

Message based on the Seven Sacred Flames deck from Sananda – There is Nothing Outside of Yourself

``There is nothing outside yourself you can acquire that can permanently satisfy your deepest longings. You are creators, and you have to create what you want with the love of your heart, your intention and your focus. ``

Beloveds,

The message from Sananda in this Seven Sacred Flames card is powerful and timely and can help keep us on the right path to create from a soul centered place.

At times we may look about to create from the needy places inside of us, the places in our hearts that are still needing to be filled with love, that are indeed not healed yet. When we connect there, we try to cover that place, satisfy it with all that is outside of us....we try to do this with food, drink, a material purchase, or someone else's praise and attention.

When that place in you is being triggered and you reach to fill it with an outside love, instead, look to connect to your higher heart, and fill that place with the unending, always flowing supply of soul love that is waiting to respond and shower you with a sustaining and uplifting light. This is our natural state and the only energy that is creative. To arrive there necessitates taking some quiet time for yourself..

In your quiet moments, in the time you reserve just for you, take some time to relax through a cycle of breaths....and once the mind is calmed and you have connected to that place of timelessness within, intend to walk up the crystal steps of your heart to arrive at the seat of your soul, in the Temple of your Heart space and take some deep, replenishing breathes here....quieting the mind long enough to receive a deep inner guidance or feeling.....or simply bask in a feeling of wellbeing, a deep knowing that all is well. When you come back to your daily routine, that feeling, or vibration, will nourish and inform your everyday thoughts and decisions.

Sometimes it takes persistence and courage to silence the mind and ego and allow the gentle yet ultimately powerful and transformative influence of the heart to take back the control of your life. Every attempt to connect to this infinite river of love within your heart will help anchor in your world the outward manifestation of that love.

With love, Aurelia (from her Great I Am Presence)

Message taken by Nancy Fuoco, March 4, 2019 (Telos Worldwide Foundation)