



## Meditation for Planet Earth

Sit comfortably in your chair. Slowly, take some deep breaths knowing this is a special, sacred time. A precious space and time where you will be in contact with the highest vibration in all your bodies, your eternal light.

Go down these crystal stairs toward your Cathedral of Light in your Sacred heart. As you go down the stairs, a door opens and slowly you enter this sacred space. You walk inside admiring the beauty of the light, the colors surrounding you. Feel the energy of love all around you. This is the energy of your Higher Self welcoming you, embracing you. At the center of your Cathedral, you stop and you bathe in this sweet light that you know. It is blessing your consciousness, merging with your energy.

Feel this blessing, this consciousness expanding around your body, embracing all that is around you. Feel the energy of your etheric body transmuting. Your mental and emotional bodies are becoming lighter. They are shining in the light, in this energy, in this consciousness. This energy is blessing you. Feel each of your cells opening, receiving, welcoming the energy, merging with this consciousness.

Now, imagine the Great Central Sun in its splendor extending a ray of light to your heart. Feel this liquid light energy pouring into your heart chakra. Feel it cleansing your spine. It is expanding to the top and the bottom of your being bringing new life in all your chakras. Feel each chakra moving, its colors changing. This light brings a new life energy. Feel this liquid light expanding to all your bodies bringing this new energy of resurrection. Visualize each one of your cells welcoming this energy, smiling, feeling the cleansing. This liquid light is alive, it is conscious. It is pure Love coming directly from the heart of Father Mother Creator and it embraces, cleans each cell.

Feel this expansion of consciousness. This new life is circulating in all directions in you. This liquid light is cleansing all your being. Everything that is not in harmony is expelled from the bottom of your feet. Mother earth is placing her hand under each one of you and all the unbalanced energies are attracted to the core of her heart to be transmuted in pure light, pure love, pure consciousness.

Feel this liquid light expanding to cover your etheric body, your emotional body expelling unbalanced energies. Now in your mental body, it is bringing new life, new consciousness, purity. Feel this renewal.

Now imagine this liquid light making a spiral around you. This spiral is alive and is bringing each one of your bodies to its highest level of vibration. Feel this life merging with you. From

each cell, a thread of golden light is going to all the creation. The spiral is expanding the power of these golden threads of light going in all directions. It merges in consciousness with the pure Love, the pure Light of the Creation. Feel this energy, this fusion of light. You are one with the Holiness of Creation. You feel this spiral of energy, moving around you, protecting you. These links of conscious light attract Love from the universe to yourself and from your heart you send Love to all that is connected to these golden light threads.

Now imagine the golden Flame of resurrection embracing your whole being, resurrecting the life inside you, resurrecting who you really are, the consciousness of eternity inside you, the consciousness of light. Feel the flow of energy, the embrace of this Flame. Imagine that each atom is full of light, of love, of life. You are a Sun, a Star shining in the Creation.

Now from your heart, imagine golden threads of light going to each one of your brothers and sisters on the planet. Each thread of light places a shining gold cross with equal sides in each heart. This cross will bring harmony and equilibrium to the heart of each brother and sister. Its energy is food for each cell of your bodies. It will nourish the Christhood in each human being.

The resurrection Flame is embracing each human being on the planet. Feel the energy expanding. Visualize each human smiling, feeling that something marvelous is happening even if they do not know what is going on.

Now visualize the whole planet shining. In the core of Mother earth, a big golden cross with equal sides is shining. From this cross, millions of golden threads of light are going out to the heart of all the animals, the insects, the trees, the flowers, the crystals, the fish, the whales, the dolphins...

Now imagine the Flame of resurrection embracing the whole planet. It is sustaining the new life, the new energy, the new consciousness. Visualize these crosses bringing harmony, peace, love, equilibrium to all the beings on the planet and to the planet.

We ask Father Mother God, the Great Central Sun to bless the heart of all that is living on this planet, inside it and around it. We also ask to bless the heart of Mother earth with this new energy of peace, love, light, harmony, eternity. We ask this in the name of our Higher Self, in the name of the Love in each one of our heart.

During this whole session tonight, the Flame of resurrection will work on all the planet sustaining this consciousness to open the heart of your brothers and sisters, to welcome this new era of love, peace and light on this planet. This era that is being prepared in the core heart of your Mother earth and that you will soon see, feel and live.

Slowly, come back in your Cathedral of light, feeling this spiral of light around you. Slowly take the stairs of light and come back in this place with your consciousness knowing that the resurrection Flame is working, loving the whole humanity, the whole planet.

**Sananda**

How are you precious hearts of mine? Did you like it? This Flame is so powerful my children! It could change the planet in three days if the human would open his heart. It could assist in a magnificent way for this new era that is starting on the planet now. Do you feel that there is something going on?

There is something going on! (Laugh.....) The Planet Earth is working intensively. She is preparing the energies. She is cleaning her body so that the Humanity can stay alive in this incoming era.

Most of your brothers and sisters are still wandering and running around to do their chores, to take care of their children. This is all perfect but they are too busy to notice the subtle changes that are going on, the weather patterns that are changing. The energy of each starting day is different. 90% of humanity does not notice but they feel an unease. They are still very busy, thinking that it goes faster because they are getting older.

The energies are being upgraded to prepare the bodies so that they will be able to support the energy of the 5<sup>th</sup> dimension knocking at your doors. In the 5<sup>th</sup> dimension, the energy will be lighter. The quality of the air, of the water will be different. The qualities of the bodies that you are using will be different. Slowly, we are pushing each human being to be lighter. Have you noticed that you cannot tolerate some type of food anymore? And that will expand by 7 in the next 2 years. So what you are eating and drinking will be quite different in 2 years. (Laugh....) It will be lighter, nicer, smaller, beautifuller (Laugh....) Yes, you have to accept what is going on and flow with what your body is telling you. If a type of food is not good for you anymore... don't resist. (Laugh....) Your body is telling you: "*I am becoming lighter so I require some lighter food, Please!*" (Laugh....)

Everything will be so perfect. Everything will be gentle even if there will be periods where you will notice some drastic changes in the weather pattern but that is typical of a new birth, isn't it? When a child is being born, the mother is not in the "flowers" for a few hours. Then a nice baby is in her arms! It will be exactly the same thing for the Planet Earth. There will be some earthquake, movement of earth, movement of water, no water here, too much there and you know it is already happening. You hear about this. You feel it, you see it. And I am telling you not to worry, everything is under control. Just accept what is going on. Accept to flow with the situation that is presented to you.

The most important advice I can give you tonight is ***never be afraid of anything***. There are messages on the Internet and other media bringing some fear with them. ***Just ignore these messages. Ignore all of that!*** You are going through a phase of this Planet that is unique, magical and sacred. You have chosen to live this window of time so special for this Planet and for Humanity.

So the question is: "if you chose willingly to go through this window of time, why would you complain and be afraid?" It is not logical! Why would you prepare yourselves for millions of years to be, in this period of time, on this Planet and once you are here, you say: "*Oh! I think I made a mistake! I think I prefer to be afraid! Oh! My God, why did I do this?*"

I am telling you, you have all the tools that you need. You are ready! You are more than ready! You went through millions of lifetimes to prepare for this unique time of evolution on this Planet, unique time of evolution for your souls. So why would you be afraid? Tell me! **Ignore the messages of fear!** Ignore them because your Higher Self knows who you are, knows what is going on and where you will be when this “*thing*” will happen. This “*thing*”, that is making everybody afraid, is a normal situation when a planet goes from one dimension to the other. You will be at the right place, with the right people, at the right time and everything will be perfect.

So, use the Flame of Resurrection. Resurrect your trust in life, your joy of living this special time on this Planet and forget about all these fears, these doubts that are spreading. It is not a time to be afraid, to wonder if you made a mistake. It is a time to celebrate, to be happy. So prepare yourself with joy. Accept yourself as you are. Do not judge yourself or criticize yourself. Love yourself!

You are the shining door to all the miracles and the magic of Life. You are that magical being, that eternal being that soon will open his wings, open his consciousness and smile because you will be in this 5<sup>th</sup> dimension. You will be in this state of Love and Light that you have prepared for. So, wouldn't it be appropriate to celebrate this moment?

Use the Flame of Resurrection to resurrect this *Joy* in you, resurrect this Trust, resurrect this Certitude that you are at the right moment, at the place where you have to be. Resurrect this **Flame**, this Courage. Resurrect this Harmony. More you are in harmony, more your life will be smooth, magical. You will open the doors around you, the doors of the Universe, of the Creation. More you are in the state of peace, trust and joy, more the Universe can come to you and pour its abundance at all levels: harmony, peace, health, strong body plus all the opportunities that Life can bring you. When you are a trustful heart in this dimension, you connect with everything that is trust around you and trust has a foundation in Love. More you trust Life, more magical everything is and more conscious you become of this magic around you.

So it is time to resurrect what is best in you, the best joy, the best light, the best harmony, the best compassion. It is time to resurrect the best of who you are, the courage, the patience, the compassion, the beauty, the acceptance. Resurrect surrendering: no expectation toward yourself or the day that is new each morning. Just be there! Celebrate, enjoy! It's easy, just enjoy life!

The minds of our children like to complicate things. One simple rule of thumb: more it is complicated, more it is of the world of the *mind*. It's not of the world of the heart. When you are at the heart level, everything is simple, easy and flowing. Develop the ability to identify the type of energy you are in during the day. When you are in the world of the mind, everything is stressful and must be faster, you are always too late. So stop, take a deep breath, and say:

***“Peace is in me. I resurrect the Peace in me, the Sacred Peace and I resurrect who I Am in the Now moment. I AM at Peace and all this running around is created by my mind and it is not the type of life I want to have now. I want Harmony, Peace in my life.”***

When you take a deep breath, you go in your heart and you feel the situation. You will see with more clarity what you have to do instead of running around. This is a new habit that you have to develop – look at yourself during the day and identify the type of energy you are in – in the mind or in the heart. If you're in the heart, everything is smooth, joyful and simple. If you are in the Now Moment, you are doing one thing at a time and you concentrate on this thing because you choose to do it not because you have to do it. There is a subtle nuance between the two: the things you have to do and the things you want to do. Just stopping, taking a deep breath and choosing to resume the work you were doing will change the type of energy. This nuance is very important. You live in the third dimension, you have to pay bills at the end of the month, you have to work and sustain your life. But the spirit in which you do it will affect your energy level. It is a simple rule. You will not be able to adopt this new behavior with a flip of a coin. You have to integrate this new way of living one step at a time.

If you have a choice to make between two invitations for example. Choose by the joy that is in your heart. If none of these two situations brings you joy, don't go anywhere. What is going on in your heart is VERY IMPORTANT. You have to learn to live by the heart, by the level of the joy in your heart. The heart always gives you an answer. Listen to the vibration inside when you ask the question. If you don't feel anything, it's not important, just flip a coin! (Laughter..... ) This is a trick for beginners.

In the beginning you may not feel anything because you're not used to it. This is a new *language* you need to learn. Your mother did not teach you that one? (Laughter.....) Try with little things and know your heart will always answer. Always, always, always! For some people it may be more heat, for others more excitement, a faster beat. For some it may be more joy - or sadness - more emotion, because the heart communicates with emotion. Perhaps an itching on this arm would mean a "yes" and no itching would be a "no". Your heart knows you. It will use the most appropriate method for you. If your skin sensitivity is very developed, it may use itching on your skin. If heat sensation is very developed in your body, you may feel more heat in your arm, or in your head or in your heart. You have to learn how the heart will communicate with you. Each one is unique and precious. So learn to feel the language of the heart, a "yes" and a "no."

The more you practice this language, the better you will become. At one point, you will be able to communicate all the time with this heart. Even questions such as: "Should I change work? When should I change work? This month, next month, yesterday??" Your heart will always answer because it is connected with your Higher Self and your Higher Self is embracing all of what you are, of who you are. So, use the Flame of Resurrection to resurrect the language of the Heart. The language of your Heart! Resurrect in you the *feeling*, the *communication*.

You are magnificent crystals, so appreciate who you are! Appreciate your light, the brightness of this light that you are! Learn to know who you are through the Heart. The Heart is the key to the door of knowing yourself. It is the magical lamp of Aladdin! Your heart is exactly like the magical lamp. Once you know how to communicate with your heart, all of creation will be working with you and for you. All of creation will be a magical place for you to live. You are powerful beings. You just don't know it yet. That will be all for tonight, for my part.

**St-Germain**

Greetings to all of you, I am St-Germain. I am enchanted to be here tonight. Do you feel the energy of the golden crosses in your heart. Take a moment to feel it spreading around you, embracing you. This golden cross has been prepared with the energy of the coming spring on this planet. All the energies, in perfect equilibrium, are concentrated in this golden cross. It is a gift from Father Mother God to each child on the planet in this very special year. Feel the energy, children of God. The two sides of this cross are linked to Mother earth and the Great Central Sun in perfect harmony. In the center of this cross, there is a crystal for each one of you in perfect harmony with who you are, this eternal being of light and love. This cross is linked to the energy of the year 2010 for this planet and humanity. Feel these energies. They are powerful. You can use the Flame of resurrection to embrace this cross everyday and let it radiate these perfect energies in balance with Mother Earth and the Great Central Sun. Let it align all your cells, your atoms, your energy in perfect harmony with the energy of the day that is in front of you.

This is a tool we are giving you to assist you in the coming months. Planet earth is receiving a special energy from all the creation to assist her in her ascension to the 5<sup>th</sup> dimension. You all know this but how will it translate in your daily life? What is most important for you to know is that everything is vibration, your bodies are energy. The air is energy, the planet is energy. Each day, we increase a little bit at a time, the level of energy of the planet, the ocean, the air, your bodies. The whole solar system is upgrading its vibrational level. During the day, you may feel that your crown chakra is activated. Do you feel it sometimes? We are working on the energy field of each human being to help him adjust to the increased level of energy inside, outside and around the planet. We work on the physical, etheric, mental, emotional, all the spiritual bodies each time we uplift the vibrational level on the planet. During the day, we work on your chakras, we adjust your energy lines while you are busy with your activities. Each night we work on your invisible bodies. We adjust the energy lines so that you can follow the uplifting of the energy level.

There is a whole unseen world that assists you and the planet, the flowers, the animals... in many ways that you cannot conceive. All is done by love, compassion. All is perfect. You are not alone in this adventure. All the universe is participating and everything is blessed by the heart of Father Mother God and the heart of Planet earth. You are in the best hands possible. Appreciate it! Do not be afraid!

Be grateful to be part of this magical sacred adventure. Be grateful to be on the planet in this lifetime! Only one tenth of the people who trained for this era made it on earth and you are part of it. Nine tenths did not make it although they practiced for billions of years, like you, in this dimension and elsewhere. You are really blessed to be part of this adventure. You were the ones who were the most prepared, the most courageous, the boldest. It is something to celebrate, no! The trip is not finished yet but you could start celebrating now because the doors that will open on the planet soon will be golden doors. This will be an era of peace, harmony, no more war or abuse of people or animals. It will be an era of respect, abundance, light, love. An era that the planet and this humanity deserve.

On the other side of the veil, we are celebrating. Our hearts are full of joy because this adventure is coming to completion.

One more advice, use the Flame of resurrection to celebrate this moment, to celebrate who you are, to resurrect the Christ in you. Each morning use the Flame of resurrection to say: **“I am the Christ resurrected. I am the resurrection. I am the new life.”** And feel it!

It was my grain of salt for tonight. Celebrate this time! Celebrate who you are! You have accomplished a lot. Work with this precious cross that was given to you and humanity today. Work with these forces in you: this joy, this life. Work with who you are.

I give the blessings from all the Masters who are around you tonight, your guides, your brothers and sisters from Telos. We share our love, peace and light with each of you.