

## Hilarion

### *Healing of a Belief*

I am Master Hilarion. I am a healing Master. I do not know if you know about me? But me, I know about you! A human being is a very special animal, a very special species, of which I was part a long time ago.

All of that to say that you are so marvelous! A human being is so marvelously built. It is a universe in itself. Each one of you is a universe in itself. You have these thoughts that are crossing your minds, and you have these emotions that are touching your body. You have this body of yours enabling you to walk in it, and to express yourself in this dimension.

All of these are specific attributes about you, specific components about parts of yourself. Each one of these components requires specific healing energies. You do not handle the healing of a belief the same way that you handle the healing of an emotion. You do not handle the healing of the physical body, or a part of the physical body, the same way that you heal a memory. Do you realize this? Have you realized this?

So, when you are sitting in meditation with yourself, you are breathing in and breathing out the energies of light. You are conscious of your body, breathing in, breathing out. But do you know how to really, really understand the behavior, the interaction of your thoughts, your emotions, and your body? All of these layers in yourself touch the physical body or touch another more subtle body.

So today, I would like to address the healing of a belief. A belief is energy. You are pure energy! All of what you are in this dimension is pure energy vibrating at a different level. Your thoughts are vibrating at a level and a frequency that is different than your emotions. The same thing applies for your physical body, your ethereal body, and all your other spiritual bodies.

So each one of your bodies has a specific frequency, a specific vibration, and each one of these bodies is communicating with one another in a very structured way. If you look around you in this Creation, for example the solar system, the planets are circling around the Sun in a specific way, all in balance. Every planet is staying in its own place, keeping the whole solar system in pure perfect balance, creating a perfect harmony, supporting life and beauty and perfection. So your body is functioning the same way. Your bodies, and all the different parts of your body, are functioning the same way, keeping a perfect balance between one another.

So all these thoughts belong to the mental body, which is the subtle body around you. At the same time, they are a link to your emotions, and these emotions reach the ethereal body, which in turn reaches the physical body. So there is communication, and a direct line between thoughts and the physical body.

When you entertain a belief about yourself, for example, like: ***“I am a bad boy!”*** / ***“I am a bad girl because you do things that are wrong!”*** (It is based on something that someone else is thinking about). If you entertain this thought, it becomes alive.

I will give you an example. Let's say your mental body is vibrating at “100”, and all of a sudden you have this thought, ***“I am a bad girl or I am a bad boy”*** and you accept it inside of yourself. You believe it! You say: ***“Oh, because I did this, that, and that... I am, obviously, a bad girl or a bad boy!”***

This ***“bad girl or bad boy belief”*** my beloved ones, becomes a child, a child in your mental body. You create another life in your mental body, and it becomes pregnant with this new thought. And with this new pregnancy, what will happen? If you keep entertaining and nourish the thought, ***“I am a bad girl or I am a bad boy”*** all the

time, this baby will grow. And by growing, this baby does not vibrate at the level of ***“I love myself”*** Because if you say ***“I am a bad girl or bad boy”*** and ***“I love myself”*** these two vibrations are very different, aren't they? So this new baby that you created inside of yourself is vibrating at, let's say, a frequency of “10”. So, what will happen? This baby or creation will bring your mental body at a lower level because vibration “10” is not matching vibration “100”. Then, at this specific point, it becomes so heavy, that the heaviness of this belief will reach the emotional body.

The emotional body will make you feel unhappy, a kind of sadness will come to you and you will wonder: ***“Why am I so sad this morning?”*** Well, it is that baby that is so heavy, that it is now touching and bringing down the vibration of the emotional body. And if you continue to entertain this idea inside of you, what will happen? It will reach the ethereal body, and then it will touch your physical body, and what will happen? Oh! There is a cancer... Do you understand?

That baby, because it is heavy, will bring everything down until it reaches the physical body. 98% of the beliefs that you have about yourself are in your subconscious mind. Do you realize this? What does that mean? It means that your body, your behavior, what you do, what you believe about yourself, the emotions that you entertain about yourself most of the time, are being driven by beliefs about yourself that you are not even conscious of. They are draining the life force energy from each one of your subtle bodies until it reaches the physical body. So why am I saying this to you today? Because Adama says that this year, is the year of resurrection. Isn't it? There will be an outpouring of the energy of Resurrection upon this planet from the present moment and all year round to help light workers.

So I am inviting you to use this Resurrection Energy to resurrect the belief of your low frequency vibration, and resurrect this belief in your subconscious mind and change it into a positive vibration. To bring it back to the vibration of your divine mind. Which means you can visualize the belief system that is bringing you down, that is vibrating at a lower level, and resurrect it so that it is in a perfect state, the perfect divine mind of yours. And you can use this resurrection energy to work on each part of yourself that has a low vibration, and that is at a vibration less than the Love vibration, or less than the Pure Love vibration that you are inside of you, inside of your heart. Do you understand?

So the other point is:

***“Will you practice it? Will you do something with this knowledge?”***

Well, that's up to you, dear ones. You are the masters of your own life.

It took me 20 years of work, of research, of meditation to discover the functioning of the mental, emotional, ethereal, and physical bodies. How they communicate and are built to work together so that I could understand and touch the highways of healing depending on the types of body illnesses. I learned which highway to touch, what kind of thought or emotion were causing illness in the body because of the destruction of the vibratory level in the body. This is how I studied the human body, and the way a human body functions. It is Pure Energy of Light. ***And to heal yourself, you have to understand the interaction between each one of these bodies that are part of your Oneness.***

I will give you a key. If your Love of yourself is so powerful that you cannot even deny your own Godhood, you can heal everything all at once in all of your bodies! Because that Love, is like the Sun shining in the solar system. Nothing resists the Sun. Every planet finds its own place, its perfect balance state because the Sun is so strong, so full of Love, that there is no imbalanced situation that can remain in front of it. Do you understand?

So, if your Love for yourself becomes stronger, your heart will become a sun and each part of your bodies will find its own place, bringing perfect balance. This means no illness will touch your body, or any of your bodies. Aging will not touch your physical and subtle bodies because that sun of love is so powerful.

So when you are told that you are a true being of love, a true being of eternity, of light, start accepting it, believing it, and nurture that seed. Identify yourself to this love that you are. And that love will become so strong that all the highways will link each one of your bodies, as well as each one of your the cells. These highways will be filled with light, filled with life because life and light, it is the same thing. More light more life, more shade less light. Do you understand?

So become love, become life, become light. It is all the same! Love, Light, and Life, it is the Source that you are, manifested in this dimension.

I came to speak to each one of you because I consider that each one of you is my brother, my sister and we are part of the same family, the children of the Source, the children of the Great Central Sun.

Blessings!