

**Sananda**  
*You have all the power*

Blessings! Blessings of pure joy to each of you, beloved children of the Light, beloved children of the Life, empowered by your choice: choosing yourself, choosing to recognize who you are today.

I am Sananda, your brother in the Light, your brother in all dimensions, around you and inside you. Breathe! Breathe this moment of Eternity, beloved ones! Breathe this moment of change, of rebirth, of resurrection! Breathe this moment of opening to a new way of thinking, a new way of looking at who you think you are. You are walking on a path towards yourself, towards consciousness expressing itself in consciousness; part of this dimension, part of All That Is.

When I was walking among you many thousands of years ago, we were walking the same path, following the sand on the beaches, following the people around us, following the roads, following the wind, knowing where we were going.

So, today, I am asking you, beloved ones: have you chosen your path? Do you know where you are going? Do you know where you wish to go? Where you wish to be? Do you know who you are?

I am asking you today, I am inviting you today, to open your arms, open your heart to the Life inside you, to the essence of Life inside you, to the power of the Power, to the wisdom of the Wisdom, to the creativity of the Creativity, to the Unlimitedness of Life That is taking place on this planet in this now moment using all life forms, using all manifestations to bring a world of joy, of Love, of peace in this dimension.

It is time, beloved children of the Love, to open your heart to yourself, to the magic and the power of Life inside you. Everything is possible, isn't? Everything belongs to the magic of Life in this dimension. And today, you are invited to open that new door. The door to recognize your power, to recognize that everything is possible! That there is no limit to your dreams. There is no limit to manifest the lifestyle of which you already dream, of which you have always dreamed. There is no limit!

But to be able to touch and to feel that dream, you have to believe in the power of Life inside you. You must believe and stop thinking what you were thinking an hour ago, a minute ago, a second ago. You must stop thinking and feeling as you were formatted to think and to feel for thousands of years. You must feel that you are an essence, you are a Pure Energy to whom everything is possible. You are a Pure Energy in the field of Consciousness and that Pure

Energy is choosing to feel the Life movement inside you and around you because you are part of the Life in this dimension, in all the dimensions. This is so true!

What is Consciousness, beloved ones? What is energy? What is Life? It is all the same! It is an Intelligence. It is a way of expressing your creativity in all forms, all colors, all frequencies. It is a way of creating! Experimenting! So, what are you choosing to experiment? To express? To manifest? Which limitation are you imposing on yourself in this now moment, which makes you believe it is not possible, that life will still be hard?

Remember: all these words I have just said, that you have heard, are just energies, concepts, ideas, thoughts. They are energies with whom you are playing. So, you are invited to play a new game; to use the energy to create what you want to manifest, what you want to feel, what you want to experiment in this dimension.

You are guided in this now moment towards changes. Changes in your way of speaking, thinking, feeling, believing. Changes in your beingness of the now moment. Changes to a world of unknown, a world of all possibilities, a world connected with the True Life, the Consciousness, the One Consciousness that knows all about Creation. That is expressing itself right now through you, through each human being, through each animal, through each crystal, mineral, stream.

Feel! Feel it!

Feel that you are an energy. You are not this body of yours in this dimension. You are the breath of the Source in expansion in this dimension. You are the wind of change in expression in this dimension. You are Pure Energy shining your heart in this dimension. You are the Energy of the new Earth, the Energy of Love learning to manifest Love at the deepest level in your own life because Love, beloved ones, is the Life Energy. The True Life Energy that expresses its creativity in all forms, all colors, all frequencies; always experimenting more forms, more frequencies, more colors, more light.

Can you look at yourself or what you think you are, as an energy of creation? An energy that is creating? An energy that can create everything? An energy that has the power of Life, that is not separated from the Power of Life!

Absorb! Absorb the energy of these words! Welcome them inside your heart and choose to nurture them inside your heart so that these words become your truth. These words become your way of living. These words become alive inside of you, merging with all that you are in this dimension. Is it important?

Well...! Is it important to choose to be free?

Is it important to choose to feel Love, to feel Peace, to feel Harmony, to feel Joy?

Is it important to choose Love above all?

Is it important to choose yourself above all? The expression of the life that you are?

Everything is a matter of choice and consciousness.

Will you choose to recognize that all that you are now is part of your perfection? Will you choose now that all the experiences that you went through in this lifetime and past lifetimes were preparing you for this now moment? Were preparing you to carry the frequency of the heart that you now are shining in this world!

So today, beloved ones, I am inviting you to perceive yourself with my eyes, to perceive yourself with the eyes of the Universe. Know that this Universe is in admiration before you, admiration before your frequency, your colors, before all that you went through, before the colossal mass of wisdom that you carry inside you.

Will you choose to stop judging yourself, to stop comparing yourself? Will you choose to recognize the perfection you carry in the now moment?

You have all power to manifest your life with the color you choose to manifest, with the limitation you choose to manifest. You have all power to command your freedom, to command a new lifestyle connected with the True Life, connected with Consciousness, the One Consciousness. You have all power to decide: *“No more of the 3D limitation in my life!” “No more regrets!” “No more guilt!” “No more 3D limitation!”*

You can choose a lifestyle in harmony with the 5<sup>th</sup> dimensional qualities and attributes. You can choose to demonstrate and live a life with the Love Energy starting within yourself. If you choose: *“Today I am choosing Love, incorporating Love in all that I Am. I Am Love in action and this is my new way of living.”* You can choose that! And you can choose to experiment the changes that will come with that choice.

When you choose to manifest Love in all aspects of your life, you command the Universe to assist you to manifest the Love *All That You Are* in your thought process, in your emotions, in your actions, in your words, in *All That You Are*. You command the Universe to support your transformation but there is another factor. You can choose to think these nice words, to adopt these nice concepts and at the same time you can choose to still say: *“It will not work!”* You can choose to carry the belief that it is not possible for you.

You cannot choose to express Love in *All That You Are* and still carry your belief system with you. This belief system that is with you now, that you have carried with you from lifetime to

lifetime. If you decide to choose to express Love in *All That You Are*, you must choose to let go of the 3D beliefs, the 3D limitations and that must be a conscious choice, beloved ones.

That comes with a responsibility. It comes with an observation of the choices you make, of the thoughts that come to you, of the feelings that come to you. The ones, that are not in harmony with the Love that you choose to live and manifest, those ones need to be recognized. You do not discard them but you consciously have them, you recognize them as Love growing, an energy of Love. Do not reject that feeling, that emotion that is popping inside of you but accept it as part of you, as a treasure, and accept that the Love you have chosen to manifest is stronger than the feeling, the emotion that is showing up inside you. And that Love is so strong that it embraces this feeling with the Love that you are, that you have chosen to manifest

You choose to love this feeling of fear inside of you, embrace it, recognize it and melt with it. Love that energy. Say: *"Thank you!"* to this energy and welcome it in your heart with full Love because you are exercising yourself to transmute this energy with your own will power, the will power of your heart, the will power of the Love you choose to manifest.

This requires a commitment of not rejecting any side of you. To welcome each one of these sides of you with Love, without judgment. You Love unconditionally all that is inside of you. And with your will power, you choose to embrace this energy of anger, of jealousy, of hatred, you choose to love it. Say: *"Thank you! And now it is time to go back. In my heart I welcome you, I recognize you. You made me who I am now and now we uplift together. We uplift in the harmony, in the peace. I am not rejecting you anymore. We are together. I love you! Life loves you!"*

That is acting as a creator responsible of the energy that you have created, that you have chosen to experiment. That is acting as a creator responsible for what you wanted to experiment and bring back in realignment with the Law of the Oneness, the Law of Love, the Law of Harmony and Peace.

That is to recognize that you are a creator. A creator that is choosing to align your creation on the Love Energy. A creator recognizing and taking responsibility for all energy that you have generated, created, experimented. That is recognizing your power. That is choosing to act with Love, to feel with Love, to accept with Love, to welcome with Love all your creations from this lifetime and past lifetimes. That is to cross the door of all possibilities. To cross the door of manifestation based on you will, your dream, on your own choice of living.

You are invited in a magnificent, glorious adventure, beloved ones. As I am talking in this now moment, I am examining each one of you with much Love, each one of you. I am confirming that each one of you is ready. Each one of you has all the tools he needs. Each one of you has the support of a team of Guides from multiple dimensions to help you start a new way of living in

this dimension based on the Love frequency, based on the 5<sup>th</sup> dimensional attributes of Love, of Peace and Harmony. That is what you came to manifest in this lifetime, each one of you.

I am asking, inviting you to meditate these words, beloved ones. These words belong to you. I am pronouncing them to activate energies inside of you. Energies that you have been carrying for eons and that are waiting to be reactivated in this lifetime, today, in this now moment.

I am Sananda, your brother, your friend, if you want you can invite me in your heart to support you, to assist you, to help you to open a new door, the life of your True Life.

Thank you!