Apathy and discontent, Feeling *really* uncomfortable without reason, Heightened Sensitivity (smells, sounds, touch, etc.), Time irregularities – Feeling time is *very* sped up or *stopped*, Feeling like you are “not here.”

Many also report positive “symptoms” of the change we are collectively experiencing, including Increased intuition, synchronicities, & telepathy, Seeing unusual colours, Visions of other realms, Hearing other realms – tones, chimes, music, Astral travel (or dreams of flying), Unusual dreams that seem more real than daily life, Seeing shapes, colours, or movements out of the corner of your eyes, Being aware and asleep simultaneously (Dolphin braining), Awareness that “something” is going to happen, Feelings of lightness and hope, Inexplicable waves of happiness!

You will notice that not everything on these lists is negative or painful. Some of the “symptoms”



indicating that you are changing are actually quite wonderful!

The old paradigm of medical care is no longer effective in returning us to health. It probably never was. We have been trained to examine symptoms or imbalances separately, treating each as an isolated problem. Medical practitioners often focus only on one particular symptom rather than looking for the root cause of an issue or seeking balance within the whole system.

Western medicine has taught us to use band-aids on small hurts, take pills to alleviate symptoms, and, if all else fails, cut out the offending problem. We have been encouraged to take more toxins in pill form into bodies that are already increasingly toxic and out of balance. We have even accepted radiation of our cells as an appropriate “cure” for some dis-eases! Modern medicine sees these things as curing, but they do not cure, they simply mask the symptoms because the root cause of the imbalance is never addressed.

Curing is not the same thing as

healing. This essential realisation helps us differentiate between the elimination of symptoms (curing) and the removal of the cause of the symptoms, returning us to balance (healing). Healing can also mean moving into another form, something most people in the field of healing work never discuss, primarily because they do not understand it. Nevertheless, we *are* changing into another form, and clinging to the old form as it changes or being afraid that we are “losing who we are” will not help us heal into the higher vibrational versions of ourselves.

What is necessary for healing today must be based on concepts from higher consciousness involving light, sound, energy, and attitude, as well as Earthly remedies that may sometimes be helpful. Why? Because we are experiencing something new, even though, at times, our symptoms may be perceived as part of an old, traditional diagnosis of illness. We *are in an Ascension process where we are becoming New Humans.*

We are different and are becoming



▲ *Forgotten techniques. Seat a sick person at the centre and watch what happens (credit: Fred Dodson).*

ing even more different. As more light from the Sun comes into the planet and into our cells, all twelve strands of our DNA are activated. We are changing from carbon-based to crystalline-based DNA. The process is not easy; at times, it is even painful. It is important to *remember* that the Ascension Process is the birthing of a new form of existence for us.

Every birth process occurs over time and involves some level of discomfort or even pain. Moving from a carbon-based human to a crystalline-based human is no different. What you are experiencing *may* be related to specific physical imbalances, but it is more *likely* that your physical body is being affected by the changes from the Sun during this transformational time. Each of us needs to find a new point of balance to heal, moving through the process at our own speed, according to our own needs. Practising patience and trust is called for now. We need to be kind to ourselves and each other in new and different ways.

From my perspective, dis-ease comes from three sources:

- 1) An outrageously toxic environment or taking in toxic materials as food, drink, or “medicine.”
- 2) Thinking toxic thoughts that give the wrong message to our cells, toxifying our bodies.
- 3) A loss of alkalinity and an absence of natural light, either from

The process is not easy; at times, it is even painful. It is important to remember that the Ascension Process is the birthing of a new form of existence for us.

sunlight or light absorbed from living food.

All dis-ease comes from an acidic environment without enough nourishing natural light. Our own Sun supplies an ever-increasing light stream to support our healing and evolution. We can augment this process by choosing foods and drinks that contain the most light and alkalinity – sugar-free plant-based foods. Fresh fruits are alkaline and contain a tremendous amount of light energy, as do green vegetables with their chlorophyll. Keeping our bodies alkaline rebalances health.

In an acidic condition, nothing can get into our cells to nourish us, and cellular waste can’t get out, causing us to become more acidic. Acid turns off the immune system, dramatically reduces oxygen, and triggers dis-ease. When we are acidic, the body has ceased making natural bicarbonate, or it cannot keep up with the amount we need.

To deal with a toxic environment, we must address our thoughts, what we eat and drink, and how we accept and adjust to increased light at a cellular level. If we are being poisoned in our very environment (or if we add to the problem by making poor choices for food and drink), we need to recognise that we are not victims of something happening “to” us and begin to work with the light to eradicate the imbalances we are experiencing.

Often, it is our pattern of thinking that causes the most suffering. If we believe what we have been told rather than exploring what else might be possible, we stay stuck in a loop that limits other possibilities. Sometimes, all that is needed to change our minds about our experience is to give ourselves another chance to heal. *How we perceive things is everything.*

Each thought ripples out to touch everything in the universe, so our thoughts affect not only us but everyone and everything. When we recognise the power contained in the energy of our thoughts and become conscious of how we use that power, we make a difference in healing not only ourselves but the world. The Alice in Wonderland statement that we “should try to think of six impossible things before breakfast” is actually sound advice! It sounds absurd, but it really does work.

Remember that we humans have never experienced this accelerated Ascension Process, and we have been trained to look at everything through the third-dimensional model of searching for cures *outside* of us when the answers are *inside*. We are accustomed to running to an “expert” to tell us what is wrong and accepting their perspective or advice to fix it. But all healing begins *within* us, looking at our beliefs, attitudes, and choices, not just physical symptoms. True healing cannot come from outside us, although we can accept guidance and suggestions from others as we do our conscious work.

Ascending into a higher form means moving into a parallel reality of multiple dimensions. We cannot expect to heal something in the third dimension that is part of

a multidimensional experience. We must balance and heal all aspects of ourselves across all dimensions. Our high-vibrational thoughts and positive attitude support that kind of multidimensional healing.

Although third-dimensional remedies may alleviate some symptoms, they are simply tools to support the third-dimensional aspects of our bodies, minds, and emotions. True healing during Ascension is based on Light, Sound, High-Vibrational Thoughts and Energy, Gratitude, Trust, and a Happy Attitude. Everything else is just “supplemental” support.

It is also important to remember that we are not *only* our physical bodies, which most people consider their primary reality. Our consciousness exists in other dimensions and forms as well. Our health, balance, and evolutionary path are *spiritually* based, not physically based, although we are certainly having a physical experience. However, third-dimensional treatments alone will not correct what is out of balance within us.

Our intuition guides us to engage with higher frequencies and parallel possibilities as we heal. If everything is in balance at the highest levels, the physical eventually comes into alignment, although it may take longer than you expect. Be patient. The physical body is the densest part of who we are, and it takes the longest to change, especially if our thoughts and feelings are stuck at the lower vibratory levels.

I must now address an incorrect myth. Some people believe that we will experience the same diseases our ancestors did or that when we heal ourselves, we heal our ancestors. However, we are NOT our ancestors! Each life is a different experience and expression of our energy. It is not connected to those in our family history who may have experienced traumas or illness. If we manifest the same symptoms, it comes from aligning with that particular *frequency* and a *belief* that a familial connection makes us susceptible to the same thing. It is the *environment* that determines our genetic expression, viral expression, and bacterial expression, not



It is also important to remember that we are not only our physical bodies, which most people consider their primary reality. Our consciousness exists in other dimensions and forms as well.

our actual genetics. We are NOT our Families! We are not connected to ancestral lineage in any way except *through our belief systems*, as we are separate and individual energies having our own experiences. Each incarnation is a separate experience for our own learning, growth, and service. Each life is distinctly different and individual. We are products of our environment and our *choices*, not genetics.

Families are our Training Ground to break dysfunctional patterns that block our energetic growth and conscious evolution. We are born into a particular family for relationship dynamics and triggering for growth, not because we have a historical connection to that particular family. A family provides an opportunity for growth and transcendence of triggering dynamics, not a replication of patterns of illness. We often choose difficult family dynamics to challenge us and thereby help us redefine and clarify who we *really* are! Remember,

every choice we make shapes the manifestation of our physical form and our life! Only we make these choices, not someone else!

Our natural healing can be blocked for one of these reasons:

- * Emotional reactions and resistance to *What Is*
- * Dysfunctional beliefs or thinking that does not see or accept *What Is*
- * Loyalty to people who are not on your path
- * Failure to make difficult choices
- * Failure to make responsible choices for yourself
- * Clinging to the old paradigm out of fear of the new one
- * Misconceptions about true abundance
- * Not fully loving yourself
- * Taking on others' responsibilities
- * Not recognizing that every choice makes a difference

SPIRITUAL STEPS FOR HEALING

Our spirit is connected to our etheric body, the blueprint of our physical form. The first step to healing is to align with spiritual values through our attitude, thoughts, words and tones, our treatment of all sentient life, and choosing to live cooperatively rather than competitively. This means not allowing emotions to overwhelm or control us but using emotions for intentional growth by showing us what is out of balance. It also means releasing old beliefs that disempower us, that are not for the highest good of all, or simply are not true in the greater reality.

What happens if we are already doing all this, and we still feel sick or out of balance? We must trust the process of our evolution and not blame the universe or anyone else for our dis-ease. We must accept that our experiences, in the moment, guide our evolution and work to change whatever is out of balance. Feeling like a victim is not helpful. Being grateful for wonderful things in our lives *is* helpful. Are we getting enough sunlight? Are we sharing our own light? Are our cells being supported by an alkaline environment? Feed the

body what it needs – Light and alkalis substances like a plant-based diet and pure sodium bicarbonate. Trust, patience, and being kind to ourselves are all part of healing.

Everything is energy, and energy vibrates. Therefore, everything, including us, is made up of vibrations. We are electromagnetic beings continually receiving and releasing vibrations into the environment. Our water carries incoming vibrations deeply into our cells, supporting our healing process or producing dis-ease. Our vibrations are shared outwardly through our thoughts, tones, and speech.

Energy is often expressed in sound, a universal language that can be understood between all species and by our interstellar friends. We have tiny receptors in our cells called primary cilium that are always sensing and sending vibrational signals from our surroundings to the cells. Therefore, all sound affects us on a cellular level. Even when you do not hear a particular sound, the energy of that sound exists at a subtle level that dogs and other animals can perceive. Animals can read energy waves, and they hear things at a deeper level than we do.

Providing a healing environment of high-frequency sounds raises our conscious awareness and improves our overall health. Paying attention to sound begins at home. At what frequency do you express yourself? Are your tones kind and compassionate, or are they anxious, frustrated, angry, or full of fear? Take responsibility for the tones you use when you communicate.

It's a natural process that follows being aware of your thoughts. You can use toning to calm your mind or your emotions, helping return to a state of balance. The sounds of Nature bring us back into harmony and rhythm with planet Earth. We can do our own sound healing by choosing the healing sounds of nature or gentle soothing music around us. We can even help heal relationships by choosing harmonious tones to express our words to others. Speaking in kind, compassionate, and calming tones changes the environment of all relationships. Think in a higher fre-

quency; speak in a higher frequency; our verbal tones reach out in much larger ways than we can imagine!

One final point about healing is to remember that perception is *everything*. We have the power to choose our attitude about whatever is happening within us or in our environment. It is hugely helpful to adjust our attitude to one of acceptance of *all* our experiences, even the painful ones, with trust that we have the power to return to a state of balance. We need to be grateful for the challenge we are experiencing, which supports our becoming higher versions of ourselves at a more multidimensional level. Key attitudes for staying in frequency with our spirit are:

- * Acceptance
- * Gratitude
- * Kindness
- * Trust
- * Compassion
- * Unconditional Love

To put this into practice, no matter *what* or *how* you are feeling, turn your thoughts to something that makes you smile or for which you are grateful. It can be the beauty of a flower, a tree, or a sunset. It can be the warmth of a loved one's smile, the laughter of a child, or the antics of a kitten or puppy. You can be grateful for fulfilling your purpose by going through this evolutionary process, even if it is uncomfortable.

Remember that we are becoming New Humans. Our mission is simply to be the highest version of ourselves. Our service can be as simple as using smiles, soft tones, and compassionate words because everybody needs support. My favourite saying is, "*Be kind to everyone, for we never know how someone else is suffering.*"

REMEDIES THAT MAKE A DIFFERENCE

Our new healing paradigm recognises the power of light, sound, thoughts, energy, and attitude. To close this article, I will summarise my top remedies for these Transformational Times.

- * Take responsibility to maintain high vibrational thoughts and attitude

- * Direct daily spiritual connection with the Sun and Nature
- * Surround yourself with natural light and high-vibrational sounds
- * Hydrate with pure water
- * Choose a living plant-based, sugar-free diet
- * Alkalise your body so that disease cannot exist
- * Protect from 5G and other EMFs

Remember that your number one tool for healing *anything* is to keep your vibration as high as possible through choosing thoughts, intentions, and responses that make you *feel good*.

It is important to lovingly accept where you are rather than resisting your current condition. To change anything, you must accept the reality of what *is* before you can try to change it. Accept it, love it, and *then* take action to change the existing imbalance.

The body does *not* benefit from dense food. Anything that has been killed (meat, fowl, or fish) is dense, as is sugarcane. A diet of living foods supports the body moving into a lighter state.

Consistently work to change your perspective to a more positive attitude and a higher frequency. No matter what is going on, you always have a choice as to how you respond. Remember that you are valuable and have a mission to fulfil as we all move through this transformational time! Practice gratitude, trust, patience, kindness and laugh as much as you can. Living in acceptance and unconditional love brings peace to the heart and empowers you to make higher-frequency choices as you heal and evolve.

This article is excerpted from a workshop offered by Dr. Pia Orleane, which can be found here piaorleane.com/workshops-with-pia.

Former psychologist DR. PIA ORLEANE is an Alternative Health Consultant, Astrologer, respected Intuitive, and author of the Nautilus Gold Award-winning book *Sacred Retreat*. She is co-creator of *The Original Pleiadian Wisdom Oracle Cards* and the yearly *Pleiadian-Earth Energy Calendar*, a guide for conscious evolution and spiritual advancement using energy rather than time. More information on books, calendars, cards, and services can be found at piaorleane.com and laarkmaa.com.