

An Introduction to Galactic Frequency Council

Channeled by Catherine Richardson

We would be introducing a series of articles by Catherine Richardson and the Galactic Frequency Council. These are excerpted from Catherine Richardson's latest book, The Starfleet Messages: A Galactic Guide to Spiritual Expansion. The following is the Introduction of the book.

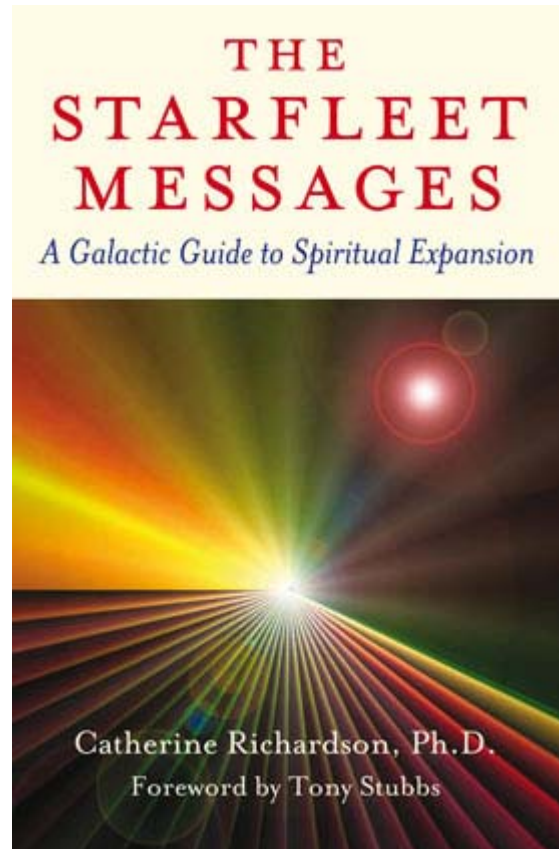
Allow us to introduce ourselves. We call ourselves the Galactic Frequency Council of Galactic Starfleet Command. You may be thinking of Star Trek about now, and that is our intention. We channeled a great deal of information to the creators of Star Trek. In it were keys and codes and a great deal of other information about frequency dynamics.

We work outside of time. We work in a dimension not yet identified. There are many entities and energies with which and with whom we work. We work with the Christ. We work with Krishna. We work with Allah. We work with the Buddha. We work with God. All aspects of the same energy. We work with demons. We work with devils. Again, all aspects of the same energy.

The nature of the interaction depends upon many things, the least of which is the degree of cosmic energy available at the time. By "time," we mean an intersection, an interfacing in space. Because you exist outside of time as well, a part of you understands what we mean by an interfacing in space. Yet a part of you does not. The nature of the interaction also depends upon frequency alignment and frequency migratory range. These are concepts we will explore later in this book.

We are a group of beings who have come together because of our skills and our wisdom, in order to oversee the frequency dynamics of the galaxy.

We are talking to you now because this is an appointed interfacing. It is a contractual obligation on all our parts, including yours. The words we will utilize are highly important. Even if they don't make sense to you, they will have an effect on you. The effect will be different for each



person. But, make no mistake, there will be an effect, and this effect can ultimately result in an upgrading of the frequency dynamics—both within you and on the entire planet. This can happen if you set your intent that it happen. The choice is yours. The light frequencies found on these pages can also upgrade your frequencies, but again, only if you choose that they do so.

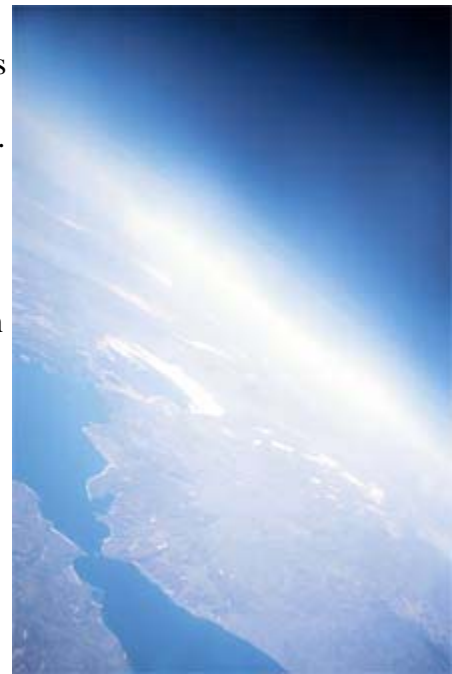
Reasons you might want to upgrade? Well, there are many. If the concepts of enlightenment and the “greatest good” interest you, we suggest you consider upgrading your frequencies. If you wish to connect with something greater than you have known in your life, we suggest you consider upgrading your frequencies. If you have felt that there must be a change on this planet, we suggest that you consider upgrading your frequencies. If you have felt a connection with other people that you cannot understand or define, we suggest that you consider upgrading your frequencies. And, finally, if you have searched and searched for some sort of meaning to your existence, we suggest you consider upgrading your frequencies.

We do not offer you all the answers to your questions. We offer you assistance in finding these answers. We offer you assistance in finding these answers within yourself, because you do have all these answers, and some of you have been looking outside yourselves for them. We are not suggesting that you become a hermit, unless you choose to. There is information for you—data—all around. We can offer you assistance in accessing this data. We cannot make sense of it for you. Only you can do that.

We offer you a suggestion as well. There are many spiritual leaders and visionaries on this planet. They have information for you; but we caution you that this information may not come in the form you expect. For example, a visionary’s information that he or she shares with the world may serve the purpose of demonstrating for you what is not what you know to be your vision. In that instance, the visionary is assisting you in stepping into realizing and believing your own inner vision. Furthermore, there may be keys and codes in the visionary’s words, even if the words themselves do not resonate with you consciously. This is not about filtering data. This is not about interpreting data. This is about understanding data—comprehending it in a holistic way.

Now, you’re still wondering who we are. We are not spirit guides. We are a group of beings who have come together because of our skills and our wisdom, in order to oversee the frequency dynamics of the galaxy. Some of us are incarnated on Earth. Some of us are not. Some of us are not incarnated anywhere, while others are incarnated in many, many places. Catherine is on our Council. Some of you reading this book are on our Council. Our membership changes, as do frequency dynamics. Catherine has not always been a member, but she has been a member for a long time.

We are speaking to you at this interfacing because of the enormous shift in the dynamics of Planet Earth. We have been managing things for a long, long time. Now, more and more humans are upgrading their frequencies and participating in this process. There is going to be a change in the makeup of



the Council. It will be a bigger council, with more souls who are incarnated as humans. This is happening in many overseeing bodies at this time, as some of you know. We wish to facilitate this process. Many of us are ready to move on to other assignments.

This book is not about our seeking to train new, prospective members for our Council. It's about communicating and ascertaining what is in the highest interest of the galaxy. But, fundamentally, it's simply about choice.

You may have noticed that we keep using the word "time," even though we've said we exist outside of time. Let us elaborate. Some say that time does not exist. Actually, time does exist, but not everywhere. Time currently exists on Earth, and you have chosen to exist there as well. Therefore, time exists for you. Time does not exist for us, yet we navigate through it in order to communicate with you. Time exists for Catherine on Earth, but it does not exist for her on the Council. By "exist," we mean "affect," because, in a very pure sense, everything exists. Everything. If you have ever thought of something, then it exists. Maybe not in what you would call your reality; but, just by thinking of it, it has been created.

By "frequency," we mean the energy attunement within certain fields.

There has been much written about the creative power of thoughts. It has been understood and misunderstood. We ask you to consider the nature of thought. What is its source? Does it come from you, or someone else? Are you creating someone else's vision, or your own? Do you trust your own vision? Do you trust someone else's more? If so, why? Whose world are you creating? Do you feel at home in it?

The frequency dynamics involved in queries like these are the type that can lead to expansion. There is never anything wrong with questioning—simply asking questions. As you ask more questions, you send out an energy that will bring in more data. This may lead to more questions, which leads to more data. You will adjust your frequencies to comprehend the data. You will align with your inner knowing, and you will be a visionary.

What is "frequency"? *Webster's Dictionary* defines it as follows:

1. The number of occurrences within a given time period (usually 1 second); "the frequency of modulation was 40 cycles per second."
2. The ratio of the number of observations in a statistical category to the total number of observations.
3. The number of observations in a given statistical category.

This is not how we define it. By "frequency," we mean the energy attunement within certain fields. Frequency is about dynamics and movement. It is related to vibratory resonance and to wave patterns in systems. To understand it, it helps to understand a little about string theory and quantum physics, but it is not necessary. The keys and codes to fully understand frequency dynamics are in this book.

What are “keys” and “codes”? There are many definitions, and almost all are correct. The definitions we offer are as follows: keys and codes are used to holistically unlock large blocks of data and make them available. By “data,” we mean a broad range of energies – both empirical and other. Keys and codes do not comprehend the data for you. They simply make it available. There are timing issues with some data. Keys and codes may protect it until such time as it is to be accessed. The keys do the actual “unlocking,” while the codes arrange the energy dynamics into certain forms. It is analogous to everyday definitions of keys and codes, except that keys and codes, as we use the terms, have an energy of their own and, one might say, an intelligence of their own.

In the following chapters you will read about energy dynamics, and about what the future of your planet may look like. We are not predicting the future for you. Your future is your choice. We simply offer guidance regarding what the results of certain choices may be. But please consider our guidance as you would guidance from any other source—as information for you and nothing more. We do come from a place of deep love and deep commitment to our goals, which are to work in the highest interest of the galaxy. We thank you for co-creating this process with us.

About the Channel



Catherine Richardson is a former corporate attorney who spiritually awakened following a near death experience in 2000. Shortly thereafter, she began manifesting intuitive abilities, and decided to pursue a career in the healing arts.

Catherine went on to earn a Ph.D. in transpersonal counseling, and now helps others to empower themselves and to expand spiritually. You can reach her through her practice in San Diego, California, or at www.truthjoylove.com.

Book by Catherine Richardson

© Copyright by Authors and/or Cosmic Lighthouse Metaphysics Magazine
www.cosmiclighthouse.com

You may print one copy for your own personal use only. Please do not copy or distribute in any way without seeking the permission of authors and/or Cosmic Lighthouse Metaphysics Magazine. For more details, please see our [Terms of Use](#)