



## Who we Really Are

### Meditation to help Mother Earth

Imagine that we are forming a circle. In its center, there is a sphere of light: Mother Earth. Feel the peace surrounding all the people who are participating in this meditation. Slowly, with respect and love we go into our cathedral of light in our sacred heart. Softly we penetrate in that sacred space and we are surrounded by the peace, the light and the love that are constantly burning there. In the middle of the cathedral, we see an altar where a brilliant flame shines like a hundred suns. From this light, our higher self is sending love to our consciousness. Feel this love. Slowly, we approach the altar and we hear our higher self whispering words of love to us. Breathe deeply as you hear these words. Feel the moment, the now moment as you are surrounded by the almighty presence of your higher self, of your inner god-goddess.

Feel a wave of peace going from heart to heart. We are forming a circle of love, of peace, a circle of mothers and sisters working in the same direction, looking at the same sun, the same light, the same planet.

### MOTHER EARTH

My beloved children, I am Planet Earth your mother: this piece of matter on which you put your feet each morning, this piece of hard rock, this thing called the earth. The planet that my children are used to seeing and use without any other thought. I am presenting myself to you tonight to bring a new awareness, a new consciousness about the reason for my presence in your life.

Each one of you is my beloved child. I know each one very well. I know when your heart is hurting. I know the problem that you encounter in your day. I know this because your consciousness is part of mine. My consciousness envelops each one of you. It is part of each one of you but my presence is very discreet. As you walk on the surface of my body I hear your thinking, your voice, your consciousness. I know your emotions. I try to protect and help you each day. I surround you with my presence and my love.

Some of you are becoming more aware of my presence in your life. In the years to come I will make my presence felt in the heart of my children. Even those who do not want to know will be forced to understand, to open their heart and consciousness. I will soon transform my body in a way that none of my children will be able to ignore. Talking about global warming and pollution will become important because they will realize the impact of my presence in their life.

Why is that? Because I have to survive so that all my children may live and for that I must bring some changes, clean some areas of my body. In doing so, some of my children will be shaken up. So don't be afraid. I am just cleaning myself. I am preparing myself for a new era of love, respect and peace that many of my children have been awaiting for millions of years. When you hear these words don't be afraid. Stay calm and feel the joy in your heart. The days that you have been waiting for so long are coming very fast.

Each morning greet the day, the sun, the light, the wind, the water. Greet everything that is around you and appreciate the moment. Never be afraid of anything. I am protecting each one of my children. I know each one of the hearts that are striving to become more loving, more respectful. Each one of these hearts are so precious to me that never anything wrong will happen to them.

I am not coming to put fears in your heart. No! I just want to reassure you. You are protected but listen to these words: if one day, you find yourself standing on a stone surrounded by water, don't be afraid. You are standing on a stone in the middle of the ocean. That is the only thing that is important. Nothing else! You are alive. Light is protecting you. I am protecting you and everyone that you care about. A new day is coming. Try not to attach yourself to earthly matters: your car, your house, your job. Attach yourself to what is inside of you, to the light being that you are. Attach yourself to the light, the sun, the wind, to these things that represent the higher consciousness in this third dimensional form.

Always try to be happy. Be happy for who you are, for the moment you are living, for the place where you are. Everything else is temporary and is not important. Be still and try each day to discover more of the beauty of the soul that you are. Try to become more aware of who you are and why you are here. This is important for each one of my children because this year is one of awakening. You will realize more and more who is thinking inside of you, who is afraid, who is acting, who is taking the whole place. If I was to ask you: "Who are you now?" Most of my children would answer things like: "My name is Denise. I work with computers. Each day I wake up and go to work. I come home tired at night. I try my best. I try to discover who I am." These words do not describe who you really are in my eyes.

The year 2009 is one of awakening because you have to realize who is using your body, who is talking, who is thinking, who is playing your roles on this planet. You all describe yourself by what you are doing, by the appearance of your body, your age, your work, your position in the family, if you are a parent, if you have sisters, if you play music ... This is because who you really are only occupies 1% of your day. The rest of the time, it is the role, the suit you are using in this lifetime who is taking the whole place. So who is listening as I am talking to you? Who understands the words?

We will do a little exercise. Sit quietly and take a long breath. Go deeply inside your heart where the sacred of the sacred is living, waiting for you. Open the magnificent door and feel the area as you penetrate inside that sacred place. It feels like sweet home. There is a peace. Now look around you, behind the door, the columns. You will see somebody who is trying to hide. It is the being who is taking the whole place in your mind, who is playing with you all day long. Some philosophers would call it: ego, personality, external consciousness. With lots of love in your heart, slowly approach this being. Look how it is dressed. It is a perfect image of who you are. Pretty knowledgeable, that being knows everything about you and is projecting in your mind everything it wants you to believe. Nothing else!

When you walk on the sidewalk and you see a magnificent person, the first thing that crosses your mind is: "What a nice person! I wish I had a dress or a suit like his or hers." It is the being that we will call X who says: "I wish I was that elegant." Your higher self, your real self would never think that because it is part of the universe and it would consider that person as part of itself. It would never compare. It is always blessing all the people, all the situations, all the events, even the body you are using.

Tomorrow, as you walk or drive your car, check who is doing the thinking. Become an observer of what is going on inside of you. You will realize that you are not in your body, that X is creating your thoughts. He is keeping you busy with the comparisons and the criticisms. He is making sure that you are not in the now moment. Then you cannot touch the divinity inside of you, the sacred being that you really are.

When you meet somebody for the first time, who is looking at that person? It is not your inner being, your light. It is X looking at Y. Observe the thinking that is going on just by looking at that person and you will detect all the emotions that are tied to it. You are an important being made of multiple consciousness and they all are inside of you. 95% of them are in your subconscious mind. It is X that is regulating the flow of data between your conscious and subconscious minds, opening doors to emotions that are tied to the past from this lifetime and others. It triggers emotions just by listening to a song, looking at a picture or seeing an action in front of you. X opens some drawers inside of you and activates your emotional body. You are imposed these emotions

and you become their puppet. All this happens because you are not aware of X, inside your mind, playing this master role of ruling your life, your days, each hour of your day.

I will give you an example. A few days ago, Denise was following a slow bus while she was going to the train station. She was a bit late. She thought: "Gee, that bus driver is very slow this morning, he doesn't have a train to catch in 4 minutes." As soon as she felt these words crossing her mind, she wondered: "Who is thinking?" She looked inside of her and saw X again. He became aware that she realized that he was triggering the thinking in her mind, so he replied: "Oh I am there." More you detect your thoughts more you realize that X is using your mind to control you and more you will be able to detach.

So 2009 is the year of the awakening of your inner self. That is the title I gave it because there will be this force inside you that will push you to become more aware of what is happening in there. Why? Because it will become unbearable, there will be too many thoughts, too many emotions to deal with at each moment. My children will say: "What is going on with myself? I never had to run so fast, do so many things all at once during a single day. It cannot be only because I am getting older. It is something else." People will have to face what is going on inside of themselves and say: "I need to do some cleaning here, I need to sort my emotions, my actions." Start being an observer and you will become more and more present to the now moment. You will dissociate more and more from all the emotions taking place inside of you.

This is my story for tonight. I will wrap up by doing a little exercise with you to bring some clarity inside your mind. Imagine an individual in the middle of the circle you are forming. He is the most magnificent being, the nicest person and he represents the humanity. Feel the light inside him bringing balance to all the thoughts and the emotions. This person is perfect, full of light and love. This being is happy.

Now imagine a gold and pink beam of light going from the Great Central Sun to the heart of this human being. Feel the energy of light and love bringing a new consciousness, a new clarity, a new sense of life to this person. This new being feels the light, the love all over the planet. He is full of hope and appreciates every moment. He is part of the universe. He is connected to my body the planet earth, to all the kingdoms that live on my body: the ocean, the animals, the crystals, the minerals, the birds, the flowers, the trees and to all the kingdoms from the higher dimensions.

This person, full of hope and in balance, is part of the universe. He respects life, the planet and all the human beings. He takes the whole humanity in his arms and pours his love in each human being. He pours his kindness, his softness, his respect in the heart of each human being on the planet. He opens his heart to all the other planets of the solar system, to the galaxy, the cosmos, the universe. This new being welcomes all forms of life and becomes one with all the beings of all the dimensions as one consciousness, one being. He is one with the source, with the Great Central Sun.

Slowly come back in your sacred heart thanking this human being who is one with the heart of your body, who is linking each human of the humanity. He is linking the body of humanity to my body, my love, my presence, my consciousness.

## Sananda

Hi everyone, my name is Sananda. It is a great pleasure to be among you. I welcome each one of your hearts in my heart. I welcome each one of your peace in my peace. I surround each one with my love, my light, my presence. In consciousness we are one.

When I was walking on the planet a few thousands years ago, I was walking with my friends, brothers and sisters and each day I was amazed by the beauty of the life, the planet, the animals, the flowers, the trees, the

beauty of the human beings. My heart was really one with the beauty of this planet and the beauty of life in general. Why? Because I could see the perfection of my father in each being, in each consciousness, in every piece of matter. Even the smallest piece of dirt was, in my eyes, full of light. It was the manifestation of the purest love in this dimension because to create the matter from the light is a pure act of love. Matter is just light in a condensed form, nothing else. If you look at matter with the eyes of your heart you just see the perfection, the magical touch of the divine. The consciousness that holds the atoms together is the love of the Creator, the Mother Creator, the Goddess.

So when you are walking in the garden, on the sidewalk or in your office what are you looking at? Do you appreciate the floor you are walking on, the air you breathe, the eyes that enables you to see, the body you are using, the perfection of the body you are using? You are surrounded by the magic of life, by the magic of the beauty but do you see it? Do you appreciate it? If there was no sacredness, no divinity in this dimension it would not exist. This dimension is made of light, is based on love. It is love that keeps all the particles together.

So when I look at you, what do I see? I see a part of myself because my consciousness is wrapped around yours. I know what you are thinking because for many years I practiced expanding my consciousness to envelop everything that has a life, that is using a piece of matter to express itself. That also means you as human beings who are using a body to express yourself in this third dimension. Your particular type of consciousness is using a body that is articulated. In this 3<sup>rd</sup> dimension, another type of consciousness is using the body of a crystal to express itself.

Each one of you is using a mind to think. What is a thought? A thought is a consciousness. It is alive. It can be seen, it can travel. The human body is made of multiple layers of consciousness. The densest layer is the physical body. The emotional body, a bit less dense, is composed of a multitude of consciousness. There could be a billion of them, all aware of each other but you as a human being are not aware of them.

Your mental body also made of multiple layers of consciousness is the one that can travel to visit other places, to communicate and interact with other forms of life. For example, you can take a crystal in your hands and with love go in your sacred cathedral in your heart and manifest the idea of communicating with the crystal. As soon as you give the intent, your mental makes contact with the crystal and merges with part of it. Then you can have a discussion with it. You can ask its name, where it is coming from. But you would not be talking with the crystal, you would be communicating with its consciousness and that consciousness could be a being from another dimension, from inside the body of mother earth, from the sun, from any place in the whole universe. You don't know which consciousness has made contact with the crystal. Maybe this consciousness is from dimension 34. Do you understand? Your mental body is a powerful magnificent tool to communicate with the whole universe.

This is not taught in school. It is not known to the public. The human is a magnificent being full of powers, of treasures that you don't know how to use yet. This means that when you are thinking, maybe the thought is not coming from you. Maybe it is coming from X, maybe from Y, maybe from somebody in another dimension. The whole subject of thoughts and communication can be discussed for many years. It can be looked upon from different angles. Just know for now that you have abilities that you are not aware of. They may resurface in your mind in the coming months or years because we are removing the veils that are between your consciousness and your subconscious, between your consciousness and your inner self.

All this to say that you are on a path of light and you should not be surprised by what is coming toward you. Don't be surprised by how much your thinking will change in the next few years. So I invite you to go inside your sacred heart, in this place where there is peace, sweetness and light because this is where this higher self of yours is waiting patiently to teach you some special lessons. This divine sacred part of yourself is awaiting your presence to communicate with you and teach you things about yourself. Things for which you have prepared yourself for thousands of years and that you are ready to receive and reconnect with in this lifetime.

Each day, you could take a few moments to go in this sacred place and communicate with this part of yourself that is a treasure of knowledge, of knowingness about who you are and of the possibilities that you have to express yourself in this lifetime. Until now, most of you have played a role in this theater piece. Now comes the day where you will become aware of who you really are and why you are here at this special time of the planet's evolution. If you knew what that voice, that sweet presence wants to tell you, you would spend more time with yourself. Slowly the knowledge, the intuition will grow in you and more you will be attracted to look inside.

Consider yourself as the most important person in your life. Reserve time for yourself each day. This will become more important as the days go by because you will have more choices to do. If you develop the habit of going inside, this voice will become tangible. You will feel more the communication between your inner self and this exterior consciousness that you are using now. Your days will become more magical because you will follow the flow. You will become more aware of the magic around you and more you will become aware of this more your days will become magical. Your life will become full of surprises, happiness, abundance and health. You will transform your life.

When I was very young, walking on the land of Galileo, all this knowledge was very far from my consciousness. As I grew older, I was going more and more inside myself communicating with my inner voice. At one point, it was the only voice in my whole being. Why? Because I loved it. I learned to appreciate its rightness, its perfection, its perfection in the choices to make. More I was looking at this perfection more I was feeling it and more I was that perfection. That way I became somebody else: who I was really. Each one of you can do the same now and it will be easier because the energy that is surrounding you now is supporting your effort. We are opening doors of light for each one of you. We are opening the understanding. So if you take some precious minutes each day to contact yourself you will feel this power inside of you. You will feel the presence and you will become who you really are, not who you think you are.

This is what I wish for each one of you. I wish this to be your new magical way of life. Blessings for each one of you, I am your brother. I am walking with you on the planet earth and I am helping each one of you. Greetings!

### **St-Germain**

My name is St-Germain. It is a privilege and an honor to be with you tonight. I am looking at each one of your hearts and I am amazed by the beauty of the colors and the music from each one of you. Indeed, each one is playing a note of music that is the master note of your life. When you are sitting quietly you can hear this note that represents your being. If you concentrate your attention inside your heart and you ask to be attuned to this note of music you will be able to hear it. For this, you need to give time to yourself. This music is a sound made of all your thoughts, your emotions, of the sacred geometry of each crystal inside of you. The cells that compose your physical, mental, emotional, etheric bodies are forming a special form of geometry. This form with this special geometry is producing a sound and it is that sound that you can hear inside your heart.

You do not listen with your external ears. You listen with your internal ears, the ears that allow you to hear the higher dimensions, the dimensions of light. This special hearing is inside of you. Most of the human beings are not aware of this possibility of hearing other dimensions. It is like an organ inside of you that was never used. It is like a baby. When a baby is born, it is very small, the eyes are not perfect yet but after a couple of weeks or months, the baby can see clearly. Now that you know about this internal organ you can start paying attention to it. If you put your attention on this hearing it will grow. It will mature. If you visualize and concentrate on that organ with the intention of listening to other dimensions it will become a better organ. One day, you will sit quietly and you will start hearing your note and the other dimensions.

This is one of the many possibilities inside your physical and subtle bodies that you are not aware of. There is a box of treasures that you are not aware of. I invite you to spend time with yourself and discover all the magical

tools or organs that you have inside you. Some of you are more prepared to connect with these organs because you have practiced in other lifetimes. Ask them to present themselves to you. They will do it in the order of preparation you have. You will receive your treasures one by one according to the degree of preparation and attunement with yourself, with who you really are. This will help you discover who you really are, not the role you are playing now.

This is my little speech for tonight. If you follow what has been suggested tonight, you have plenty of work to do, plenty of discoveries to make with your inside world. I wish you great discoveries. Peace be with you!