



## Aurelia

**Aurelia** - Good evening everyone! I am Aurelia! Am I surprising you?

**Group** – Yes!

**Aurelia** – I always accompany my foundations. You're part of my foundation, aren't you? I have many responsibilities in my new life, did you know that? Besides overseeing the ascension ceremonies, of course!

I came tonight to tell you about a subject that is dear to my heart. Try to guess? (Laughs ...) I'll give you 3 choices: emotions, emotions, emotions. (Laughter ...) It's not too difficult, I helped you! Yes, emotions.

Are you aware of the extent that these emotions, these energies or I could use the words "these consciousnesses" affect you? Do you know that the emotions you feel in your everyday life represent about 1% of the emotions that are inside of you? And 1% is a lot. If you observe what happens inside you, not only in your outer consciousness, but in your subconsciousness, that's where the plot thickens. I know that you know this but do you really understand it? That is the question.

Throughout my life on this planet, in the dimension where you live now, I thought I had worked out a great deal of my emotions. In fact, I was always saying that I was working constantly on myself and my emotions, but I did not realize that I was only scratching the surface. Only in the last months of my life, did I realize that I had only superficially covered my emotions.

You are made up of woven energies and consciousnesses that you are unaware of. This is the challenge that every human has to face.

If you observe during your daily life all your feelings and reactions to events and to situations that are around you, you can get an idea of your major emotions. The major lines represent the bulk of your emotional work because we could say that seven major emotions comprise 90% of the emotions that you have to work on. Seven major groups of emotions and most of the time, humans work only one of these groups in their lives. This means that you have a challenge to face with yourself! Isn't that wonderful?

We should at least celebrate this abundance, no?

What I realized, in my last months on earth, is that the governing emotions that I thought I had overcome during my life by facing my fears, by facing what was hurting me the most, only covered 10% of what I had to work out. The other 90% of emotions, of which I was not aware, were linked to my unconscious mind in my subconsciousness and the Montreal group, the people you know from the Foundation, helped me to get in touch with these unconscious emotions. When I say touch, I really mean touch in the sense that I heard the words, I asked for forgiveness, I became aware of the emotions or rather I was surprised to discover all these consciousnesses in myself. With all the years of work I had done on myself, I thought I was 90% clean. And instead of 90%, I ended up with a 10%.

So I come before you tonight to invite you to go inside you, to dare to open these doors that scare you. These doors, these emotions that make you uncomfortable when you think about them. These feelings of shame, guilt, rage, violence, pride, these feelings of impatience, of judgment, these feelings of hatred, of confusion. Any emotion that makes you lose your smile. Why do you lose your smile? In essence, these emotions are just energy. Energy that needs to be loved, nothing else.

Do you know that when we incarnate in this dimension, it requires great preparations? A lot of preparations and energy from all the dimensions of light Higher than the 3<sup>rd</sup> dimension. We do not come in the 3<sup>rd</sup>

dimension to pretend because there is a large investment from the dimensions of Light. If a soul wants to come in the 3<sup>rd</sup> dimension, it is to experience every emotion at 200%: rage, violence, pride, envy. You understand, at 200%.

And all this, in the end, is what? They are experiences, feelings, emotions that you want to feel, to live in order to see their impact. What is the impact of rage on the way of seeing life, of reacting toward others, toward yourself, toward this body that you are using, the objects around you, the air that is around you. What is it to feel and experience rage at its peak? We have committed ourselves to feel the 3<sup>rd</sup> dimension, to live it, to touch it, to experience it deeply.

When you, everyone here, signed the contract to say: “Well, I want to go see what it looks like in the 3<sup>rd</sup> dimension. I want to go feel the emotions. I want to go feel the mental body, what it does, how it feels inside.” You signed on the line but on the other side of the contract there were 98 lines for the Invisible World, who signed as responsible for helping you live this 3<sup>rd</sup> dimension, 1 to 98. Whenever a soul enlists or wants to come and taste or touch the 3<sup>rd</sup> dimension, there are 98-99 beings in the dimensions of the Light who rise and say: “Yes, we will support you with our love and we will take care of this and that, of this and that”. The soul never comes alone, it is accompanied by a team that works in all the dimensions to prepare its stay so that the 5<sup>th</sup> dimension brings the experience, the knowledge, the feelings, the awareness of the qualities that it will develop in the 3<sup>rd</sup> dimension. These qualities can be developed to such a level of depth and light only in this dimension. Someone who wants to practice patience in the 5<sup>th</sup> dimension, will not have the same color, the same taste as someone who wants to practice patience in the 3<sup>rd</sup> dimension. Because in the 3<sup>rd</sup> dimension, you are separated from the universe.

So when you signed on the line in the contract for this adventure, there were 98 lines on the other side. All these beings of all levels, of all dimensions committed themselves to support you in your work, in your discoveries, in your adventure. The 98 lines on the other side of your contract are related to your interior dimensions: the emotions, the unconsciousness, all that happens in your cells, your cellular memories, all these visible and invisible bodies that you use in this dimension and have duplicates in other dimensions. It's all interconnected. Everything works together. All these memories, all these consciousnesses, all these energies are in you. You are the center point of 360 degrees. Everything that is in your unconsciousness, in your mental body, your astral body, your boudique, Atmic bodies, etc ... represent the 360 degrees around the central point that represents your body. So, aren't you wonderful? Aren't you great and special?

Since I have returned to the Worlds of Light, I realize how precious is a human being and how he represents a universe, really a universe. Had I known what I know now, I would not have complained during most of my entire life. Those of you who know me are aware of this, aren't you? I liked saying: “Oh, I cannot wait to be in the Light! This life is heavy and difficult.” I loved it. Yes my little ego loved to complain. Yes, yes, I could have had a train of lamentation around me. So we were saying emotions, weren't we? It is a small digression that I wanted to do. Emotions, emotions, emotions! I invite you to look, to feel what is inside of you. Know that when you think you've discovered everything, there is still some! That's the surprise of the evening. Denise spoke of an autoroute not very long ago, the Love Highway. If you unconditionally accept these emotions in you, these energies, these consciousnesses. If they feel your love. If you cease to judge yourself, to criticize yourself, it's like you could in those moments, take some of the ocean that is in you and change its color, its vibration. If you visualize ... we'll do an exercise.

Let's say you think that you are a divine, extraordinary, heavenly and wonderful being and that you have never experienced rage in your lives. Just a small example! As you're convinced that you do not know rage because in this lifetime you've never experienced it or you only felt it a little. It was just a ripple in the sea of your emotions but you know that the word rage exists. You know that this emotion exists. So you sit quietly in your favorite chair or on your favorite rug for those who like to sit on the floor like Denise. You think the word rage and you ask the emotion to come and talk to you because you do not know it. You see, you are pure. You are almost there ... you will ascend in 2 hours! But just to be sure, you say: “If below the 10th mat, should there be a little bit of rage remaining from one of my incarnations, it would be nice to visit this little emotion.” O.K!

Then, after you are comfortably positioned with three glasses of water next to you (because it can be long, you see), you imagine that you discuss with the rage that is within you. It's very simple. Just pretend that you're talking to the rage in you, that you do not know.

By doing this exercise with an intention to cleanse, to clear the waters of your interior oceans that represent your emotions, your Higher Self will speak. You can ask your Higher Self to be the prime director, overseeing the operation dialogue with your inner rage.

In that moment, everything that shows up in your imagination, consider it. Do not say: 'it is my imagination, I'll ignore it'. No, no, no! *Especially, do not do that!* Ask the rage to come and present itself to you. You will feel things inside you or you will relive a situation you have experienced or you will see pictures or people that you do not know at all. It does not matter. Keep going with the discussion or the intuition or the images that come to you and make that rage talk to you. You are the person who questions the rage and you are the character who claims to be the rage in you and you play the game.

I tell you that you will be surprised with what you will discover in you, because you cannot imagine what is not in you.

This means that the images or situations that present themselves to you in doing this exercise is something that you have known in this lifetime or in other lives.

Continue this dialogue until you have resolved this feeling, until you have accepted it. Because you always end the conversation by saying that you acknowledge that rage as yours, that you recognize it as your child, as your creation, as an energy that you have created, that you have experienced and that the experience is now ending, and that from this day forward, you only want to know joy, light, peace. And you thank the rage and you imagine it being transformed into light, joy, peace, a flower, a balloon, a bird, anything you want.

You can try this little recipe with all the emotions you know, even with those that do not tempt you. This way, you will discover the population who lives in your unconsciousness. I tell you that I was very surprised to discover all that activity in my unconsciousness. Very surprised indeed! And if I had known 20, 10 or even 5 years ago, all that was inside of me that I was ignoring, I might have known a different ending.

I'm not saying this to get pity for myself. On the contrary, it is just a realization! This is an example! I serve as an example! (Laughter ...) No, somewhere it was part of my life contract because I had looked at all the possibilities, all that had to be resolved, cleansed, repaired, balanced and that would have required 5 lives so I put everything in one lifetime. Now it's over.

Do you have any questions? Not all at once!

**Group** - It must have been wonderful for you Aurelia when you left your body to finally meet your beautiful Ahnahmar!

**Aurelia** - Well! ... (Laughter ...) Yes, indeed! Anyway, I had already been seeing him for some weeks. In the last month, I was more in the Invisible than in the Visible. So, yes, it was charming!

**Group** - It must have been extraordinary!

**Aurelia** - Wonderful! But I'd like questions on emotions not on my new life. This will be for another time. I will talk about it in great length, width and thickness, in all you want but not tonight. O.K!

**Group** - Everything that happens as emotion, without thinking that we have imagined it, we let it move through us?

**Aurelia** -Yes, especially observe. Have you noticed these days that it boils inside? Well, this is wonderful bubbling. It is important not to repress, dismiss, remove, ignore these emotions. Light passes through you, literally. It brings up not only memories of your present life but also from past lives. And these memories

that you may not even recognize really have a grip on your life today. That's why they show up in your daily life when you're awake, aware.

These emotions that rise to the surface in your daily life, please do not reject them! They need to be welcomed, acknowledged, examined, healed. It is imperative. There is not one useless emotion in what you live. Ultimately, it is as if humanity was going through a super powerful Light tunnel. So powerful that you are obliged to notice what comes out of you because you look at it, you feel it and you live at all levels. You can no longer ignore what happens inside of you and, pleasant surprise, the light will continue to blow even harder, to push harder. There is really an acceleration and it will increase from month to month until mid 2010. So do not be surprised by what comes out of you, what you feel, what happens inside of you. Simply welcome it! Greet it with love and talk to it. These are energies, consciousnesses seeking to be accepted, wanting to be recognized for what they are. Are there other questions?

**Group** - Yes, let them move freely, transform?

**Aurelia** –Yes, it's better to transform them, tell them first that you welcome them because these emotions are your children, you know this! Each emotion is your creation. You've created it to feel what it was like inside, around you, in your thoughts, in your actions, in your heart. You wanted to feel it, taste it, know it thoroughly. So, this is not the time to say: "Well, I ignore you, I do not know where you come from but you do not belong here. I am not responsible for you"! No, no, no! Each human is responsible at 200% for everything that happens inside of himself, for every emotion he lives. So do not throw it out the window. This would be a shame. This would mean that the whole situation that you created to feel that emotion is energy wasted, energy that you throw in the trash. This is contrary to the laws that were created to ensure an environment that would allow you to experience these emotions.

**Group** - Yes, but if you are tired of the same poutine?

**Aurelia** - (Laughter ...) The poutine that we prefer is the word LOVE. We use it all the time. We can eat all day long, year after year, millennium by millennium, we do not tire of it. It's always new! It is the others that we like less: fear, resentment, pride, shame. Shame is a beautiful emotion.

**Group** - A beautiful indigestion, yes.

**Aurelia** - (Laughter ...) No, every emotion is a gift. It is a precious gift! Because every emotion describes a different flavor, a different vibrational level of the word love. It is always connected to one facet of love with a higher or lower vibration. The lower the vibration the more it disturbs inside. The higher the vibration, the closer it gets to the definition of Pure Love and True Love is the State of Consciousness of Father / Mother God the Creator. So you discover yourself. You taste the different vibratory rates of what love is and you can evaluate their impact on what is inside you, around you, on the universe, on the planet. Look at what is happening on Earth right now. Does the word LOVE vibrate at a high or low level?

When the word LOVE vibrates at a very low level, you are in the emotions of the contrary, the opposite. It is as if everything that is not Love hurts, upsets. Nobody feels loved, accepted, respected and you see the result. Those who have incarnated on this planet, wanted to feel, learn and experience the duality, the rejection of Light and Love to see what it would do. Now we see its effect at the planetary level. We must have gone very far in the non-love for an entire planet to know death, rejection, violence.

We can say: "Yes, we have practiced, we are well exercised in the non-love on the planet. Now we must look at them. We must repatriate them, heal them, accept them". By healing your Heart, you will participate in healing the entire planet. Is this not the goal?

**Group** - How does one know that the healing to do with one emotion is finished before one can start with another emotion?

**Aurelia** - Very simple! When you are at peace with the emotion, then you're done with it. For example, if you think of rage. You have talked so much to the rage that manifested itself in you that at some point there is no more rage inside, you only feel peace and light within you. Then you are done with this emotion. That is to say that you have transmuted this emotion. You have welcomed it. You have loved it. You have changed the vibration of the rage from Non-love to Love because you recognized the energy it brings you. You acknowledged that it brings you more understanding. When you're done, when you have healed the emotion, there is nothing that is stirred in you in relation to this emotion. It is peace, lightness, space, infinity, eternity. At that point, you have absorbed the energy of rage. You are one with it.

Know that when an emotion hurts you inside, it is because somewhere in you there is a rejection of yourself for having experienced this emotion. So there was a rejection of the emotion, a criticism, a judgment relating to this the emotion that is only energy, only a vibratory rate that you wanted to experiment to better understand it.

It is when you decide that the emotion is not correct that it becomes complicated. It is what makes humanity suffer so much, it is the self-judgment in relation to the emotions he feels and lives. Human judges things as being good or not good. And automatically, which is not good makes you look at yourself as evil, bad, unworthy to be loved, to be understood, to be embraced and welcomed. You behave the same way with yourself as you do towards your emotions. There is a 100% parallel.

While the Divinity in you accepts and embraces everything in an absolute and unconditional manner. It never judges, criticizes, evaluates, compares.

It's very important subject. So important, we could talk about it for three hours non-stop and we would not have covered 1/10th of 1% because these emotions are actually energy. It's alive. It is conscious. This is not something that exists for the pleasure. No! It is a live consciousness in you just as you have a living consciousness. When I speak to you, you answer me. You have the consciousness of being aware since you answer me, haven't you? Well, every emotion in you has the awareness of being alive regardless of you being conscious of it. It is a living energy that you must learn to know and love, that you must embrace unconditionally for all the gifts it brings you. Is that clear?

**Group** - *Basically, the emotions, especially the negative emotions are a by product of the ego and realizing this brings us closer to the difference. I know that being angry is a luxury I cannot afford. So at this point I choose to live it, to transform it into the light.*

**Aurelia** - Very well said. I will repeat for those who are on the internet. You said that negative emotions are mainly a tool of the ego.

**Group** - *A byproduct of the ego.*

**Aurelia** - Very well said, because the ego is the consciousness in the human being that wants to bring everything toward itself. One way to do this is to have you under its control and to this effect it uses those emotions that will throw you off balance, that will make you feel smaller than you are. As long as you think you are a small worm, your ego has it easy, doesn't it? It loves to make you feel like a small earthworm. It loves to make you think that you are not eternal and immortal, that you do not have all the powers, all the qualities and all the greatness of your God within, the Father / Mother God Creator in you.

Yes, it is a byproduct of the ego and it knows very well how to use it. Even the ego is a Light consciousness that is unaware of itself. You must become an observer of what happens in yourself, an observer of the thoughts crossing your mind, of the emotions going through you. When you become an observer, you detach from the ego, from this consciousness that has a total control on your life. We could speak about this for a long, long time. Very good point indeed! I think we've talked enough tonight. Do you agree with me?

So, accept these emotions. Accept these consciousnesses within you. Become an observer. Dialogue with these emotions, learn from them. You are an extraordinary universe with a potential even more extraordinary. This must be kept in mind. With these words, I wish you a great discovery adventure, the great adventure of your Heart emotions and your cellular memories. To the next time.