

Translated by Janine Leclerc

Almatar

Your mission of Beingness

I am addressing each of you right now and I speak in the name of all the Intra terrestrial Cities of this planet. My name is Almatar the Great, the Radiant, the Brilliant, the Intelligent. And why do I come before you tonight? Because each of you has inside you all these words, these attributes that I have mentioned to introduce myself. Each of you represents a ray of the Almighty Heart of the Source. You radiate in this dimension and we are gathered around you this evening to tell you this: *we will be present, at each of your meetings, to support your awakening to your own ascension; to support your awakening to the greatness of who you are, this mission of beingness that you came to radiate here in this dimension.*

Who you are in this dimension is vital and important. Know that you do not walk alone. You do not walk alone among your brothers and sisters of the Earth. A team has been mandated to support each Light worker in this crucial year for all humanity.

So you, who are the conscious ones, who are aware, who are among those who see the Earth in a different manner, we say: open your eyes to what is inside you. Learn to feel your heart, this source of Light inside you. It is very easy. Just stop and take a moment to see how you feel. And this feeling inside dictates what you have to do, where you need to be, what you need to undertake as project.

This is a new language that we are asking you to learn: the language of Beingness. The language of what you feel. At the beginning, it may be strange for you, but we tell you: in this very special year for every human on this Earth, we open wide the doors to assist you to learn how to live your lives according to your Heart, according to the emotions you feel. The emotion of this Life in you, this deep feeling cannot lie to you since it is the language of your own Beingness relating to the daily external consciousness you use every second.

Three Intra terrestrial Cities have joined each of you to support your efforts. There are three delegations from three Intra terrestrial Cities for each of you. So from now on, we work together. We support your efforts. You can ask us to assist you. You can ask for guidance, joy, grace, ease, courage, harmony, peace. You can ask us anything because everything is energy and we know energy. We know the vibrational frequencies. We have become Masters of those frequencies. That is what we want to transmit to you.

Take a moment to feel this Heart in you. This Heart is true. It is real. It is alive in you. It is the center of your Life. It is where all your intuitions originate, all the Divine Sacred Guidance that is right for each of you. It is an inexhaustible Life center. It is a living center that grows, expands, evolves. It is intelligence.

Today I, Almatar, tell you: this center is vital. This center is the basis of your Life. We invite you to walk towards this center; to learn to live according to this center, to this feeling of inner peace. And the small questions burning my lips are: *how much time do you spend each day to feel this Life in you? How many minutes? How many hours do you take to feel the Life in you?*

I am not telling you that to feel the Life in you, you have to stop doing everything, sit in a corner and sound "Om" for three hours. Far from it! You can feel your Heart while walking on the sidewalk, while choosing the products you want to buy in the grocery store, while watching someone in front of you. You can feel this Heart in every situation all day long. You only need to develop the new habit of checking how you feel while you are acting, thinking, running, talking, feeling, observing. Become the observer of yourself while you live in the 3rd dimension. It is a habit to adopt because by doing this you will develop day by day the feeling of who you are, the feeling of the Life in you, of the connection you have with all Life, with all that is around you. You hear these words and we say: *you are capable of doing this!*

Each of you has spent several lifetimes walking on the surface of this Earth while observing yourself like the eagle that flies high in the sky. You were able each and every one of you, *and please do not doubt these words*, you were able in many of your lives to walk on this Earth while being aware of what you were doing, the steps you were taking on Earth, the words you were pronouncing. In many of your Lives, you were the observer and the actor.

So, this knowledge, this way of life *is in you!* This is the great news. This is the celebration we are doing with you tonight!

Today, you reconnect with that part of yourself that knows how to observe, act and live at the same time. To act while feeling what is happening inside. It is a subtle language to observe and to feel one's own Heart. It is a multidimensional language.

Tonight, we invite you to set the intention to reconnect with this knowledge, this way of life; this way of feeling. You can do it and you have already done it. So we invite you to welcome this knowledge in you every day, and to reconnect with this way of living. Start your day by saying:

***"I feel the Life inside me!
I am the Life in action and I know this language.
I use it and I live it more deeply each day.
Thank you Life!"***

This simple contact, this simple intention fed by your Love will transform you. It will allow you to merge again with this way of living from your Heart.

These teams that have been assigned to you will work with you. They are there to support you. Therefore, you are not alone in this endeavor! That part of you that knows Life, that is the observer, that is the feeling, is in front of you now.

So I ask you to stand up, please. (*Silence ...*)

This living vibrant part of you is in front of you right now. (*Silence ...*)

Connect your Heart with that part of yourself. Visualize, feel a ray of Light uniting you.
(*Silence ...*)

Feel that every cell of your physical body feels the contact. (*Silence ...*)

They recognize the frequency, the Heart vibration. They recognize the Light. (*Silence ...*)

And in your imagination take one step forward toward that part of yourself. (*Silence ...*)

Feel even more strongly that union, that Light. (*Silence ...*)

Feel the joy that runs through your cells. They had been waiting for This Light for a long time. They dreamed of it. (*Silence ...*)

And now this part of yourself that remembers, that knows, that takes a step towards you.
(*Silence ...*)

You are now face to face, very close, feel a Light beam reconnecting one by one the Light of your cells. (*Silence ...*)

You feel the harmonization happening and now it is the Light of your Heart that grows to envelop these two identities, these two suns, these two Hearts. You become One again, you are completely merged with this aspect of yourself and from now on, this Unity will grow in you. It will transmit its wisdom, its knowledge, its harmony to all your Being.
(*Silence ...*)

Now we invite you to sit down gently and integrate this Light for the next three minutes.