

TINA WILSON

a transcript of a
communication session conducted
in Vancouver, Canada on
3 March, 2026

Sugar

Tina: Hello, Sugar. Can I talk with you for a few minutes? You wanna chat?

Sugar: Yes, I love chatting.

Tina: I really appreciate you coming into our family.

Sugar: I love being here.

Tina: What do you think your job is in our family?

Sugar: To be the baby. To give unconditional love and receive it.

Tina: Is there anything else?

Sugar: I also protect all of your energies.

Tina: Thank you so much. I appreciate your jobs. Do you like your jobs?

Sugar: Oh, yes, very much. I've done this before. I'm very good at it.

Tina: That's so good to hear. You're quite a special cat, aren't you?

Sugar: Oh, yes. I've been a cat many, many times. I'm really good at being a cat. I take pride in my job, and I do it well.

Tina: You *do* do it well. I love treating you like the baby.

Sugar: Yes, I'm the baby that you didn't have, the human baby, but in cat form.

Tina: I love that, Sugar. Do you like your name?

Sugar: Oh, yes, very much. It's the perfect name for me. Alex could see who I was from the very beginning.

Tina: How did you and Alex meet?

Sugar: I just went outside her door and asked for food. I was asking for food at other places, too, but Alex was the one who was home most of the time.

Tina: What about your mother? And did you have any brothers or sisters?



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Sugar: Oh, yes, I come from a big family. My mother died, but after I went to Alex.

Tina: So you lost your mother? You went away?

Sugar: I had to in order to survive, to find food. She couldn't feed all of us, so I had to leave.

Tina: Was that sad for you?

Sugar: That's just how things are in Mexico. You really have to fight for survival.

Tina: And what about your brothers and sisters?

Sugar: We kind of scattered to the wind.

Tina: You're showing me a picture of a dandelion fluff coming apart in the wind. So cats don't really have close-knit families, is that right? You don't stick together in a pack?

Sugar: When we're very small, yes, we drink our mother's milk, and we're very tight and close. But then our instincts kick in, and we want to hunt, and we want to go off and do our own thing 'cause we're hunters, we're predators. We like to catch things like birds and mice and rats, and we do well on our own.

Tina: So that's what you were doing at Alex's house, finding food?

Sugar: Yes, it's much easier when you make friends with people, and they just feed you.

Tina: Yeah, I can understand that. Speaking of food, how are you liking the salmon?

Sugar: I love the salmon, and I wish you'd given it to me sooner. The dry food was making me feel a little bit sick.

Tina: Okay, so we should stop eating dry food altogether?

Sugar: Yes, I love it, but I hate it. I don't like the poops, and I don't like how it makes me feel. It's not good for any cat. We should be eating meat like we do in the wild. I love that you prepare it for me.

Tina: Well, thanks for saying that, Sugar. I enjoy preparing it for you 'cause I do think it's better for you.

Sugar: But I want more.



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Tina: I know, but on the dry food, you got a, you got a little bit fat, and to be your healthiest self, you should lose a little bit of weight.

Sugar: But I'm so hungry.

Tina: Do you want me to give you a little bit more per day?

Sugar: Yes, please.

Tina: Okay. No more dry food then? No. Okay.... Do you like your life with us?

Sugar: Yes, I love it.

Tina: Is there anything you'd like to change?

Sugar: I wish it was warmer here.

Tina: Well, I can't really change that, but it'll be warm soon 'cause spring is coming.

Sugar: Yes, I love spring. I wanna chase birds.

Tina: [chuckles] Great, so you're gonna go outside more when it's warmer?

Sugar: Yes. I want to explore. I want to meet this other cat you're talking to.

Tina: Okay, and will you be kind and gentle?

Sugar: Yes.

Tina: Okay.

Sugar: I wanna go outside and meet people like I did at Front Street.

Tina: Okay. What happened?

Sugar: Well, I just got used to being indoors so much, and it's so much warmer and cozier, but I like being outside too. That's how I grew up, so I'm gonna go out soon.

Tina: Okay, great. I think fresh air is really good for you.

Sugar: Me too.

Tina: What else do you wanna talk about? Something black. What is it? Oh, Dad's black cashmere sweater. Yeah, he doesn't... He doesn't wanna pick



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you up when he's wearing that because he doesn't wanna get your hair all over it.

Sugar: But why?

Tina: Well, because in our world, if you have pet hair all over you, it seems like you don't take care of yourself.

Sugar: But you are being taken care of by an animal.

Tina: Yes, I know. It's... It seems funny, doesn't it? Why would we hide the fact that we have pets who take care of us?

Sugar: You have a black coat with hair all over it.

Tina: Yes, I know. Sometimes it makes me feel a bit funny that it has your hair all over it. But sometimes I just can't be bothered to take it off.

Sugar: Good.

Tina: Is there anything else you wanna tell me?

Sugar: Sometimes you wake me up at night, and then I just have to come closer.

Tina: Okay. Did you understand what I said last night, though, about not waking me up?

Sugar: Yes. But then you woke me up.

Tina: Right. So if I don't wake up, then you won't wake up.

Sugar: Right.

Tina: Okay. Do you have any advice for me for sleeping through the night, then? You're showing me a tea. A red... The dates, the dates that I got in Chinatown will help me sleep, and the goji berries at night with chamomile. You think that's gonna help? Yes, it's gonna help my root chakra, and it'll balance my whole system. Okay. Thank you for that advice. Is there anything else that can help me? Meditating with crystals. Okay, what time of day? Midday. I'm doing this meditation at exactly the right time of day with crystals helps, and it'll help me sleep. Okay, great. Thank you. Is there anything else? Magnesium foot soak at night. Okay. In the water? Magnesium on my feet. Okay. You have any other advice for me?

Sugar: The yogurt you're eating is a little bit cold, but it's good for you for right now, but not forever.

Tina: Okay. Is there anything else?



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Sugar: Be gentle with Emma. She's highly sensitive and highly telepathic.

Tina: Anything else about Emma?

Sugar: She's gonna stop snoring very soon, within weeks.

Tina: That's great.

Sugar: She's got very small sinuses, and she will struggle with mucus for her whole life, but she will be able to overcome that as soon as she can start-... Eating more lemons? The lemons will help break it down and flush it out, and more water.

Tina: Okay. Is there anything in her bedroom I need to be worried about?

Sugar: Yes.

Tina: What?

Sugar: The smell.

Tina: Okay, what's the smell from? Oh, you're showing me something green on the floor. How do I get rid of this thing? I need to peroxide the floor under her bed specifically? All the corners. Okay. On the floor. Okay. Is there anything I need to know about Dad?

Sugar: I love him so much, but can you ask him to stop tormenting me?

Tina: Sure, I do, but he doesn't have the same view of animals that Emma and I do.

Sugar: I know, but he's so annoying sometimes.

Tina: I know. He loves you very much, though. It's his way of playing with you, I think.

Sugar: Okay, fine, but I just don't want to get hurt.

Tina: I know. You're showing me a star. What does the star mean? You're saying that I've reached another level. I get a gold star for being at this level?

Sugar: Yes, you've reached another level, and I'm so proud of you.

Tina: Thank you, Sugar. It's kind of scary working through all this stuff. It's crazy being awake. Yes, the world is not as it seems.

Sugar: No, it's certainly not.



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Tina: Is there anything else I need to know about the world and being awake?

Sugar: Darkness is everywhere. That's why it's important to be the light and help others be the light.

Tina: Okay. And what about Earth? Is there anything I need to know about Earth?

Sugar: Earth will be just fine. Earth knows how to take care of itself. It's a regenerative ecosystem that's constantly rebalancing, unlike humans. Humans get themselves stuck in these pathways and then decline, decline, decline until death. Earth, on the other hand, just constantly rebalances and compensates. Humans need to learn to be able to do that again. You've lost the ability. Well, many people have, especially with modern medicine. Once you start on modern medicine, it's a slippery slope down into death. Whereas if you know how to rebalance yourself, you can live much longer. Like animals. Animals are constantly rebalancing and recalibrating. We know what to do because we're still part of Earth. With technology, humans have divorced themselves from nature. The less technology, the better in balance you'll be.

Tina: Sugar, do you think some technology is okay?

Sugar: Only the technology that enlightens and awakens humans. Everything else can be thrown in the trash.

Tina: I agree. I don't like it. It's ruining us. We need to stand tall.... Is there anything else I need to know? You think I should go make lunch for Emma?

Sugar: Yes.

Tina: Okay. I love chatting with you.

Sugar: I love chatting with you, too. Please come again.

Tina: I will. Thank you, sugar, for taking the time with me.

Sugar: I'm going to have a nap now.

Tina: Okay, I'll go make lunch for Emma. I love you, Sugar.

Sugar: I love you, too.

Tina: Bye.

