



## St-Germain

Take a deep breath my daughters, my sisters, my beloved ones, I am St-Germain. I come to you in this special moment to hold the Flames of Truth and Love in your heart. Do you feel the wind in your heart and around you these days, my children? Do you feel these earthquakes that are moving through you, in your emotions, in your body, in your feelings? Do you feel all that is around you? Well, you are not alone. Each human being is going through that process of reconstruction in this now moment. Each human being is called in his heart. Each human being has to face what he tried to eliminate, to ignore during this special life. Now, nothing can be hidden. Nothing can be ignored. Everything is coming in front of your eyes, in front of your heart, in front of each one of your emotions. All these fears, these doubts, these wounds are coming to knock on the door of your consciousness.

So be still. Just contemplate what is going on inside you and around you because this is the beginning of your new life even if it does not show yet. Each one of you is preparing for his new life. This new life cannot be built on what is in you now. It cannot be built upon your emotions, your beliefs, your pain. You must start anew. You must clean your garden to prepare for this new energy that is coming toward you. This is why it is so important to recognize, to accept, to bless all these tides that are moving inside you. Welcome them, acknowledge them because they are showing you what you have to appreciate, to transform inside of you, which energy has to be re-polarized.

Inside, you have all the tools to transmute, to change the polarity of the energy. For many lifetimes, you have analyzed what is going on inside you and you have learned many tricks. You have learned how to really modify the waves of energy inside you. You know how to do it, you have just forgotten it.

I invite each one of you to go inside your heart. See the crystal stairs that lead to your Cathedral of Light inside your heart. I am beside you as you take each step going toward this Cathedral. You are not walking alone tonight because I want to show you something special inside you: a special knowledge, a special consciousness. I will welcome this energy with you inside your heart. So I, your friend, your brother, am walking inside you with your Higher Self. We are all descending the crystal stairs to go inside this Cathedral of light; softly we penetrate into this sacred space and we walk toward the altar. Look on this altar, there is a shining crown of light. It carries your energy, your sacred signature. I invite you to take this crown with a delicate gesture. This is a sacred action.

This crown of light will help you contact your Higher Self, the energy of your True Self. It is a magic, exquisite, enchanted bridge that is offered to assist you in the next steps. Put this crown on your head and feel its energy going inside you at all levels. This crown is alive. It has a consciousness. It is linked to the heart of your Higher Self and to your physical heart. This crown aligns the hearts of all your bodies: physical, spiritual up to your Higher Self. Feel this bridge that is aligning and linking each one of your hearts up to your Higher Self, this magnificent eternal being of light who supports your life, who supports each one of your actions in this dimension. Feel this energy, beloved ones. It can help you resurrect all of your bodies, align the light, the love of each one of these consciousnesses, these energies that are part of who you are. Feel the embracing energy inside and around you.

As you feel this energy, we, the Masters of the seven Flames, are forming a circle around each one of you. Around this circle, there is another circle made of your Higher Self and around this, there is a circle of Beings of

Light who are working and walking in all the dimensions to fulfill the divine Plan of all the souls on this planet and of the soul of the planet earth. You are surrounded by thousands and thousands of Beings of Light. They want to unite their love with your love. Feel this energy, this consciousness, this oneness.

As you feel this energy, visualize that each human being on this planet is surrounded by this exquisite energy. Imagine all your brothers and sisters smiling. Imagine that they feel the hope, the courage, the gratitude, the harmony. Visualize the light shining in each heart and this light is growing in each human being, embracing all his bodies. Each human being is becoming a sun. Imagine the planet covered with all these sparkling suns.

See these lights glowing in the oceans. These shining stars are the energy of your brothers and sisters living in the ocean: the fishes, the whales, the dolphins... Imagine the mountains, the lakes, everything is bright. The planet is becoming a shining sun. Feel this oneness of consciousness. Feel the new earth, the new life where love, light, peace are manifested; where each human is recognized as a sacred being. Each living energy has its place, is recognized and is shining. The planet is recognized as a sacred being and its sacredness is manifesting itself.

Now visualize three golden rings around the planet. They will stabilize the planet. They will feed the new consciousness in each human being, each animal, plant, tree... These three golden rings are alive. They are conscious and they will work with planet earth and each human being who is willing to open his heart to the new life, to love, respect, harmony, compassion. Visualize each human being, each consciousness on earth linking his heart to one of these rings of consciousness around the planet. Feel that these rings of consciousness are shining with more intensity because each consciousness that is alive on this planet has attached his heart to one of these rings and this action was done with love and respect.

Now, we ask in the name of each human being, each consciousness living on this planet and around it, to receive the special seal of love so that the divinity, the sacredness of each consciousness awakens. So that each energy living in this dimension accepts to contemplate the new life manifesting itself on this planet, to open new doors, to assist everyone and the planet to ascend in the next dimension. We ask this seal of love so that the magnificent, sacred Plan destined for this planet manifest with grace and facility in the next coming months and years. This, we ask with our love, our light, our divinity. So feel this energy anchoring itself in each living heart in this dimension now. As you feel this energy attaching itself in all your bodies, in your heart, in each cell, through your crown, bless this special life where everything will manifest itself. Open your heart to receive this flow of love, this flow of light, this new life, this beginning.

As you bless this very moment, slowly come back in your body, in this chair. Come back in this dimension and appreciate the love, the light that is surrounding you, that is shining in your heart.

## Mary

Good night everybody, I am Mary. I am very pleased to be here among you tonight. I think it is the first time I come to bless this magnificent and exquisite group of souls. Today, we are anchoring a special energy in the heart of each human being who is willing to take the next step and we are impressed by the number. In fact, it is twice as many as we had expected. Our heart is so happy. You have worked magnificently.

Why is there double the number of souls who are willing to go to the next step? It is because many of our children, like you, have taken some time to visualize this love, this light that is anchoring in the heart of each human being. Each time you do this exercise you open the door for some of your brothers and sisters. You open the door of hope, the door of all possibilities, the door of "yes you can do it". If you, in the third dimension, were not doing this exercise many of our children would not have a chance. When you visualize, it is very

powerful because the energy comes from the dimension itself that you want to change with other rules, other lines of light. From the third dimension, it is acting like a magnet, like a catalyst and you really open the door for your brothers and sisters. So congratulations! you are doing very well. Today, we have multiplied the light that you imagined by seventy because seventy was the maximum that could be given at this moment to humanity. It is impressive.

Each time you do this work of visualization, of love and respect of life you are really helping the Plan for this planet and humanity: the Plan to awaken this sleeping humanity to manifest faster and with more grace in your dimension. You also diminish the impact of earthquakes. We take the energy thus created and we keep it around the planet. When the big alignments are required and have to be manifested to modify the structure of the planet, we take this energy to decrement the intensity of the earthquake, of the tide. Nothing is lost. We use each atom of the energy you create to help the great Plan for the planet and the humanity. In fact, you are our assistants! Did you know that? You assist the great Plan and we are very grateful that you create this energy from your dimension. It gives us more power, more possibilities of interaction with your dimension from our dimension. Appreciate this fabulous creation you just manifested! You are not yet conscious of the impact of this visualization but one day you will be able to contemplate it with your eyes, your ears, all your senses. It would be much more powerful if you were 100 people but we are happy that a few of you took the time to meet at this point and create this energy. As Denise was saying at the beginning, it is not the number that is important; it is the quality of the number. You represent this fine quality of humanity that is awakening to his/her divinity.

Try to imagine this energy around you, around the planet, do you see it? It is golden, white, with pink and blue green colors inside. In fact, there are many more colors but those are the main ones. Imagine that you have a magical box and inside this box you have all the energy that you need to transform yourself. When you create this energy to assist the great Plan, you fill up your own box at the same time because what you give to the planet always comes back to you. It is as if your work had two purposes here: one for the great Plan and one especially for yourself. What you have done tonight is put away for yourself lots of energy that you will be able to use in a short time. You know what? You are a Creator indeed.

You could use this energy to create and manifest what you want in your own life. This is the sacred retribution that you are allowed to receive. You are not conscious yet that in each lifetime spent in this dimension, you have accumulated many magical boxes full of energy. Now, I would like you to take some time to go inside yourself and find the door of your warehouse where all your magical boxes are stored. Go to this Sacred place in your heart and notice the door in front of you. It is the door that represents the sum of all the accumulated energy that you have put aside for use in this very lifetime, this so important lifetime for each one of you. I would like you to open this door and contemplate all these boxes that you have put aside in all these lifetimes. Look at their shapes, their colors, their number. How high is the ceiling of this special room? I, Mary, know each one of these boxes because I helped you fill them up.

I am inviting you to come to this room each morning and reach for one of these boxes. You just need to ask for the energy box that is the most appropriate for the day you are starting. That is the box you need to open in the morning. There is also a box that you open before going to bed. You ask for the one that would assist you to grow in consciousness during the night, that would assist you in the temples that you will visit during the night. If you do this exercise each day, you will transform yourself very fast because this energy that you have put aside is now ready to get acquainted, to reconnect, to merge with you. You need this energy now. It will talk to you, show you some image. You will have knowledge that will come to you and it will seem as if you already know. You will remember who you are and you will know that it is true. You will not ask for any proof because you will feel that it is you, that this knowledge is true, deep and alive inside you. I am inviting you to come to know yourself, to contact this energy that you kept aside for yourself, for this very lifetime.

Blessings, children of love, children of light. You deserve this moment of reconnection with this energy you

have put aside. You deserve now to come to your True Self, your true energy. You are ready to receive this knowledge, to merge with it. You have proven to the light beings that you are ready now. Appreciate this moment and recognize your true value, who you are. I am asking you to be daring: go and meet this energy. Merge with this energy that you have created, that is part of you and that has been asking you to reconnect with it.

This is my message for you today, my news for you. I bless each one of your hearts, each one of these energies that are asking to meet with you, to merge with you. All of this is possible because of your work, your courage, your dedication to the great Plan. The great Plan always starts with yourself, never forget this! The great Plan will manifest itself inside each human being. It cannot come otherwise. It is from your consciousness that the great Plan will develop and manifest itself. It will not come from outside of you. So, just be happy! Contemplate the being that you are and it will be a marvelous moment. Blessings!

### Sananda

Good night everybody, I am Sananda. I just come to salute you, to salute your greatness, your work. I will not tell you anything special. I will not announce you anything marvelous or great changes in your life. No! I just want to tell you that you are on a good path. You are walking on this path of Light that is taking you back home and I am walking with you. We know your path. We know what is in front of each one of you. So I came to tell you that you are not alone. When you feel that this path is not an easy one, that you would rather be somewhere else; just remember that for thousands of years, for thousands of lives you have prepared yourself for this life and for this path you are walking on. This path is precious. It represents the holy grail for you. It brings you all the healing that you have to do, all the beliefs that you have to drop, all that is less than what you really are, all that is not you.

«Who you really are» is a being of Light, of Love, of Eternity who can do limitless things, who can be as powerful, as magnificent as God because you are a part of God. Do not forget that! Appreciate it, live it!

If you don't understand it is not important. Just appreciate this moment, live it, go through it, walk on it! Know that you are moving in the good direction! Know that nothing is there for nothing! There is always a goal, a lesson, a healing, a hope, a love, a light to embrace in it. So walk on this path that is taking you home, that is bringing you to what you really are. The reason why you lived all of these lifetimes was to be able to live this one. There is always a light shining in front of you even if some day you do not want to look at it; then remember that you just have to put one foot in front of the other and you will be guided in the good direction. Congratulations! You are on the good path. Blessings!