



I will take a few minutes to talk about Aurelia because as you are aware she did her transition last week on July 12th. She is now in the light with her brothers and sisters of Telos and she is so very joyful. Last Friday, we had a ceremony in the local to celebrate her new life and indeed it is really a new life for her.

In the last months, we wanted to support her efforts to change and expand her consciousness so we did many meditations and channelings for her, specifically to access and touch her unconscious energies. The energies that were residing and living a separate life in her subconscious mind and sub-bodies came to her. They presented themselves one by one and they challenged her. Each one asked her: "Do you love me and accept me as I am because you created me?" So Aurelia welcomed and blessed each one of them as her child. She really did a tremendous work and her consciousness expanded a lot during the last few months before her new life.

Everybody who was part of this journey was blessed by this experience. The most blessed was Aurelia herself. Even though she was in pain physically, she said in the few weeks preceding her transition that she would not change her place with anyone else. She was serene in this journey and she understood that it was important; it was the light path her soul had chosen. In one channeling, Sananda said that her soul wanted her to start with a clean slate, to go in the light, with each of her atoms vibrating, full of love, full of light.

Meditation

Imagine that altogether, we are forming a circle of light, a circle of love. We are holding hands and just by holding hands we feel the Sacred Heart's vibration, in our body and in the body of everyone participating in the meditation tonight. Imagine that we are one heart, one consciousness, one being, one energy. Feel this energy of love, of light expanding. Now, visualize in the middle of the circle we are forming, a sun manifesting and this sun is full of shining golden light. This sun is One with our consciousness and it is embracing each one of us. We are one energy surrounded by the light of the sun, by the light of God, of Christ, by the light of all the beings in this universe that are pouring their love on our group now. So feel this expansion of tranquility, calmness inside your heart. Feel this presence, this eternity. Take some deep breaths while you are listening to this energy singing in your heart, in each one of your cells, in your atoms.

Now, that we are one heart, one energy, one consciousness; visualize a rainbow in the middle of our circle, coming directly from the Great Central Sun. This rainbow has seven colors and each one brings a special consciousness with a name and the name is love... eternal love... exquisite love. Each one of these colors is love manifested with a special flavor, a special power, a special energy. Now, see a beam of light coming from these seven rays of color, seven rays of God towards your Sacred Heart. Feel this energy expanding in your whole body, in all the aspects of who you are; you, the eternal light, the eternal energy, the eternal consciousness. Feel that this energy is cleansing everything in you, every feeling, every thought, every atom, every cell, each of your bodies: physical and non-physical. Feel this power as love expanding in you. You are one with this consciousness, this energy.

Seven Rays

Blessings children of God, blessings children of the Goddess, we are the Seven Rays and we come tonight to bless each heart, to bless your energy, your consciousness, to bless each life. We are here tonight to celebrate

this moment in our life where you stand in front of us, using this form that you call your body, using these thoughts that you call your thinking, your way of life, using these feelings that you call your emotions, your waves. Yes, these emotions are waves in your body, waves in your heart, waves in each one of your cells as they manifest in your physical body from this body of yours that is non-physical. These feelings are energies, children of God.

So do you accept these feelings, these emotions as part of who you are? Or do you judge them and reject them? We come in front of you with the power of the knowledge, the power of the eternity, the power of the life and we are in admiration in front of who you are. We would like you to open your eyes to a new vision of yourself, of who you think you are. You are not what you see in the mirror. You are so powerful, so great, so magnificent and we come today to tell you only one thing. Accept who you are, accept these thoughts, these feelings inside you. They are just energies and what can you do with energy? You can bless it and love it. By blessing and loving each one of your feelings, each one of your thoughts, you learn to love and accept who you **think** you are. Only that, because who you **really** are does not need to be accepted, appreciated as it is already accepted and appreciated by the Great Central Sun. It is only **you** who has to learn to love yourself, to accept yourself, to bless yourself.

One way to do this is to let go of any judgment, any criticism. Do you realize that you are the one pushing God away from your heart by rejecting yourself? The Great Central Sun, the Creator, the Divine Father, the Divine Mother who is your brother, your sister, your mother, your father, you name it; give it the name you want, is part of you. You live with His life. If the Creator was not there to sustain your life you would not be here. Your form would not be alive, you could not use it. You understand? The only thing that is inhibiting the Creator, this part of God to manifest through your body is your consciousness of who you think you are. The thick wall that God cannot go through in your heart is the judgment you have against you. You close the door and you hold it close because you do not accept yourself. You do not accept that you are a child of God.

How will you come to accept that you are a divine being? By accepting, blessing, loving each thought, each feeling that you have about yourself. This point is so important. It is the difference between life and death. Nobody, present here in this moment, loves himself. You do not accept yourself. Notice how you think of yourself during the day, how you criticize yourself, how you judge yourself. Did you notice today what kind of thoughts you had for yourself during your daily activities? Do you remember? Do you realize? Do you? It would be appropriate, marvelous if you took a moment each day to love yourself. Find a place in your house where you feel at peace and take these few moments to cradle yourself in your arms like a little child and rock yourself gently as if you were the most precious thing in your life. Rock yourself with tenderness.

What we are proposing to you is a key. We give you a different way of thinking, of seeing, of believing in yourself, by blessing and accepting yourself. If you succeed in doing this you will transform yourself. You will transform your life into a magical one because by loving yourself you will open the door of your Sacred Heart and once it is opened it will connect with all the consciousness within you. You will realize more and more that your thoughts are the thoughts of the universe, that your dreams are the dreams of the universe. By opening your heart, by accepting unconditionally who you are without judgment or criticism, you will throw rays of light around you and each one of these rays will find an energy in harmony with its nature. This means that the energy that will be attracted with these rays of light will respond to your heart's energy.

I will give you an example. Let's say you love and accept yourself. By simply doing this, you will be full of joy because you will not be the person with a whip in front of you, hitting you all day long. Who do think is the being in the universe who whips you the most? It is you! You are the person, the energy beating yourself off all day long. So imagine your life if nobody was whipping you anymore. You would feel like a kid who can fulfill each one of his dreams because no energy is banging on your back, on your dreams, on your beliefs, on your

actions. Do you realize the kind of life you would have? It would be a paradise. So from this moment on, say: "I accept myself. I love myself. Each day, each hour, I am more perfect. I manifest my perfection, my eternity, my sacredness, the infinity." By cultivating this new way of thinking, by blessing who you are each minute and stopping the whipping; your heart will open and you will start seeing the connections between everything, between every consciousness around you and in you.

We will go back to the example we started earlier. It is a sunny day. You are walking on the sidewalk and you dream of an ice cream. You do not know where the ice cream bar is but you say to yourself: "I wish I had an ice cream, it would be so good. I am going to find one." You are just having this thought while walking on the sidewalk and all of a sudden a child runs towards you presenting you his ice cream saying: "I love you." Then he gives it to you and runs away from you, he disappears from your sight. This is how the magic would work if you accepted and loved yourself unconditionally. As the thought of an ice cream would come into your head, this thread of energy would go out and reach this ice cream and bring it to you, by magic. You would not have to think how to find the ice cream. The life around you knows you. You are part of the life. You are part of the universe, the consciousness of this universe who is there to fill all your dreams since you are One with the universe and the goal of the universe is to create happiness, joy, light, love, life. This is how life is really. So it is in your advantage to start loving and accepting who you really are because you **are** really a child of the Creator with all his power.

So start today to clean your garden. Remove all those stones, these beliefs, those feelings of guilt, shame, jealousy, poverty. Remove all these stones that are not in harmony with the heart of the Creator, of the life. Life creates only abundance, happiness, beauty, perfection. Look around you. Nature only creates beauty, did you notice? Nature will never leave a tiny spot with nothing on it. Each spot on the planet has a little flower, an herb, a stone, a tree, a bird. Nature does not like emptiness. It fills everything with beauty. Go in the forest and open your eyes. Admire the trees, the leaves, the water in the brooks, the stones. Everything is in harmony. You hear the sounds of the silence, the sounds of the perfection because in nature perfection can manifest. Why? For one simple reason: there is nobody there whipping the trees, the flowers. Everything celebrates life, even the smallest blade of grass. So imagine your life with those eyes now. Wouldn't life be magnificent? Wouldn't it be perfection?

So we give you a vision today. When you will take these few minutes to cradle yourself each day, imagine that you put on our vision. Look at yourself and your life through our glasses while you rock yourself with love. Review your day. Review how you treated yourself during that day and say: "Tomorrow will be better. I will love myself more today for the rest of the day and tomorrow I will love myself much more." Do this exercise each day and you can transform completely your life in a very short time.

We bless you, we bless each light, each heart. It was really an honor and a privilege to share these words with you. Blessings!

Sananda

Good night everybody, I am Sananda. Tonight I present myself with a new formula: good night. Do you like it? It is different! It is different as we start the new life for Aurelia. Yes my sister came in our world with a cloak of light and we were so joyful to see her. We celebrated her victory with her. She has gained much more love and consciousness in her heart in the last months. She has expanded her capital of light by 3 times what we had anticipated in this last life in this dimension. So she is a shining star among us now and we are really joyful to welcome her in her home, in her house, with her friends and family from Telos.

Tonight there is another celebration in honor of Aurelia, of her new life. We celebrate her courage and her dedication to the plan of the Creator for this planet, for this humanity and for herself because her plan of action was not an easy one. The last life was like ten lives in one by the concentration of the efforts, of the challenges to meet. She has succeeded in meeting one by one these challenges that were in front of her. So be joyful for your sister who is now in Telos. Joyful because we can really say: mission accomplished.

So let's celebrate this new life for Aurelia. We bless each one of your hearts with much joy tonight so that you can also celebrate this new era for Aurelia. She has regained all the glory she had before starting this incarnation. She is now a shining star in the sky of the universe. We hope you will accept joyfully this new reality for your sister. Most of my children on this planet were not foreseeing this end for her. They thought that she would be among you for many more years still. But since her mission was accomplished it was time for her to come back and celebrate her real life. So I hope that all your hearts are joyful for her and for her mission.

Tonight, you have received a special key of consciousness. What does it mean: key of consciousness? I could also name it, the key of "importance of what you think about yourself" because what you think about yourself is your biggest stone in your garden. In fact, it is the door of your garden and most of the time, for each human being on this planet, this stone is so big that he cannot see behind this door, this wall, he cannot see behind the beliefs. Do you understand? This belief that you have on yourself is so huge it cuts yourself from your source, from your roots of life, from your roots of light. So I want to ask you one question. Do you think it is important to accept yourself, to love yourself unconditionally? When I ask this question, 99.9% of my children say yes but they are answering with the head not the heart. The belief is so strong in them that they cannot accept this reality. When they repeat: "I am a divine child, I am the child of the Creator, I am an eternal being" they merely scratch the surface of their beliefs. Do you understand? The belief is like a volcano going to the core of your heart and burning. You may say: "Yes, yes I know. I am a child of God. I have known this for thirty years" but underneath this sentence is: "I do not believe you. It is impossible. Look at my stupid life. It is so full of suffering how can I believe that I am a child of God? Come on! You want me to believe that God is helping me, wants my best. You want to be to believe I can change my life when everything is going so wrong. You want me to trust you?"

When I say to you: "You are a being of light." How do you receive those words? How do you accept these words in you? Do they stop between your two ears? Can you bring these words in your heart so that they can shake your heart, your beliefs, shake your feelings for yourself, for God, for the Christ, for the life, for Jesus, the planet earth? Do you hear my words? I would like you to meditate on these words. I would like, after you have rocked yourself for five minutes and told yourself that you are such a magnificent being, that you are so full of light and love and dreams; that everything is possible for you. After those five minutes, I would like you to go in your heart and scratch under the surface and find what you really believe about your Higher Self, this divine God, this divine being that is supposed to love you, help you, embrace you, accept you.

By doing this, you will be asking yourself the real question and you will be able to feel the real thing inside you: "I hate you God, you left me alone on this planet. You left me with all my burdens, my sufferings. You abandoned me, I cried for your help and you never helped me, in so many lives." Or you will hear this voice say: "I feel so lonely. Nobody listens to me, not even God. I am asking each day to have a magical day, a magical life and what a situation I am going through. Nothing goes well at work, at home, with my friends. How can I believe that God is my best friend in the universe?" I could give two thousands of these thoughts about God, about how you see the life, how you see yourself.

I just opened a small door tonight for you to discover a side of you; to experiment, to feel these energies inside your heart, the real beliefs that keep in your life your problems, your sufferings, your limitations. These are the

real things that hold you where you are now. Do you think I am using the right words tonight to help you go inside and discover what you really think?

May this door open wider in your heart! This door that could change your life forever. Blessings eternal beings! Blessings my children! Blessings perfection manifested!

Mary

My name is Mary. How are you? We have changed our introductory sentence tonight, have you noticed? Isn't it a new era? It is an era of celebration for Aurelia and for each one of you. Yes, Aurelia came to sow a seed of light in the heart of the human beings and the human being has opened his heart to accept this seed of light. That seed of light has the signature of the Creator, of the Great Central Sun, the Father Mother God. Today, we celebrate the opening of the Sacred Heart of the humanity. We celebrate the new life of Aurelia who has filled her contract, accomplished her mission. So it is a new era where you have to water the seed with our support. Isn't that great? Don't you think you have just found your mission? You are alive and kicking, full of joy and you have nice seeds of love and light to water in your own heart? And as that the seed grows and expands you will become a magnificent flower, a magnificent tree. You will become the perfection manifested: who you really are in this dimension and in the dimensions of light. So isn't this a great day?

The very moment you will accept yourself unconditionally in this dimension, in this space of time; at that very moment you will become the manifestation of who you are and all the veils will fall apart. Do you know that? So from my point of view, you are very near this new consciousness of where you are One with the universe, in energy and in consciousness. Where you see the relation of everything surrounding you, not only in your eyesight, but also on the planet, on the sun, the moon, the solar system, in the galaxy, in this universe to the heart of God because once you accept yourself, you accept the love, the light and the life of Father Mother God. As soon as you accept this and you live it YOU ARE this consciousness, YOU ARE the one, YOU ARE part of the universe, you are aware of everything.

It looks simple and it is simple. That bridge between the consciousness that you have now and the consciousness of the one, that bridge has a name and it is called LOVE. Can you repeat it? You've got it. You are so near the light. Just love yourself. It is easy! I trust each one of you to do it and that you will succeed. That little voice that just came in your mind. Just rock it with love and acceptance. Simple!

So in the name of eternal love, I recognize your greatness, I recognize your victory. Blessings!