

Journeys of the Ummites

1 – Universes and living beings

On pages 145-147 in "Riss in der Matrix" Lilor gives information about the universe and the place of man, as well as the classification of certain aliens.

There are infinitely many universes. The multi-dimensional universes include creatures entirely different from those on 3-dimensional earth.

The earthly world is part of the humanoid worlds. There are still animal worlds and vegetable universes, as well as mineral universes and other creations that earth people cannot imagine.

All of these universes obey cosmic laws specific to them, and what applies to our humanoid universe does not necessarily apply to other creatures. The perception of feelings is completely unknown in some universes.

D731: *Although in some universes we have discovered forms resembling living organisms with negentropy and some reproductive ability that are not based on carbonaceous structures (with germanium and silicon as the central element, living organisms) are based on hydrogenated carbon compounds in their biochemical structure. Apparently, beings with a fluorocarbon and chlorocarbon composition are rare and unable to evolve into complex forms.*

D58-5: *Every biological form is necessarily carbon-based.*

W5 (Tweet 312-12)

Question: *Thanks to new research based on data from the Kepler space telescope, it is estimated that there are up to 300 million potentially habitable planets in our galaxy.*

Answer: *Yes, that's actually a pretty good estimate considering even the simplest of life forms. We estimate that 27 million of them form a real ecosystem with interactive multicellular autopoietic organisms, including 1.2 million with more or less advanced (human) civilizations.*

W5 (Tweet 312-71): *An earth 2 does not exist or is home to others. So, there is nothing left but to take care of your planet. Keep him safe to survive and share him as brothers. Don't trust the incentives of the strangers you've met.*

2 – Species in the galaxy

Elena Danaan, in her book "A Gift from the Stars": Alien Contacts and Collection of Alien Races, describes 110 alien species believed to exist in our galaxy and engaged in interstellar space travel.

In the 1980s, a copy of the Alien Races Book (ARB) was said to have been found in a field in Buryatia (Eastern Siberia). The copy is said to have ended up in the hands of a KGB agent who had some friends in the media. After the collapse of the USSR, some of the information in the book was leaked. Years later, this information and some of the images began appearing in TV series and video games. The "ARB" should have been subsequently edited at least 12 times. As far as is known, the first edition was printed in 1946 or early 1947. After that, new editions appeared in 1951, 1959, 1968, 1971, 1980. However, the authenticity of the book is doubted.

In 2008, the "ARB" came into the possession of Lacroix Di Santori, who translated and published the material from Russian.

The "Alien Races Book" names 54 alien species that are said to operate in interstellar space travel.

The Ummites provide the following information on the subject of alien species in our galaxy in **UCAT15**: *The Ummites know of 74 planetary civilizations and have verified the existence of a further 3 (unidentified). Presumably these 3 unidentified civilizations have a higher or much higher scientific-technical level than the Ummites themselves.*

Of those 74+3 civilizations, 31 have access to interstellar travel (almost certainly intragalactic only).

Of these 31 civilizations, at least 23 have traveled to Earth. Of these 23 civilizations, 18 have done so frequently (and we assume they continue to do so)

The two "amoral" civilizations seek to "expand their territories of influence by dominating other races," not through invasion and colonization like the enemy civilization, but through "fear and flattery," exploiting the weaknesses of those they covet. Exploit planets and make pacts with them that ultimately bring them into a situation of submission.

The term used by the Ummites to describe the sad situation in which the betrayed civilizations are trapped is "kept under control".

These Dominated Civilizations, once they have the space technology (likely provided by the relevant amoral civilization as part of the signed pacts), can conduct such expeditions - unlike the enemy civilization's colonies - but always under surveillance /Control (to what extent we do not know) of the race to which they are subject.

W3 (Tweet 312-29): *In fact, each of the two races that we call amoral have legitimate leverage to deal with your military authorities. One for suffering material and human losses allegedly due to armed intervention. The other because it demands priority due to its peaceful primacy.*

On page 93 of "Riss in der Matrix" the information is given that we generally assume that when beings come from elsewhere, then these beings have a technological lead of several centuries over earthlings and that they are also physically and mentally evolved are than people.

Unfortunately, none of this is the case, the opposite is true of the energy levels affecting the planets that have colonized Earth and other planets.

The earthlings are actually the descendants of these colonizers with their faults and their qualities. Their technological development is one side, their so-called spiritual level is another. Both are evolving, but with a certain lag in the field of spirituality.

W5 (Tweet 312-58): *Peaceful visitors come to explore the exuberant diversity of your nature. Others want to extend their dominion to Earth to increase their strategic influence. The most dangerous of these covet your most prized natural resource, the soil, to keep their sterilized worlds alive.*

3 – Ancient Aliens

In Ummo-Brief **E33** there is an enumeration of species that have visited the earth so far. Through contacts and exchanges with other species, the Ummites refer to this information as verified.

(also included in **W5** Tweet 312-27) *From a planet codified by a number by its inhabitants come the oldest visitors to Earth since **31,700 BC**. They are large, have scaly epidermis, and slightly different anatomy than you. They are from a star you have not cataloged that is 47 light years away.*

*From a planet named (IOX), located on the star (HR 7703 a), whose inhabitants are tall, very intelligent, and of very high moral standards. From them came the spaceships that have been flying the earth since **896 BC**. have visited regularly.*

*From a planet classified by your Earth astronomers as 70 Ophucius a, 17.28 light years away. From them came the unmanned observation ships that have been entering the atmosphere with great frequency since **561 AD**.*

*From a planetary body that its inhabitants call (ZOEN) (this is the acoustic term closest to the Castilian) located 21.35 light-years from you in a planetary system of the star you catalogued as "Beta-Hydri". and whose inhabitants are of very short stature: with a statistical average height of 42.17 cm. They have been monitoring the Earth's atmosphere without descending since **1721 AD**.*

*From a star with a very complex orbital system of planets, located at 44.37 light years, crews have been observing you since **1906 AD**, descending with great frequency to conduct their experiments and studies.*

Its inhabitants are very small, macrocephalic, greyish in skin (not greenish as some witnesses have identified) and of high cultural level. They are intelligent and subject to high ethical content standards. They give their planet a modulated name of difficult grapholiteral expression.

*From a planet called UMMO, about 14 light-years away, come the peaceful crews who have been visiting Earth since the **1950's**, taking advantage of their anatomical constitution, which is similar to yours, to study Earthlings.*

*Distant 27.88 light years from a planet called by its inhabitants (WVALA) on a star you have not catalogued. They came to earth recently (**1963**) and descended for the first time in Chile; but their crews descended only on limited occasions.*

There are three other civilizations to which I count myself and my people that we cannot, for legitimate reasons, name.

W5 (Tweet 312-23): *We have seen documents - you would say artefacts and videos - that prove indisputably that one of your current visitors has been nearby occasionally for some 35,000 years. It's entirely possible that other visitors came earlier, but we don't have a clear indication of that.*

According to the Sasquatch account (The Sasquatch Message to Humanity, Book 1 and Book 2)[5][6], rational species have been deliberately placed as hybrid species by positive "elders" on planets with evolving consciousness. These each contain the genes of various extraterrestrial high civilizations and additions of native genes (namely the most highly developed species at the time).

So long before Sasquatch and man existed on Earth, among other things, the fish-men and elementals, ant-men, lizard-men and only then the two mammalian forms.

These attempts are not always successful. Some species evolve into selfish representatives or emotionless technocrats. In addition, for a variety of positive and negative reasons, various hybrid mixed forms are then created by various actors - such as our current downgrade of the human species, which we call Homo sapiens. The pre-Atlantean humans had far more developed higher abilities.

The chronological table on cosmic-library.de states *that the first colonization of the earth took place around 22 million BC. took place: The first Lyrans come to earth and colonize in a small group - most die out after some time.*

Conclusion:

Overall, it means that other extraterrestrials must have visited Earth in the past as well. The **theory of the ancient aliens**, which Erich von Däniken first published in 1968 in his book "Chariot of the gods", is therefore based on a real basis.

4 – Contacts

W5 (Tweet 312-46): *Exploring distant worlds inevitably involves interactions between travellers. When first encountered, neutrality is the best strategy, as any attempt to force contact could be considered an attack. Neutral politeness is common. Reciprocity is the rule. Aggressors are driven out and the victims supported.*

NR13: *As you suspect, there is a tacit non-interference pact between the various traveling creatures that visit other stars that are home to a life form more evolved than the simple multicellular organisms. It is a simple rule of common sense not to influence the development of a planet unless such influence is expressly required or desired by the race of beings that would populate it.*

Our desire to communicate openly with you, the people of Earth, is strong, yet we are certain that establishing official public contact would be detrimental to your planet's fragile social fabric. For the same reason, we cannot intervene directly and publicly as you assume.

The Ummites also give information about contacts that have taken place with the earth within the last few decades.

W5 (Tweet 312-22): *Official contacts have taken place on numerous occasions in the past with various alien races and various Earth nations, individually or through small groups with common interests, including ourselves.*

W5 (Tweet 312-42): *Between 1953 and 1955 there were multiple contacts at three different air bases with three different groups.*

W5 (Tweet 312-75): *We formally laid out our positions and warnings from 1954 to 1962 to representatives of key UN countries, including Vatican City. We have done this together with other peoples who share our ethical values. We cannot force you to accept our positions and terms.*

W1 (Tweet O6-113-31): *Your major military powers are fully aware of our presence and our intentions. An official approach was attempted some decades ago. The purely military goals of your leaders quickly rendered it obsolete. Unofficial relationships persist within multinational military organizations such as NATO with unscrupulous visitors.*

W3 (Tweet OT83): *Meanwhile, a race of humanoid-looking aliens contacted the US government. This extraterrestrial group warned us about the aliens that were in orbit over the equator and offered to help us in our spiritual development. As a key condition of their offer, they demanded that we dismantle and destroy our nuclear weapons systems. They refused the technology exchange on the grounds that we were mentally incapable of handling the technology they had at the time. They believed that we would only use their new technology to destroy each other. This race declared that we were on the path to self-destruction and therefore had to stop killing each other, stop polluting the planet, stop degrading the earth's natural resources and learn to live in harmony with one another life. These conditions were received with extreme suspicion, especially the key condition of nuclear disarmament. It was believed that fulfilling this condition would leave us helpless in the face of an apparent extraterrestrial threat. Also, we didn't have anything in the story to help us decide. Nuclear disarmament was not considered to be in the best interests of the United States. Therefore, the overtures were rejected.*

The historic event had been planned in advance, and President Eisenhower arranged for a vacation to Palm Springs. On the appointed day, the President went to the air force base and the excuse given to the press was that he was visiting a dentist.

Later in 1954, the Grey Alien race made a second landing at Edwards Air Force Base, where the details of the accord were agreed. This race stated that they descended from a dying planet and that at some unknown point in the future they would no longer be able to survive there. An agreement in principle was reached with them.

W5 (Tweet 312-21): *In 2016, an important meeting took place between the military headquarters of the most important nations. A protocol for phased disclosure is already in the works. It can be sped up or slowed down depending on the events. A big announcement that was scheduled for September 2019 had to be postponed.*

W5 (Tweet 312-76):

Question: *Almost 60 years have passed since 1962. How can we be sure that the current political leaders are aware of your presence (e.g. Obama, Trump had proof of this? Biden?) and your positions regarding the future of the Earth?*

Answer: *Management of these very long-term issues is being delegated to defense and intelligence organizations with more permanent and competent staff. The politicians are mainly concerned with the legislative formalization of guidelines, most of which have been decided before their appointment.*

5 – Alien bases

D1378 (Note 1): *During the early days on Earth we made the decision to build underground bases and not have any kind of contact with the inhabitants of the land of France. When my brothers discovered that by wearing clothing resembling that of Earth's people they could go unnoticed in the cities, contact became routine, but the strict standard of not identifying us was maintained.*

W5 (Tweet 312-19): *Buried sites have actually existed on the moon and on Phobos for several thousand years. Only on Phobos do they sometimes harbour ships that need servicing before continuing their journey. Beacons will be placed there warning of an inhabited planet that is under guard.*

W5 (Tweet 312-20): *You are already familiar with the structures appearing on the moon that indicate the underground workings. And you also discovered the Anchor Structure erected on Phobos. The facilities on the moon are now idle. You will soon be able to explore them on your own. Its benefit is for you now.*

D1378: *The construction of subterranean bases in various parts of the earth that are watertight and self-sufficient in oxygen, water, energy, and food. These facilities were intended to serve as a haven for our expedition members and a small contingent of Earth people, which would ensure their survival in the event of a general attack using plasma, nuclear, and biotechnical weapons, including the entire subsequent period of risk of physical and biological aggression by the contaminated environment (this period can extend to about five hundred earth days).*

6 – Abductions

Abduction is a kidnapping by extraterrestrials according to a classification of UFO encounters by J. Allen Hynek and close encounters of the fourth type by extraterrestrial beings.

The first modern case of this kind to attract attention involved the American couple Betty and Barney Hill, who in 1961 claimed to have sighted and been abducted by a UFO.

D1378: *The particularly favourable space conditions of those years, spanning from 1943 to 1978, made your sun's planetary system accessible not only to us but to other galactic civilizations as well.*

They were not numerous, and the contacts our ships experienced with Earth's atmosphere and subsequent landings were limited to a much smaller actual number than many Earth experts estimate. Our spaceships came from different stars with advanced civilizations. We didn't know each other except on rare occasions, and we followed the norm of not interfering in each other's missions. Only three galactic civilizations chose to leave permanent expeditions on different continents. A fourth, from a star 96 light-years from Earth whose name you may pronounce as Goho, has visited you more times than all others combined, including us, the inhabitants of Ummo.

The anatomical morphology of these intelligent creatures gave them away. Small in stature, with severely atrophied arms and a large cranial cavity resulting in a large head, they were unable to mix with the people of Earth. Since 1948 (December) (prior to our first expedition to Earth) they have arrived on your star and settled in a small number of underwater bases. They were particularly interested in studying the Earth's biomass and especially the biology of its creatures, and they intercepted several women and men to analyse their bodies without harming them. After a few years, when their curiosity was satisfied, they moved on. Still, they were seen much more than other expeditions during their swift interventions.

There was one exception. An expeditionary group sent agents to various countries in Asia and Europe. Two of them arrived in Spain before Abaexii 4 son of Abaexii 3 first contacted the Iberian Peninsula. Years later they connected through their brain control devices to a Japanese man living in Madrid and later, through him, to another human named Fernando Sesma Manzano. This civilization, which was very advanced in the study of the cerebral network and its function in the multicosmos, found it a very interesting possibility for them to use the people of Earth as guinea pigs for their neuropsychological experiments.

Equipped on their planet with a civilization structured according to strict moral foundations, they reject the moral laws that oblige us for the sake of others to respect the evolution of other planets with an inferior civilization. With utter disregard for the biological integrity of Earth humans, they selected a large sample of unfortunate humans and subjected them to mental manipulation.

Victims of varying degrees (some women and men were also controlled by inducing various pathological conditions) were citizens of the People's Republic of China, Thailand, Indonesia, Japan, Italy, Greece and Spain.

7 – Special events and phenomena

There is a range of other information in the Ummo documents about various events and phenomena.

7.1 - Roswell

On July 8, 1947, the Roswell Daily Record reported that an alien aircraft had crashed. However, this was immediately denied by the “official” side and the statement was made that it was a weather balloon that had crashed.

W5 (Tweet 312-70): *The event involved 2 planetary exploration shuttles (Greys) and 1 spacecraft (Orion) during an alleged car chase. Shuttle #1 collided with the ship and exploded south of Corona (NM). Shuttle #2 crashed nearby to the south. The spacecraft managed to crash further east of Apache Creek.*

W5 (Tweet 312-31): *Oyagaaayuyisaa please answer us: Are the Roswell aliens a race under domination? Answer: They are indeed part of the leading race of what we might call the second Dominion developing in this part of the galaxy, along with two others that are more in decline these days. We, the people of UMMO, act alone or sometimes with the guidance of wiser friends.*

W5 (Tweet 312-32): *This is an archetypal representation (image in tweet) of what you would call the Roswell aliens. Over time, there has been some variation in shape and size between different families scattered across multiple host planets. But they retain that deceptively frail look with big dark eyes.*

7.2 - Men in Black

Men in Black (usually abbreviated to MIB) is primarily used in ufology to describe tall men (rarely women) in black suits. They are said to have visited witnesses of alleged UFO sightings at home during the Cold War and sworn to secrecy.

W5 (Tweet 312-38): *The eerie, deathly pale, and gaunt figures who formerly wore official baggy black suits are a subcategory of the Reptilians, the sterile underclass, biologically adapted to speak like humans and interact in moderation can. They were sent to frighten, but were under orders not to do any harm.*

W5 (Tweet312-39): *It seems necessary to emphasize that these creatures are not hybrids but genetically modified individuals. You have a soul. They suffer from the degeneration that is widespread among them today. Their embryos were adjusted after fertilization rather than discarded.*

7.3 - Cattle mutilations

Animal or livestock mutilation refers to the killing and mutilation of mostly livestock on pastures. This usually refers to a type of animal mutilation that is characterized by special features and has been occurring since the 1960s.

W5 (Tweet 312-56): *At the request of both sides, US Air Force officials were given live demonstrations of how comparatively small gravitronic devices can lift heavy loads, be focused as G-laser beams to perform precise surgical skin incisions, or be used as weapons to remotely liquefy or vaporize soft tissue.*

7.4 - Crop circles

Crop circles are areas of a crop field where the stalks of grain have been folded or bent in a regular fashion. The resulting circles or more complex geoglyphs are often only visible from an elevated position or from the air.

NR17: *You wonder about the agroglyphs that spontaneously appear in the middle of your fields. Indeed, many of your brothers believe that joking people with simple wooden planks could be the cause. When will this naivety end? Yes, these signs are largely drawn by traveling beings from off your planet. They are not of our making, but we know the race of beings that produce them. The morale of these sentient beings is high and we do not disapprove of their actions. Their goal is not simply to exercise a form of artistic expression at the expense of your crops, but to create a gradual awareness of extraterrestrial reality through legitimate questions about the origins of these signs. The intentional discrediting initiated by the state investigative authorities and carried on by the information dissemination organizations will inevitably give way above a certain threshold of credibility, which, however, proves to be higher than simple logic would suggest.*

7.5 - Black Knight

There is said to be an extraterrestrial satellite called the "Black Knight" orbiting the Earth.

W5 (Tweet 312-95): *Various artifacts or spaceships originating from various alien worlds have been orbiting the earth for many centuries, regularly roaming the solar system and visiting its planets and planetoids to avoid any external or internal danger threatening your civilization could erase.*

7.6 - Dyson-Sphere

A Dyson Sphere is a hypothetical spherical structure designed to make the best use of a star's energy. It is named after the physicist Freeman Dyson.

W5 (Tweet 312-93): *Gathering the energy available at a star's periphery is a common way to create the condensed elements that can power a starship that instantly transforms its entire mass into a different dimensional frame. Be warned that this can eventually lead to star exhaustion.*

W5 (Tweet 312-94): *In this case we are talking about huge collectors that suck up the peripheral elements produced by the stars and, using the energy available, transform them into drops of heavy matter (or even antimatter) that are compressed and trapped for later use.*

7.7 - The Moon

W3 (Tweet OT 33)

Question: Isn't Ummo, which has no natural satellite, an "unstable" planet on its axis of rotation?

Answer: Few uninhabited planets have large moons. We know of none other than the earth with such a relatively large.

W1 (Tweet O6-33)

Question: Did the Moon and Earth form from a single protoplanet?

Answer: Confirmed: the collision of a foreign object with the earth gave birth to the moon.

7.8 - The Mars

W5 (Tweet 312-44): *The only life forms we've encountered on Mars reside in deeper canyons that still receive some light, in shallow caves that retain residual moisture and heat. However, evidence of sparse ancient life forms can be found near this site, such as tiny fossilized shells.*

W5 (Tweet 312-45): *From Mars, please stay away. Preserves and protects its potential.*

7.9 - Life in the solar system

W5 (Tweet 312-9): *In this solar system, outside of planet Earth, we found simple life forms in two other bodies. Venus is not one of them, with no hope of rebirth.*

W5 (Tweet 312-26): *As we have already indicated, Venus does not host any life or colony of exogenous origin.*

W5 (Tweet 312-45): *A mercury on Mercury, but gold in dusty puddles.*

Life has not existed on inhospitable Venus until now.

A more distant planet (Oyaa) harbours a strange abundance of rather unexpected life. Watch the beacon carefully.

7.10 - Terraforming

W5 (Tweet 312-37):

Question: *What happened to the home planets and respective civilizations of your "Dookaya" brothers that made them feel the need to terraform and occupy a new star?*

Answer: *As a direct consequence of the moral laws, we must expand life around us, help the planets with primary life to develop gradually, and even seed barren worlds if possible. This is our main goal as living beings. DHOKAAIA is a collaborative experiment that allows us to apply and improve our knowledge of geoforming.*

W3 (Tweet OT69):

Question: Is terraforming barren planets considered immoral? If yes why? If not, why doesn't Ummo do it?

Answer: The appearance of sterile stars conforms to moral laws. We maintain biotopes within excavated planetoids.

8 – Special species

There are sometimes seemingly contradictory statements about the "Greys" and the "Big Blondes". But that's because we consider these species to be homogeneous groups, which is not the case.

Both the "Greys" and the "Big Blondes" are made up of multiple families, groups, and subgroups, each with their own development, mindset, and purpose.

8.1 - The Greys

In "Riss in der Matrix" page 145 says: A group of extraterrestrials called the "Greys" originate from the animal worlds and do not belong in the family of love. Therefore, the Greys have no empathy.

Conclusion:

The lack of empathy of some Greys fits the descriptions of people abducted by UFOs and then medically examined. If the Greys came from the animal kingdom, then only through genetic manipulation of another species could they have been made intelligent enough to serve as a support race. The question that arises here is: Who is behind the Greys?

Considering that one species breeds another unemphatic species to serve them, bodes ill of the ruling species, who are likely just as unemphatic.

Here, authors such as Lacroix Di Santori and Elena Danaan cite numerous Grey species that are said to be highly spiritual, or can be described as neutral, alongside the clearly negative STS species.

There are two basic directions or goals towards which a person or species can align their actions:

- a) STS - Service to self (selfishness, exploiting others)**
- b) STO - Service to others**

8.2 - Nordic aliens

In "Riss in der Matrix" page 145 it says: A group of aliens called the "Nordic Aliens" come from the humanoid world and stand in the light of omnipresent love.

Elena Danaan provides the following information: *So, who are these beings that we call Nordics because they look like Scandinavian people from Earth: tall, blond hair, blue eyes.*

There is a lot of confusion about these types of aliens. And why? Because people have witnessed different stories, very different stories about them. Some have had unfortunate experiences with them and others wonderful experiences. Any why is this the case? Are they good or are they bad?

The answer is they are both good and bad because there are many different types of them.

There are three types of three different groups:

the Lyran groups from the constellation Lyra,

Altairian groups from the constellation Aquila

the Centaurians of Alpha A and B and Proxima Centauri

The Lyran races, this is the most complicated... So, I'll start explaining Altair and Centauri.

Centauri and Altair look the same, totally the same. They are perfectly humanoid. They look like us, same facial proportions. The Altairans are slimmer.

They have white hair, all Altairans have white hair, a very clear, light blonde. And in the Centaurian systems they are just like us, exactly the same, pale skin and their hair is either blond or white in relation to the planets (we'll get to that). They look very similar.

So, if you see one that belongs to either of these two groups, Altair and Centauri, you won't be able to tell them apart. It's just impossible.

The difference is their agenda: Altair evil, Centauri good. Remember this!

Lyra - this is a group of stars that looks like a Lyra when seen from Earth. All constellation names I use are terrestrial names. They come from Greek mythology, because in Greece there was an amazing astronomer, Mrs. Hypathia, who named everything and became very famous.

Lyra is an absolute nest for most humanoid races in this quadrant of the galaxy. Just this quadrant of course because we are on the edge of a small arm of this galaxy and it is very vast and there is so much more to see. So we're just talking about what's connected to the earth.

8.3 - Die Ummiten

Ummo is a planet located about 14.6 light-years from Earth in the solar system IUMMA and is referred to by us as Wolf 424.

They look Scandinavian, tall and handsome, around 1.85 to 1.90m, blond, well dressed.

This means that the Ummites belong to the class of "Nordic Aliens".

D41-1: *The inhabitants of Ummo possess a body whose physiological morphology is remarkably similar to that of terrestrial "Homo sapiens". This is logical considering that the laws of biogenetics seem to apply to the entire universe. When in Oivi (year) 75,231 our time (we define the year as the eighteenth part of the time of the orbit of Ummo around lumma - WOLF 424), starships arrived from the planet Tookaia, their crew members, although dying, also presented the same cellular organization*

NR15: *The average height of women and men on Ummo is 195.0 and 208.2 cm respectively. The standard deviation around these mean values is 4.5 cm for women and 4.8 cm for men. Expeditions sent to Earth (OyaaGaa) are generally selected from males under approximately 187.4 cm tall and females under 179.4 cm tall.*

We can hardly mingle with residents of southern European countries, but this is less of a problem in the northern regions where our stature is not exceptional.

Our corpulence slightly exceeds yours with an average body mass index between 25 and 30, which is due to the existence of a large layer of subcutaneous fat. Our dermis is also criss-crossed with highly innervated ducts that, depending on temperature conditions, can become turgid by being filled with an oily substance called Iggiyaemoy.

We can withstand temperatures of up to 2 °C without protective clothing and without muscle activity, as long as we are protected from wind and rain. The indoor temperature of our apartments is generally regulated between 8°C and 14°C. We can withstand heat up to about 28°C, but we can only evacuate the excess internal temperature effectively for a limited time, and then only by exposing a large part of our skin to the open air, which is impossible for us on your planet.

Our skin then takes on a slightly tanned appearance, as if we were covered in suntan oil. This excessive exudation inevitably leads to an excessive release of pheromones that excites your animals, especially dogs and flying insects. We reduce our activity on Earth during the summer months when we prefer contact operations or scientific analysis work in a suitably air-conditioned space.

W1 (Tweet O6-12): *The outward appearance of the Ummites is 93.4% similar to that of humans on Earth. Dressed in clothes there is no difference to the naked eye.*

D41-1: *We use to express ourselves the acoustic medium: air (in adolescence) and the telepathic medium: "psi" (middle adulthood), in the latter case the transmitted and received mental images constitute the acoustic mnemics learned in childhood Pictures.*

Around 14-16 years of their life, the child's vocal cords undergo a process of sclerosis that renders them physiologically "dumb", but by then the ability to sense our thoughts through the function you call "PSI", i.e. telepathic, develops to transfer. We do this by concentrating in the field of our consciousness the mental image of our interlocutor (even if he is several kooae away - one kooae = 8.71 km) and sending him telepathic impulses, each lasting about 0,000.14 seconds.

D33-3: *Around the age of 15 (Earth) years, the UuGee and UuYie (adolescent boys and girls) of Ummo lose the ability of auditory expression through atrophy and sclerosis of the speech organs, in a percentage of the total population recently on from 92.36% was estimated.*

In the others, atrophy occurs in adulthood. Thus, at an age of around 75 Earth years, an individual can only rarely express themselves phonetically.

But this sclerosis is not absolute. The muscles can still be moved easily and the vibrations obtained are so weak that they have to be amplified in order for us to hear them. This can be done in two ways:

One of these, now obsolete, consisted of a booster microphone placed at the throat. Today we put a volume converter about the size of a lentil on the larynx (thanks to a simple surgical procedure at the age of two).

This small repeater transmitter does not generate an electromagnetic field. It only modulates a small magnetic field. A second amplifier with a speaker (our speakers does not have vibrating membranes), similar in size and shape to an eraser, emits the received sounds with exceptional intensity and fidelity.

D41-1: *There are terrible diseases among us unknown to you, for example the so-called Oanee-lawa-Oai, in which the subject suffers a disturbance in his Noi-Oai abilities (called psi function by Earth parapsychological science) and in a disorderly manner and with great frequency sending out millions of buae bieee pulses to hundreds of thousands of ummo beings as if a transmitter of yours is jammed and broadcasting on all frequencies and millions of receivers are catching its crazy interference.*

The only solution is to locate the sick person and provoke his death with Gooaie Sawa (a type of high-energy microwave beam that destroys the brain's Isiagee la nerve centers).

In the early years of our humanity, the development of culture was slowed down by the alienating effect of these poor sick people who hypnotized our ancestors with their horrible "telepathic screams".

NR18: *Demographic stability is now the rule on Ummo. This amounts to establishing a strict balance between births and deaths. The mortality rate on Ummo, when related to an Earth year, reaches 13.7 ‰.*

Our medical techniques allow us to compensate for the physiological degeneration associated with age. Our elderly do not suffer from bone and cardiovascular problems or forms of cancer that are endemic to the earth. However, as we age, we suffer from brain degeneration that we neither know about nor want to avoid. This degeneration is gradually stripping our elders of any ability for telepathic transmission. Oral transmission is no longer possible because of total sclerosis of the vocal cords, and they are condemned to silence. The degeneration continues until all ability of telepathic reception is completely lost. This disappearance of all natural communication skills is accompanied by a slow and inexorable deterioration in memory. For our elders, this means a progressive loss of autonomy that represents an unacceptable compromise on the integrity of the environment and the sense of personal respect that you call dignity.

If life were limited to the autonomous maintenance of vegetative functions, our life expectancy could exceed 140 Earth years. However, if we exclude accidental deaths, death on Ummo is a voluntary act, occurring - with exceptional exceptions - between 432 Xee and 575 Xee (from 91 to 121 Earth years).

For us, death is the ultimate climax of existence and it is just as important as the celebration of marriage, conception and the birth of a child. The ceremony of transition into helium, which for us is tantamount to cremation, is meticulously prepared by the elder preparing for death.

The computer (Xanmoo), which constantly monitors the biological parameters of both Ummites, determines the exact moment when a deep peace permeates the couples/marriage (OmGeeYie) and marks the entry into the meditative phase, indicating the acceptance of the Ummite's abandonment. A flash of blue light alerts the audience to the moment of emission of a high-frequency gravitational field, causing instantaneous death by destroying brain cells. Then the process of converting the atoms that make up the body's cells into helium begins.

Life on Ummo is discussed in detail in Ummo letters **D41-1** to **D41-16**. Information is provided on the following topics: Daily life, facts about UMMO, map of UMMO, the house, the couple, the art of mixing perfumes, family steam room, pipes in the utility network, the kitchen, dining room, some utensils, preparation for work, vehicles, plasma engine, the game and its psychophysiological meaning from childhood, more about the game, physio-psychological basics, the sex of the couple, sex education for children, correcting childish attitudes with inappropriate techniques, the psychophysiology of sex, courtesy and marriage, the children, graphic Arts, art, emergence of the scientific concept of God, form of government, socio-economic structure and remuneration, concept of God, the death of the cosmos, the soul (Buawaa), responsibility of the soul before the WOA (Original Source, God), discovery of other inhabited planets, remuneration and enjoyment of the Goods that are scarce, private property.

D41-1: *The difficulties of translating and expressing concepts in terrestrial languages are immense. We do not hide that, having noted the startling similarity between the biological structures of our two planets, we were dismayed to discover that our respective means of social communication differ greatly.*

It is impossible for us to synthesize in a first document the immense range of equivalences between numbers, verbal symbols, technical symbols, and so on. In many cases there are no even remotely equivalent expressions in any of the earthly languages known to us (English, Spanish, Ancient Greek, Modern Greek, German, Italian, French and Arabic).

In her book *A Gift from the Stars*, page 302, Elena Danaan says of the Ummites: They hail from Wolf-242, Planet Ummo, 14.6 light years from your system. They have ancestral ties to the Lyran Ahel and Noor races and the Vega humanoids.

The Ummites are actively working with the Galactic Federation of Worlds on a scientific program designed to further the evolution of the Terran species. In order to respect the rules of non-intervention in the development of a level 1 civilization (level 2 is interstellar travel) they circumvent them by contacting civilians, who are often tech-savvy professionals and can understand the content of the message, rather than addressing it contact official scientists. In doing so, they reveal detailed technical information about various technologies and theories in order to expand scientific know-how.

By sharing technical information, transforming scientific cultures and global education, the Ummiten assist in global solutions for new scientific paradigms and the development of green technologies.

The Ummo documents can be viewed here: <https://www.cosmic-library.de/ummo/index.html>