



## Meditation with Denise

Bring your attention to your heart. We will slowly proceed toward your Cathedral of Light in your Sacred Heart, this secret room inside of you. See yourself descending the crystal stairs, in front of you, with love and sweet tenderness knowing that you are going to receive the blessings of your Higher Self. Slowly enter into this Sacred Space and meet your Divine Self who is patiently waiting for you at the altar, in the center of your Cathedral of Light. Feel the welcoming love you are receiving. Feel the exquisite energy of this light surrounding you, protecting you. You walk toward the altar and you feel that you are not alone. All the brothers and sisters of the light realms are joining you in this space. Feel the quietness of your heart. Now see yourself forming a circle of light with these beings of light.

In the middle of the circle, you see our dear planet Mother Earth. You see the light surrounding her and going inside her. Mother Earth is becoming a sphere of pulsating, vibrating light. Imagine a beam of light going from your heart to the core of Mother Earth. Each beam of light has a special color that represents who you are as an eternal being in the Creation. All the beams of light are going to Mother Earth and she is now becoming a rainbow of colors. These rainbows are surrounding, blessing her heart. Feel that all the waters, the oceans, the seas, the rivers, the lakes are full of light, vibrating, bringing a new life, a new level of energy to Mother Earth. Also imagine that the fish kingdom is feeling the new light, the new life coming to Mother Earth.

Now a Being of Light wants to speak. It wants to do a special healing on the body of Mother Earth, in the oceans.

## Healing with Poseidon

My sons, my daughters of Light, I am Poseidon from the star Sirius. I am the Lord of the oceans, the Lord of the seas, the Lord of all the waters on this planet. We, from Sirius, are the Co-creators of Planet Earth. We were one of the civilizations that worked on this project. We have established a base for this star Sirius, a City of Light inside Mother Earth. It is at the bottom of the ocean in a place unknown to mankind. We receive the light from Sirius, through the Central Sun.

Since we are the co-creators of this humanity, we know very well the essence of the body of humankind. We especially know how the emotional body functions. We know how the emotions affect your way of life, your vision of the world, your health, your quality of life. We are specialists of the emotions that build inside each heart. Today, we want to do a special healing of the emotional body for all the humans, especially for this part of humanity that has been disconnected from its emotions. The water is linked to the emotions.

I invite all of you to come to my City where a special place has been prepared for this healing. Imagine a big ship of light coming toward you and you all embark on it. This ship is now taking you to this City of Light where I stand with my people. See yourselves arriving in this special place. There is a golden coloured floor awaiting you. You see a pyramid of light covered with lots of shining rubies. As you descend on that platform, the gold and ruby colors mix together and they surround each one of you.

You start walking on this floor and you notice a brilliant white star, shining like a diamond. You step on this star

and you feel its energy going from your feet to your head. This energy aligns your emotional body, your mental body, your etheric body, all your subtle bodies with your Sacred Heart. Take a deep breath and for a few moments, feel this energy coming through your feet realigning all your being. As you feel this energy, all my children from the ocean world are surrounding you with their love. This love is so pure, it is like clear crystals. It is mixing with the energy that is coming from the star under your feet. It brings you sweetness, tenderness, softness from Mother Earth.

On the top of your head, descends a crown made of pearls. These pearls receive the energy from the pyramid above you and they let it flow from your crown chakras to all your chakras with great softness. Everything is done with softness. Feel this energy going inside your bodies bringing peace, harmony, balance. You feel the purity and the alignments taking place inside your bodies.

We know how the emotions affect you, so each atom that is part of your emotional body is now being healed. This energy brings perfect harmony in each atom, in each consciousness in your emotional body. You are now bathing in the energy coming from your feet, from your crown chakra and from all the kingdoms surrounding you. This is a Sacred moment.

Now feel this healing energy going from each person in the circle to all the others standing with you. You are sharing your peace, your perfection, your light with all those who are part of the circle. This sharing produces a golden white light that is circulating in this group. Now imagine that this vibrating light moving from heart to heart is expanding. The spiral of light is going in all the directions, in perfect harmony, in perfect purity. It will expand in the heart of each of your brothers and sisters, on all the continents. Feel this circle of light expanding and embracing each human being on this planet. This energy is so perfect, so balanced that it brings calmness, peace, harmony in each one of your brothers and sisters in this humanity that our hearts love so deeply. Feel that the pyramid over you is expanding and it is keeping in balance the energy for each human being. You are creating the new life, the new era of peace, happiness, freedom in your dimension.

Now imagine a small ruby and gold pyramid being placed on top of each being's crown chakra. This pyramid extends itself to their feet on the floor of planet earth. It brings protection keeping each human in peace, in harmony. In this place of light, feel that the emotions are being healed, that the balance is establishing itself in the body of each human being. Each pyramid is protecting a child of love, a child of humanity. Now imagine that from the heart of each child on the planet a beam of light goes to all the hearts, creating a web of light over the whole planet bringing peace, calmness, healing in each heart pulsating on earth. This web of light is so pure, so perfect that it brings healing to all emotions.

Now from the core of Mother Earth, imagine beams of light going to all human beings creating a star, gold and ruby colored, linking all the hearts of humanity to planet earth. Feel the healing taking place now, bringing harmony, calmness, balance inside each human being. Now with your consciousness, you come back on this star, in our city, and you feel the love, the light of this place. You feel that something has changed inside you, that something is growing inside you. It is the new life of happiness, the new life of freedom of choice, of consciousness, of love, of eternity. Feel now that this circle of light that was embracing all humanity is coming back to you, to your heart and you feel this unity, this calmness with the perfection of God inside you.

We thank you for this exercise. We bless each one of you with our love. Now you re-board the ship of light with sweetness, harmony, perfection in your heart. This ship is now bringing you back to the local. And I, Poseidon, thank you for this healing exercise that you have participated in. You have created a moment of peace on this planet for each one of your brothers and sisters. We ask the Great Central Sun to bless each one of you, each one of your consciousnesses, each one of your atoms so that grace and happiness can be with each one of you. Thank you.

### St-Germain

Greetings my brothers and sisters of light, I am your brother of eternity. Today is a special day. It is the first day of a string of teachings I will be offering in this healing local. We have a big plan of expansion for the whole of Canada. We want to reach the hearts of all the brothers and sisters of this magnificent country of yours. Canada has a special place for God's plan. It represents harmony, calmness, purity, balance. From this country, energy will go out and bless the whole planet. The people from Canada will embrace special attributes from the heart of God to bring respect for life, respect for planet earth, respect for woman, respect for man.

Canada is a peaceful land where the seeds of special love have been planted. The future of Canada is full of light. In a few years, the place of Canada will not be the same on the planet. For now, we plant the seeds for the future of this country according to God's plan. So be happy, be blessed to be in this country that is bringing peace to this world, that is bringing a respect for life on every level for each kingdom.

So let's start by talking about wisdom. Wisdom is not a word that is well understood by our brothers and sisters of this planet. Wisdom is a quality that has been underestimated by many of my children. Wisdom comes with experience and experience brings understanding. So when you have wisdom you have experienced lots of things and you remember. You remember especially the Creator's love but to remember his love you must have overcome many challenges. Many of our children have experienced lives of suffering and the suffering has planted seeds of rebellion, of rejection of the light. It is easy to fall on the path of rebellion when there is suffering. The heart that is suffering does not see anymore. It closes all the doors and to open these doors it takes a lot of internal wisdom.

This is a contradiction, isn't it? You have to acquire wisdom through experience. Yet in the experience you often meet suffering, even though it is not always present. No, half of the lives are happy, half are difficult but the emotions of suffering are the ones that are taking the whole place. It is as if the emotional body remembers more easily suffering than happiness. For the emotional body, it seems that a moment of suffering has ten times the intensity of a moment of joy. The hurt brings grief inside your heart. If you receive some teaching on how to deal with the wounds inside your heart, it will help you balance your emotions, balance all that is distracting inside of you, all that is closing the doors of wisdom. When the heart is in rebellion, there is an energy inside of you that acts like a magnet that keeps these doors shut.

The first instruction on how to deal with these emotions is: try to be indifferent, try to detach from it. Become an observer. Just look at this emotion that is hurting so much inside of you. By detaching yourself from it, you do not feel its intensity so much. By observing it, you do not emphasize the emotion, you do not multiply its effect by one hundred. You are not the slave of the emotion anymore, you become the master of this emotion. You are in control of yourself. So tool number one is become an observer of your emotions especially of those that are hurting so much.

Now I address myself to the male portion of humanity. My sons are quite expert at ignoring their emotions. I would even say more than ignore, they often deny them because their emotions are stirring things inside themselves and this creates some disturbance. It creates something that is calling their attention, especially if it is hurtful and they run from it. So my daughters, your role near my sons is to help them look at their emotions. You do not have to force them to look but you can help them analyze these emotions. You bring them slowly and with respect toward this emotion that is disturbing them. You do it with diplomacy. You all know in your surrounding, in your family, among your friends, men who are not dealing with their emotions. This creates imbalances in all their bodies. So your role as the leader of this humanity is to guide them to recognize and to handle these emotions.

When it hurts so much, you show them to observe and you ask them the right questions. Asking the right

questions will help them find the answers. You do not accuse them. You just ask them: “how do you feel toward this subject? How do you feel when you hear this sentence? Is it so difficult for you to hear this sentence? Is it so hurtful? Can you describe how you feel?” Slowly you guide them to recognize the feelings and you help them put words on the emotions that are bothering them so much. Most of the problems on the planet are related to emotions that are not understood, that require attention, healing, full acceptance in the heart. Since humanity is denying, rejecting these emotions, especially the males, it is creating the situation you see now.

When you become the observer of what is happening inside of you, you are in a position of understanding, of controlling what is going on and you can start a healing process for each one of these emotions. By doing this and by helping those around you, you will help bring balance, harmony in your world, with your friends, your family and you will notice that you do not suffer anymore. When you observe the emotion you cannot suffer because you understand why it is there. It is like when you turn on a light, it is not dark anymore. Your intuition knows where the emotion is coming from. It knows which word, which action, which situation has created it. By knowing what has created the emotion, you are in a position to accept the situation, bless it and heal it. This is tool number one.

I came here today to plant a seed of light not only in your hearts but in the heart of all the sons of light who are part of Canada. For the next seven months, we will work at expanding the energy to cover the whole country. We want to nourish, to surround each soul that is searching the light, searching to grow in its mastery, to become a being of light in this dimension, in this lifetime. We know our brothers and sisters in this place. We know each one of them and today, as we are speaking, we are planting the seeds of light in each one of those hearts and we are linking those hearts with all the ascended Masters who are working to protect humanity. You have no idea of the extent of the action that is starting today.

You are the people representing all those souls in this country now. It is because of your presence here tonight that we can do this work. We can use the voice, the sound, the light to go and plant the seeds of light in the body of your brothers and sisters of this country. Imagine a big ruby heart in this place here and from this heart, rays of light are beaming toward the heart of each one of your brothers and sisters in this country, from the East Coast to the West Coast. This heart will feed the light, the will power of each one of your brothers and sisters in this country. More love, more light, more happiness will be brought in this country and on this planet because each country is linked with all the other countries. So by working with people in Canada we are working with the whole humanity. Since we want to expand Christ consciousness in this country, we will focused our attention for the next seven months on these hearts, these beloved ones that we know so well in the light worlds.

Be blessed for your presence in this group tonight. Be blessed for your part in the magnificent and marvelous plan for planet earth, for humanity. We are with you. We are walking with you. We are blessing each heart. So long!

### **Mary**

My beloved brothers and sisters of light, I am enchanted to share a few words with you tonight. This process is taking place. We have opened the door of your brothers and sisters' heart in this beautiful country. We have planted a seed of light in each heart that came with you tonight, that listened to this call from the light world. Today we are starting a movement of expansion, a movement of awakening for Canada.

I brought a small crown of light which I deposit on top of your head. This crown of light is a link between the light world and your dimension. If you close your eyes, you will notice something that is shining in your crown chakra. In the same moment, I deposit this little crown of light in all the souls that are walking on their path of light in this country of Canada. Feel this energy that is linking each one of you to this beautiful web of light that

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**Man and Emotions**

is being created in Canada now. It is a very discrete gesture, a very discrete gift I bring you tonight but it is a powerful one because these little crowns of light have been blessed by the Great Central Sun. The Great Plan for this planet is in action and you are part of this plan.

This was my little salute to each one of you. It was for me a pleasure to share with you these precious moments of light, of eternity. See you soon.