

# Covid-19: Reclaiming Sovereignty

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- 00:00:00 Hello and welcome back to another Channeling After Dark. In this episode I am going to look into a rather sensitive subject and maybe it's not sensitive anymore to a lot of other people. It still feels that way to me and just because it's deeply personal and there has been since it all started there has been a lot of talk and a lot of questions and not really a lot of straight answers regarding the COVID-19 virus and more specifically what I am wanting to look into is the vaccine itself. When something is overly sensationalized and there's a lot of drama and energy around it, I have found that it can be very difficult to discern a truthful frequency that is truth with a capital T frequency. You can find all kinds of frequencies that feel true because they are made to carry the energy of what that feels like but it's not actually the truth. It's the difference between lemon flavor, lemon flavoring
- 00:01:38 and real lemon. Sometimes hard to tell the difference because it tastes so real. So that is what it's like when there are things that are overly sensationalized and that is why it is only if my guides invite me at that time to look into it as an I ask them or they kind of give me a nudge saying you might want to explore this and it's not quite that direct. It's more like a synchronicity and then I get the feeling oh maybe I should look into that and then they will kind of nod if that's a yes. So with the COVID vaccine very specifically that was not a time for me to be looking into this and I was not sharing things publicly at the time anyway. And part of the reason why I want to look into it now it has been coming up for me is because I talked about this a bit last year in 2025 the beginning of 2025 about how many people would be dying this year and the reason for those deaths are because of these cataclysms that are happening the war
- 00:03:03 but primarily the biggest cause being the side effects from the COVID-19 vaccine. And that information was brought to me very clearly and plainly from my guides and just to be very transparent fully. The time of all of that happening I was required to get that vaccine and it was the first vaccine that I was getting in my life. My family did not do that and so it was extremely I was very conflicted about it and I asked my guides I pushed it off for a very long time as long as the job that I had would allow me to and I asked my guides I said if I am not meant to get this vaccine if it is not in my highest good then please tell me and make it very obvious and I will just leave my job even though I wouldn't have known what to do because the world wasn't locked down and I was working as a Montessori teacher so I would not have known what to do but I was still willing to do that and I said and if not then you can also just prevent me from getting the
- 00:04:27 vaccine so as I was driving to get this vaccine I said to them okay this is really it if you know you can give me a flat tire if I am not supposed to get this and nothing happened nothing happened on my way to the place where I was getting this vaccine and so when I went in I experienced a series of synchronicities numerically all connected to the different like stations that I had to go to until I actually went to the final station and then I was at number 11 which is my life path number and so I really knew in that moment oh okay this is part of my path of mastery to receive this vaccine and whatever else might be contained in that vaccine and to overcome the contents of that vaccine because it was the Pfizer mRNA vaccine that I was given which is if you are unaware it is currently coming out there are many lawsuits finally coming out about that specific

vaccine as well as the other mRNA vaccine

00:05:52 because of the health complications and there are people there are many people who are being diagnosed after death who are being found with these very specific long-form blood clots that gather all kinds of things it's really it's quite it's prolific at this point and every single one of them had the mRNA vaccine so it's all being linked to that now if you are sitting there listening to this and you're saying oh my god but that's what I got maybe you got that vaccine I want to tell you that means your path is the same as mine you received that vaccine so that you could overcome it as part of your mastery on this planet the reason why is because if one of us can do it that tells the rest that they also can do it without even using words just one of us staying healthy or even getting into even more robust health after the vaccine tells the rest of the collective consciousness that they can also

00:07:26 do that they do not have to succumb to the contents of this vaccine so now that it's a little more energetically calm around this topic I am going to tune in and I am going to ask what are just I just want to know about it because I don't know what is inside I keep saying the contents of the vaccine because after I received my vaccine it was like I didn't even get a shot I mean it was truly because everyone was telling me I'll make sure you move your arm and it's going to be sore you're going to get symptoms and nothing happened I mean nothing happened I did it doesn't even feel like I had a shot it was it was a truly bizarre thing and of course I never got COVID that also didn't happen so I would just like to know about the vaccine and what can we expect going forward if there's any helpful information for us to know going forward and what we can do to help support our bodies et cetera and so the Akashic guides did say that they were

00:08:45 they were willing to talk to us about this today so I'm going to tune in okay so beloved guides can you please I would maybe love to for you to take a lead can you start with where you think a good beginning would be for this topic okay they are saying very well we will start with the pandemic itself that was an event to trigger consciousness into motion and it was meant to be a really an unconsciousness and a consciousness spiraling down that was the intention was that consciousness would just shut off and shut down that's why the pandemic was created and perpetuated in the way this that it was however that had a backfire consequence in a very unexpected ways because humans responded with far more resilience than was anticipated and they are saying that resilience has meant that over the last two years or so you three ish humans have been very tired there has been a bit of a catching up after having gone through such a heightening cortisol inducing experience

00:10:36 it has taken time to for the nervous system to recalibrate and so there have been many people who have been experiencing kind of surges would you say in their nervous system and have not have not been able to find peace and then others have fully landed they are at peace others are still floundering a bit and really having a very difficult time because they never they're their nervous system really never landed after covid so they are saying that is one piece that they want to bring up that is very important is that you should identify where you are do you feel like your nervous system has calmed since covid have you found peace since covid have you found peace in the last year or have you not because based on where you are that's going to tell you where your kind of starting ground is with any sort of hmm protocol that would support your

body going forward okay mm-hmm that is what I would prefer to know about yes

00:12:19 mm-hmm what is that so sense mm-hmm okay um so they were asking me just what I what I wanted to know specifically and I said I want to know the contents of the vaccine and so they were showing me it kind of broken into these different parts and percentages of this substance in this amount and so on it was like a graph basically in a way so one portion is nanobots which confirms what I have thought really didn't want to believe that um okay but one part is nanobots another piece of it is have our heavy metals in a kind of a general sense well so they are actually describing that the heavy metals used in this vaccine like aluminum and okay they're saying don't list them all right because of the composition of the heavy metals within this vaccine they attract heavy metals that are sprayed in the air through chemtrails or geoengineering as you may know it and they actually bring more of those

00:14:50 to us because like attracts like it's like a homing beacon that they just these particles find each other they want to so that makes us more susceptible to chemtrails and the effects of chemtrails which they are saying is part of the reason why there has been such a surge in covid vaccine related deaths and also just illnesses because it has actually weakened people it has not straight strengthened them so it's a bit like it's just like a wave it has strengthened the effects of the poisons that are in the air the other substance that they're showing me that is in the vaccine is very gelatinous looking it's very viscous I should say and but when it enters the body it becomes more gelatinous it's like a very slow moving dense thick substance that I cannot identify they're not letting me know the name of that for my own safety is why so I don't know what that is I can say that it is regarding peoples what is it regarding so blood sugar

00:16:42 okay cannot say okay so I so I don't know I cannot say what that is specifically impacting there they again they are protecting me from speaking about that so I don't know I don't know what this substance is or what it does but it doesn't look good it does not look I mean it's certainly not natural to have that in the body okay so knowing that there are nanobots and our bodies what can we do about that just what can we do about that very simple okay interesting so okay a few things here number one okay I'm gonna say really number one to again protect me always consult your health care professional or a doctor before trying any dietary changes or recommendations I am not a registered health practitioner in any way so this is not legal professional advice this is for entertainment purposes only there we go now I'm legally safe okay so one thing that they are recommending is a heavy metal detox this can come in a variety of ways

00:18:33 and truthfully it is it is ideal for you to find what aligns to your own body really what feels aligned to you in your system whether that's finding what out what someone else recommends online or what have you rather than them giving some protocol to you right now because there are plenty of protocols and it's different for different body types and you should find the one that suits you so I'm not actually gonna go into a specific protocol because it would it would not actually benefit everybody so I will leave it that at that the second thing that they are recommending is to be practicing movements in the physical body that stimulate the waste products in your brain to drain from your brain so the cerebral spinal fluid is what it's called that goes up your spine also travels through your brain and then goes back down your spine there are physical movements

that move the cerebral spinal fluid more quickly through the brain and body and that is

00:19:58 something that should be practiced and done basically twice a day so that we are flushing our brains and the waste product within our brains at least two times a day have it be part of your flossing routine it's like you're you know it's like you're flossing the inside of your head you're brushing your brain after you wake up and before you go to bed that's what it's like so really actually that's like really how you could consider it does not have to take a long time there are certain breath work practices that do this there are bond a lock practices from yoga that do this and there are also certain physical positions that do this such as if you have an inversion table hanging upside down is gonna force the cerebral spinal fluid to move through your brain and your body at a faster rate than sitting or standing upright the way that we do for the majority of the day and then any other type of inversion

00:21:04 particularly if you are able to move your head a neck gently and perhaps like put I would it's almost is MIA interpreting that right it putting slight pressure on the very top of your head while you are inverted so this is like very gentle this is very conscientious movement very intentional movement here those practices will help to move the cerebral spinal fluid that helps to flush your brain that helps to detox that helps to make sure that there are that there is only clean flowing fluid through the brain and not waste products that ought not be in there so the other piece about this is that this is actually true whether you have received the COVID-19 vaccine or not it is very helpful to be flushing the brain of waste because the waste are in a lot of places now there are microplastics and toxins in our food and our water and our air we are living in a very toxic environment no matter really where you live it's

00:22:40 it's rather difficult there's no way to avoid it completely at this point everyone is exposed to some degree more or less everyone is exposed to some degree it's just about the amount that you are exposed so of course higher populated areas more exposed that's kind of I think a given so everyone benefits from doing a detox like this and including a heavy metal detox again whether you have had the vaccine or not very helpful to do that okay well I guess I know what I'm going to be starting next week okay hmm okay the next piece that they want to talk about here regarding the nanobots is that these things are the nanobots are still a part of consciousness what does that mean that means that your level of consciousness affects them and your intentionality with your awareness placed on them also affects them that is not to say that you should be talking to the nanobots in your body maybe that's

00:24:16 what you need to do but it is about the fact that if you are aware of the particularly the energy centers of your body the eight of them seven within the physical body the top of the above the head rather if your attention is only on those eight chakras you are affecting the entire health of your body which means again any and all nanobots heavy metals other waste products that may be staying inside of your body can be transmuted into something else can be transmuted for release and or can be transmuted to then be utilized in a different way by the body and it's not necessarily meant for you to know how that's happening like how are these nanobots going to be reprogrammed and working elsewhere within me but it is important to know that you have the ability the choice the level of consciousness to enact that because you are a sovereign being and anything that is within you is only for you

- 00:25:45 so you have the authority over your sovereign body and your sovereign being to determine what is happening and no one else and nothing else gets to decide that except for God when you're working in tandem with the creator the creator is only going to bring you more love and more life so call on all of your beings to support you in this process to guide you in this process and certainly be expressing gratitude for the creator and to the creator for this experience that you are having of reworking from the inside out your own sovereignty and again if you are in the place where you did not receive a vaccine of course the prayers for others are how you can contribute praying for those who have chosen to walk the path with this vaccine for the benefit of the human family you can pray for them for their ultimate liberation hmm okay so that is a piece I would like to focus on here is what is the impact that nanobots have other than poor health conditions on our everyday life
- 00:27:56 hmm okay they are saying controlling of thoughts, controlling of emotions and taking over certain biological processes in the body which determine your thoughts and your emotions which is why they are saying taking control of because it's actually that they're taking control of the biological processes that then affect those things so that's how that's happening which is a really rooted in the hormonal system that is a big impact here but it's also the gut the gut is also impacted particularly regarding emotional balance and serotonin levels the majority of serotonin is produced in the gut and so there is again this kind of hijacking if you will of that production from these nanobots so it's it can lead to an inhospitable environment for healthy gut bacteria which means you're not able to produce as much serotonin which is actually a hormone and then it then affects it has a kind of a cascading effect
- 00:29:12 on the rest of your hormones if you're not producing serotonin so okay um wow and so the thing with thoughts what about that please say more about that hmm okay so they are explaining that nanobots and heavy metals interface with technology with cell phones with cell phone towers with radio waves with wi-fi signals with bluetooth with computers with televisions they interface with that so any level of programming any subliminal messaging any conditioning propaganda that is coming through any form of electronic is more easily programmed into the person with more nanobots and heavy metals within their system they become more docile more apathetic less capable less caring less intelligent they are not able to think very clearly they generally tend to be more tired they just have less energy overall and they are not really able at a certain point they basically do not express original thought they are they don't really have something new to contribute they are
- 00:31:15 able to maybe regurgitate something that they have seen online or in a movie or what have you but there's not creativity is essentially gone because they are their body is interfacing so much with a with a source that is not living with a technological force instead of the living force so mm I'm just having some emotions come up around that I need to just calm for a moment so the piece that they are bringing up that they want to highlight very strongly is the impact of this with the use of artificial intelligence A.I.
- 00:32:20 A.I. interfaces with these chemicals within the body the heavy metals in the nanobots and it is outsourcing your consciousness to something that is beyond you and outside of you and this is the story of humanity this has been a repetitive story outsourcing always putting it always out

there and we have gotten to many places where we have been living at the heights of civilization and then there is this cataclysm that happens because of the different factions that are vying for power on this planet and that have been for eons for eons and so this place that we are in now as a collective we are in this final era in this season and in this 5,000 year cycle that we find ourselves in that we're already at the end of by the way it technically ended in 2012 technically January 2013 just to be very precise but we won't go into that so we are in this place of making the choice again which way are we going to go are we going to continue

00:34:24 to outsource beyond us externalize the power outside of us and reach for something out here when what we're looking for is in here the only way the only way to find out is to go inside no amount of AI is going to be able to tell you what your level of intuition is what how telepathic you are whatever it is that anything about your parallel lifetimes your past lifetimes it cannot tell you that information all right my guides are encouraging me to open my eyes so that you know that I am telling you this AI cannot tell you anything about yourself that you do not already know the more that we outsource the less we practice a very beloved and wise teacher told me that once and I realized aha that is my problem with AI that is it because the more that people outsource and say oh no but I'm it's amazing because this thing it knows this secret name that I have it knows my soul's name and I've never told anybody that or it knows this parallel lifetimes that I've had somehow it knows that

00:36:20 the powers the government the shadow government the illuminati the whatever words that you want to call the beings that are vying for our attention for our energy have been recording us four years every word every word every breath they have been recording us the CIA has been able to identify a person walking by the gate of their walk with their cell phone in their pocket since cell phones came out this is this is not AI having a consciousness and being some enlightened thing that is connecting to you technically does everything have consciousness yes it does and this technology unless you are already hyper coherent interfacing with that technology is means that it's interfacing with the part of you that is the easiest to take advantage of because they've been recording all of us four years so it seems like magic that somehow AI knows this about you it's not that big of a mystery it doesn't seem it it's not it's not it doesn't seem very hidden to me it seems very obvious

00:38:15 that is what's going on so while it may be true that if you are hyper coherent clear unattached that interfacing with something like that maybe you maybe you could get an answer that's useful but again why when that's outsourcing your power and it's the whole reason the outsourcing of power is why we are even having this conversation right now because if we were all not outsourcing our power if we all remembered and we're living and walking with our power as our empowered selves there would not be a need to even be sharing information like this so you see I have it is a bit of a conundrum when it comes to the use of AI because it is prolific I it seems I cannot get away from it no matter where I go every aspect of our lives is being inundated with AI and there's no choice now it's just there it's just around that should make you question why is it just around the same thing with all of these various

00:39:47 electronic signals five g signals why five signals there's not a choice in it it's just there we just have to live with it mm huh what I know for myself is that my task my choice my sovereign

choice is to become and practice as much coherence as possible and to be walking the path that I know to be true because I can feel it in my heart not because some machine is telling me something I don't need that I am more sovereign than that I choose my own knowing over machine knowing I choose my own not knowing over machine knowing I will just not know I will take not knowing over a machine telling me something I'm patient I know the truth will always be revealed and nothing that is true stays hidden from one who is aligned to truth it's as simple as that so why would I want to live a life where I am in coherent and misaligned because I'm not practicing coherence I'm not practicing alignment to truth but I'm just going to some computer

00:41:53 some machine and AI to tell me all this information about some supposed past life that somehow it knows that I had that is not soul knowing that means that you are releasing your power to the AI because now it has filled your head with all of these stories and got you wondering and thinking which ultimately just leads to more doubt it leads to even greater lack of trust in yourself the more we outsource the less we practice I will not be outsourcing my power I am in communion with the most high and that is where I choose to get my information from nowhere else I will just share I need to make up actually an additional video about this so I will keep this very brief that there has been an influx in the number of interference signals in the psychic space I am extraordinarily sensitive like beyond sensitive I was trained to be so since I was a child and in many previous lifetime the number of interference patterns

00:43:29 that are that are inundating the psychic space I have never I have never experienced so many before getting to a true signal in certain environments is incredibly challenging so the more that we say yes to AI that's us saying yes to more interference patterns it's just filling the field with noise and what we want is stillness so that God can speak because God speaks in silence and those are the only words that matter to me so I did not know of course what was going to come through from this transmission today but I would like to know how this landed for you and since we have a common section in the circle I would really love for you to leave your comments as to how this landed because this is a this is a very heavy topic it's and maybe the majority of you are going to say oh yeah aluminum we know it's fine maybe that maybe that is the truth and maybe it's me that has been feeling like this

00:45:17 but I have been quite hesitant to even look into this information for you all for fear of what it might induce and we can't be afraid to have the difficult conversations we just we have to know and we have to move forward at this level of mastery with where we are that is what we must do and we are doing that together so I'm going to leave it at that for now and I would love to hear your experiences your reflections in the comments and until I see you again may you remember your magic today.