



Lady Nada

I am Nada, your Sister of Light. How are you tonight? My eyes marvel at this Light in your hearts, at this wonderful spark of life! As you know, this planet is preparing to return to its original glory and humanity is also getting ready to accompany her in this rebirth. One of the major challenges that humanity faces is to remain in its center, where the balance exists. The balance of the plus and minus, the masculine and feminine, the balance and harmony of the center.

Your brothers and sisters suffer from imbalance, Children of the Earth! While there is imbalance in his Heart, the Human cannot see clearly. He cannot perceive the path on which he must walk because everything is muddled by the fears, by the doubts, by the slavery to the beliefs and cultures that our brothers and sisters of the Earth have inscribed in their whole being. This great imbalance brings all the suffering you see around you and in you.

When the positive and negative forces, the shadow and Light sides are balanced within a human being, he sees the light. Clarity comes in His Heart.

So if you agree, we will do some healing work to balance the hearts of every human on Earth.

Meditation

Make yourself comfortable on the seat you occupy in this room or in your respective homes. With gentle steps, go down the luminous stairway made of crystals that leads to your Cathedral of Light within your Sacred Heart. Enter with respect and love in this Cathedral where the all-powerful Peace of your Higher Self exists. Feel the Peace surrounding you.

In the center of the Cathedral, you see that altar where the flame of your Higher Self shines. It illuminates all your Heart with its splendor. It transforms the fiber of each of your cells. Feel this light, this peace permeating your whole being. (Silence)

Breathe deeply the Peace. In a state of peace, you can balance yourself. You can find the center in yourself.

Now, I invite you to climb the stairs leading to this Flame on your sacred altar and merge with your inner Flame, this powerful being of light, all love, all eternity. Feel the energy sweeping through you ... spreading. (Silence)

Feel the Peace. It is enveloping you completely. Your whole physical body is immersed in the Peace. Feel it spreading to your etheric body. Feel the Light expanding.

This light is now moving into your emotional body, it envelops you. You feel this total Peace rocking you gently. It continues to grow and it reaches your mental body now. Peace is touching your entire being. (Silence)

Feel the peace that is enveloping you completely. You are one with Peace. You are one with your Divine Essence. (Silence)

Temple of Celestial Harmony

Now we are ready to leave for the Temple of Celestial Harmony. Notice your guides around you: on your right and on your left. Take their hands and together we are propelled like a sun toward the Temple of Harmony. You perceive in the distance a ball of Light, a radiant Sun pink and golden colored and the closer we get, the more details you see. (Silence)

We arrive in a clearing amid tall trees. In the middle of this clearing appears a temple. It is a structure of scintillating pink and white light that resembles a six sided pyramid. On the steps, Beings of Light are waiting.

We land just before these steps. Our guides help us adjust to the energy of the place by putting their hands above our heads. Imagine yourself standing, feeling the energy running through you from head to toes, an energy filled with Softness, Light, Peace, Harmony. Feel this Light.

Now, together, we climb the stairs. The very luminous beings are positioned in a semicircle. They welcome us to the Temple of Harmonization, the Temple of Celestial Harmony. (Silence)

Gently, they invite us to follow them inside the Temple. We notice a carpet of light filled with pink diamonds. Observe! With each step we take on this carpet, it glows and an Energy is sent through our entire body bringing Harmony. Each step produces the right amount of harmonization for some cells, some thoughts, some emotions, for one of our consciousnesses within us. Everything is done smoothly.

We now see a large circular door and we enter, all together, in this great room. In the center stands a group of male and female Beings of great Light. They are in a circle and we form a circle around them. Each one of us is attracted to two of these Beings of Light: one male and one female. We position ourselves in front of them. They look at us with Love and Tenderness. Our eyes meet their eyes. Feel their love for you. (Silence)

Standing before you now are the twin flames of your Sacred Heart. They came to greet you today in this Temple. (Silence)

From your Heart, send a ray of Light to their Hearts. Feel the exchange of energy between these two Beings of Light that represent you, that are a part of your Sacred Heart. These two Sacred Attributes are linked to your Higher Self, the Flame of your Sacred Heart. Feel the energy of love flowing between your hearts.

Your Heart and their Hearts form a wonderful triangle. See this triangle take shape and life. It becomes luminous like a living diamond. Feel the energy coming through your Heart Chakra and spreading to all your chakras within your structure. Feel the Power of Harmonization expanding and bringing balance to your whole being. Each cell, each consciousness, each energy is re-harmonized, re-centered in perfect harmony with itself and with all other energies that are part of your physical body and your subtle bodies. (Silence)

Feel the energy surrounding you, transforming you, re-aligning you. (Silence)

Now these two Beings, filled with love, put their hands together in front of them and they point them toward you. On their superimposed hands appears a triangle made of luminous diamonds, in the same form, the same energy as the triangle you had formed earlier. They give you this triangle and they ask you to wear it as a necklace in memory of the harmonization you received today. This Diamond Light triangle will remind you of the Energy of this moment: the Energy of Harmony, of Balance, the perfect Energy when you are centered.

They thank you for your visit. They salute you by putting their hands on their Heart. Feel the outpouring of love towards you. Now, take three steps back. Be grateful for the privilege of having met these two Twin Flames of the Heart related to your Divine Sacred Pure Essence.

Accompanied by your guides, we take the path that leads back to the door. We are walking on this Light carpet made of pink diamonds that continues to harmonize us with every step and we thank these Beings of Light that have received us. We descend the stairs. We take the hands of our guides and gently, we come back in this room bringing with us the Peace, the Harmony, the balanced energy within us.

For Mother Earth

Now, imagine that we form a circle and at the center of this circle is Mother Earth.

We ask Father Mother God, the Great Central Sun to place his hand on the head of each one of his children on the planet. We ask that every human being who so wishes receives this Light Diamond triangle so that he can connect with his male/female energy and harmonize himself. We invite this evening, all these souls to visit the Great Temple of Celestial Harmony so that they too can receive this balancing, this harmonization of all their bodies, all their cells.

It is a special grace given to all humanity in this very special time for Mother Earth and Humanity.

So, imagine your brothers and sisters who open their arms, their hearts. They welcome this opportunity with love and gratitude. They welcome it with a Child's Heart. Imagine their hearts illuminating with joy, light, peace, love.

Now imagine that light transforming the entire Earth. Everything becomes light: the continents, the mountains, the lakes. The Earth is a bright Sun welcoming the new life where balance rules, where the feminine respects the masculine, where the masculine respects the feminine, where masculine and feminine are united and form a consciousness, an energy, a Light in every human heart. (Silence)

We ask the Great Central Sun, Father Mother Creator to seal the Light in all the consciousnesses, in all the energies that live in this dimension, on this Planet, around the Planet. May this Light assist Humanity and Mother Earth for the events that will soon manifest in this dimension! May the Light assist people to open their Heart, open their minds to the new energies arriving on Earth! (Silence) And so it is! And so it is! And so it is!

Sananda

Good evening everyone, I am Sananda, your brother of Light. Aren't you glad to be here? Do you know that you have just lived a very remarkable experience? Indeed, we requested a special permission for your group today so that you could meet face to face with the Flames of your Sacred Heart who are intimately linked to your life, to the Being of Light that you are. They have been preparing for this energy exchange for several days.

To those who do much, we give a lot. We provide all the assistance possible to our light workers who are currently walking on this planet. This year is very special for Humanity and the Earth. This is a year of awakening and reconnecting with who you are. Have you sensed any changes in your feelings in the recent weeks: maybe a force that was already in you that you became more aware of, a clearer and stronger direction in you, more assurance? Do you sense this?

The seeds you have planted in your hearts years ago are beginning to take life, my children. They are starting to emerge. You have accumulated during these thousands of lives a lot of courage, perseverance, tenacity and also a lot of love, knowledge and qualities that you do not suspect in yourself yet. Soon these

qualities will expand in you because you will need them. Everything has been thought and your Higher Self has prepared a perfect plan for each of you.

You will realize that you are stronger, that you can affirm your Light in the face of the Light of others, without fear or doubt. A new assurance will manifest itself in you as you will feel more and more that you are walking on the true path, the one you have chosen. You will finally recognize that you are a Being of value, that you really have qualities to help yourself and your entourage. Your family, your friends will soon need your light, your courage, your peace, your vision of life, your way of looking at yourself, at them and at what is around you.

You may have noticed that you do not have much control over what is around you. Control is less and less effective. (Laughter ...) The ego is losing its grip on events around you and in you because nothing is controllable anymore. The Earth does what she wants and people are obliged to follow.

In the spring, in this equinox that we have just celebrated on this planet, the Flame of Resurrection is a powerful tool. I have used it extensively in my last incarnation. I have tasted it. I have looked at it from all sides. I have weighed it, measured it. I have lived it, felt it. In the spring, this Flame propels itself in the body of the Earth at all levels. It multiplies itself to assist the regeneration of nature, the trees, the flowers. It awakens the animals, the insects, the fish. It awakens everything around you to allow the emergence of a new life.

You can use this Flame to resurrect the perfection that you are, resurrect those sacred attributes that are still sleeping in you. Resurrect those memories of you that are in your Sacred Heart. Resurrect the perfect image of the body you are using at every moment. You can, with this single Flame, immortalize the atoms that make up your physical body by bringing to them the Sacred Divine Light, the Eternity.

From life to life, from incarnation to incarnation, you have extinguished the light in your cells. You have lowered the rate of vibration of the atoms that make up your cells, your memories, your thoughts, the energies that live in you. You feel separated, removed from nature.

The Flame of Resurrection is powerful ... like a bomb. It can pulverize anything that is less than Pure Light within your structure, at all levels, from your physical body to all your subtle bodies. This Flame literally resurrects the Light. By raising your vibratory rate, anything that prevents this light from manifesting within you will be dislodged and only the light will remain. So, the advice I can give you is to use it daily in all areas of your life.

This Flame is not well known to you. It is as if you are sitting next to a treasure that you do not notice. It is a treasure that can literally transform not only your physical body but also everything around you: your way of thinking, your way of analyzing, the way you feel, even your outlook on life. You can ask this Flame to resurrect your infinite trust in the power of life. Resurrect your absolute faith in the power of God who lives in you. Resurrect the wonderful and extraordinary patience you need to totally accept your divinity. Resurrect your Divine joy so that it can finally take its place in you. Resurrect in you the Heart of Light, the Being of Light that you are. Resurrect in yourself the Christ that you are.

In the morning, if you ask the Flame of Resurrection to resurrect the way you look at everything around you, you can acquire this new vision of life very quickly: within a few days, a few weeks depending on your application. It will change the connections in your brain to enable it to capture the Light lines in harmony with the new Earth. You can make your life magical, sacred, divine, filled with joys, with fantastic surprises.

You can resurrect your trust in the universe, the absolute confidence in the Christ Heart within you. What will happen if you have absolute trust in life? You will open wide the doors to the Worlds of Light. You will be in the 5th dimension. You will communicate with everything around you in a luminous way. In the Worlds of Light, we have absolute confidence in everything surrounding us: animals, plants, rocks, crystals.

We have absolute confidence in Life, in Nature. We deeply, sacredly believe that everything is perfect, everything is fine and good. Our Heart does not doubt. It trusts.

Group - When things go wrong, I say: "I am the Resurrection and the Life despite all appearances." It works because it's very powerful. Aurelia, during her visit to Montreal, said: "Repeat that sentence. Soak up the sentence." It is slow because we have hard heads but we end up understanding. Thank you!

Sananda - You understood very well! Congratulations! It is in the application that we recognize the true disciples. You know that saying?

Group - An ounce of practice is worth a ton of knowledge.

Sananda - Very good! One of the biggest obstacles that our brothers and sisters of the Earth have to face is the discipline to always continue, to repeat and repeat until the goal is reached. Often we notice that our brothers and sisters are "all excited" when we give them a new tool but that "all excited" lasts only a few ... hours ... days ... a week at the most. With the Flame of Resurrection, you could work on this sacred and wonderful perseverance and discipline that are in you. They can assist you to reach this extraordinary moment of glory when you can merge with that part of you that you call God, Eternity, Pure Love, Pure Light and knows only perfection.

This dimension you occupy vibrates slowly and everything happens slowly. You plant a seed and the next day you do not put your hand to receive the fruit, do you?! (Laughter ...) This dimension is slow but we must love it. It is one of the greatest masters that exist throughout Creation. This dimension is a really special and sacred school. Appreciate it even though it is difficult at times. It has allowed you to polish each facet of your inner diamonds for millions of lives. You will be pleasantly surprised by all its beauty when you can merge with the Light that you are and see this diamond. But we must continue. There are no magic formulas. I could give everyone a shower of Light so that you could wake up in the 5th Dimension, tomorrow morning. It would be extraordinary, wouldn't it? But you would be so confused! (Laughter) That is why these powerful little tools that are related to dimensions of Light are given to you.

As soon as you call the Resurrection Flame to help you resurrect your vision of life, your trust in life; you are almost transported globally in the Kingdom of the Flame of Resurrection. This is not just a thought that crosses your mind. No! You can feel your whole body, your whole Being sparkle with a Light, a vibration of awakening, a vibration of resurrection. Your vibratory rate changes. It is not about saying: "Flame of Resurrection, resurrect my faith in life, change my outlook on Life" and to make 150 requests, one after the other. No! Make ONE request:

"Flame of Resurrection, envelop my trust.
Transform it so that my trust in life can be perfect, real, eternal, full of love!
That it manifests its perfection in myself and around me."

Then, you stop and you feel the Flame of Resurrection reviving your faith in life not only in your body but in your heart and your whole being. Feel the wave going through you realigning all the energy in you, starting from your Heart. When the vibration stops, you know that the Flame of Resurrection has come to you, that the work is done. It has enveloped you and transformed you.

You can do this exercise in the morning when you wake up. During the day, you just have to think about the energy that went through you in the morning. Quickly, between two phone calls at the office, put yourself back in that energy. You do this 6 to 7 times a day. You develop the habit of working with the Flame of Resurrection as a second nature.

You can apply the Flame to all the levels of your life, in all the areas, with your family, your friends, your work, with the United States, the countries, the planet, your beliefs. You know that your beliefs are tinged

with all the incarnations that you have experienced, with all the emotions you have felt, with all the life paths you have crossed. These beliefs often limit you.

So why don't you ask the Flame of Resurrection to open your mind to all the lines of Light allowing you to contact all life, all consciousness of light. This would allow you to work with new eyes, new thoughts, new emotions, a new body. Yes! With the Flame of Resurrection, you can restore your body to its original image.

This tool, the more you use it, the more it will teach you because the Flame is an energy too. It is conscious! It is as if you were talking to a part of Creation, a part of Father Mother God specialized in the perfect image, the perfect original light which returns each atom to its original light.

When you call it, it envelops you immediately. It manifests itself through you, around you and in you. It analyzes you. And if you talk to the Flame of Resurrection as a consciousness, it will guide you. It will even give you exercises that you will allow you to use it to full power. It will do this in a very structured gentle way because it knows your strengths, your weaknesses. It will direct you to transform your life with grace and ease, to transform your nature of 3rd dimension to a nature of 5th, 6th, 7th dimension.

The Flame of Resurrection is a very Great Master that must be approached with respect and love. And if your passion is true and real, the master can even materialize before you. The Master appears before pure, noble and fervent hearts.

It's *very rare* that this happens but if you apply yourself with love and discipline, this Consciousness will appear before you. I do not say these words to entice you in a disrespectful manner. No! It is a reality that we know in the Worlds of Light. All conscious energy is alive. It has a shape, a music, a color, a sound, a smell and the Resurrection Flame is a living consciousness. It is like calling a part of God to assist you in your awakening. *This is not something to take lightly.*

The Master is a Master of Love. All Flames are Masters of Love. All flames are energies, consciousness with which you can maintain a dialog. When you talk to them, they listen to you because the Flames are in all Creation. They are part of the fabric of Creation. They support all of Creation and when you talk to the Flame of Resurrection, you are in contact with the Creator, the Great Central Sun, Father Mother God. You are in contact with one of his energies of high purity, of Great Power.

Before you fall asleep at night, you can ask the Flame of Resurrection to teach you, to prepare you for the next day, to give you by intuition the aspect of you to transform, to resurrect. Is there any questions?

Group - You gave me an exercise to manifest abundance, such as a little trip. I wanted to tell you that it worked. We have received tickets and we are leaving for two weeks in Florida. It's an all paid trip that we received as a gift. So, your stuff works! (Laughter)

Sananda - Do you know that there are treasures awaiting each one of you? There is an extraordinary abundance that awaits you in the Worlds of Light. The only thing that prevents us from pouring them onto each of you at all levels, are your doubts and your fears, this non-confidence in life, this non-confidence in the love that you are, in the Being of Light that you are! And the more you will resurrect the Light in you the more treasures, that are reserved for you, will be able to reach you. Nothing will prevent this abundance to flow towards you.

You are the Master of your life, the Almighty Creator of all creation who is in each of your lives now. Nobody other than you, is responsible for all the situations that are in your life now. Humanity must understand this. It needs to stop making God guilty of all the misfortunes assailing it. The world you live in is the world that mankind, as a group, has itself created. God never intended suffering for his children, never intended lack, pain, separation.

You are responsible for this dimension. You have all signed the contract to explore this dimension, to come and create. A period of time was allocated for this exploration. You have tasted it? Savored it, examined it, weighed it, sub-weighed it, reviewed it again and now the lesson is learned. The apprenticeship is over and the Earth is in its line of ascension, on its return to the Worlds of Light.

It is now time to return to your Source, to **true Life**: joy, light, immortality, eternity, the total abundance at all levels. **That is true Life, Children of Light!** The Flame of the Resurrection is an extraordinary tool to help you resurrect the true life in you, around you, for this planet!

I wish you to resurrect in you the true light, the opening of the Heart. I wish you to resurrect this aspect within you that opens the doors, that gives you an absolute faith in the Power of Light, in the power of Love that transforms everything, that heals everything.

Group - I have a project to write a book and I would like guidance on whether I should go through the mental structure which is already well defined or through automatic writing and trust?

Sananda – You must stop waiting for Heaven to decide for you. Each man is currently on his path of Light. The great challenge of the human on this path is to stop waiting for guidance from the invisible world. This period is over! We ask you *to assume the role of Creator as you are!*

You are in a period where you are becoming aware of who you are and that consciousness must manifest itself in your actions, in the choices you make each day in relation to what you think, what you feel and in relation to what your friends and family will tell you. Be aware of this: your family, your friends will be the mirror of your own fears, your doubts.

I'll give you an exercise: pretend to live days of complete trust. Suppose it is a Saturday morning, the weather is nice, the birds are singing in the trees, the sun is shining and you say: "Ah! It is a wonderful fantastic day where I can experiment with total trust." Throughout the day, you put yourself in a mindset where you trust everything in a spirit of divine and sacred innocence. Practice looking at people around you with new eyes, as if they were children of God evolving, learning, following their intuition. Practice seeing them as perfect mirrors of what you have to understand about yourself in complete confidence.

It is an extraordinary exercise that can help you open new eyes on life, a new way of thinking, of looking, of feeling.

I think this will be enough for tonight. I salute your Divinity, the greatness of your Sacred Heart and also the greatness of your courage. Indeed, it took valiant and courageous souls to dare to experience the 3rd dimension which is the most beautiful sacred school that has ever existed in all of Creation. It is in your honor!

Tonight, I invite you to return to the Temple of Celestial Harmony to learn to feel the Sacred Heart that is in you, the yin-yang, the positive-negative, the female-male sides. So you can get to know it and love it better. So that these energies anchor themselves in you and that Perfect Harmony resurrects in you with grace and ease. See you soon!