

**Mari Swa:**

Hello again. Thank you for being here with me once more. I hope you are very well today. I am Mari.

This information can be seen as science fiction or as the viewer sees best and I post it for entertainment purposes only. Still, I take my information very seriously, and for whoever has eyes to see.

In my other videos about monitoring spirits, I have described how those entities do whatever they can to lower the frequency and the vibration of a very positive person who is usually a starseed. Observing this problem from the point of view of energy, thoughts, ideas and emotions are vibrations and, in turn, those are also things, objects, and situations. A field of energy such as the Matrix on Earth has an average frequency of all its vibrations, and whatever holds a higher vibratory state is always brought down and normalized to become more of the same.

This is illustrated in the principle of dominant frequency, where the strongest will tend to make all the others more of itself. This is in energy dynamics and physics. This means that people who hold a vibration which is above the average of the rest of the field made of the energetic soup of the rest of the population will be attacked to bring the subject down.

Happy and fulfilled people are not welcome because they shine too much and they make the energetic draining of energy more difficult for all those lower astral entities who feed off human suffering, as I explained in detail in other videos on this subject. In simpler words, happy people don't feed the system, the Matrix, because they do not need all the useless consumer objects that the average person wants, as they are always living in a strong lack mentality.

High vibration people tend to be healthier because they have a strong identity of self and a good positive ego, which keeps them nurtured and in good shape because they take care of themselves better than the average person, and holding a high vibration simply makes them incompatible with many ailments; therefore, they do not feed the sick exploitative medical system on Earth.

Above all, high vibration people lift others from their misery, making it far more difficult for the system, including its dark astral entities who are running much of it manipulating humans and NPCs, to fulfil all their terrible plans designed to cause

more suffering so the population can be most efficiently controlled and exploited. High vibration souls are not wanted in the Matrix of Earth because they elevate the vibration average of the entire system and of the whole planet.

Each positive person, usually a starseed, will have a legion of all kinds of entities doing their best to lower their vibration, but as the starseed is out of their reach, they use indirect ways to cause an effect that will lower the starseed to a vibration that is closer to theirs. As I have explained in my videos about the paranormal, lower astral entities are there. They are real. They are affecting your life every day, like it or not. And this is something that you must understand because without this component of reality and how it works, it cannot be fully understood and manipulated to your advantage.

Positive people who are mostly starseeds have people in their lives who are being manipulated by lower astral entities or who are empty NPC shells with a full-blown lower astral entity inside using that body as an organic portal to be able to function in the world of the living. And the function they are looking for is to make life as hard as possible for the high vibration person, the starseed. This means that high vibration people, starseeds, will nearly always have someone around them who is doing all they can to make them as miserable as possible. And on Earth, it is very difficult for a high vibration person not to have at least one person who is a real problem for them.

This can also be explained in another way: high vibration people, starseeds, are highly empathic by nature, which means that they see and feel the emotions and the needs of others who surround them, and they will always be there to lend a helping hand. This is easy to understand in the case of starseeds because they have a strong service-to-others mentality, which comes from the advanced holistic societies they lived in and grew up in during their past lives, which shapes the ethics and values they live by today on Earth.

But although this is very good and advanced when seen from an expanded perspective, it does have disadvantages for the starseed when it comes to living on Earth and navigating its Matrix. A person who is a natural empath with a strong natural need to help others and who has a clean soul, void of any true malignancy, if any, will immediately become an easy target for people who are highly egocentric and manipulative. Starseed empaths will be easy targets for narcissists. That is a sad fact, and all of you must beware of this.

Many times, all the manipulative lies the narcissists will tell the starseed empath will be believed simply because, in the starseed's head and its ethics, they would never lie and manipulate in such an overt and cruel manner, so they translate this to thinking that the other person, the narcissist, would not do that either, falling into the trap.

The starseed empath wants to help others all the time and feels the deep need to improve other people's lives. And, on the other side, the narcissist will stop at nothing to absorb all they can from others and exploit people to their advantage. As you can see, if the starseed does not notice this on time, it will be a recipe for disaster.

This is where the starseed wakes up to notice how some of the people who are around him or her are truly exploiting them. This is also part of the so-called spiritual awakening: the sudden gain in clarity to all that is going on around them in their lives and in the world at large. It is at this point during the starseed's spiritual awakening that they start to cut out of their lives all the people who are being nothing but parasites for them. The starseed will suddenly see false friends and will be able to tell them apart from the real ones, removing the unwanted from their lives in an attempt to improve their reality and elevate their vibration even more. The starseed can be considered activated at this point in their life, so they see and understand the need to remove unwanted people from their lives to be able to fulfill their soul mission on Earth.

But there is a very real spiritual war going on there on Earth, where for every action, there will be a counteraction from the opposing force. There will be people whom the starseed will not be able to remove from their lives as easily as others. Those people are usually the ones who got attached to the starseed's life before their spiritual awakening; therefore, could not have been filtered out or carefully chosen by them, and are an anchor and a burden that is placed there by the Matrix to stop and prevent the starseed from developing to its fullest potential.

These people who are there to prevent the starseed from elevating its vibration and who are most difficult to remove from their lives are obviously the members of their genetic family because even unwanted narcissistic and egocentric husbands and wives can be removed with some effort. But direct genetic family members are not so, being that the closer they are to the starseed, the more difficult it will be, and it will be even more difficult when the starseed is young. For example, when he or she is a well-aware and awakened teenager, yet still strongly economically dependent

on his or her father and mother and often also having to live and deal with brothers and sisters who may also be organic portals placed there by the Matrix to hinder their spiritual growth.

As the highly conscious starseed grows older and more independent, brothers and sisters may sometimes become somewhat easy to control. Yet, their mothers and fathers will always be invasive to them if they are of the non-supportive narcissistic type. I know there are wonderful families of like-minded people where brothers and sisters nurture and support each other and where the father and the mother are fully supportive towards the fully conscious starseed, most probably because they are starseeds themselves. Yet, this kind of spiritually powerful families are rare and far apart.

It is far more common to find a starseed immersed in a Matrixed family where his or her interests are constantly under fire, where the starseed is constantly diminished, disqualified, and even ridiculed by their immediate family simply because he or she does not think like the rest of them. This is another example of how the dominant frequency of a place does whatever is possible to regularize what is above average and whatever is shining too much.

Even though the starseed may be able to develop strategies to control unwanted people in their lives, including their immediate family like brothers and sisters, the two people they will find the hardest to control and to place limits on are their narcissistic fathers and mothers. Among those two, fathers and mothers, it is the mother that by far is the hardest to control and place limits to, as we have come to observe and understand from here, although this obviously varies from situation to situation.

One of the biggest problems the starseed faces when trying to control the narcissistic mother the Matrix placed there precisely to control and regularize his or her vibration and to prevent the starseed from developing to its full potential and fulfilling its life mission on Earth. Furthermore, society at large has placed mothers on a pedestal where anything that goes against them will immediately be attacked and discredited, giving them automatic rights and the Matrix-given quality of always being right.

This causes the starseed in this situation to feel completely alone with his or her problem, as often even psychologists and other health workers will fail to see the narcissistic dynamic the starseed is suffering even more so when the narcissistic

mother is a complete expert in gaslighting her son or daughter to the point where even they, the starseed, start to doubt their own sanity and make them seriously question if it is they who are the problem and not their narcissistic mother.

As the starseed and his or her narcissistic mother grow older, the situation only worsens, as she will use aging and its problems as a manipulative tool to control the starseed, as I said above, always exploiting his or her highly empathic nature. This makes it extremely hard for the starseed to develop high or higher vibration, as his or her mother and her never-ending problems will constantly nag the starseed's vibration down, also having an incredible talent to demand the starseed's attention right in the worst possible moment when the starseed is about to develop or engage in high vibration positive activities.

Of all the organic portals the lower astral entities used to bother and affect the lives of positive high vibration people and starseeds, the strongest and most dangerous organic portal is the Matrixed mother, as she can be a problem for the starseed during its entire life, worsening with age to the point of collapsing and even stopping the starseed's life mission.

Suppose you are in a situation like this one. In that case, you should study all the material you can about narcissists, especially narcissistic mothers, as they are by far the ones that can cause the most damage, even over narcissistic fathers, as they are even more difficult to place healthy limits on.

There are beautiful, nurturing mothers out there. I am by no means talking about them. I send them a big hug and a kiss. But remember that a mother is the most influential person in anyone's life, generalizing of course, so when one turns evil, she is the one who can also cause the most damage. And that is why dark evil entities from the lower astral favour using mothers as organic portals to stop starseeds from fulfilling their life mission.

Behind narcissism, there is an astral infestation of dark forces because alienation from empathy also means a detachment from Source, and this translates to the very definition of a demon. Narcissists most definitely have demonic lower astral evil entities working with them or through them, and they want your destruction, and they will use all the elements at their disposal as weapons, including your empathy and good feelings, know this.

Remember what Ari, the Urmah tiger said: you cannot help others if you are not

well yourself before helping those others, and you should never help to the point where it becomes detrimental to yourself. The stronger you nurture and develop yourself, the more you can give and help others, so do not over give yourself, especially to people you have detected that have been placed there by the Matrix to cause you misery and stop your spiritual growth. There will be more on this subject if it interests you.

This will be all for today. As always, thank you for watching my video and for liking, sharing, and subscribing for more. And I hope to see you here next time.

With much love.

Your friend,

***Mari Swaruu***

<https://www.youtube.com/watch?v=gKl1wjW4gbQ&t=7s>