

A Short History of Earth

by

Moisés Aguilar
www.labchicago.com

How this little ebook came about

This book is the result of the last Yoga Teacher Training (YTT) my wife and I taught at our studio in Chicago. I am responsible for the philosophy part of the YTT and since this was the first year that we taught the 200hrs continuously, for 25 days straight, I decided to make the teaching as practical as possible.

Instead of talking about philosophy, I decided to focus on meditation, almost exclusively. I would only explain the necessary concepts for the meditation we were practicing that day. Instead of talking about samyama, we would have a meditation where we could experience the samyama connection. Instead of talking about the Lokas, we would have a meditation where we could experience the Etheric plane.

Every day I would tell them that if anything I said sounded crazy, they should dismiss it. Either it was not the time for them to consider that idea or what I was saying was completely wrong. Either way, they should only accept what they could naturally allow at the time.

Day after day we kept trying a new meditation, always a bit harder, always a bit crazier. We started slow, preparing the body, finding the mental space, blanking it out, connecting to an animal, asking the chakras, connecting with the four inner personalities, sending unconditional love, connecting to a future self, identifying and removing harmful beliefs, setting up the grounding cord, setting aura boundaries, blowing up roses, we visited Telos in our etheric bodies, we identified pain in another person's body, and finally we ended up having a past life regression. Meditations came from all walks of life, from native American wisdom, to new age philosophy, to the exploration of yoga concepts.¹

Although every day I warned them about the craziness that was about to come out of my mouth, according to them I never sounded nuts. Later on I realized that they were becoming crazier themselves, that is why they didn't notice. When they finished the training and shared their past lives with room mates and family, they were obviously met with blank stares.

So this same message goes for you, yes, you reading this book. If you are rolling your eyes right now, this book is not for you. If you feel like punching me on the face, this book is not for you. If you feel attacked, this book is not for you.

¹ The last section of the ebook contains all the authors and their books. They provided the material for at least 50% of the meditations that I mentioned.

However, if you feel your energy raising as you keep reading, please prepare for a wonderful surprise.

Since I stopped sounding crazy to them, they started asking when I was going to let the full crazy come out, so we agreed that on the last day, I would go full crazy on them. The pants would come all the way down.

On the last day, I told them a story, a short story of Earth. I held nothing back. To my surprise, they liked it so much that they asked me to publish it. I refused since I did not feel qualified, but then they said: 'what more qualification do you need than having your students ask for it?' I took that as a sign and decided to write this all down. Since I still don't feel qualified, I am making this book free for everyone. That is the way that I can make it all work in my mind:)

Some material I have read, some I have heard on videos, some makes sense to me, some was intuition and overall is what I would like things to be like, so keep in mind that this is my personal version of things, I am not claiming anything to be correct and I don't expect anybody to believe a single word. Again, if at any point the story freaks you out, close the book. If you feel like kicking me, close the book. If you cannot believe a single word I am saying, just close the book. This is supposed to be fun, not painful.

This book is what happened that last day of training in 2016 during our meditation hour.

Vocabulary

I started that day with a quick note on vocabulary and so should we. It is short, I promise.

The universe is built top down. From what we may call “a spiritual plane,” frequencies keep getting lower and lower until the physical world is constructed. The word ‘plane’ in this context is synonym of octave, world, realm or dimension.

At some point between the spiritual plane and the physical plane, we go through the etheric and the astral planes. There is actually more life in the etheric and astral planes, invisible to our eyes, than there is in the physical plane.

The etheric body, the part of us that lives in the etheric plane, is the memory body, it is the body that the soul inhabits between incarnations. It holds the memory line that makes you who you think you are. If you think about it, you define yourself based on the memories that you deem to be yours. The etheric body takes care of that.

The second concept is the Astral plane. Thirty years ago, we used to talk about astral traveling. Nowadays we call it out of body experience. The astral body is the emotional body, and there are worlds and worlds in that plane. It is comparable to Dante’s divine comedy, where there are levels of heaven and levels of hell. The heaven floors are called high astral worlds and the below zero floors are called the low astral worlds. The entities that live in the high astral worlds look like angels and those in the low astral worlds look like demons.

So the two words that I will use are ‘etheric’ and ‘astral.’ There is a whole etheric universe out there, as real as this physical plane is; and the low astral worlds host demons and other evil and unpleasant stuff. Just remember these two ideas for later in the story.

We are ready now. Let’s go.

A Short History of Earth

Our story starts long, long ago, in a galaxy far, far away - short pause for dramatic effect - when a highly evolved civilization run into a problem. This civilization was so evolved that if they appeared to us, they would look like angels. That is how evolved they were; they were an angelic civilization.

They had evolved so so much that they became unable to evolve more until a dark civilization in another galaxy far, far away from them, became less dark. It was something like this: imagine that Buddha incarnated on Earth. As much as Buddha wanted to do his thing, he would be bound by the overall mindset ruling Earth at the time. The combined frequency of all humans on Earth defines the possibilities available to any being incarnated at the time. Although Buddha could have organized his life in a different way, the circumstances on Earth limited his options.

That is what was happening to this angelic civilization, on a universal scale. Their level of evolution was such that they could feel that there were other beings in the universe holding a dark frequency, and until that darkness was dissipated to at least some degree, they could not evolve further.

Until they run into the problem, the light beings would have never tried to change what the dark civilization was doing. You see, in the universe, the law of free will is respected by those of the light. If someone wants to explore the dark side of creation and go around the universe being an ass, he has a right to do so, and no evolved being would ever interfere.

However, since the state of the dark civilization was affecting the angelic civilization directly, that allowed for an intervention. The connection, in this case as an impediment, opened a door for the angelic civilization to come and get the dark civilization out of such darkness.

Having one of those angelic beings incarnating within the dark civilization was not an option. If one of those angels took a body in the dark civilization, he or she would blow the body up, after setting the nervous system on fire. The dark DNA could not handle the high frequency from the light beings. A different plan was needed.

They knew that they could not go to the dark brothers (that is how they saw them) and tell them: “Hey, you have been too dark for too long and are kind of holding the whole universe back, so how about you loosen up a bit on that darkness?” They would have laughed at them. They needed to devise a plan to trick them into evolving back into the light.

They defined their plan and shared it only with Source, that's my hypothesis. To everybody else, they published that they wanted to explore life in 3D in order to learn from the experience. That was a normal thing to do, so nobody would suspect.

So they found their first planet, and the first angelic beings took a physical body. Something like a human body, maybe a bit taller or shorter, who knows. During the first years, the angelic beings got used to the new body, its density and such. They had been etheric for a long time so some conditioning was necessary.

Soon, hierarchies appeared. Being an angelic civilization, they valued music above anything else, so those beings that were able to create the best music, whether it was singing, playing or producing the best instruments, were at the top of the hierarchy. Then came second class performers, then those that supported the performers, and finally those without musical talent. Things got a bit unpleasant pretty fast, in the first couple thousand of years.

Fortunately for them, they had made an agreement with the members of the angelic civilization overseeing the experiment. Every five thousand years, as long as the group consciousness allowed it, someone would come down from the etheric realm to remind them that they were here to learn to be nice to each other.

Most beings on Planet 1 took the advice from the overseers but some not and became violent. As a group, they decided to relocate the violent ones to Planet 2, and only those that decided to remain peaceful stayed on Planet 1.

The civilization on Planet 1 had its ups and downs but eventually they got to a level that we may call enlightened. At that time, when the next 5K year visit came up, they were asked what they wanted to do next. Since they had achieved an enlightened level as a civilization, they wanted to share their peaceful and fulfilling lifestyle with others.

Those in charge of the experiment sent down some beings from another civilization that had been abused by the dark brothers. They were wounded souls and they could use the help of an enlightened civilization.

Unfortunately, as much as the angelic beings tried on Planet 1, they could not get the wounded beings out of their state of despair. Eventually, the angelic beings on Planet 1 became desperate and soon ashamed for not being able to help those beings that were sent to them for nurturing.

The situation got so bad that suicide appeared for the first time. When the next 5K cycle came up, their group consciousness asked to get out of Planet 1, so the entire civilization was wiped out. This cataclysm left some scars on their souls and in this way, the experiment on Planet 1 ended. Kind of a dramatic ending.

At this point, those angelic beings on Planet 1 were relocated to Planet 2. Planet 2 had been hosting the original violent beings from Planet 1 for a while now, so there was a civilization already going.

At some point, there was a civil war on Planet 2. The violent ones that won, subconsciously asked for a bigger enemy to show how machos they were, so after a couple hundred years an invader from space arrived and in about 15 minutes took over the planet. Their superior technology was no match for the tools the angelic beings had on Planet 2 and they were all made slaves.

Things keep getting worse and worse but the next 5K cycle came up. At that point, the overseers offered the slaves and the invaders the opportunity to go back towards the light but only a few took advantage of this opportunity.

Eventually, the group consciousness decided to get rid of the invaders, so a natural disaster wiped them all out. The angelic beings, although they were violent and in slavery, felt very guilty about the outcome. They would have preferred to have the invaders just leave, without realizing that the invaders would have never agreed. Long story short, they were so depressed and overtaken with guilt, that they asked for their own cataclysm and civilization on Planet 2 ended too. Second dramatic ending.

So far the experiment was a bit bumpy, to say the least. Two planets, two civilizations wiped out, emotionally damaged beings all over, but the overseers did not give up. They identified a Planet 3 and continued the experiment.

Since things were not going that well, they recruited the help of an overseer for the planet. Something like an Archangel, a god-like being, that would hold the frequency of evolution and light for Planet 3, in order to help with things.

Planet 3 was seeded with separate colonies. Each colony had a different group of individuals that shared a karmic past. Those from Planet 1 would go to one colony and those more violent from Planet 2 to another, so on and so forth. By then, there were a couple colonies with different histories.

Those placed on Planet 3 had their memories completely wiped out initially. They remembered nothing of the traumas from Planet 1 and 2. The colonies found each other, learned from each other and became spiritual. Things were going well.

Then, old negative patterns were introduced slowly for clearing. People found themselves more angry or depressed. However, at this time, there were priests on site that helped them make sense of what was happening and some were able to handle things.

However, others did not welcome any help and they became more psychotic, angry, depressed and disconnected. Eventually, things got really bad again and martial law and capital punishment were introduced for the first time.

As the civilization dwelled on their negative patterns, unknowingly, this negativity got to the Archangelic being overseeing the Planet. The evolutionary state of the being overseeing the planet was comparable to a god. His connection to Source was so strong that whatever he liked, Source liked, and whatever Source liked, he liked. He had been in such a state of connection for so long, that this way of being was natural for him.

However, the negative patterns started to affect this god-like being. Worst of all, he did not realize that his judgement was not aligned with Source any more. His likes became egotistic and autocratic and it got to such extreme that he planned to take over the planet for himself, to be the ruler of them all.

When the time was right, as the 5K cycle approached, the god-like being made his move. Since his being enveloped the entire planet, his attempt to take over the planet and its inhabitants made the planet blow up. Boom! Gone. It was destroyed, exploded in the middle of space.

I cannot imagine what was going through the mind of those from the angelic civilization running the experiment right then. Two planets wiped out, one planet

blown up, an archangelic-god-like being turned dark and an entire population suffering from all kinds of traumas from cataclysms to planetary explosions. The situation may have seemed bleak, but they didn't give up. Instead, they pushed forward.

Planet 4 was identified - make pause to let people open their eyes wide. Planet 4 was a bit special, it was not like the previous ones. Planet 4 had been conducting their own experiment for a long time by then and was under the protection of a different hierarchy of the light.

The goal of the original experiment on Planet 4 was to bring diverse cultures together and see if they could co-exist in a peaceful manner. The planet was already inhabited by several cultures, several colonies and cities of different levels of technological advancement. There were human-like creatures and humanoid-like ones, some more like homo sapiens and some more like neanderthals.

The angelic civilization requested permission to join, and I don't want to think how that conversation went. Their resume included two civilizations wiped out; a planet blown up; plus the god-like being turned dark; plus the souls they were bringing in were in dire need of healing.

Maybe there was full disclosure and they shared their entire plan, maybe the governing hierarchy on Planet 4 thought that the light would always win so they saw no problem, maybe something else happened. Either way, the wounded souls from the angelic civilization were brought to Planet 4. Since the planet was inhabited, they took bodies the natural way, by being born to families already established on the planet.

While the relocation to Planet 4 was underway, the god-like being turned dark was out and about the universe, looking for partners to come back and take over the new planet. Of all places he could have gone to, he ended up at the home of the original dark civilization that we talked about at the beginning of the story.

They waited for their opportunity and when the time was right, they stroked. They ripped apart the fabric of space and time and entered the atmosphere of the fourth planet by unnatural means. The operation threw the Planet off its axis and the gateways that connected the third dimension to the etheric plane were disabled, leaving the planet in the dark, with new and dark invaders roaming around.

The dark invaders landed in the most advanced civilization at the time and offered technology and power in exchange of control. The inhabitants of the planet agreed to the exchange and the invaders made the planet their new home. They established colonies, mined the land, conquered those around them, and in this process, they decided to create a new species of slaves, just to serve them.

They found a humanoid-like creature as the target, and using their own DNA, they created a hybrid. The result was a combination of the DNA of the humanoid and the DNA of the dark civilization. And with this single action, the angelic civilization had successfully completed their mission. This was the door they were looking for.

The angelic civilization had seeded these humanoid-like creatures with their own DNA, angelic DNA. The humanoids were a primitive version of themselves, with all their potential still dormant, so they looked primitive and manipulable. The dark invaders did not see that and bit the bait.

The multidimensionality of the angelic DNA connected the angelic civilization to the dark one, allowing for a new type of DNA that allowed angelic beings to incarnate among the dark brothers. It was like when the indigo children incarnated on Earth. Remember those little kids talking about God at age 3? The little kids reminding their parents their connection to God? Something like that happened here. These angelic beings wrecked havoc in the millennia old dark civilization.

It took four planets to complete the plan. Lots of angelic beings stuck in the 3D reality, civilizations wiped out, a planet blown up a god-like being turned dark, but at the end the mission was a success.

The first planet in our story was Venus, that is where the first colonies were established. The second planet, where the violent ones were moved to was Mars. The third planet, the one that blew up was supposedly called Maldek, and it is the asteroid belt between Mars and Jupiter. And as you have probably guessed by now, planet 4 is the Earth. This is the planet that hosted the experiment to see if different cultures could co-exist. I am not sure how that experiment is going...

The angelic civilization in charge of the experiment was from the Pleiades. There are also angelic beings from Sirius helping us out. Dolphins and whales are from Sirius, that is why they use their full brain, they are pretty evolved.

The god-like being that oversaw the third planet that ended up turning dark was called Lucifer, you may have heard of him. The breach in space time that allowed him to invade Earth with the dark civilization happened at the time of Atlantis, and it is usually referred to as the Luciferian Rebellion. With him he brought the Dracs (or draconian) along with the Annunaki, mostly from the Orion system. Not everyone in Orion is dark, but that is where these dark brothers happen to come from.

Their first invasion was physical. They landed on Atlantis and started negotiating with the ruling class, exchanging technology for control. Then they expanded their invasion strategy to the etheric and astral planes. They opened the low astral worlds and millions of low astral entities came out and attached themselves to the humans that were living on Atlantis at the time. People became insane. The situation got so out of hand that Earth had to sink the entire continent. At that time the Guardian Angel program was instituted in order to protect incarnated beings from all the astral entities roaming around.

The reptilians did not leave, they changed their tactics. They set up inorganic karma traps in order to control the population. You see, the natural way to create karma is to first go through the experience, do a crapy job about it by not choosing love, and as a result getting an energetic kink, a painful memory or a false belief. That is the organic way. First there is an experience, then there is an energetic consequence that affects your point of view.

What the dracs did was create the belief system behind the scenes, energetically, without having an experience first, so we would be conditioned to see the world in a specific way. Then they would influence the tormented humans to play out the situation, solidifying the belief completely.

For example, they set up a victimizer-victim program on Earth. Then they promoted as much war and abuse as possible to imprint that paradigm on everyone's mind. As a result, the world is full of victim personalities blaming others for their misfortunes and living in misery. This paradigm was carefully chosen, because as long as you blame others for your problems, you will never solve them.

They distorted our sexual relationships, making them all about abuse, manipulation and lust, so we could never connect such strong energy in a divine way. They manipulated religion to make it violent. They hid history to prevent us from knowing where we are really coming from. The list goes on and on.

They created a place of constant emotional distress, so we would be disconnected from our soul and would constantly create karma. The environment forces you to make wrong decisions all the time, putting you in impossible situations continuously, creating more and more karma, forcing you to come back. Since the emotional pain was so heightened, the connection with our souls was severed, not even allowing us to choose to come back, but forcing us to come back due to karmic reasons. They literally built a prison for souls.

The most brilliant twist is that they made us our own enforcers. They manipulated history and religion making us believe that we were doing the right thing for the right reason, turning us against each other, and enforcing false history and hypocritical religious values. Finally, money was put in place as a tool of complete control.

It is not that there is a conspiracy theory here and there. We are living on a planet engineered to be completely corrupt in all its facets: economy, society, religion, politics, education, medicine, pharmaceuticals, food, science, banks, money, sex, race, morals, sports, competition, energy, oil, wars, weapons, history, the war on drugs, the war on terrorism, the disdain for spirituality or the carefully engineered mass fear for alien life. Everything is corrupt, everything designed to inflict pain and create imbalance. We are living in a unique planet in the entire cosmos. It is a machiavellian masterpiece.

The souls that can reach enlightenment under these conditions are cosmic champions, and when all this ends, we will be cosmic consultants to other civilizations on best ways to organize in 3D and how to awaken spiritually. That is how extreme these conditions are.

This is why there are so many light workers on Earth now. At some point, when the thing got completely nuts, Earth asked for help, and the entire universe responded. Beings from all over the cosmos, the starseeds, signed up to be incarnated and help. Bloodlines were engineered to allow beings like Jesus and Buddha to come to Earth and raise the vibration. The plan to get humanity off the hole has taken thousands of years to pull off.

You need to understand, that as bad as things may have seem, you are still a divine, free, sovereign being, so nobody is going to come here and do things for you. You are entitled to live your life however you choose.

At any point, as bad as things may have been, all that you needed to do to get out of the system was put yourself in Life's hands. Yoga calls it 'ishvara-

pranidhana', buddhism calls it killing the ego, christianity calls it putting yourself in Gods hands, and the Beatles called it 'Let it be.'

All these incarceration tools, as sophisticated as they may look, are still tools for your ego. If you take a step back, if you stop trying to get what you want all the time, and instead you let Life (or God) choose for you, you would have got out of this pickle in a jiffy.

If instead of complaining about things not going your way you would have thanked Life for whatever came, you would have reached enlightenment and had ascended lifetimes ago.

What we are living now is what the Mayans called the end of times. At some point, the experiment merged with the main universal timeline and experiment and prime reality were combined. Timelines are being adjusted now not only due to the merger but for the complete ascension of the entire planet. Research the 'Mandela effect' if you want to see some examples and freak out a bit.

Earth has completed her role in all her missions and is officially ascending. Fortunately, she has invited us, humanity, to join her. Unfortunately, those in control are not letting go. Things are actually getting more crazy, not less, creating a clear distinction between those that can ascend with Earth and those that cannot.

At some point the original plan to have Earth ascend had to be abandoned and a Plan B had to be devised. Right now we are all flying blind, by the seat of our pants, both here on Earth and on the other side (the etheric side). The only thing that seems to be clear is that there will be three categories: 1) those that can reach ascension on their own will be requested to do so. They will be given the tools and the information but they will have to pull their own weight; 2) those that have no chance due to being too dark will be relocated to receive some kind of 'soul therapy;' and 3) those that are nice enough to ascend but cannot make it on their own will be taken to an intermediary location for further training until they can join group 1.

We are living the most exciting times on the most exciting planet in the cosmos and it feels like the entire universe is watching to see what happens. Let's put on a good show:)

I hope you enjoyed the story.

Love and Hugs to all.

Sources

This section is very important. I do not claim to have received this story by any kind of miraculous or divine intervention. I read and read and read, that is what I do. Then I meditate and meditate. That I do as well. Eventually you run into books that say something interesting and you start putting the pieces together.

All these authors and books are amazing and know much more than I do. They inspired me to create the story you just read. I recommend them all:

The books from Amora Quan Yin are the main source for the planetary experiments, especially [Pleiadian Perspectives on Human Evolution](#). Her other books offer exercises and help to make us whole again.

The website [energeticsynthesis.com](#) by Lisa Renee explains the extent of the manipulation this world is under along with techniques on how to get out of it.

Books on Saint Germain, like the Magic Presence and Unveiled Mysteries, provided detail on the work of the Ascended Masters on Earth and how they keep the evolutionary experiment alive.

Books by Aurelia Louise Jones: The Seven Sacred Flames and the Series on Telos provide more information on the Ascended Masters and the civilizations still on Earth that are keeping the Light on this planet

Sixto Paz Wells is an author, investigator and UFO contactee from whom I heard the best explanation of what exactly the year 2012 represented. In his words, that year signaled the “End of Times” and the end of the experiment.

Inelia Benz videos on YouTube provided the explanation on the multidimensionality of DNA and how the Anunaki are having their civilization being infiltrated by light beings after they mixed their DNA with the humanoids.

The context of the whole story being a rescue mission, where light beings come to make a dark civilization evolve, is all mine. I have not heard or read this hypothesis anywhere else but it simply makes me enormously happy to think that all this suffering was not an experiment gone bad, but a premeditated and carefully planned plot from a civilization of light beings. It may be all wrong, but it makes me happy, so I’m keeping my hypothesis for now until something better comes along.

Enough thanks cannot be given to the native cultures of Earth for preserving the wisdom of Mother Earth alive until now, when we are finally ready to listen once again. May the tribe of many colors make the Earth green again.

Namaste.