

## **Aurelia**

### ***Truly love your body***

My heart is full of joy! Feel it! I am embracing each one of you with my love, my joy, my life.

Each one of you is so important, so magical, so luminous. You are full of light. Do you realize it? Each one of yours cells is alive and in the middle of each one of these cells there is a little sun of light. These suns of Light support your life enabling you to be alive, to use this physical body in this dimension. Do you realize how important it is? How important you are each one of you?

Life, your One Life is inside each one of you right now and with this Life you can do anything.

Sometimes I regret that, when I was using a physical form in this dimension, I did not appreciate enough my body. I did not appreciate enough the privilege of being alive in this dimension using a physical body.

So today I came to tell you: Appreciate it! Appreciate this physical body of yours. Love it. Love it truly! Admire it even if it does not correspond to the image you wanted this body to be for you, to reflect for you. You know, this body is doing the maximum, is doing its best to support you.

Do you realize that the cells of your physical body are admiring you? They admire the Light that you are, admire the Life itself, the essence of Life that is running inside the physical body. Do you realize that the physical body knows about consciousness? It knows that you are part of consciousness and that you are in charge of the physical body. You are the one that is ruling it, that is using it and this physical body loves you. It supports you each day, each minute, each second.

Look at this heart of yours. It is beating day and night without stopping because it knows who you are. It is at your service. Just for that, your heart should be filled with Love for this physical body. This is something I did not do enough when I was using a physical body! My body hum... I did not love it enough. I did not appreciate it enough. I did not treat it so well. I should have done a little bit more, much more! The advice that is given to you now is very precious. You can ignore it or you can accept it. You can welcome it in your heart and commit to the blessing of your life, commit to the blessing and to the loving of your physical body.

You know if you truly do it, if you truly love your physical body, you will send a wave of Love in the heart of all of humanity since each physical body is linked with the consciousness of this

planet. Loving truly your physical body will send a wave of Love and touch the hearts of each one of your brothers and sisters. It is that simple and it is that important! It is that divine and sacred!

It is a simple way to bring more love in your dimension. It is a simple way to create a wave of love to touch the heart of each one of your brothers and sisters on planet, now! So simple but you have to commit to it. You have to understand how truly divine and sacred it is to practise to love truly your physical body because practising to love truly this physical body means you start to realize that this body is divine, that this body is consciousness, that this body is in service to you in this dimension and only love can be at this level of service to you. Do you understand how precious, how sacred, how divine is this physical body of yours?

I wish I would have understood this earlier, so much earlier.

I just wanted to share these few words with each one of you because in this heart of yours there is a burning light, the burning light of consciousness. The more you love, the more you bless, the more you allow this light to touch you; the more you welcome this light to change your life, to change your emotion patterns, your thought patterns, your life patterns in this dimension

I, Aurelia, your sister in true love of life, I salute you! I salute your beauty! I salute your sacredness and salute your eternity!

Thank you!