

*Traduction anglaise par Sylvain Dutil*

## **Denise Laberge**

It is Sananda and it is weird, he is making this gesture:

Sananda greeted us with his right hand. However he used his two arms. The left hand horizontally held the elbow of the right arm which was upright with the right hand facing the participants. His left arm was pressed against his stomach and the whole thing as though forming an inverted "L".

## **Sananda**

I salute you! I salute you who are vertical in this world of horizontality. You recognized yourself, did you not? Those who see higher than those who only contemplate the horizon: those who have a multidimensional view, among their brothers and sisters of the Earth.

Well, I am Sananda, I am the one who saw higher, looked higher, thought higher and felt higher. So, I say to you welcome to your paradise, welcome to this dimensionality to which you belong.

Today, I bring these simple words to you, words that you can feel, that you can live inside of you. Words that tell you about the Greatness that lives within you; this Greatness that only wants to grow, to bloom, to expand.

The Flame of Resurrection is at work today, on this Planet; it is at work in the service of Love, of the Infinite, in the service of all possibilities. "In the service of all possibilities", did you notice these words? I want to engrave them in your hearts because for each and every one of you in this room, everything is possible; everything is possible for you, because within you there is the Life and Essence of Life: it is creativity, exploration, adventure, joy, abundance, limitless, which is Eternity. All these words represent consciences, frequencies, energies, representing a tiny aspect of Life, of the Life that you are.

So today, I invite you to resurrect your potential within you, to resurrect within you the Eternity that you are. I invite you to open yourself to the world of all possibilities, to the world of unlimited, of Eternity, of magic, of joy. It is very simple! Just believe it, just open your heart, believe it and welcome it as a child, with confidence. Let these words reason in you! Because you have covered up your heart with too many fears, with too much density, with too many distorted beliefs that have limited you since you are in this dimension.

I invite you to imagine that you are a sun, a luminous sun which blazes, which illuminates, which grows. A sun that dissolves all the false beliefs that keep you imprisoned in the illusion of the 3rd dimension. You are Pure Energy who lives, acts, grows in a world of energy, and that is a certainty!

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Today, I invite you to raise this certainty within you, to literally resurrect it, to carry within you this frequency of belief that everything is possible to you, that you are Pure Energy, evolving, growing and expanding, in a world of energy where everything is possible!

You are learning to manipulate the energies of Light, children of the Earth. You are learning to master the energies corresponding to your emotions, to your beliefs, to the creations you have manifested in this dimension, since you are incarnating in this world, because you are creator. Creator and manipulator of energies since you are in this world of density.

The energies that are flowing on the Earth at this moment come to open doors in the hearts of the children of the Source. Doors that present you the unlimited, which present you another side of Life, another way to see, to perceive yourself, to grow, to walk, to invent, to believe, to imagine another way of living your life in this dimension.

So today together we are resurrecting the *"magic of all possibilities"* in your heart! We are resuscitating the magic of joy, of adventure, of exploration, because is this not the first goal of your presence in this density: to explore the density, the world of distortions, the false beliefs, the vibrational frequencies, the energy in the density. You are explorers of Eternity.

So today, *you are here to wake up, to open a big door about your life, your power, to who you really are, deeply, actually, inside of you*, because you are not that physical body, this tool that you use every day. You are not what you see in the mirror, in the morning when you get up. You are Eternity! You are an expanding consciousness! And all that you have lived to date, in this life, on this Earth, using this body has served you. All that you have lived to date has made you live emotions, energies, vibrational frequencies: you are a universe of vibrational frequencies, in relation to vibrational frequencies, in an ocean of vibrational frequencies. It is simple, is it not?

You are a vibrational frequency in an ocean of vibrational frequencies. And the questions that burn my lips right now are: "Are you satisfied with the vibrational frequency that you are currently experiencing in this ocean of vibrational frequencies? Are you happy to carry this vibrational frequency? To live this vibrational frequency? To feel this vibrational frequency? Does this satisfy you? "

Well, the good news of the day is that you can change this vibrational frequency at will. You are the master artisan. It is you who experience this universe of frequencies that you bear. It is you who can manipulate it, change it, live it differently, color it with, let's say joy, color it with confidence, faith, light, eternity by your conscious choice, the choice of thoughts that you now want to bear inside of you.

These thoughts that are guiding your perception, which orient and open the door to harmonious vibrational frequencies to this thought, this belief, this vibrational frequency. So, you are the master artisan, you are the one who is the guardian of the vibrational frequency that you are, that you hold inside of you, that you keep alive, acting inside of you and you have all power on this vibrational frequency. So, it is up to you to choose thoughts, emotions, vibrational frequencies that you want to bear henceforth, radiate, experiment and live to contemplate the impact that you

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have in Creation thanks to this vibrational frequency that you choose to bear and radiate. Is that not right? Is it not well presented? Is it not attractive? Is it not wonderful?

You see, this awareness, I made it 2,000 years ago, when I was walking on Earth, just as you are doing right now. I realized that it was me who decided to live a vibrational frequency, to experiment a vibrational frequency and that *it was me who had to choose* what I wanted to live, to feel as vibrational frequency inside me, in my personal universe, because I realized that everything, everything, everything came from inside me; *everything, everything, everything* inside me colored my actions, my words, my perception of the world around me: everything came from me, everything was colored with the frequency that I bear.

And from that moment on, I changed, I transformed, I transmuted, I lived differently, because I knew that by choice, by my choices I influenced my life and the life of those around me, because we are all connected, we are all acting: vibrational frequency connected to vibrational frequency, vibrational frequency attracting vibrational frequency, radiating vibrational frequency, creating vibrational frequency.

Well, is it not wonderful! You, the universes of vibrational frequency; you, the conscious universes amongst your brothers and sisters of the Earth, carrying a wonderful vibrational frequency, in expansion, in growth, in search of ~~the~~ joy, in search of ~~the~~ Love, the Light That Is, to which you belong to.

You all have this potential inside of you to live the Paradise in this dimension. Each of you has the power to live Paradise in this dimension. You are aware of who you are.

You are looking for the experimentation of who you really are in this dimension, and today we offer you this wonderful tool of the Flame of Resurrection. This Flame knows you, you can use it as a tool to break down all the barriers that you have created yourself, as a tool to manifest the ultimate vibrational frequency that you have come to bear in this dimension.

Even if you do not know this vibrational frequency yet, even if you do not feel it yet, *it is inside you*. It only asks for your attention and your faith in it. It only asks to grow and to manifest in you. It only asks to be loved by you. I said the words "*loved by you*", because you see, the Flame of Resurrection is a Flame of Love that paves the way towards the expansion of Beauty and Perfection, because the way of Love leads you to creativity, to reconnect with yourself, to the beauty that you are, to the connection to the entire Universe.

And the Flame of Resurrection prepares this road, this very highway, towards this reconnection with who you are: the Perfection of Perfections in the multi-dimensions. It paves the road allowing you to reconnect to *what you really are* in the multi-dimensions. It paves the way to the Love of Life! The love of *who you are* inside of you. It paves the road, it paves the highway to reconnect you to Life, to the True Life: the Life of Love, the Life of Light, the Life of Beauty, of Perfection and Eternity! This is the path of the Resurrection Flame that only knows this path linking your 3D awareness to your multi-dimensional consciousness. It's a great tool!

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This Flame of Resurrection allows you to sense the 3rd dimension with your multidimensional eyes, your multidimensional comprehension, your multidimensional intelligence. It allows you to sense the role you have in this Creation, in this density and your role in all of Creation. It allows you to realize that what you are in the Total Creation and is being reflected within you, in your heart, that there is an intimate connection between the two and that this intimate connection connects you to Life, to the One Life who is inside you and around you. It allows you to understand, to anchor within you with a certainty, an awareness, a cognizance and a knowledge that you are One with the Great All.

Resurrection is an image of your Catholic Church from death to life. It is to stop identifying yourself with the 3rd dimensional world to identify yourself with Life that is in the multi dimensions. It is to stop considering that you are a human being, but rather to walk towards the multi-dimensionality of your Being which is Eternity. The Flame of Resurrection allows you to walk as a human being on Earth with the Consciousness of this Eternity that lives in you, the Power that dwells in you, and the Life that dwells in you. This is the Power of the Resurrection Flame that I used to lift my physical body and resurrect it in density.

So you, the beacons of this humanity, the beacons of Love that shine among your brothers and sisters, I suppose you have noticed that you are different from your brothers and sisters, that your belief system is a little different from your brothers and sisters of Earth. This should be enough to convince you that you are carrying the Torch of Eternal Love. This small difference, but how great, is the signature that you bear the Torch of Eternal Love.

And today, I invite you to welcome your Greatness, to truly open, deeply the door to yourself, with an unshakeable faith, an Infinite Love for this Life inside you, for all that you are now, all these emotions, these thoughts, these doubts, these shames, these guilts, these regrets, all this joy as well, this discovery: all of this is your treasure now, a treasure of vibrational frequencies just waiting to be loved from you. Because by loving this treasure of vibrational frequencies that you are now carrying, you allow it to focus again on the Energies of the Great Life of Love. You allow it to re-focus on Eternity through your self-Love, that is to say the Consciousness of Eternity that you are in the multi-dimension, Consciousness that you are now in this physical body using this physical body. It is the love you have for everything you are now, for everything you bear now that will allow you to reconnect, feel your connection to the Great Life, feel the power of life in you. Is it not wonderful?

You are great magicians, you are creators, you are multidimensional beings, you are the power of life in action, in this dimension. Is it not extraordinary?

Today, I utter these words to charge them with the energy of this equinox, to charge them with the Energy of Life that unfolds on the Earth, at this very moment, to transmute the heart of man, of humanity to which you belong, to transmute the vibrational frequency, transported, maintained, nourished by the heart of humanity. This heart that seeks Love, the Light, that heart that has forgotten. Well, together today we bring healing to this Planet, to humanity through our faith, our determination, our choices, our choices of Love: choice to choose Love for ourselves.

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Do you realize, my dear children, how important it is for you to choose Love for yourself, Love for all that you are, for all the cells of your physical body, for each of your thoughts, each of your emotions.

When you choose Love to welcome an emotion like anger, it happens, right, little bits of anger? When you consciously choose to welcome this inner wrath with Love, not just on the mental plane, saying, "*Yes, I welcome you with love.*" Na, na, na! It is necessary that this anger feels that you love it, that you do not judge it, that you love it as it is, but that your Love is so great that it does not judge this anger. This love is so great for this anger within you that you bring it into your heart like a wounded child, that your love is so great that this anger dissipates and that it turns into love too, because it is not judged, not criticized, not blamed, it is accepted as it is, like a child, like a vibrational frequency seeking the sun of Love that you are.

Do you understand these words, my children, this vibrational universe that you wear, of which you are the absolute master, claims your Love, claims your attention of Love, claims that you recognize that it belongs to you, that you have created it, that you have experienced it and it now claims to return to Love, by Love to be reunited with the Energies of the Great Life that you are!

Well, those were the little words I wanted to share with you. The innocuous little phrase, the small vibrational frequency that I wanted to share with you. I hope that this small vibrational frequency will allow you to open a great door to Infinity, the Power and the Light that you are!

With all my blessing, I re-salute you with this sign, you, the verticality in this world of horizontality.

Thank you !