

Sananda***Your Life is commanded by your choices***

It is an honour for me to address you today as a brother of Light, as a brother of Heart. I am Sananda, the shepherd who watches over the flock, over the souls of light who walk on the surface of this Planet at this time.

Today we celebrate a great Soul. We celebrate a shepherdess of Love. We celebrate Aurelia. I celebrate with you this brave, courageous soul that walked with you on the surface of this Earth not so long ago.

We talked about her courage and her determination. I, your brother, come to speak to you about your courage and your determination in the face of this incarnation, in the face of this Life that presents itself to you today. This life that you have been experiencing for many years on the surface of this planet.

I invite you to bless this Life. To truly, deeply bless this Life. To recognize it as a jewel, as a treasure! For each of you is a jewel, a treasure! A treasure of Light shining on the surface of this planet. A Love treasure that walks among our children on Earth.

Perhaps you are surprised to hear these words? Or perhaps you are weary to hear them because we repeat them often.

Today, I want to invite you to add another frequency to these words: the frequency of your real and profound acknowledgment. For if you manage to acknowledge deeply and truly the frequency that inhabits you, the Life frequency that you represent on this planet, it will be the beginning of a new phase for you. A phase where the doors of the Great Life open, where It can reveal itself to you, not only to what you call your physical body but to all that populates this inner kingdom of the invisible worlds, these emotions, these thoughts, all this effervescent and active Life, which does not yet recognize its belonging to the Great Life, its special connection with the Great Life.

Yes! All that's true! All this is to be weighed and accepted in your hearts. All this is to be felt and lived in your hearts.

Do you feel the energy in these words? The Life in these words? Do you feel that I'm sharing a part of my heart with you right now?

For you see, the day I realized that the Power, the Almighty Power of Life was within me and that this Life was the Consciousness One of the Almighty Creator to whom we owe all life, all things, all forms, all galaxies, all Universes; that day was the beginning of my true Life, my true Life as a divine, sacred human, on the surface of this planet

Well, I demand this Life, this day, this moment of awakening for each of you. This moment when you will really grasp, feel and connect with the **truth** of those words for each of you.

For you see, when you recognize that the Great Life and its Almighty Power inhabit you, your life is transformed. The Great Peace settles in you because you realize that everything is illusion in this world. You realize that everything is possible since you are bathed in the energies of the Almighty Creation and that this Creation belongs to you. It corresponds with what you maintain in your heart. You only have to change this frequency, to change your perception so that what is around you, around this physical body, is automatically transformed to correspond to the new frequency that you wish to carry, vibrate, live, feel

For everything starts from your intention, from your imagination; everything starts from what you want to live, from what you believe in because you are truly the ultimate, ultimate, infinite director of the kingdom that inhabits you, of the Life that you experience in this dimension. Because you are the one who wishes to colour the Life vibration that you experience in this world.

I remind you, children of the Light: **all is energy!** You live in a world of energy. You're manipulating energy. Your body corresponds to the frequencies you carry within you, atom by atom, cell by cell, organ by organ. Everything corresponds to the frequency you carry within you!

So, if today you decide to recognize that you are a "Being without limits", that everything is possible, that the Great Life dwells in you, that its Perfection dwells in you and that you decide to increase this frequency within you, then it will be. It will be so with your Inner Kingdom. Everything will be perfect! Everything will be realized according to your belief!

According to what you want to experience, what you deeply believe in. Because I say it again: you manipulate energies all day long. You are a Being of energies! This physical body that you use is energy that obeys your intention, your beliefs, what you deeply believe in.

We underlined Aurelia's courage earlier and I say to you that you are also courageous! You also have her determination inside you. You can accomplish anything! Nothing can resist your decisions where you focus your attention because you are Creators! The Almighty Power of Life inhabits you!

These are the words I wanted to share with you today to incite even more this Almighty Power that inhabits you and allow it to grow because some of you do not really believe in it. You look at your physical forms, you look at what is around you. You look, contemplate and say: "This is not what I want to experience. It doesn't correspond to my dreams." Why is that? **Because you don't really believe it!** Then, this deep faith in the Life Power, children of Light, this deep faith, is yours to do what you want with it! It's up to you to make it grow in you! It is up to you to choose to live this experience, to experience the deep faith. It is up to you to determine the frequencies you believe in! It is you who choose the frequencies that command your Life, that command Life around you and in you.

Everything you believe in commands the Life, the Life Power around you and in you. With each of your choices you command Life. You command the energies in you and around you to manifest themselves according to this belief, according to what you put your attention on, according to your thoughts, your emotions because everything is energy.

I invite you to meditate on these words because they represent only a very small percentage of all the Truth they carry. And this great Truth can make its place in your heart only if you **dare** to open the door. If you choose to accept this truth when you open the door of your heart, it can only grow, teach you and guide you.

Life is the Consciousness One, it is Energy, Light, Love, it is Everything! And this Life inhabits you and you are mobile in this Life. So what's stopping you from doing everything? From making all your dreams come true? From manifesting everything? From transforming everything in your physical life now? It is you who limit yourselves, Children of Light.

So today I invite you to choose to let go of the limits you have imposed on yourself. To let grow in you only the beliefs that will free you, that will bring you joy, Light, Love, expansion, awakening, the great adventure of True Life that you have come to manifest in this world.

It's very simple! It all starts with you, your choices, your attention, where you put your energy, where you look, where you listen. It all starts with you. It is quite simple and yet it is so extraordinary that often our brothers and sisters on Earth miss the greatest adventure of their Lives because they do not realize that everything they seek begins with their choices, with Life in them, with the energy of Life in them! It's so simple!

Repeat these words often:

**"It is simple and it is all-powerful!
I am that simplicity and I am that power in action!
It' is simple and Life is perfect!
Life is my best friend.
Life brings me everything I need because it is simple and it is all perfect!"**

You see, these simple words open doors. They send a call to all Creation, they send a command to the whole Universe. The command of an awakening heart that chooses simplicity, that chooses to recognize more and more its belonging to the Life Power in all humility, in all simplicity, with deep faith.

This is what I wish for each and every one of you! This is what I wish for each of the Hearts to whom I am speaking at this moment.

Thank you!