

Msg from One from The Great Silence

Listen, listen to what is going on inside of you in this now moment. Listen. I am one that you name The Great Silence. I am a Consciousness coming from the Great Silence. The Great Silence, what is it? It is the Pure Love of God, of Source, in all its Beauty, in all its Infinity, all its possibilities. It is this place that has a special connection with your heart.

This place that has all the knowledge, all the wisdom, all the Love you need in this present lifetime, all you require to support your own dreams. It is trusting yourself and the Power of Life inside of you, which is supporting you in all aspects of your life. It is that place in your heart where you can connect to the world of all possibilities, where you can connect with the Unconditional Trust of the Power of Life inside and around you because you know that everything is alive and part of Consciousness.

So, this place in your heart is called the “Secret Chamber” where your dreams can be fulfilled. When, with intention, you decide to go to this place in your heart, you indicate to Source, to the One Consciousness that you wish to be in contact with this Energy, that you want a privileged contact with Consciousness. You then realize that Consciousness is something that is part of you, that will listen to you. When it is listening to you, it starts working with you as soon as you have an intention that you will share with the Great Silence of your heart in the Secret Chamber. You will then be sure, more than sure, that this Universe is listening and already preparing all you need to support your creation.

You cannot go in the Great Silence and be in contact with it if you carry any doubt inside of you because doubt is not in harmony with the Great Silence, doubt keeps you out of the Great Silence. The Great Silence is that place inside of you that is in contact with all the possibilities available to you in this lifetime.

How do you approach the magic of life with question marks in the heart, in your head, and in life itself? It is impossible. Would you ask somebody to prepare a cake and you know upfront that this person does not have the ingredients to make it? Would you do this? No, you would go and ask someone who specializes in making cakes, because you know that this person has all the ingredients required: the flour, the eggs and the sugar. It is exactly the same thing.

When you ask something to the Universe and there is a doubt, it is like knocking at the door of “emptiness”, knocking at the door of “doubt”, which is not connected to anything. So, the advice I will give you in this now moment is that when you go in your heart, in your Secret Chamber, connect and contact the Great Silence and the One Consciousness where everything is possible. Make sure you are in the proper state of mind and in the power of feeling that you belong to Consciousness, that you are part of it, that your desire, your wish is already known because you know it is Consciousness that has placed this wish, this dream in your heart. When it has placed this dream in your own heart, it has already started preparing all you need to fulfill that wish, that dream of yours. It is that simple. It is not magical and it does not require you to have a PhD. It only requires your love, your trust, your unconditional trust and love. The Power of Life inside of you and around you will recognize that you belong to this Life, to the Universe since you are a part of it. All the Power of this Universe is inside of you. You are not separate from it.

It is like a drop of water: it is not separate from the ocean, it is part of the ocean. A drop of water is aware about itself, and at the same time, it is aware of all the ocean. Keep this image in mind and the feeling of belonging to this Universe, to the One Consciousness that is all wisdom, all knowledge, all possibilities and all dreams. You will feel that you are walking on a path of magic. When you open your eyes, you will see the connection between you and all that is around you. You will feel the messages that the Universe is sending you and talking to you.

How do you think this Universe is communicating with you, talking to you? Have you seen the Universe standing in front of you, talking and replying in your own language? Not yet. The Universe is all that is around you, it is using all that is around you to talk to you, to communicate with you. It talks all day long with you through the song of a bird next to you for example. The bird has its own reason to be there, singing in your ears at that precious moment of the day. There is a reason because nothing is a coincidence in this world.

The Intelligence of the One Consciousness is so immense, you cannot imagine the Intelligence, the complexity of this Intelligence around you. It uses everything: each kingdom, each colour, each frequency around you and inside you. How do you perceive intuition? It is a language. Which language? The language between you and the Universe, you and your soul, you and your Higher Self, which is you and is part of the Universe.

So, your intuition is one of the channels that is being used to talk to you and to tell you *“Hey, think about this. Why don’t you do this? Oh, choose that path instead of this one.”*

Do you realize beloved ones that this Universe is trying to help you every second; trying to guide you by using everything that is around you, including people, the animal kingdom, the plant kingdom. Everything around you talk to you, and you might ask: *“Yes, but wait a minute, I cannot check each tree around me in order to see if there is a message.”* No, it is much easier. The tree that wants to talk to you is calling you and naturally, you will just look at the tree and you will say *“Oh, this tree is so nice.”* But why are you looking at this specific tree instead of the other one on the right side? Just observe how your body is reacting to the environment. Why are you looking at this tree in this now moment? Why are you looking at this bird? Why are you stopping and listening to the song of this specific bird?

Observe your body: the cells of your physical body acknowledge and recognize the Intelligence of Life around you. Just observe your body.

- Why are you looking in a given direction?
- Why are you looking at this cat?
- What is the message?

The first rule is to observe your reactions. The second rule is: why am I looking at this? Why is this person talking to me this way? Why is this movie affecting me like this? The Universe is talking to you each second, each minute in order to guide you towards your happiness, your joy; that is truth. That is a sacred truth. It is one of the truths given by the forerunners of humanity, who are aware of this reality, aware of how the laws of communication work between the kingdoms and the human race.

I am inviting you beloved ones to observe your eyes: where is your attention? You are never looking at something for nothing, there is always a reason, always a message, always a word attached to the picture.

The third rule is to remember to observe so that you know. Ask yourself “*What is the message?*” To observe is one thing and to be conscious that there is a message is another. Asking “*What is the message?*” is the most important part of this action. If you don’t ask this question, Consciousness cannot give you the message because you are not connected if you haven’t built the bridge between your own consciousness and Consciousness.

By asking “*What is the message?*” you are inviting Consciousness to respond to you. Consciousness will never interfere in your life nor ever control you. It is waiting for your invitation to reply because this a law! Asking the question indicates to Consciousness that you are ready to receive an answer. If you are not ready, you won’t even think of asking “*What is the message?*” In this case, even if Consciousness tries to give you the message it would just go over you and not be noticeable to your attention.

So, do you realize beloved children how easy it is to communicate with the Universe using this physical body as a tool to guide you? It is by paying attention to what you are hearing, to what you are looking at, touching and feeling. Your physical, mental and emotional bodies: all of that is an indication.

An example of this: why am I feeling sadness now? Because it is something that is felt inside, it is a feeling, an energy; not exactly the same way as when you look at a tree. When looking at a tree you can feel admiration, peace, using the eyes as a starting point. On the other hand, when you feel sadness it is often sadness in your heart; it may have been triggered by a word, by someone looking at you or talking to you, or someone you looked at, etc. When there is sadness in your heart it is an indication that the Universe is trying to tell you something: “*Look at this: sadness energy has something to tell you.*” And it has a message about this, about you, to help you. But if you don’t ask, no answer will come to you. If there is no answer, change is not possible. Doesn’t it make sense?

Change: you have heard this word this morning, haven’t you? Somebody came and spoke about “*change*”, yes exactly, “*change*”. You are invited to the world of change. Do you feel that your world needs to be changed? Do you feel that you need to make some changes in your life? Do you feel change is in the air? Do you feel that change is in the political world? Do you feel that this Planet is changing? You are invited to say “*Yes*” beloved ones; say yes to change (we can hear some people saying “yes”); getting into new habits; a new way of looking at things, of thinking, asking, a new way of feeling who you are, a new way of experimenting, experiencing life in your physical body. It is so important, so important: that is why I am here today with you.

A question was asked to Denise by a lady: “When I ask the Energy and communicate with it, what happens when we take the energy out, what can we put in its place?”

Denise replies : Thank you for the question. There is no emptiness in this Universe beloved child. You cannot remove something and leave an empty space there, there will always be something there, there is energy all over the place. This Universe is filled with energy.

When with intention you want to remove an energy from your physical body: let's say you want to remove pain from your knee, because pain is an energy, focus your intention on removing the pain by bringing that pain energy between your two hands.

You are creating this reality in the multiple dimensions, by bringing this pain energy into a focal point.

First of all, you process this pain by taking this pain-energy from your knee and you transmute it into something else. The pain energy is between your two hands and you can even feel it. Using your imagination and your power, you transmute this energy into something else or you give it back to the Universe with a new mission, etc. Follow your intuition as to how this energy will be handled. You can even ask this energy how it wants to be healed. Trust yourself in the process.

Secondly, you need to bring the knee back into a balanced state. There is an energy in the knee and that energy needs to be assigned a mission. If you do not requalify the energy, the memory of the pain will give the knee the mission to be in the pain mode. All energy is consciousness and since there was pain there (in the knee) there is memory of pain there. So, focus your attention on the knee and install in it an energy that brings the knee in perfect harmony with the physical body.

So, there are two actions to be taken: taking the pain and transmuting it in Love or depolarizing it and requalifying the new energy that is there to be in full harmony with the knee, the people, the person, the etherical body, the physical body, the mental body i.e. all the bodies that are linked or have a connection with this place.

We hear another comment from a lady in the audience:

Sometimes it is difficult to say what we want, we are used to say what we don't want. So, the qualification that I am hearing here is *"I do not want the pain, I want Peace. And I repeat "I don't want sorrow, I want Love." This pain is not just what you do not want, but also what you want..."*

Denise replies: You know, as a Creator everything is possible to you. In fact, you do not need to remove the pain; it is one way of working with energy, you can just qualify that perfection is in this knee, perfection is resting in all the cells, in all the atoms of this knee, of this body and perfection is now manifesting.

If you really believe and you are one with your power, the cells of your knee will obey and there will not be pain anymore. Do you understand what I mean? The lady responds "I do". And this is one way of doing this, but for another person, there would be another recipe to use. The person could say *"I will sing a song to my knee and the pain will disappear because my song is a song of Love and the cells of my knee will listen to the sound of my Love and they will heal."*

Everyone has their own way of looking and receiving. Each way is good, providing that it is done with Love and that it is in harmony with the Love Energy and that you are being One with the Power of Life inside you. Because the Power of Love inside you is in full harmony with the Love Energy and it cannot hurt. It can only bring Peace, Harmony, and Perfection into balance. Does it answer your question?

The lady asks : May I ask another question ? Denise replies: Yes.

In our daily world...what would be the right advice to help us...every second, the day to day world ...what we are facing on a daily basis.

Denise replies : It's a very good question. It's a question that each human being is facing on Planet Earth. Very good question. It requires "*patience*". You know, I don't know if you realize that you are evolving in a world of consciousness, which means everything around you is alive, it has memories, it has frequencies. Your own physical body is alive: your thoughts and your feelings are alive because all energy is part of Consciousness. Consciousness is alive everywhere and is expanding, growing, and evolving. Each one of your thoughts is evolving because it is alive; it is made of consciousness. Once you understand this, you start to understand the path you are walking on. Each cell in your physical body is alive and has its own memory, its own consciousness.

So, it is a matter of focusing and setting an intention. You have to reprogram yourself. Let me give you an example: If you are swimming in a pool where the water is BLUE and now you want to swim in a pool with PINK water. So how would you change the colour of the water? You would change the colour of the water by introducing PINK water. You would have to remove the BLUE water. And slowly, slowly, all the PINK water would take all the place and the BLUE water would fade away. In a couple of days, the BLUE water would become PINK. Do you understand? It takes focus, faith, determination, because it is not only your willpower that is in action now. Each cell is in action, each thought, each memory is alive inside you. It is the whole Universe you are refocusing on. It becomes something else: this is the new me! This is my new life! It takes determination, understanding, compassion and Love.

With these ingredients you will get to the PINK pool very easily. Do you understand? But it takes focus, it takes faith, it takes determination, patience and Love. Because you bring each one of your consciousnesses that are part of you into this new vision by repeating: "My new life now is to feel the connection with All That Is. I now feel the connection with All That Is. I am connected to the wisdom of this Universe. This is my truth." By anchoring this inside you, you ensure it will happen. Because each time you say it, you reprogram your physical cells and they are listening each time; this is the new role, the new path. Do you understand?

It can be magical like this for the one that has accumulated the Energy of the Power of Life inside her/his own body from many past lifetimes and when you have accumulated the Energy of the Power of Life with your faith, your trust. As soon as you give a command, it is there because you have the power to realign all the energy consciousness of all your bodies all at once. Because it is like a big tide, like a tsunami, it transforms and realigns all the cells and the consciousness in one way. But if you do not have this power inside of you; this power, this confidence, this unconditional trust, unconditional faith in the Power of Life within you, you need to build it with your willpower by focusing. It can be much easier when you believe it is being done.

When you believe that each day you can anchor your connection with the Universe it gets stronger and stronger each day and it's like you are on automatic mode. Your decree could be: *"Today, I feel that my connection with the Universe is powerful."* *"Today, my connection with the Joy Frequency is powerful."* When you say these words with confidence, trust and awareness you are building the power that anchors the connection and it will act by itself. You command to realign the forces inside of you and throughout your day so that they can work on automatic mode. Consequently, one day you will truly feel your connection with the Joy Frequency and the Power of Source inside of you. But it requires faith; it is a work in progress. One of the reasons why we have this situation on the planet at the moment is that the frequency is too low as the density is very strong. So, playing with the energy requires a bit more effort, a little bit more faith and little bit more power from you. Do you understand?

Everything is possible: if you believe it is easy *"My connection with the Universe is powerful and I am grateful for life"* and you believe it, you give it more power, you nurture it and it becomes stronger. By giving it more power and energy, the connection will also happen faster. Do you understand? It is your creation.

You are creating your connection with Source with joy. To create the connection, it has to come from you: the power comes from you and you direct the power.

Those ones that are very high in the hierarchy who are handling and working with energy, which requires much wisdom and much Love, can take the Force and the Power of something else in another Universe, repolarize it and bring it into service here. But this is another story.

When you play with energy, you play with the Light, you play with the Love Energy and you have to know the Law, the rules, you have to know your power and the impact of this power.

Question: Is it possible to pick up energy as we play in the Light?

Answer: There is no emptiness and you are all interconnected. So, if you are very strong in your faith in the way that you feel the Power of Life inside of you, you can give energy; you are sending forth the Energy of Love, it is flowing and you become a flowing energy towards others. But if you are doubtful or afraid, there will be openings in your protection field. When there are openings, for example when you doubt yourself, it creates an opening in your subtle and invisible bodies. So, if you pass by someone who hates everybody, you will pick up this feeling and you will have even more doubt about yourself and about your abilities: *"Maybe I am wrong, maybe I did something wrong, I feel this thing in me, I feel bad."* Do you understand what I mean? The participant replies "yes".

The more you are in the power of your own life, the more you feel the Power of Life inside of you; the more you create an energy field of protection around you because it is the Power of Life that is surrounding you and nothing can come across this Power of Life except what is in affinity with your own heart. If you are full of Love, you are attracting Love and it is empowering you. You become a magnet for Love and you send more Love; it amplifies your own Love. You receive Love and you send more Love; it is a rolling ball.

So, it is very important to be joyful about yourself and to love yourself. Do you understand how important it is to love yourself and appreciate yourself? It is your biggest protection, it is the best protection you can have. But when I say “protection”, it implies something “bad”. You know, everything has a purpose in life, everything is in a mission; your fears are in a mission to help you detect what you have accepted as a distorted truth or a distorted belief or a distorted emotion: something not in balance with the Law of Love. So, fear is very useful, it is an indicator for you *“Oh, there is a little something to look at here or there. This way of looking at myself might not be the best way... Or, this way of looking at life might not be the best way... The way is in alignment with the Perfection of Life: Perfection of Life inside of me and around me.”*

You know there is no “good or bad story”, it is just a way of learning, to experience different frequencies in order to develop discernment of what brings you joy and what brings you less joy; it is only that, nothing else. Simply said.

Question: So, there is no such thing as good or bad?

Answer : It is like night and day. It is not a negative versus a positive. They have a different frequency, which helps identify the other frequency or different frequencies.

You know, speaking in terms of energy, remove the good and the bad: it is all energy. Energy that brings you joy, energy that brings you freedom or energy that brings you less joy and less freedom. It is full of unlimited possibilities.

Question: Some people have high frequencies, they get together on purpose for let’s say a gathering ...

Answer: Very good question. If you think like a 3D person, you are just adding 1 + 1 gives you 2, don’t you? So, you would say *“If there are three people, there would be more power than if there are two people.”* This is the 3D way of thinking. But in the world of all possibilities, that is the world of creation: it is your intention that is creating. One person with a high level of Love and a high level of feeling the Power of Life in himself, herself or themselves can create a planet or can dissolve a war: one person with a high level of Love.

Gandhi, what did he do for his country? A large country, one person! He brought independence to India: one person! Charged with lots of Love, lots of faith, lots of determination, because Gandhi was anchoring the Power of Life and focusing on freeing his country from the British Empire. So, it is not the number of people for sure. If there are ten people that come together and they focus on amplifying the Energy of Love on the Planet, they can multiply by one thousand. But, at the same time, they could say: *“Well, we will just send a little bit of Love to the Planet”*; it is their intention, the Power of Life is there to be used. But, how do they want to use it, how are they using it? It is another story. Is it clear enough for you?

We hear a “yes” from the lady, but Denise replies *“This yes is not quite sure.”* Then, we hear several people saying “yes” in the audience.

Question from the same person: Because sometimes we get together trying to be stronger, but at the same time, we are not in the right place or in the right vibration and the doubt can get worse instead of getting better. So, how would be the best way to empower ourselves? You already said it is “*slow, slow getting there*” What would be the right thing to do? There is no right or wrong... learn the symptoms... to help others... what would be the right thing to do? I just have to let them learn what they have to learn?”

Answer: Well, that is a very long question. But you know, you were listening to a song earlier “*All you need is love*”, when in doubt, call in the Love vibration and ask Life to guide you. You know what? One thing you have to realize: consciousness is in each human heart and uses each human being to expand Perfection and Beauty in this world regardless of what you are observing right now. Consciousness knows each one of her/his children with so much Love.

Everybody is a child of Consciousness. If you look at each one around you, you know that it is Consciousness in expansion and automatically your heart will be in the Love vibration because you stop looking at the physical human being. You see much more than that, you recognize Life in action, you recognize that Life is growing, teaching, guiding each one of his/her children and so you feel compassion.

So, what you can do, is love them all, love yourself, love being with people, love having this very special sacred occasion to be in a group that enables exchange. Maybe the exchange is not at the level you want, but still it is an exchange. And if with your heart you pour Love onto this group, to the people you are with, you amplify the frequency of their hearts. By amplifying the frequency of their hearts, you help them be more compassionate with themselves, more compassionate with the people around them. Together you are creating something magnificent: a place where everyone is growing, where everyone can expand. You are creating a nest of Love. In a nest of Love, only Love can grow stronger as Love is the Ultimate Connecting Energy in this Universe.

Where there is Love there is connection; where there is connection there is synergy. Where there is synergy creation becomes possible; creation at a higher level becomes possible. So, everything is magnificent: let Life guide you, let Life Consciousness guide the people in the group and observe the magic. You are just there to shine your love, pour your love and contemplate love. And when you are in this frequency mode, magic is possible, miracles are possible. Do you understand? We hear many “yes” in the audience. And this is good for each one of you.

When you are with your family, when you are at work, when you are with your friends, look at them as children of Life, children who are part of the expansion of Consciousness in this time frame of Planet Earth, children of the New Earth.

You, by looking at the people around you with these eyes, with compassion in your heart, you allow their soul to open new doors inside of them, you help them believe in Love, you help them believe in a world that can be filled with beauty, peace, harmony, abundance and respect. You open a door of hope for them. Right now, this is one of the most important mission on Planet Earth. Open the door of Hope for your brothers and sisters. Not by big discourse, not by big

opinions trying to control the way they think and what they believe in. No! No! Just look at them and love them as they are. Encourage them and support them in their dreams.

Nobody is asking you to convince them to believe in something else. Your highest mission is to love and support them and look at them as someone growing in their own perfection by trying out different types of frequencies, exercising their choices, exercising their emotions, exercising some situations, relationships. They are striving in this world so your best thing to do is to love them. Is it clear enough? We hear many “yes” in the audience.

So, feel the energy, it is a blessed moment. Where we are all together, feeling each other, feeling our own heart in harmony, blessing the Power of Life inside us, blessing this day where we choose to stop everything in our daily life. Sit and feel our heart, open our heart to the change, to a way of perceiving who we are, perceiving this life, perceiving this physical body that is a magnificent, marvellous tool to discover who you are, to discover how you are guided by this Universe in order to detect all the hints that the Universe is placing around you, above you, under you, all over you, inside of you : these emotions are also hints about yourself, isn't that marvellous ?

It is one of the most incredible adventure that is happening for each one of you, in this era, on this Planet right now. So, as I am talking in this now moment, you are surrounded by seven Consciousness of The Great Silence. They want to touch your heart in this now moment in a very special way to bless your life, to bless each one of your dreams, to bless your life. Take a few moments to connect with this Energy, this blessing from the World of Pure Love.

Thank you.