

## Look Upward



By Anna Von Reitz

I've been talking with a friend and I think he is right. He's one of the survivors of the later Montauk Experiments and as always, for everyone, his sufferings have given him special insights.

We undergo terrible traumas like 911 for two reasons. On the bad side, there is an energy release that the Evil Ones crave, but on the good side, there is also an energy release that we crave ---- an emotional break-down that at least for a brief time creates a bond of unity and sharing.

We have all seen this happen.

New Yorkers who wouldn't have given each other the time of day on September 10th, were suddenly crying in each other's arms on September 11th, 2001.

I have witnessed this many times in my life--- times when circumstance, usually terrible circumstance--- pushed people together in common cause, forced us to open up, and unleashed our hearts.

The question then becomes --- why does it take some ghastly overwhelming circumstance --- a wild fire, an explosion, a war, a plane wreck, etc., to bring us together?

My friend from Montauk maintains that it is because we don't look upward. He says that everything on Earth is a matter of frequencies and that the frequencies emitted by the Heavens above us are not being received because our Pineal Glands are being chemically atrophied and because on top of that, we don't look up into the heavens.

That is, our own natural receivers are being blocked biologically by pollutants, and then on top of it, our secondary sensor systems are failing because we don't consciously look up and take in the frequencies through our visual portals, either.

I am a practical being down to my flat little feet. And I am skeptical by nature as a wild dog. For me, the proof is always in the pudding. So, for the past several weeks, I have increased my sky-watching time.

He's right.

Sky-watching increases vibratory energy and insight. It gently unleashes the heart in the same way as a catastrophe releases it, only more gradually. By looking up, we download the messages of eternity and become aware of the global unity that we are missing otherwise.

I was astonished by the way my viewpoint and "center of spiritual balance" shifted once I started doing this.

To get a grasp of the effect --- imagine tossing a bag of popcorn up into the air, all the fluffy kernels of popped corn going in every direction, right? But now imagine all those scattered puffs being

pulled back together into a popcorn ball.....and you will have a visual representation of what this practice does to the scattered, unfocused emotional energy that we fritter away and block otherwise.

Looking up at the sky unblocks your heart and collects together your emotional center at the same time. This empowers you. It gives you back your sense of unity with the Earth and Cosmos and Fellow Living Beings and does it faster than anything else I have ever tried. Suddenly, we don't need a disaster to unblock the flow and reconnect. We just use our eyes to see.

So look upward. Try it for yourself. If you have ever been in a disaster or otherwise in fear for your life and had to depend on other people, you will recognize the sensation as a gentler version of the same uniting energy, one that you can access every day without any trauma or drama.

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