

## Méditation

Let us take a few moments to breathe the love light that is surrounding us. While taking deep breaths, imagine that we are embraced by the ocean of light sustaining all lifeforms on this planet. As we breath in the life light, we transmute the energy in each of our cells. As we breath out, we remove all that is heavy, all that is not shining inside our cells. We ask Father Mother God, the Great Central Sun to take all these energies we do not need anymore. These energies have helped us to become who we are now, to express our beauty in this dimension. As we exhale, we release these energies. We visualize this Great Central Sun welcoming all these children of ours. As we breath in the light and love of this life surrounding us, we energize all the levels of our consciousness from the physical body to the etheric, astral and mental bodies. We energize with the purest love, the purest life, the purest energy each cell in each body. We transform ourselves at a deep level as we breathe in this love, this life energy.

We ask the blessings of Father Mother God so that each door inside us, at all levels, opens itself. Let us visualize the doors inside our physical body opening to receive the blessings of the true life. Imagine all the doors inside our heart, our organs at all levels inside our physical body receiving the light, the love of life. Feel your consciousness expanding inside yourself at a deep level. As you hear these words you are conscious that you are floating in a light love ocean. Imagine that you are a sun shining your own truth, your own color in this ocean of light and love, alive, conscious. Each one of us is a sun, a star conscious of itself in this ocean of light, conscious of itself.

We imagine that all the doors, at all the levels of our being, are opening and we are beaming rays of light all around us, touching the universe, touching and feeling all the consciousness of the life ocean in which we belong and live. This light love ocean becomes conscious. We are conscious. We belong to the consciousness of Christ. We are awakening to our divinity, to our own consciousness. Feel the waves of light and love spreading from your heart in all directions in this ocean of consciousness.

## Mother Earth

My beloved, I come here tonight to bless your heart, to bless the pure essence of your soul. You have forgotten who you are, where you came from. This meditation, this light and love ocean that you have visualized is not only a picture inside you. It is the reality. The 3<sup>rd</sup> dimension in which you are experimenting life with specific rules, with specific states of consciousness is only an experience. This dimension is pulsating at a very low level of love, of vibration. This is why you feel separated from this life ocean in which all the creation is contained. In the next few years, humanity will realize that this dimension is only an illusion. Soon human beings will realize that everything is pure light, is alive and has a consciousness. Everything obeys to love. As you grow in your divinity, in your own sacred consciousness, the veil that keeps you separated from the universe will become thinner and you will realize that you are the sole creator of your life, of all the experiences you are living in this dimension. You will realize that the whole thing is only a game, like a play in a theater, in which you have assigned yourself some roles to feel the emotions, the actions, the movements in a physical body, the thought process based on your beliefs, on your observations from this dimension. You will realize that this is so far from the reality.

The veil is thinning my children. I am coming tonight to tell you to prepare yourself for the impossible, for the unknown, for a different world. My children and I are preparing to live something different, to live a life

of respect, of love, where peace will prevail. I will not support war anymore, nor any emotion of destruction. This is over. This is the future that I have reserved for myself and my children. Only my children with an open heart will be authorized to walk on my body. I am coming to tell you to prepare yourself with joy in your heart. The era of suffering will soon be over. I am preparing my physical body to renew itself. In the next coming years, do not be surprised if mountains, oceans, lakes are shifting from one place to another. I am preparing a big revival, a raise of my physical body. A raise that will support the beauty of the new world, the beauty of my children that will shine like the suns and the stars they are in this dimension.

So, what is happening now is marvelous, magical and powerful. You are being prepared to live on this new planet. You are being assisted so that you can get rid of burdens, heaviness, all these wounds, these hurt feelings that keep you too heavy. I am cleaning you with the help of my assistants from the light realms. We are removing from you the layers of suffering, ignorance, manipulation, control that keep you in a state of numbness. We are preparing you even though most humans are still asleep. We will force them to open their eyes, their heart, their consciousness on their thought patterns, their feelings, their habits that keep this humanity acting at a level that is lower than the animal consciousness. They will become conscious of how they act, feel, think and behave toward themselves and toward everything around them: the human beings, the animal kingdom and all the other kingdoms.

So, this is really an era of awakening at all levels. The way you are thinking now is very different from the way you will think soon. It will be like night and day. It will be as different as the thought process of a one year old and that of a fifty year old. The leap will be that big because it will not only come from my physical body, it will also come from the sky. The brothers and sisters from other dimensions will contact my children of this planet. They will make sure that everybody knows about them, about life outside this planet. Each government will be publically contacted and asked to meet on a peaceful land.

This is coming sooner than you think. So be joyful with everything that is happening in your life now. It is preparing you to release the beliefs that are causing you grief, that are keeping you away from the reality of who you are. This big shift of consciousness is coming. It will anchor itself in each human being and also in the animals, the plants, the oceans. Everything is affected by this rising consciousness level in this dimension. So, when you look around, do not be afraid! Keep the joy in your heart! Know that everything is so perfect! We will free this humanity from the jail of control, manipulation, slavery. We are preparing the new earth and the new humanity and you are part of it.

The only thing I want you to remember tonight is: be flexible, welcome everything that is brought in front of you at all levels: mental, emotional, physical. Everything is for your highest good. Everything is so perfectly planned. Each time you are going through a difficult situation, just bless that emotion, that event. We are literally extracting you from your own jail even if you do not realize it. We are showing you everything that is keeping you in the consciousness of a slave. So, welcome and bless everything that shakes your life. Be this crystal boat floating on the wave of life. Admire the blue sky above your head. It is and will always be there even if there are some clouds. Even if the waves you are riding are very high and are giving you a rough moment. Everything is always perfect.

You are getting out of jail now. You are being prepared. Never forget these words!!! Always think that the best is coming even if everything is falling around you at all levels. If it is falling around you it is to free you from these burdens that keep you walking like a slave in this dimension. This is important. I know you have heard these words, these concepts before but I came today to tell each one of you to prepare yourself. When you wake up, bless the day, accept everything that is coming toward you. Be conscious that you are

going through situations that are freeing you from your beliefs, your emotions. Everything that is going on inside you is just a pointer for things to modify, to upgrade. Stop fighting! Stop resisting!

We contemplate the plan and the time frame is not in hundreds of years. It is very short. You are living a very special life that cannot be compared with any of your past lifetimes on this planet or elsewhere. This is a really special lifetime because it is the first time we are moving a whole planet in a fifth dimension with a humanity vibrating at this level of consciousness. In its movement toward the fifth dimension, this planet wants to bring along all the children who are saying yes to love and light. So, each human is being carefully monitored. Each soul, in a physical body or disincarnate, is being assisted at a level you cannot even imagine. All the souls that have said yes to life are being assisted to follow this movement in the fifth dimension.

This is a massive project of love. All the creation is assisting and you, my beloved ones, are part of it. So, you should be joyful even if the days are a bit tumultuous, full of surprises, full of choices to make. Bless the day! When you wake up, declare with a loud voice that this is a perfect day to take you toward your perfection. It is the perfect day for your awakening, for your mastery of your divinity in this dimension because you are the perfect tool of love, the perfect tool of your higher self living in this dimension. You are part of the great plan, the magic plan that will bring to this humanity an era of love, peace, respect and harmony. Do you feel the joy in your heart for this special lifetime you have chosen? You are courageous souls. Just be conscious of who you are, of why you are here. Be conscious of the love and light flowing from your heart. In each moment of the day you are the representatives of the light. You are the children of the new era walking in this dimension. You have chosen your family, your friends, your work, your place of work. You are surrounded by those souls that will recognize your light and your love, those souls that will awaken soon to the new state of consciousness, the new vision of the world. They will be able to do so because of the light and love shining from your heart. You do not need to talk. You just need to be yourself, acknowledging that you are working for the great plan spreading the light and love for yourself and all those around you, all the kingdoms, all the life forms.

Soon you will realize that all that is around you is inside you. How can you realize you are a creator? Creators are working, creating from inside out. This dimension is only a replica of everything going on inside you. We have created this dimension so that we can show outside you what is going on inside you. The only reality is yourself, your consciousness. Everything else is pure light taking patterns, placing images in front of you, around you to help you go inside and find inside you all those rules, this reality, this life. This dimension was created to experiment something very different from all the other universes and we have created this place to show outside of you what is inside you because we could not communicate with your own consciousness anymore. You could not communicate with your own consciousness. You could not recognize your own consciousness. So we had to show it outside of you so that you could find your way back home.

The trees represent something inside you. They are the antennas of the planet. Each one of your cells is an antenna that can communicate with all that is, with all creation exactly like the trees. So the trees are around you to show you that they are antennas that can take energy from the light and bring it in the matter to sustain life exactly like your cells take light inside you to sustain the life of your body. All that exists in your dimension has a counterpart, a replica inside you. It is the same for the water. This whole thing has been created to show you the way back home inside you to your consciousness because your consciousness is God's consciousness. It is Father Mother God's consciousness experimenting and creating. When you realize which consciousness you are, you become and manifest God at all levels, in all the dimensions.

Soon you will awaken to a new reality, a new way of seeing life, of seeing yourself. Meanwhile welcome everything that is coming towards you at all levels even if it is not pleasant. Your soul wants to get rid of some karma, some debts. Just say: "Freedom is coming to me. Thank you life. I must have owed some money to these people. One less burden, one less suitcase to carry."

I bless your heart, my children of the new life. Blessings!

## Sananda

Good evening, I come tonight because you have to be strong, courageous. Each one of you has these qualities deep down in his heart. You have practiced them in many lives. You have practiced holding the light and love torch so many times. Now I am asking you to hold this torch very high because you are preparing yourself to a new life and this requires blessing each situation coming to you at all levels.

I am aware that I am repeating something you have just heard but as I am looking at you now, I still see an imbalance in your emotions. I see the beliefs that keep you in the darkness. There are still quite some challenges in front of you but realize, my beloved ones, these are the last miles before your freedom. These doors opening inside you, these emotions coming to you, these memories surfacing in you, are no coincidence my children. Everything popping up inside you is requesting some attention, some healing. Do not deny it! Stop ignoring what is inside you. That is so important. You are clearing yourself to enable you to absorb the energies that are being poured over you and this humanity. These coming months will not be easy for everyone because of this cleansing at all levels. So hold tight to the reason why you are here in this dimension. There is no coincidence. Remember this! Everything is happening for the divine purpose of living this new life of freedom like a master of love and light in this dimension, using a physical body.

Are you ready to welcome everything in your life at any price? Do not be afraid! It will not be easy for some of you but you will all succeed. You only have to become conscious of what is happening on this planet now. It is like we are using bleach on this humanity to change the color, the vision, the way of life. This humanity must accept to live in peace, love, harmony, compassion. It must believe that peace is possible, that love is possible, that life is possible based on love, light, respect, harmony, compassion. Do you envision the steps that humanity must go through to live such a life? This is what is in front of each human being now. We are really pushing this humanity toward a new vision, a new way of looking at life even if humans are still holding to the old belief that it is not possible to live in peace on this planet. Many humans believe that war will always be part of life, that it is impossible to live in love and respect.

You, my beloved ones, are among the few who believe that this state of mind, of consciousness, this kind of life is possible on this planet. The magnificent and marvelous plan that will take place on the planet will show the new life, the new way of thinking and acting to this humanity who does not want to believe that it is possible. Some strong actions need to be taken. Some events of considerable size and intensity will need to happen in this dimension. Are you happy about this? Your heart should be joyful because these coming events will change the way humans will think and act. This humanity will observe a new day, a new way of living in this dimension.

I come tonight to share this new perfume of freedom, love, light, respect, harmony. Embrace this new perfume, my children, and never forget that it is coming towards you. It can be disguised in many different ways but smell the perfume. The coming events are nothing but events to awaken humanity.

My heart blesses your heart. My heart, your heart, one heart! With love! Thank you.