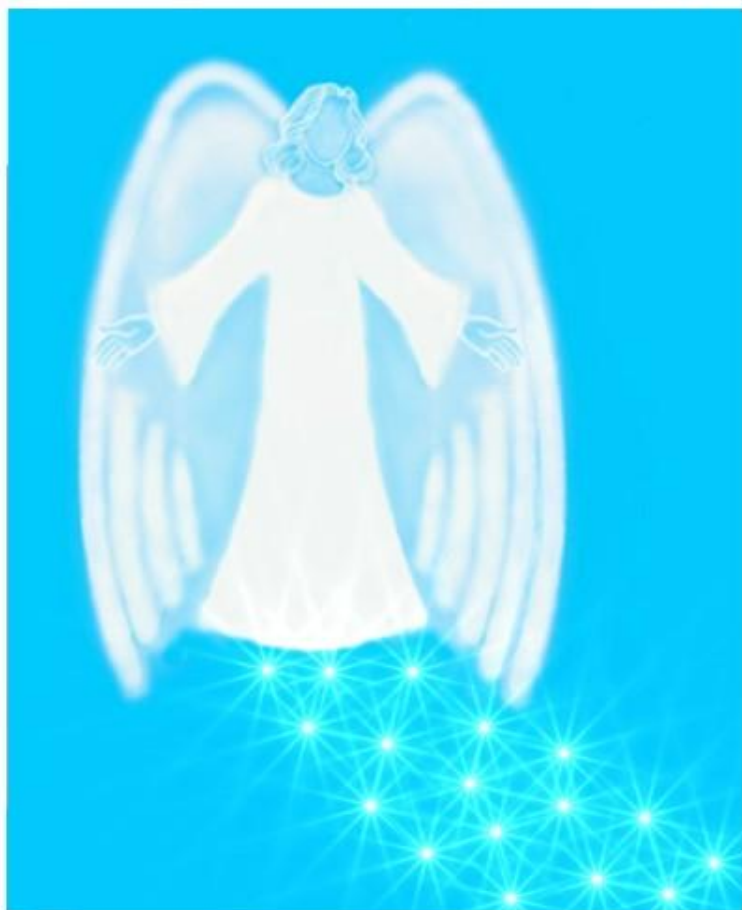


*Satya*

*Heal yourself  
and help heal*

*The Angels show the Way to healing*



*Satya*

*Heal yourself and  
help heal*

*The Angels show  
the Way to healing*

*To my actual  
Travelling Companions*

*To You my joy and gratitude for having listened to the call of the Soul that made us meet again, recognize, love and realize the purpose of our Souls.*

*Thanks for living with me this unimaginable adventure where, supporting us and loving us, we learned how to:*

*overcome any obstacle with courage,  
resist with the strength to any difficulties,  
tackle any challenge with determination,  
rediscover with joy our Essence,  
love with simplicity and freedom  
help with humility and respect,  
play life as joyful children,  
abandon ourselves serenely in the arms of the Angels.*

*I am happy to walk with you.*

*I love You.*

# *F*oreword

*This is the 3<sup>rd</sup> of a series of books, which contain many messages given by the Angels through channelling.*

*With Their loving and clear words, the Angels help us to:*

*feel accompanied, loved and protected by Them;*

*learn to establish a dialogue with Them and feel them as our amazing Friends;*

*discover within ourselves our own Human and Divine Potential that we all possess, to experience it fully and express our whole Essence;*

*understand feelings, emotions, sensations that we carry in our hearts so that we may manifest them, or transform them, or transcend them so that our heart may feel light and joyful;*

*know the meaning and purpose of our life to live intensively and seize all possibilities from every opportunity;*

*love ourselves, others, and everything that surrounds us, including all the Creatures in the Universe both visible and invisible;*

*live each relationship peacefully, loving with unconditional Love, compassion, forgiveness and in total freedom;*

*give humbly and simply to help those in need we meet along our journey;*

*give to ourselves all that our body, heart, and Soul require to build a strong body, a fulfilled heart, and a free Soul;*

*be free and let everyone be free to live in harmony, and in peace.*

*Other messages give us awareness about our own Evolution and Ascension on Planet Earth, and on the current cellular transformation.*

*The messages have been organised by subject, and divided in several books to follow you on your path of personal growth and evolution.*

*To help you on this journey, I have decided to list the subjects treated within each book.*

1<sup>st</sup> book: - *Your hand in Mine* -

*Gifts of Love of the Angels to live life joyfully*

*Meeting of two Luminous Souls*

*(Recognize us as free Souls on their journey towards the Light,  
and live the purpose of the Soul)*

*Who is your Angel, how to perceive Him,  
and how to live a relationship with Him*

*How to talk to Angels:*

*Prayer*

*Silence - Meditation*

## *The breathing*

*( Through breathing we can bring Love, Light, and everything we need within us. With it we allow everything to flow naturally, we merge with the Universe, and find peace anew )*

## *The Nature: a home, a school*

*( We can rediscover Nature as a place to regenerate and strengthen our body, the source to restore and fulfil our heart, the means to nurture the Soul )*

## *The Love*

*( We can learn freedom in Love, that which unites without tying, discovering the new kind of Love by loving all and everything )*

## *The joy and the smile*

*( Joy attracts, and smile protects: by applying both we can give Love and Light )*

## *The gratitude*

*( It reminds us of all that we already are and have, in doing so it attracts what is necessary to us )*

## *Recognizing who you are, recognizing your*

### *Essence*

*( We are the Children of the Light, the Sky, the Earth, we are a Gift of Love.*

*Within each of us there is a Child, a Warrior, a Traveller, a Pupil, and a Teacher; recognizing that we are all of these aspects, we can give them the necessary space, and express them accordingly in the various situations in life )*

## *Expressing your Essence*

*( As we live out the Divine within us, we can manifest our inner Light, give Love, our 'Scent', our 'Colours' )*



2<sup>nd</sup> book: - *I am beside you* -

*Gifts of the Angels to transform you life  
with the power of Love*

## *Reincarnation and Past Lives*

*( Angels define 'Past Lives' the collection of journeys lived,  
and all the experiences we have had through them.*

*It is possible to own anew our Past Lives and allow it to come  
to the surface in a very natural way, with a sense of peace and  
without trying to know and remember, but with the certainty  
that it will happen at the right time whenever we are ready for  
it )*

## *The Awakening of the Soul*

*( With the term 'Awakening' we describe what happens when  
we begin to comprehend that we are free Souls, and therefore,  
creators of our own experiences )*

## *Life: meaning and purpose*

*( The life we live now, is but one of the many journeys from which our Soul has chosen to grow, evolve, and become more luminous.*

*It is a great portal to infinite purposes. Day by day we discover new aspects of it, and we understand new meanings and objectives )*

## *The personality, the ego, the 'self'*

*( To know our personality is functional to discover our Luminous Essence.*

*Our beauty shines and our talents can be expressed when we let go of our ego and 'Self' to give room to our Soul's wisdom )*

## *Humility and Simplicity*

*( Holding a humble attitude gives room for our pride and our 'greatness'.*

*Live with simplicity of heart and Soul )*

*Expressing the Power of Being,  
the Power of the Soul*

*( The Power of Being and the Power of the Soul are the inner strength that each of us holds within.*

*They allow us to live our Essence fully, express all our feelings and emotions, fulfil our heart, and give us power to experience everything )*

*How to relate with body*

*( Learn to transform your body into a strong and luminous one so that all its 'colours' may shine bright.*

*Discover its language to love it and create within it the alchemies we wish to experience )*

*Being able to surrender*

*( To 'surrender' is a state of the heart.*

*'Surrendering' means to allow what our Soul has chosen beyond our immediate reality, and learning to live responsibly)*

# *How to live life, daily life, job*

*Fall in love with the Light and Love*

*Rise to Heaven*

*Angels as an example*

*Love all the Creation Speak with the real invisible world*

*Take in your arms your inner Girl*

*Walk with enthusiasm, experience everything as a game, smile, sing, dance*

*Join responsibility and commitment, to intensity and lightness*

*Live 'touching' the world*

*Uniqueness and Individuality*

*Wish to stay isolated*

*Live the present*

*How to live emotions*

*What to do to increase the feeling*

*Importance of choices*

*The conception*

*Dissolve fears and doubts*

*Understanding the meaning of weariness, of difficulties, of sufferings, and how to overcome them*

*How you can live the daily life, job, holiday moments*

3<sup>rd</sup> book: - *Heal yourself and help heal* -

*The Angels show the Way to healing*

## *The 'Keys of Light'*

*There are 'expressions' that are necessary to live serenely, to manifest our Luminous Essence, to achieve peace, to fulfil the heart, and to walk on a path of growth.*

*They open 'invisible doors' that allow the Soul to access new dimensions, unimaginable before, but so unspeakably beautiful while at the same time, they close the doors to all that causes difficulties and suffering and to that preventing us to receive help from the Angels and their gifts.*

*This is why we can define them as 'Keys to the Light'*

*Some of these keys are:*

*Observing the present moment*

*Courage*

*Clarity*

*Awareness*

*Responsibility*

*Integrity*

*Equilibrium*

*Strength*

*Assertiveness*

*Candour*

*Sensibility*

*Lovingness*

*Calmness*

*Patience*

*Compassion*

*Acceptance and Respect*

*Forgiveness*

*Humour*

*Self-esteem*

*Motivation*

*Determination and Prudence*

*Discipline and Constancy*

*Openness and Positive thinking*

*Letting go of the past and being able to  
adapt*

*Living in solitude without feeling lonely*

*In additions to these keys, there are some already present in  
previous books or they will be in future publications.*



# *The way of healing*

## *Meaning of disharmonies and suffering*

Means of healing

Call of the Soul and of the heart

Call of the Soul to conclude, to dissolve  
or to heal the 'Past Lives'

Non-expression of one's Essence

Presence of thoughts and non-luminous feelings

## *What the healing allows*

More serenity and fluidity in the interpersonal  
relationships

Becoming new – living the new – walking on the Path  
of the heart

Possibility to give the true help

Possibility to enter in the total silence,  
in the deep meditation

Understanding life

Possibility to create

*Discovering the Healer that is within us*  
*How the inner Healer can act*

Healing with hands and heart

Healing with the Light

Healing with Nature

Words - Sounds

Positive thinking and Visualization

Tears

Meditation

Love

*How to choose the means and way of cures*

*Accepting oneself and others*

*Accepting disharmonies and difficulties*

*Thanking*

*Observing the past to heal, understand, forgive, love*

*Daily life as a means of healing*

*Creating changes*

*Acting with intensity*

*Asking for help: why it is necessary and how to ask for it*

*The expression of the heart*

*Sharing, giving, receiving*

*Inebriating the mind*

*Letting go of what is inside*

*Fear to open the heart, to share*

*Fear of the inner work and of what growth requires*

*Fear of the not understandable, the non-visible*

*Dissolving doubts and difficulties*

# *Reciting to become, to heal and to create*

*Our attitudes, the expressions of our face and body influence our mood, they can penalize or help our actions, modify what surrounds us, and influence the people around us.*

*If we find it somewhat hard to open up and express what we hold within, what we wish to manifest, what we feel is right, useful, and beautiful for us, we can help ourselves with Recital.*

*When we recite, we are able to release blocks and obstacles that were previously preventing our expressions, all the veils that were precluding the true vision of our life, the surrounding world, and ourselves, fall off.*

*Recital is, therefore, a great tool to understand, discover, heal, become, and create.*

4<sup>th</sup> book: - *Helping with*  
*Light and Love* -

*Rediscovering the Art of helping with the Angels*

*The art of helping and giving*

*People you can help*

*Nature is calling upon us*

*Simple 'examples'*

*Collaborate with the Angels*

*Would you like to collaborate with Me?*

*I will help your Souls to meet*

*How to relate yourself with others*

*Listen to your Soul*

*How to prepare yourself*

# *How to help and give*

*Giving, giving yourself, becoming a 'Gift'*

*The joy of giving*

*The 'privilege' of being able to help and give*

*Discerning*

*Perceiving the needs*

*How to listen and answer*

## *Guidelines to the reader*

*The feminine genre is used, since Angels address you as Luminous Soul, to the female 'welcoming' side that is inside each of us, beyond the male or female body accompanying the Soul along this journey.*

*Has been used a capital letter for those words we felt it was important to stress the intrinsic meaning.*

*These Angelic messages have their own linguistic structure, and emanate vibrations that resonate within the heart and Soul.*

*I decided to use a pseudonym so that you, Luminous Soul, could feel me and think of me as an equal Luminous Soul as you.*

# *I*ntroduction

*Hello Luminous Soul,*

*I am happy to be able to share with you the messages given by the angels to help us understand the meaning of suffering and to show us the 'Way of healing'.*

*In our hearts there can be injuries that we do not know, because they are caused by something we removed, or by events experienced in previous lives (Past Lives).*

*Often, our heart aches for what we are aware, but we do not know how to act to bring in it the joy, the peace, the lightness. And if we know the way, many times we are afraid to follow it, because we are still afraid of suffering healing wounds.*

*The Angels take us by hand lovingly, they instill us courage and strength, they walk with us on the 'Way of Healing', reassuring us in everything, at all times.*



*They accompany us to discover the roots of wounds without any fear, to remember without suffering the causes of disharmonies, they give us the necessary balm.*

*They teach us to accept physical pain and to give loving care to our body.*

*They show us where to take one's eyes to know the origin of all disharmonies, at all levels.*

*They give us the awarenesses that allow us to raise our vibrations to prevent any disease.*

*They offer the 'Luminous Keys' to close the gates of the past and to enter new dimensions, where the magic of Love, Miracles of Light happen.*

*They lead us to reciting in Their 'theatre' to transform our life into a game, to live it as a joyous adventure.*

*Let us give with confidence the hand to Them, confident that our Soul knows the 'Luminous Keys' and can 'use' them.*

*Let us leave our inner Little Girl free that will accompany us to 'play to life', reciting with enthusiasm.*

*We will learn how to stay close to those suffering while they live their healing process, through methods, techniques and supports that they choose freely and in which they believe.*

*So we will be able to give our Love unconditionally, to offer all necessary help and our friendship, to share what we know and the experiences made.*

*We will come to donate also ourselves, to leave totally free and to stay calm whatever happens or not.*

*And our inner Children will be able to play together in the 'theatres of the Angels', while our hearts will fly in the magical world of the Soul.*

*"Every illness, every pain, every disharmony, at all levels, appear as cold and heavy stones.*

*Enlightening them with the Light and enveloping them with Love, they will turn into 'precious gems' for the Soul."*

I

*The 'Keys of Light'*

## *Comment*

*Beloved Luminous Soul,  
in the two previous books we have seen the importance of  
certain expressions.*

*In the 1<sup>st</sup> book *Your hand in Mine*  
the expressions:*

*of Love,*

*of Joy,*

*of Smile,*

*of Gratitude,*

*of Prayer,*

*of Silence,*

*of Meditation,*

*of Expression of one's Essence,*

*In the 2<sup>nd</sup> book I am beside you*

*the expressions:*

*of Choices,*

*of Humility,*

*of Simplicity,*

*of Abandonment,*

*of Enthusiasm,*

*of Game,*

*of Song,*

*of Dance,*

*of Responsibility and Commitment,*

*united in the Intensity and Lightness,*

*These expressions are essential to live peacefully, to express our Essence, to achieve peace, to satisfy one's heart, to walk on a luminous Path.*

*Angels help us understand their importance, what we can guess when we live them, what we can understand as they express them in all, continuously.*

*This, because each of them opens a 'door', behind which there is a new dimension, unimaginable before, that cannot be described in words.*

*For this, we can define the: **Keys of Light***

*From personal experience, I can confirm that these 'Keys of Light' open the door to wonderful dimensions that I am still experiencing, and, at the same time, close the doors to what creates difficulties and suffering, what prevents from receiving aid from the Angels and their gifts.*

*Of course the 'Keys of Light' are innumerable, all of great help for ourselves and in our relationships.*

*So are they when we choose to give our help and our experience to those who are beside us or we encounter on our journey.*

*Some of them are:*

*Observing the present moment*

*Courage*

*Clarity*

*Awareness*

*Responsibility*

*Integrity*

*Equilibrium*

*Strength*

*Assertiveness*

*Candour*

*Sensitivity*

*Lovingness*

*Calmness*

*Patience*

*Compassion*

*Acceptance and Respect*

*Forgiveness*

*Humor*

*Self-esteem*

*Motivation*

*Determination and Prudence*

*Discipline and Costance*

*Openness and Positive Thinking*

*Letting go of the past and to be able to adapt*

*Living in solitude without feeling lonely*

# *O*bserving the present moment

## *C*omment

*The past is no longer ours.*

*Although we recreate a situation exactly equal to a previously lived one, however we cannot live it in the same way, feeling the same emotions, because something in us has already changed: we change moment by moment.*

*The future is not in our hands yet, and as long as we have something, we cannot enjoy, savour, use.*

*So the present is our only richness. It is the only time that we can live, in which we can act.*

*And the present is made of 'moments'.*

*All Masters invite to live with full awareness the 'here and now'.*

*It is an immensely important, vital achievement because it gives us a chance to live life fully, to seize everything the moment gives, creates and allows.*

*At the same time it leads us to donating, creating and allowing. It gives us the opportunity to love totally, to savour completely, fully exploit everyone and everything.*

*So regrets, guilt, bitterness will not raise for what you have not lived, done, given, taken, permitted.*



*In the heart there will be the serenity and peace for having always given space to all this.*

*If we observe carefully the present moment, the thing we are doing, what we are experiencing, we will be aware of everything, fully, without interruption, and, therefore, we will act with responsibility.*

*In this way, no situation, person, sensation, emotion, feeling, will lead us to reacting, nor overwhelming us.*

*Reflecting ourselves in the present moment, we will know ourselves, and recognize all what is within us.*

*If we live consciously the 'here and now', we will express our Essence, we will manifest our choices.*

*Holding the attention to the present moment, the mind will move away naturally.*

*This allows that in the heart fall the true knowledge, wisdom, intuitions and messages of the Angels. In it all our talents will awaken that attention itself will allow us to live at all times.*

*So we have the possibility to express all our human and Divine potential.*

*If we are in the 'here and now', we do not scatter energy in concerns and anxieties, thinking about the past or the future.*

*Indeed, the physical energy, psychic and mental clarity will increase.*

*We will not make anything out of habit and without realizing it. We will live in the same way small or big things, the daily or exceptional ones.*

*Consciously experiencing the present moment, we will enjoy fully the Love that will play that moment of infinite beauty and preciousness.*

# Courage

## Comment

*I believe that the courage is a 'Key of Light' we also used before the birth: the Soul already manifests courage when she chooses to incarnate on the Planet Earth, where evolution occurs overcoming obstacles, difficulties, experiencing sufferings, almost always in forgetfulness of one's Essence, of the chosen project, the lived Ancient.*

*Remembering that what the Soul chooses to live requires less and less of what there is in our potential, we can be sure that inside us there is also the necessary Courage.*

◇ *To rejoice what we are courageous of, we observe the things of our lives that require us constantly to 'use' this 'Key of Light':*

- to face difficulties;*
- to overcome obstacles;*
- to accept what happens and what surrounds us;*

- *to live the interpersonal relationships in freedom, without suffering or making suffer.*
- *to make the necessary choices;*
- *to take steps and actions that require choices;*
- *to be consistent and integrated with the choices made, with what one says;*
- *to express one's thoughts;*
- *to say and tell oneself the truth;*
- *to speak clearly;*
- *to leave free;*
- *to respect everyone, fully;*
- *to express the feelings, the emotions, the sensations;*
- *to share fears, doubts, difficulties;*
- *to act with determination, intensity and responsibility.*

◇ *And if you have chosen to grow and evolve as Free Souls, it is necessary the Courage also to:*

- *walk on a Luminous Path;*
- *express one's Essence;*
- *live the learned of the Soul;*
- *act with the Power of the Soul, the Light, remembering to be Divine Sparks;*
- *manifest one's Creed;*

- *testify in all that is lived, what we have manifested;*
- *detach from oneself, from one's own personality, needs, fears, etc .;*
- *detach oneself from everything and everyone, to have a real and complete vision;*
- *challenge one's convictions and beliefs, learned during life;*
- *live outside the patterns, convictions and social beliefs when they are contrary to our choices, hinder the Path, restrict freedom.*

◇ *And above all it takes courage to:*

- *'travel' towards oneself;*
- *find oneself completely;*
- *accept oneself fully;*
- *recognize what and who hurt us, who did not love us or does not love us and forgive unconditionally;*
- *observe what the heart contains, also what is not of Light and Love;*
- *'touch' the wounds of the heart, and seek for the causes and roots;*
- *recognize what the physical disharmonies express, require, and act consequently;*

- *choose to live and do whatever healing requires;*
- *dismiss the mind to live and learn only with the Heart*
- *go beyond the needs of the heart to follow the Soul;*
- *leave people, safeties, benefits, to be consistent and free;*
- *live abandoned, in total confidence;*
- *leave the heart wide open;*
- *love unconditionally everything and everyone;*
- *give Love in all its manifestations and expressions*

*And all this: always, anywhere, with anyone.*

*If at times we do not feel the courage to do something, we ask our Angel to help us and fill us with His strength.*

*This will awaken the strength that is within us, and it lets us feel ready to go into action.*

*In the action we will feel the essence of Courage, because it is a flower that comes from the 'Strength of the Soul'.*

*And let us never forget that nothing is impossible when we act with the Angels, in the Light, when we hold tight the hand of our Angel.*

# Clarity

"... It is the Clarity in oneself, in one's own feelings, desires, needs, it is making Clarity around oneself, that leads to peace. When all is illuminated, fully and with everyone, we are placed in a clear way, many things change for themselves. Others are easy to change because they have been recognized, others require a new commitment or they might let go. "

"... Clarity must be accompanied by compassion, lovingness, humility.

Those who choose to see clearly, to hear clearly and to speak clearly, can find themselves in situations that require firmness. And here there is a risk of making feel the hardness if there is no compassion and humility.

With these, combined with the memory of one's difficulties, the Clarity will always be surrounded by lovingness.

So, although expressions can be intense and steady, the listener will never feel any hardness. "

" ... We also help you with Clarity, always and in everything. Sometimes you can lose your Trail, you can stray in the world, you can look away from heaven, and not realizing it. With Love I will help you recognize this, so that you can resume the Way with a new safety. Therefore, this help and all My helps, feel them just as clarities I give you because I love you infinitely, because I want your happiness, because My task is to help you experience the purpose of your Soul and reach your goal. Bring Clarity as a gift of Light and Love, too, and do not observe or judge anything that doing so will create or not. In your heart there be the certainty that no donated ray is lost. The occasions that require you to be clear may be many in a single day. So, pay a lot of attention to all of your daily routine, to everything you live, in order to always act in a clear way, to always make Clarity in you and around you, fully, everywhere, at all times. Clarities are essential because Light does not allow any shadow. "

Question:

*I chose to bring Clarity in my entire life, but I fear a little to lose what I have, what, at times, gave me the strength to go on, although now I have realized that many are illusions.*

Answer:

"Those illusions removed the strength from you, they did not give it to you.

Illusions never give strength, indeed, they also create the illusion of strength.

Look at your past, and you can see that your strength came from other sources, and you have always got a lot of strength.

That strength did not come certainly from illusions that always blur and suffocate it. An illusion can deceive your mind, it can deceive those who are beside you or whom you meet, but it cannot deceive the deepest part of you: you cannot deceive your Soul.

That is why the illusions create disharmonies in and around, and remove the strength.

If you want to live in Clarity, this will bring you the true strength, and will always illuminate what takes it away or diminishes it.

It is the mind that makes you believe what you fear.

If you observe those who behave clearly, you see they become stronger in everything.

Clarity gives the 'Soul Force' that nothing and nobody can take away, and it also increases physical strength.

For this, let go of your fear created by the mind, saying:

*– I am strong and I am acting with Clarity to become even more so, to use all my strength – .*

In you there be always this certainty, and ask Me for help.

Now you cannot know how acting and expressing yourself always in clear way, takes you and will take you, which is why you fear: the mind fears all that is unfamiliar.



Merge to Clarity the joy and the pride of having the courage to live like this, to bring Light in and around you, merge the lightness for opening the heart and keeping it open.

Who brings Clarity brings Light, and the Light illuminates the hearts.

Acting in a clear way creates vibrations that can birth situations unimaginable before. It brings to dissolutions that allow what seemed impossible.

It recall always great gifts.

The non-clarity removes not only the strength, but also other possibilities, it limits much, stops the growth and creates difficulties to the involved 'Hearts'.

It can also create disharmonies in the body, whereas the Clarity can dissolve and heal, much can happen in it, much can lead to donating to it.

But only by living it fully, continuously, anywhere, with anyone, you will discover all that it creates, gives, attracts.

What you really must fear is the non-clarity, because it is dangerous, for you and for others, for the body, the heart and the Soul.

Clarity creates unimagined possibilities when it is held with Love, for the serenity of the heart and the growth of the Soul, when it is made with Us, with the Light, to fly even more towards the Light.

Sometimes, what being clear requires, pushes to do and leads to living, it can create some difficulties initially, but they will melt in the gifts that come immediately, in the fluidity and serenity in the relationships that Clarity allows.

When you feel some difficulties or resistance behaving so, remember that this is essential in order to live what the Soul has chosen, to conquer the High Peaks, to live in the joy, harmony and peace. "

"... Have much compassion in giving clarity and in making it inside you.

Often, one chooses Clarity, but then, unconsciously, one acts not clear, for fears, desires, benefits, habits.

When you do not understand, with much Love and sweetness, ask for clarifications, knowing how much they are important for anyone, anywhere and always.

With Love and sweetness, be always clear in every relationship, thinking that what is understandable for you not always is for everyone, at all times.

Remembering this, you will do and donate the clarities with compassion, you will envelop them with lovingness, and you will observe everything with detachment.

If you choose Love, remember that it is a flower that can grow only in Clarity, and die in the non-clarity.

If you choose the Light, remember that it can shine only in Clarity, because this creates the room to Light, whereas the non-clarity stifles and removes any space. "

# *Awareness*

"... Being aware is to have a clear vision, and then to be able to observe, accept, let it flow, dissolve, act, and always remain alert and vigilant."

"... If you have Awareness of your fears, you will discover them more and more. And the more you will recognize them, the more you will discover your beauties.

If you are aware of your insecurities and your fears, you can go down in your battle field with the right weapons, and you will be able to request the necessary help. "

"... If you choose to live consciously, you will be first of all aware of you, of your Essence of the Luminous Soul, of all parts of your Essence that are in you, that you can express in the Light and Love.

If you know the meaning of life, the purpose of this journey, with awareness you can act, listen, express yourself.

With it you can even intuit the non-visible and discover unknown worlds to you now.

If you live consciously you do not need to always understand what is happening, the reason or the cause of everything, and however remain calm.

If you are present in everything, you will intuit and understand what is happening inside and outside of you, even far away from you.

Live so intensely and let it all flow.

With uninterrupted Awareness observe everything: what happens, moves, makes itself felt, what you perceive and see inside you, around you, away from you.

So you will understand and see many things that will help you accept everything with Love and live with serenity.

Attention allows you to live the small and the big things as opportunities for your growth, your evolution, for your achievements, without the need to understand, not now, not tomorrow.

Awareness allows you to surrender peacefully and totally certain that you are living the purpose of your Soul, you are having great opportunities, receiving great gifts.

In the total abandonment, in not understanding, you can still consciously observe, understand, listen and express yourself.

Living in this way, you will remember what is necessary to remember in that moment, you will understand what is good for you to understand.

Be in the 'here and now', like a guardian who watches everything, like a witness who watches all from above, to have the total view, the necessary distance to live all peacefully.

Be vigilant and careful, to welcome everything and to be conscious throughout. "

"... Live the Awareness with Love, because with it everything will be different.

With Love, be attentive to what is being transformed inside you, what has opened, what you have started.

This will take you to realize the awakening of the Past Lives, and the approach of the New.

The change happens when you live consciously, because everything is allowed in this way, every opportunity, every gift is seized, and room is left for the New to manifest.

Give room to the Past Lives and New in all its expressions, remembering that the Past Lives and the New will join in the heart.

It is in the heart that everything joins together, it is the heart that must blossom.

You can help it flourish immersing yourself in the Nature, leaving inside you its language, its sounds, its images, expressions.

You will become a rainbow linking the Sky to Earth, bringing the Sky to Earth, raising the Earth to the Sky.

In the Nature to bring out the Past Lives will be easier, to open the heart, feeling the Whole, feeling in the Whole.

Listen in silence to everything Nature tells you, everything that the Creatures living in it, suggest you.

Discover the Whole remaining silent, observing in silence, listening with the heart.

Immerse yourself in Nature and I will take you on my lap.

Immerse yourself in Nature and I will bring you up.

Run into the Nature and you will become a happy little girl.

Speak loudly with Nature, with its Creatures, and afterwards listen in silence.

Then, talk with your heart and listen with your heart.

Alternate between these two ways of speaking and listening: you will be able to grasp the language of the Soul those whom you meet in the Nature, you will be able to talk with the heart. And that is how Nature and its Creatures will help you become fully aware of everything. With Awareness protect your Light, with Our Love nourish your heart. "

"... The Awareness of the obstacles and difficulties you encounter, of all that is in one's heart, can never grieve, because it gives us the courage to take the steps and actions necessary to overcome the obstacles and difficulties.

Living aware of everything and therefore responsible for everything, requires a great courage.

Many 'Hearts', for fear, do not even allow to donate them the awarenesses.

Others, to retain some advantages, hide the acquired Awareness and claim to be unaware: trying to cheat, deceiving first themselves.

It is feared that the Awareness obliges to take the steps and the necessary choices.

Instead it is the opposite: it also allows you to choose not to take the steps and make the choices that you do not want to do.

As you can see, it is necessary to have a lot of courage to accept the awarenesses, live them, and with them observe where one is, how one is, where one is going, how one chooses to be, where one wants to arrive.

And it takes even more courage then, to make choices and take the steps the Awareness requires.

It is natural to reach the desired goal, it is not enough to be aware of it then one remains stationary, or excuses are found not to go.

In this case you must be intact and say:

*– I understand, I understand my difficulties, I see my obstacle, but I choose to stay still – .*

It is to make a choice for everything: the choice to continue the Way, to live responsibly, or to stop."

## *Comment*

*Perhaps you have heard that it is not easy to live with Awareness because it requires strength, courage and continuous choices.*

*When we choose to 'awaken' and consciously choose to live the life, and everything that happens in us and around us, we can no longer hide the reality, neither ourselves nor others.*

*If we do it for the benefits, for fears, for the weariness, a voice inside of us still reminds us the truth and reality.*

*We cannot understand what has happened or is happening, but in the heart there is the certainty that it has a purpose, that it is an opportunity.*

*And we know that, if we live it consciously, we can guess the meaning.*

*Living consciously really requires a lot of strength, great courage and a total responsibility in all, at all times, but it donates an unimaginable freedom, true freedom.*

*Only when you are aware you can actually choose, and the choice is real.*

*If you do not know, you choose the mind, certainly not as free Souls.*

*One chooses driven by desires, needs, wounds, trauma, by the lived.*

*So the choice is influenced and therefore it is not real.*

*While when one chooses consciously, one is able to stop and listen to one's heart. You can go beyond the desires and needs*



*of the heart, to listen to what the Soul is indicating to us.  
So we can perceive what the Angels are suggesting us, so that  
the choice is for our benefit, for developing the purpose of the  
Soul, to make it even more luminous, and leave her free.  
We must never be afraid of the Consciousness, for any reason,  
and even think that it forces us to do something.  
It helps us remember that we are free Souls, and therefore, we  
can choose everything, at all times, in total freedom.  
We are free to decide to continue the Way to the goal, or stop,  
or restart, or stop.  
Awareness allows us to choose to overcome obstacles or to  
surrender to them, but without feeling victims of the situation.  
It helps dissolve any difficulty in everything, even in  
relationships.  
And when we choose consciously not to deal with the  
difficulties, however, we feel not to suffer from anything or  
anyone.  
Awareness leads to doing all what is necessary to live in  
freedom, to conquer the High Peaks, to reach the goal, to go to  
sleep in peace.  
It also allows to choose not to do anything, despite being  
aware of the prisons, illusions, everything.  
It makes feel free to change the choices made, whenever we  
want it.  
Awareness is not just a 'Key of Light', it is also a precious  
stone whose value we discover day after day, all living  
consciously.*

# *Responsibility*

Question:

*How can I be more responsible?*

Answer:

"You feel that you are really a free Soul, fully, at all times, in every choice, even then able to change the made choices.

Recalling this, make now the choice to live responsibly everything.

Try and bring attention to everything you do, big or small, and to each thought of yours.

'Do this with serenity, feeling and thinking that you are training, and that you will live with Responsibility everything.

You will discover how to live responsibly, makes you feel great, brings you to be humble, gives you new joys.

When you meet someone, or you are acting with someone or for someone, you feel that you are acting with a heart or for a heart, and that, therefore, the total attention is required, a great Responsibility, an infinite Sweetness, the Love of Souls.

So you will remember that, in reality, you are acting with a Soul, you are behaving with a Soul, and you will feel even more the indispensability of Love, of sweetness, attention, and to be responsible.

Train with the little things of everyday life, with small steps, small changes. If you remember that they are aids to train the Responsibility, the attention, you will not see them small or little important, but you will feel that everything has the same importance.

Pay more and more attention to your way of thinking, speaking, acting, how you live your daily life, because the big training is there that will bring you to live life as a responsible Soul.

Sometimes, when you start to learn about the beauty of being detached from the things that happen, you may feel not easy to live in the everyday, because at times you feel the futility, non importance.

But if you live everything responsibly, you know that the training, learning, occasions, opportunities, to become who you are, to make the conquests you chose, to reach your goal, are in the everyday life.

That is how you will live fully all your expressions with Responsibility, feeling everything as a training, as a means, and that everything is part of the purpose of your Soul.

If you live all responsibly, you will give a lot of room to Me and you will let Me help you to live everything, also the opposites, and, above all, to go from one opposite to the other with joy, with happiness. "

Question:

*During this period I feel the fatigue of being responsible in all my things.*

Answer:

"Remember that in you there is the Essence of the warrior of Light.

If you contact again and express this Essence, you will not feel any difficulty in a so natural thing for a warrior as is the Responsibility.

Feeling in you this Essence, you will feel the joy of being responsible of your life, your actions, your steps, your thoughts, your intentions, your desires, each expression of yours.

The warrior of Light is proud to be responsible for herself, in all her totality.

If you continue to choose to be a warrior of Light, you will feel the excitement of being responsible of your life fully, to take up the Responsibility of your expression in everything, continuously.

Responsibility is part of the Essence of the warrior of Light, and this leads to living responsibly everything with enthusiasm. A warrior of Light loves her Essence and all that is part of her Essence, of her expression.

Observe your heart with clarity, awareness, and feel what it is that makes you afraid of being responsible.

With courage express what is in your heart, in order to understand what is preventing you from expressing your Essence of warrior and your other Essences.

So now you will find what is creating you difficulties or fear.

If you find they are the benefits you do not want to let go, needs you want to satisfy, things that slow down your Way or limit the expression of your Essence, remain still serene, and choose freely what you want.

What matters is to bring light into you, and recognize what is in it.

So you will understand that being responsible does not create fatigue and even difficulty.

If a 'Heart' is ready to let go of everything and really believes in its luminosity, in its magnitude, if it feels the immensity of the chosen Way, of its Soul, the chosen Peak, it put them ahead.

And that makes feel all the enthusiasm, the pride, to live all expressions of one's Essence, to overcome every difficulty, feeling the joys, the gifts, the gratifications, which instantly dissolve all fatigue, every effort.

So if you choose to still live your Essence of warrior of Light, that you will experience the joy and the pride of being responsible for everything and in everything. "

# *Integrity*

"... Integrity means expressing with serenity what in that moment you have chosen to live without fear of being judged, whatever the choice.

Knowing how to listen to your heart and follow the directions, and then go beyond the needs and desires of the heart, to follow the Soul.

And acting as Souls, and not allowing the mind, the needs of the heart, the advantages to influence the action.

Not accepting any compromise to have what you want, let alone to offer it.

Knowing how to get away from situations, things, people creating trouble, or disturb the harmony and inner peace, or obstruct the chosen Way.

This, of course, after doing the necessary steps, actions and clarities, to resolve the difficulties.

Having the courage to choose everything with awareness and responsibility, and making choices, steps, actions, even the hard ones, to be consistent with the chosen and with one's own Way.

Having the courage to abandon the easy trails and choose those difficult, when you realize that only they will lead to the chosen destination.

Always expressing gently and firmly one's own feelings, thought, one's own truth, even if it means losing friends, companions, benefits.

Walking straight on the chosen Path, without stalling in unclear situations, to hold securities or have advantages."

# *Equilibrium*

“... Sinks deeper and deeper your roots into the earth so that we can more easily bring the gaze to the Sky.

If your roots are very deep in the ground, you will be able not only to keep your gaze to the Sky, but look around you, inside you, the horizon in front of you.

Look inside yourself, listen to the feelings of your body, the invisible bodies, to understand your Being, and the vibrations of whom or what is close to you.

Look at the Sky smiling, remembering that it will protect you, will infuse you the strength to live and to do everything.

Look at the horizon to see who is approaching.

So you will be able to throw open the doors and prepare the table laid for travelers, or close even more your doors.

If necessary, you can quit your village in time, to protect it, going determined towards those who are advancing to the horizon.

Sink your roots into the earth to become a strong tree that no wind can shake or bend, and learn how to move your branches fluidly, lightly, with joyfulness, to preserve the ability to bend totally and stand firm, strong, unshakable.

So in everything, in every expression.

This is the way in which everything joins and is created, is lived.

If you live with Equilibrium, you create the room necessary for everything to come in and be manifested in you. "

“... With My Love I will help to approach the 'centre', that important 'centre' from where you can act observing everything equally.

Imagine being in the middle of a large circle, and try.

You will see from there in the same way from every part of it.

You can do this also really, to enter more this understanding.

From the centre you can move to reach a point of the circle where an action, an expression is required to you, but then you return to the centre and observe all again.

Getting to the 'centre' of oneself is a great goal.

It is not easy then stay there, because an emotion, a feeling, a not being careful, cautious, totally detached, is enough to lose that place, to move from the centre.

And that 'centre' is called Equilibrium.

From the centre you can raise with detachment: from the top and in the centre you can observe better everything, to understand fully, and then know how to act in the requested manner.

Reaching the 'centre' of oneself, and from there being able to detach oneself to watch everything from above, can become easy living as free Souls..

If you feel the fatigue to arrive in 'the centre', to live with Equilibrium, smile and think that you feel it because it is not simple to detach oneself from everything, but this goal is a source of joy, peace, serenity.

Any effort, however great it may be, is nothing next to all that this source can give you and it will really give you.

So go to this 'centre' with the joyfulness of getting there, the enthusiasm to achieve this goal.



Walk and act smiling, with the certainty of arriving, although sometimes your steps slow down, or some obstacle takes some time to be overcome.

As you approach, you will savour new joys, a new serenity, a deep peace.

You will feel freer and freer, because in the 'centre' you will be free from anything that can choke your heart, remove the serenity, obstruct the path."

# *Strength*

"... The Strength is in everybody, but not everyone chooses to express it.

Remember that sometimes, behind an expression seemingly fragile, weak, there is a great unenlightened force, commanding, imposing, demanding, governing.

It is often used an apparent weakness, fragility, shyness, showing of not knowing, not understanding, not knowing how to do, to induce someone to act in one's place, to do what one wants, to behave how one wants, or to receive something, or to obtain advantages.

For this, it is not always easy to discover and recognize the true Strength, or where the not luminous Strength hides.

Together with Love, we illuminate your Strength, so that you can express all its magnitude fully, with all the Light it requires.

The real Strength is the Strength of Love, of Light, of Soul.

That is why it can be expressed with the sweet and tender Love.

The not luminous Strength can be expressed with violent actions, with harsh expressions, but these often conceal a weakness, or fears.

Sometimes the Strength requires firmness, but this can always be expressed with sweetness, kindness and tenderness, too.

Be aware of all this, to remember that in you there is a great Strength to live, to cope with and do everything.

So, feel that it will always be a choice of yours to extract it totally, then it will be another choice to express it only with the Light and Love.

With this awareness observe who stands with you, always remembering that everyone has within oneself a great Strength. So you will be able to understand who is afraid to pull it out, you will be able to have compassion with those who do not pull it out to his advantage or to manipulate.

You will know how to go beyond words, tears, expressions of weakness and fragility.

And if someone, to obtain an advantage, does not choose to use his Strength, you will be able to bring clarity, and if necessary, to get away.

Expressing with the Light and Love the Strength within you, you will be able to protect yourself, donate, help and love with intensity.”

# *Assertiveness*

“... At one time there were very few words, and a time will come when there will be even fewer words.

At that time there were big 'yes', the big 'no', that were born from the heart, from a deep wisdom, the union of the heart to the Light, the deep connection with the Great Light.

When there was a 'yes', it was a luminous 'yes'; when there was a 'no', it was a luminous 'no'.

When the 'yes' was pronounced, it remained 'yes'; when the 'no' was pronounced, it remained 'no'.

A few words, clear words, consistent with these words.

This is the Assertiveness.

And if there is the union of the heart with the Light, the words will be always expressed with Love.

The Assertiveness will help you manifest what you have chosen to be and to express, to manifest also the Essence of your warrior of Light, and, as such, assert:

*– I am a warrior of Light. I fear nothing and I do not move – .*

The Assertiveness also accompanies the action, where you will be able to say:

*– If I choose to go, nothing can stop me. My goal, my target, are luminous and I will continue my Way beyond everything, beyond every obstacle – .*

The Assertiveness comes from the illuminated depth, it is always manifested with Love.

So, when you express yourself, you will reveal yourself, you will act, you will do everything with Assertiveness and Love.

This is disconcerting, but it also attracts. That is why with the Assertiveness you can awaken other 'Hearts', you can help and donate.

And with it you can go away or remove who wants to stifle the Light, or wants to tarnish your Light."

# *Candour*

“... The Candour is expressed by acting, with the words, one’s eyes, it is manifested in the whole Being, it vibrates in the body and around it.

With Love I will help you to express the Candour with words and actions, but remember it will be manifested first of all from your eyes, from your vibrations.

For this reason, be attentive to the vibrations you feel when someone expresses with the words he chose the Candour. And if you have doubts, observe his eyes.

Always remember what you feel when you are next to a little child, how his whole Being expresses the Candour, how even his vibrations are candid, how his eyes express the purity of the heart.

Remembering all this, you will be able to discover where Candour really is and not.”

# *Sensibility*

“... A very sensitive person often feels fragile, vulnerable and sometimes afraid that one’s heart so open brings her or him to suffer more.

In reality the expression of Sensibility shows great strength and great courage.

Who chooses to keep open one’s hearts to hear, to what vibrates throughout one’s Being, to listen to everything there and to what vibrates in other hearts, has a great courage and a lot of strength.

It is much easier to protect oneself from one’s own and others’ feelings, closing the heart, raising walls, creating barriers, but so you lose your joy, you do not live Love.

Sensibility is choosing to feel every feeling, every sensation, every emotion, whether it is birthed by one’s heart, or it comes from other hearts.

It is always about expressing every feeling, every emotion, and live them fully.

The Sensibility leads to compassion, because one can perceive and intuit what is behind every word, expression and action.

It brings to live in the heart and be guided by the Soul.

And when you choose to be in the heart, to live with the heart wide open, to understand everything with the heart, you let your mind go.

Sensibility brings to welcome, to love, not to fear, to envelop lovingly every 'Heart', because you understand every need, every desire, every fear.

Sensibility helps say things in a way and at the right time, giving what is needed at that time, loving totally.

It helps know how to stay still in order to wait for the request, and to seize the right moment."



# *Lovingness*

"... The Lovingness is the expression of Love that envelops, nourishes, accompanies, welcomes, and the all-encompassing.

It is necessary first of all towards oneself.

Be loving with the Little Girl that is inside you, be loving with your heart, accepting your needs, the needs of the heart and body.

With Lovingness speak to your heart and to your body, to be able to accompany them beyond the needs.

This, so that the heart and body are always free: the only way the Soul remains free.

If you are loving with the Little Girl that is in you, with your heart, with your body, you will be able with Love to envelop every 'Heart' you meet, to accompany every traveler who comes close to you.

The Lovingness is necessary when you choose to donate your knowledge, your wisdom, your experiences.

So every 'Heart' that will receive these, will be facilitated in making his choices, his steps, his actions, and above all, will be able to open up to you, feeling that you will understand and help him lovingly.

The Lovingness draws, because everyone needs Love.

Let the hearts open, because they feel they will not be judged, but only accepted and loved.

It nourishes the body because it needs caresses, tendernesses and warmth.

The Lovingness, the sweetness, the tenderness, are not at all far from the strength and firmness, but, to be fully expressed, they should be accompanied by these ones.

Only in this way they will have the great sound that will enter the depth of the heart, to nourish, illuminate, heal.

If you choose to express them so, you will also be certain that there will not be the 'affectations' that are not good for anyone, because they do not nourish or support, but they remove and manipulate."

# Calmness

“... You reach the Calmness when you have attained your heart, when you remain connected to the Light and Love.

The Calmness requires always to remember to be free Souls, travelling towards a great goal, to be luminous Souls who have chosen the Light and Love.

Remembering that what is happening is chosen by the Soul, and that, beyond appearances, it is good for one's Soul, one lives everything remaining calm.

Everything is expressed calmly if you remember that whom you meet is a luminous Soul the Soul has chosen to meet to give or to receive.

The difficulties encountered in the daily life can often make lose the Calmness.

Therefore, in the morning when you wake up, stay a little with 'Me' and breathes My Love.

Bring inside you all the Love and Light that in those moments I give you and ask Me:

*– Help me become Love, to emanate the Love today in anything with anyone – .*

Then, when you feel that something could make you lose your Calmness, stop for a while, breathe Love, and remember what you asked me in the morning, so you will be able to behave with Love, express yourself calmly.

The Calmness is lost when one is away from one's centre or one is not in connection with the Light, with one's luminous Essence.

And when one has not discovered yet to be luminous Souls on the way, one is away from one's centre.

So, you cannot know if whom you meet is an awakened Soul or not, whether it is in her centre or not.

With this in mind, you will have the total understanding and therefore the total Calmness.

Do anything to stay in your centre, to remember who you are, to repeat your choice to donate Love, to become Love.

If at any time you forget this and walk away from your centre, have understanding and compassion for you.

So you will for others, too and you always behave with Calmness.

Slowly, with My help and My love, you will be able to stay in your centre and be, therefore, calmer and calmer."

# *P*atience

“... Patience is the ability to wait with Love and Serenity. Recognizing that nothing is known of the Past Lives that can lead to an action, expression, or difficulty.

Accepting not to know the purpose of the Soul and, therefore, not to know the time required to make one's own achievements, to let go of one's personality, to complete the healing of the heart, to overcome obstacles, to cope with challenges, to win a battle.

Patience helps you repeat the lessons, not only until you have fully understood, but as long as you can live them uninterrupted, anytime, anywhere.

It helps you give your wisdom, your knowledges, your awareness, even after you have realized that whoever is receiving them, has learned, and until he or she have felt them deep in the heart.

You will be able to give them with Love until you see, he or she has turned them into action and steps, of course if this is his or her choice.

It makes you accept with serenity the time needed by your heart and by your body, to wait for each of their times and their being ready.

It brings you to give water even in greater quantity than you deem necessary for that lawn, remembering perhaps that has been barren since long, and so it needs a lot more water than it may seem.

Patience makes you stay calm if you sometimes stumble, or fall, or slow down your steps and helps you start over with a new enthusiasm.

It pushes you to repeat actions or steps to conquer what you have chosen, and not to get tired, without having the anxiety to reach, or to do everything at once and in a hurry.

Patience helps you accompany with Love every traveler. To be able to stay next to him with Love, even when he does not take the steps and the needed actions, of course if you see his efforts, if he continues to choose to walk towards his goal, in the Light."

## *Comment*

*Patience allows the realization of the purpose of the Soul, because you will be able to live with Equilibrium, and to understand when it is necessary to act, or wait, or allow it to happen ...*

*You will not trace the roads in a hurry and your will, but you will walk serene on the Path chosen by your Soul.*

*So you will fulfil your task in the manner and at the right time, you will anticipate nothing and you will allow everything.*

*You will not know anymore what worries and concerns are, but only sweet expectations.*

# *Compassion*

"... Compassion leads to giving and loving in a total, deep, luminous way, up to donating oneself.

When you get close to a person, think this is a flower which you can give water.

Compassion brings you beyond that, makes you become that flower, while remaining in your Essence.

So, it helps you enter his or her sufferings, fears, concerns, in everything, without being overwhelmed by them, without the involvement that you might fear. So, you will be able to make shine yours and his or her treasures.

With My help, you will be able to accept with compassion each part of you that requires to be illuminated, transformed, healed. To recognize with joy all your qualities, to live fully all your skills.

So you will be able to donate your experiences, to envelop with the Light and Love anyone you meet, to live Compassion with everyone.

Remembering your difficulties, your fatigues, your loneliness, what you experienced, you will be able to understand what a person is going through, and so to be compassionate.

If necessary, you will be able to push with Love and determination, recalling that everyone has the necessary strength to live everything.

Compassion will help you be infinitely loving and friendly, but firm and clear, too.



It will make you understand how to accompany a person to take the steps and actions, as he or she is ready to take them.

It brings you closer always and totally to the hearts, the Souls, who need your help, while remaining in that detachment necessary to keep smiling and stay with a light heart, whatever their troubles.

Compassion makes you participate in their steps, their actions, supporting, walking alongside, supporting, sometimes acting with them, and remembering that though you can neither act, nor walk for them.

Only in this way, what they will achieve, what they will conquer, will be sealed in them. "

Question:

*How can I find the Equilibrium between patience and assertiveness?*

Answer:

"Compassion requires to be always very patient, enveloping, loving.

To discern between bringing awareness, clarity, or to wait, because even if yours is the necessary 'balm', maybe that heart does not feel it as such at that time or fears it.

If you keep uninterrupted the connection with the Light, with Me, I will help you understand what are the right moments, things to say or do, the wisdoms to bring the experiences to tell.

Compassion needs to be like a mother, who welcomes joyful in her arms her baby, loving him as he is at that time, she wraps him with her tender Love, reassures him, loosens his fears and doubts with her smile.

To be like a father who knows how to support, understand, accompany, instill strength and courage.

To be ready at all times to take care of that heart, of that Soul, in any known way, in every situation.

So you will be a luminous Soul that knows how to love in totality.

Only when a heart is enveloped by all this, and it opens up to this, you can indicate the steps to take, actions to be made, and give the lessons that moment requires.

It may be necessary to do this several times, with infinite patience.

If, despite everything, the heart does not choose to heal or do the necessary actions and steps, yet patience is essential to continue to accompany, and repeat the donated lessons.

Only when you are certain that there is a real and clear desire not to choose, not to walk, not to act, the Equilibrium will bring you not to waste more water.”

## *Acceptance and respect*

"... Acceptance is the beginning of each change, each transformation, of each healing.

It is essential when you choose to love and help.

If one wants to change something about oneself, one's own expression, of one's personality, the first step is to accept serenely and joyfully what one chooses to change.

The second step is to love what one wants to change, because there is a true Acceptance only when you love unconditionally.

If you love without any conditions, you will accept yourself with serenity in everything, in every aspect, you will accept your whole being.

From this loving acceptance, you can begin to change, to transform, what you want, both in you and around you.

And all this can happen, if you first choose to continue to accept totally, unconditionally, lovingly, what you want to change, although it will not change despite your efforts and your attempts.

This, because you do not know the required times, and you cannot always understand the real meaning of what is or happens in you and around you. Some of them you can understand, others you can intuit, but not all and not always.

Acceptance gives also room to the healing of the heart and of the body, because you can understand the meaning of a disharmony of the body, a wound of the heart, only after you have accepted it.

Acceptance allows you really to help others when it is unconditional, total, loving.

Those who choose to be helped by you, feel if you accept them and love them as they are, if you try to understand them without any judgment.

Only then they can open up to you, and find in themselves all what is needed to do what they wish.

That is why the acceptance is the basis of loving, healing, helping; it is the beginning of each change.

It brings you to respect your body and your heart, to respect the required times for the changes, transformations, and healings.

Then, you will be able to do this with those you meet, with those who choose to love, to help.

If you accept a heart as it is, if you totally respect its times, its choices, its actions, you will be able of compassion, to donate the real help, to donate yourself, too.

This will require equilibrium and integrity: you will accept the times, the actions, the expressions of a heart, but it is also essential that you observe if you can still stay beside it with serenity, or if something of it brings emotions, feelings or tensions, that take away the calm and peace from you.

If this happens, recognize your reactions without judgment, and agree that it is better for you and for it, to detach lovingly.

This is how to respect and accept with Love the other person and oneself, in clarity, in equilibrium."

# Forgiveness

## Comment

*The acceptance and compassion, combined with the Love of Souls, lead to forgiving oneself and others.*

*Reminding to oneself that we are Souls on the way, that we have chosen this journey to become even more luminous, lead to continuously forgiving everyone and everything.*

*That because one is aware that one may not know the experiences that a Soul has chosen to live, nor the time required to take the steps and actions.*

*One cannot understand all the causes and reasons of her actions and expressions, because we do not know the roots.*

*Remembering this, always brings you beyond everything, thus forgiving.*

*Forgiveness is essential for oneself and for others, to heal oneself and help heal, to love oneself and to love unconditionally, to respect one's and others' time, in the steps, changes, healings, transformations.*

*Forgiveness is a great achievement that requires many steps, actions, healings, transformations.*

*And it takes a long time to understand everything, to accept and to love.*

*Therefore we often believe to have forgiven, but then a fact or situation show us that we had not reached the total, deep, unconditional Forgiveness.*

*Living as free Souls allows to know the true Forgiveness, and reaching the moment when the need to forgive disappears.*

*This happens when you see it all as experience, when you quit the judgment and you have become untouchable.*

*Note:*

*Forgiveness is a great achievement, it is a target that can be reached slowly.*

*It requires the use of many other 'Keys of Light', and then to do several times, checks.*

*That is why I will talk about this more widely in the next books.*

# Humour

## Comment

*Humour is essential in life to know how to deal with everything that happens, and without succumbing without being overwhelmed by events.*

*It is even more in the wake, on the Way of growth, because it allows you to rediscover all, to deal with serenity the difficulties of growth, to live life as a game.*

*Above all, it leads to joking about oneself and about what is necessary to transform, to dissolve, to let go.*

*Humour makes keep vibrations high at any time.*

*If one is able to laugh at oneself, one accepts one's personality and all parts not yet illuminated. Therefore we are able to act with Love.*

*For someone Humour is innate, but we can all learn it, and live it with ourselves, with others, and with everything that surrounds us.*

# Self-esteem

## Comment

*The Self-esteem comes from the awareness of being Divine Sparks.*

*Recognizing ourselves as such, we feel that all that hinders the expression of one's Essence, potentiality, creativity, strength, can be dissolved or overcome.*

*We have the certainty that, as Divine Sparks, in us there is Light, there is the Strength of Light, the Power of Light, and therefore, we can do and overcome all.*

*Being aware of this, helps us to avoid these statements: - I cannot do this, I am not able, I'm not up to it, and so on. -*

*However these expressions are sometimes used in order not to live responsibly one's life, in all its aspects, or to have advantages, or to manipulate, or to tarnish.*

*As luminous Souls we can say: – Until now I have not been able to do this, but I know now that I can do it with the Strength of the Soul, the Power of Light – .*



*Our Angel is always beside us and helps us in everything.  
Around us there are many angels, and we can ask Them to help  
us in everything, to do everything with us.  
And with Them, everything is possible.*

# Motivation

## Comment

*All conquerors reached the chosen achievements because they had a great Motivation, which helped them overcome any difficulties.*

*In everything we do consciously, we are driven by a motivation, by a purpose.*

*For those who choose to walk on a luminous Path and to follow the Soul, there is no greater Motivation than reaching one's goal, realizing the purpose of the Soul, becoming more and more luminous, loving, giving, helping.*

*If we keep our gaze to these goals, inside us there will be the Motivation that will create the impetus and enthusiasm needed to continue along the Way, to do the actions and required steps to always express our Essence, beyond any difficulty .*

*If the Motivation is great, great will be our strength of will, and it will lead us to achieving each goal.*

# *Determination and Prudence*

## *Comment*

*When a choice is made, then, in order to live it, it is essential to act with Determination, at any time, continuously renewing the choice.*

*When you want to reach a goal, it is necessary to go towards it with Determination, and with this to overcome all obstacles, to walk in any weather, whether it is sunny, rainy, or windy: only in this way you can reach it..*

*And next to the Determination Prudence is necessary.*

*It helps us remain vigilant, attentive, careful. It makes us be responsible and be able to assess the situation and times.*

*Prudence enables us to understand how to act and to wait for the right time.*

# *Discipline and Constancy*

## *Comment*

*Discipline is a word that often creates fears and reactions, because it is associated with rigidity, imposition, having to live under effort.*

*While it can be made sweet, with Love, joy, and enthusiasm to achieve one's set goals.*

*Living it, one understands how it is important to realize each purpose, to reach any conquest.*

*Discipline is subjective. It must be chosen assessing everything and observing oneself with integrity.*

*Only in this way one will be able to live peacefully in everything.*

*For example, if one wants to strengthen one's body, one chooses what is good for oneself, what one feels to be able to do, the time one can have or one chooses to dedicate to strengthen.*

*These 'fully' choices make feel to be free, and freedom leads to loving what one does and one lives.*

*Thus, every effort, every fatigue, will be lived with serenity and enthusiasm, thinking about how the body will be after, what it will donate, what it will allow to live and to do.*

*It is essential to act in this way with all the chosen achievements, even those of the heart and the Soul.*

*Discipline requires Constance: If one uses the means from time to time, one conquers nothing, one does not get to the desired goal.*

*Of course there must be no rigidity, neither in action nor in thought, because this leads to reaction, rejection, and to getting tired of it all before you reach the chosen target.*

# *Openness and Positive thinking*

## *Comment*

*The Path of the Soul requires to open the heart totally, to be ready to receive, give, and live, everything that the Soul has chosen.*

*If the heart is not open, the intuition will not come and there can be no understanding.*

*Only if the heart is wide open it can accept the Love of the Angels and the Great Light, it can be filled with the Light, that all creates and allows.*

*Only in this way you can receive the Love of those near you and those whom you meet on the way.*

*Love is the manifestation of Light, it is the means through which the Light creates.*

*So, a heart not totally open to Love, limits the realization of everything.*

*The heart wide open to the Love and Light, can feel the Love, help, protection of one's Angel and Light. So it will be natural to have a Positive Thinking.*

*If you really, totally, deeply, believe to have beside you an Angel who is there for us, that acts with us; if you believe that many Angels collaborate to help us achieve our goal, to make*

*the Soul, more luminous, it is natural to feel loved, protected, helped, guided, and then only think positively ...*

*This leads to accepting serenely what happens and living with Love, feeling that everything is useful for one's Soul, that goes beyond if you understand or not.*

*And one is certain it will be in this way also as to what will happen in the future.*

*So thoughts will be only positive.*

*It has long been scientifically proven the strength of the visualization and the power of the Positive Thinking.*

*They allow to achieve what it is set, because they bring the gaze to the objective, to the goal, and not to the difficulties one might encounter.*

*The gold miners would never have found it if they had thought about the fatigues of the research ...*

*The Openness and the Positive Thinking allow and also attract what we do not know yet, and therefore, not even dream, wish, ask.*

*If we are open with no limit, if we also expect the unimaginable, we will find the unexpected, and we allow gifts and unthinkable magics to come to us.*

# *Letting go of the past and being able to adapt*

## *Comment*

*When one chooses to leave the past, everything that happened inside and around us, until the moment before, one is really ready to become new, to receive the new that can happen at any time.*

*Detaching continuously from the image of oneself, allows to express more and more one's Essence.*

*Keeping the gaze only on the present leads to grasping everything that every moment can give, can permit.*

*It is good to take one's gaze to the past only for that moment that allows to learn from these experiences, to avoid having to repeat the same 'lesson', and to always behave in a new way. But this time must be truly 'a moment', and then the gaze must be kept on the present, it must be brought to the Sky.*

*Our mind constantly reminds us of the past or the future, whereas our Soul asks us to think only of the present, in order to grasp everything, to do and live what we are required to, what has been chosen, and to give what it is possible for us.*

*And the Angels remind us that in reality we can only live the present ...*



*So one can express the Essence of the traveler that continues his journey, with the enthusiasm to live a magic adventure each day.*

*When you live your life as an adventure and you always feel on the way to new experiences, nothing of the past is difficult to let go, because that is a foretaste of the joys the new places will donate, and the fulfillment of the heart for the achievements you will reach.*

*If you choose to leave the past continuously and to express the Essence of the traveler with enthusiasm, one is no longer attached to the places, to the things, to the habits, and it becomes natural to be able to adapt with joy in every new situation.*

*And if the heart is open to the new, the body is ready to experience everything that happens and everywhere.*

*This is the Adaptability.*

*With it one gets free from everything, from everyone, and above all, from oneself.*

*One is free Souls rising joyous to the Sky.*

# *Living the solitude without feeling lonely*

## *Comment*

*When one can live alone and with serenity a thing, an event, a situation, one has the confirmation of one's abilities, of one's own strength, one's own Essence.*

*One can add to this remembering that, in reality, one is never alone, because our Angel is beside us, there are many Angels and, if we wish, we can always ask for Their help and do everything together with Them.*

*Our Angel can help us more than anyone, because he helps us with the Light and Love, because he leads us to discovering and living the Strength of the Light, the Power of Love.*

*And the Angels know unknown means and ways to mankind and to our mind ...*

*Although we do not see our Angel, if we still can not perceive His presence, His touch, He manifests and also helps us through someone or something, and acts with us in everything.*

*Recalling this, one overcomes the need of having always someone next to you, the fear of not being able to live alone a situation, or do by oneself a certain thing.*

*If you can live with joy this solitude, it frees us from attachments, illusions, needs, and that part of ourselves that makes us live compromises and do non luminous actions, in order to have a person near us.*

*Solitude is an achievement that gives the total freedom and makes us appreciate wholly the person next to us, a received help , the Love that was given to us.*

*When we are alone the messages of the Angels are easier to grasp, to discover the language of Nature, of the Beings of Light and Creatures that live there.*

*And so, we have the confirmation of how much in reality, the silence 'talks' ...*

*In the serene Solitude we can feel more intensely the Love of the Great Light, of the Angels, of the Universe, and so feel joy and so intense satisfactions that we cannot explain with words.*

*Notes:*

*Since Solitude lived in peace is also the result of other 'Keys of Light' and of experiences that are lived on the Path of Growth, it will be a topic that will have more room in the next books.*

## *Final Comment*

*What we have seen now, are just some of the 'Keys of Light' that can help us, that can create much in our lives and in the Path of growth.*

*There are others equally important, among which: the Freedom, the Transcending the Untouchability, the Invincibility, the Belief, the Detachment-Union, which are understood more and more during the Path of growth.*

*They will be dealt with in the next books, although they will be sometimes mentioned also in this one.*

Question:

*I feel these 'Keys of Light' indispensable, but I am afraid I do not know how to use them.*

Answer:

"Reassure your heart saying:

*- I forgot them for a while, but I have already used these 'Keys of Light' on other journeys -.*

Then, ask Me to help you:

*- I am happy and proud to have chosen to take again a Luminous Path. Help me remain humble, remember the Past Lives, prepare myself for the New, use well and always the 'Keys of Light' -.*

And smile at Me and to the Sky, feeling yourself a Luminous Light.

In doing so, all the fears will go, and you will feel something getting inside you: it is what I will give you so that you can act on your Soul, feel all your strength, rediscover your Essence.

You will feel inside you My Strength that awakens yours, and in that moment say:

*- This strength of mine is nothing compared to the true strength that is inside me, that my Angels will always give me -.*

You will feel as physical strength is very important and very beautiful, but it must be combined with the real strength: the 'Strength of the Soul'.

It can always happen something that takes temporarily the physical strength away, or decreases it, whereas there is nothing that can take the 'Strength of the Soul' away, or decrease it, and there is nobody that can choke it. "

“... And now you can understand how important it is to hold in your hands all the 'Keys of Light', and keep them polished to have them ready when you will have to use them.

Do not fear or be troubled, if you have not always expressed or totally used them so far.

With joy give room to the thrust of the Soul that takes you to resume them, one by one, to polish them to make them luminous and ready.

Bring them into your heart, so that when it is necessary you can take control of the required 'Key of Light' in that situation or from a thing.

Remember to always keep them very luminous, and to remain attentive in order that the dust does not cover them again.

Stay ready to use them, because you can not know now when you will need a 'Key of Light', or which one will be needed for what you are going to live in or do.

If they remain inside you polished, if you protect them with Love, if you pick them up proudly in your hands and observe them with humility, you will not fear anything, because you will be certain that at any time you will have the necessary 'Key of the Light', and you will know how to use it .

And using them with Love, for the Light, they will become more and more luminous and shining.

So the time will come in which they will be part of your Essence: they will not be 'Keys of Light' any longer but your expressions.

With joy I am next to you to help keep them luminous and protected in your heart.

With Love I will help you to realize which one must be used at all times, the situation, thing, and how long. "

# *Summary of the expressions suggested*

by the *Angels*

- *I am strong and I am acting with Clarity in order to be even more than that, to use all my strength –*
- *I am aware, I understand my difficulty, I see my obstacle, but I choose to stay still –*
- *I am a warrior of the Light. I fear nothing and I do not move –*
- *I choose to go, nothing can stop me. My objective, my goal, are luminous and I will continue my Way beyond everything, beyond every obstacle –*
- *Help me become Love, emanate fully the Love today, with anyone –*



- *I forgot about them for a while, but I have already used these ‘Keys of Light’ in other journeys –*
  
- *I am happy and proud to have chosen to start over a luminous Path. Help me stay humble, to remember the Past Lives, to prepare myself for the New, to use well and always the ‘Keys of Light’ –*
  
- *This strength of mine is nothing compared to the true strength that is inside me, that my Angels always will give me –*

## II

# *The way of healing*

## *Comment*

*Beloved Luminous Soul, it is not easy to talk about this topic in a simple and brief way, as healing involves all parts of our Essence, recognized and expressed, or yet to be discovered, or to be illuminated.*

*It requires to bring the gaze on what we are living, what we have experienced, the immensity of the inner world, on everything around us, both near and far from us.*

*It is known as the physical or mental illness is the materialization of an already manifested disharmony in the aura.*

*This stems from the crystallization of 'invisible elements' like the intentions, thoughts and negative expressions, from what is repressed, by not living totally one's Essence, or lived traumas. For this, the attention must be brought also to the 'subtle bodies', to the invisible real world and the Ancient (past lives).*

*Therefore I chose to limit myself to the flashes, both as comments and channeling, with the aim to allow everyone to bring Light inside oneself, and expand one's knowledge, in the desired time and manner.*

*More than knowing, it is always necessary to experience personally, day after day, at one's own pace, in absolute freedom.*

*Like every conquest, also healing and even more prevention, require a deep integrity in making choices, in accepting the awareness that we feel and we discover, in making the steps and actions required, in letting go of safeties, advantages, illusions, and many parts of the personality.*

*The messages of the Angels are especially aimed at the personal growth, at the attainment of the serenity and the peace of heart, at the realization of the purpose of the Soul.*

*This is because, as mentioned, the roots of disharmonies are in the history of the Soul, healing is part of the purpose of the Soul.*

*Before joining this global vision, move the mind away to understand, discover, choose and live only through the heart.*

*Accompany our inner Little Girl along the 'Way of healing', reassuring her with these words of the Angels.*

"... And like a little girl gets on the swing, it will be easier to rejoice as children, to sing as children, feel the thrill of being rocked, the enthusiasm of being pushed up very high.

On Our swings, you can not fall ... you can get off from them in Our arms.

Never fear Our swings, although at first there may be confusion arising from the fact of not feeling your feet on the ground, or you are afraid of falling.

Fears and anxieties will disappear when on the swing with Me you will have played.

It will only remain the joy for having played, sung, smiled, and the certainty that My arms will always support you.

You will know the lightness of flying, and you will have proof that:

when it is necessary to walk, I will walk beside you;

when it is necessary to run, lovingly I will push you to do so;

when it is necessary to play, I will take you on the swing;

when it is necessary to rest, I will take you in My arms, I will wrap with tenderness, and I will nourish you with My Love.

You will feel and discover all this, only by getting on the swing.

Words can lead you to believing, but certainly not to feel and experiment.

And if you do not experiment you cannot really understand and fully.

Get on the swing with joy like a little girl, and you will become more than ever a happy and thoughtless little girl.

Get on without thinking about anything, with the enthusiasm that springs from knowing that there you can sing, rejoice, smile, feel the thrill of freedom, the ecstasy of flying.

By living this you will not feel the emptiness because your feet are detached from the ground, or you will miss something in the world.

From the swing you will have the total view of all: of what can bring you or take you away from satisfaction and happiness, of what is real or illusion.

And when like children one enjoys playing on the swing, one calls other children that can push it very high up ... then those children will get joyfully on it to be pushed by you very high up ...

On Our swings you can reach unimaginable heights, because We are nearby, to push you up very high with Love, to protect you with joy.

With enthusiasm get on the swing to play, to receive the gifts that I will bring to you continuously, to bring you closer to the new Love.

The true love needs the Light that illuminates everything, the total freedom that allows it to grow and fly. "

# *Meaning of disharmonies and suffering*

## *Comment*

*To reach the healing, to live all that can be prevention, to accept lovingly disharmonies and then to be able to transform them, it is necessary to understand the meaning and the purpose of suffering.*

"... Suffering is one of the many experiences that the Soul has chosen to live in order to learn, to grow, to evolve. Suffering can be a means to heal the Past Lives and to discover the New World."

## ◇ *Means of healing*

Question:

*Why do some people suffer so much?*

Answer:

"Not a few people but many people have great sufferings. Many of them are heart-rending, and are hidden in the hearts that try to express something else: these are the most intense, the deepest suffering.

It is not possible to classify suffering: it is however suffering.

A physical disharmony can be lived peacefully and not create a great suffering, if the person lives it with awareness, has accepted it, has already discovered in oneself the strength that will allow the healing.

If this is not, or if the disharmony touches a wound that is already in the heart, there will be a greater and deeper suffering. "



◇ *Call of the Soul and of the heart*

"... The body sends calls for something your heart needs, or for what has to be illuminated in it, to be cared, dissolved, transformed, let go.

The body draws your attention so that you can listen to the Soul and what it is asking you.

The Soul, with the disharmony that is in the body, can indicate the steps and the actions to be taken, that are hard to understand in that moment.

It can donate the awareness necessary to achieve the chosen purpose.

It can warn you of experiences you can avoid because not chosen and unnecessary and that would cause you more suffering.

It can help you realize that you left your path, and so bring you back onto it.

The body always reflects the state of the heart and of the Soul.

Each physical, mental, emotional disharmony can be an invitation, a possibility, a means of growth.

It can be a signal of prevention, an indicator that highlights at which point or moment of your life, of your Way, you are.

It helps you understand which part of you is demanding your attention, the thing with which you need to confront or reconcile.

A disharmony can give you an awareness that will make daily life lighter and life joyful . It can make you understand a useful lesson to you and to your Way."

◇ *Call of the Soul to conclude  
to dissolve or to heal the 'Past Lives'*

"... Suffering may bring you to the same point where you stopped in another journey because you suffered a lot because of someone, or because you made someone suffer: in both cases the suffering is the same.

Suffering can make you understand where you stopped out of fears, or to hold back certainties, or to have advantages, while the purpose of that journey was to continue up to the destination chosen by the Soul.

And when you get to that point, you have the same chance of that time and the same risk, although you are in a different place now, in a new guise.

If you are aware of this, there can be not only the conclusion of those Past Lives, but also a big raise.

Be serene: to make this happen it is not necessary to know that ancient history, but to understand it through the heart, because you will feel it in it.

And the Soul will show you the step to take, action to take, the expression to live. "

◇ *Non expression of one's  
Essence*

Question:

*I do not have a specific pain or a clear symptom, but I am not well: I feel I miss something ...*

Answer:

"It is a natural sensation when you do not express yourself and your Essence, when there is something in the heart that does not allow total freedom.

This feeling of failure, dissatisfaction, exist when you do not live the purpose of the Soul, and therefore you do not express its full potentialities, the beauties, the skills that you chose to express in this journey.

If there is not this awareness, external gratifications are often sought, but this increases the sensation of emptiness and absence.

You chase the illusions that the world offers, but these take away even more, thus increasing the emptiness.

Whereas living one's Essence satisfies the heart and the body.

Only if you fulfill the desires of the Soul you will feel the absences no longer and all voids are filled.

Only one absence will still remain: that of not being in the 'Luminous World' that belongs to you ...

But you can dissolve even this reassuring your heart that you will return there, that what you are experiencing is only a journey that will take you back to an even richer and more luminous 'Home'."

◇ *Presence of thoughts and non  
luminous feelings*

"... Even if you can totally conceal the non luminous intentions, thoughts, feelings, that are in you, there will come a time when your body will manifest them.

These come into the cells of the body and create disharmonies. And the more one tries to hide, the more the disharmonies increase.

If very strong things have been hidden for too long, there may be the need to heal the disharmonies with intense expressions, because they free the heart and the body's cells.

If you understand that these are necessary for your healing, do not fear anything, because I will help you in everything.

Look at the lightness that will be later in the heart, at the room that you will create for receiving Love.

Rejoice, relishing the freedom you will conquer.

Smile, feeling that afterwards you will be able to love and give in a new way."

"... Remember that in reality nothing can be concealed.

You will have many proofs of this by observing what happens in you and in the Souls you meet.

You will have confirmation that the farmer collects only what he sows; that the Universe returns what it is sent with intent, thoughts, words, actions, vibrations.

And so the awareness will be sealed in you that everyone is the creator of one's happiness.

This takes you the responsibility for everything.

This will make you feel free to choose how to live your life, and you will know how to leave all free."

## *Comment*

*Finding out personally how the physical body is related to subtle bodies and how they interact, gives awareness that allows healing and facilitates prevention.*

*Knowing that a disharmony in the body appears as a manifestation of a disharmony of the heart, of the Soul, leads to expanding your view, to understand where and how you need to act, and so, to avoid the risk of wasting time, or do unnecessary things.*

*Often you can feel discomforts, perceive difficulties, due to a disharmony that is present only in the auric level.*

*A physical stress or trauma the body suffers, may create holes in the aura from which the energy comes out, or 'move' the aura, and thus creating a lack of balance, both physically and psycho-emotionally.*

*To transform it, it is not necessary to have the capability to see and read the aura.*

*We accept disharmony with serenity, we ask our Angel to help us understand its meaning, we open wide the heart and stand in silence: listening to the heart we will be able to recognize, understand, and feel everything, even what our Angel whispers us ...*

*Through the heart the Soul will show us the way to go and the actions to be taken.*

*The important thing is not to deny the disharmony, not to suppress it, not to be in a hurry to dissolve it, and to be thankful for what is indicating, teaching and permitting us.*

*As always, gratitude will open the right door and will attract what is necessary.*

*Expressing gratitude by the time disharmony appears or is felt, will allow to heal.*

*It is good not to want to understand the causes at all costs, not to judge, and act with lovingness.*

*Healing, dissolution may happen, without the understanding of the root, and often, the awareness will come later.*

*It is essential not to create resistance and not to choke anything, because suppression creates separation, while life requires to combine everything.*

*It is right to pay a lot of attention to disharmony, but do not pay too much attention to it: this would create other difficulties, it would boost the same disharmony.*

*Let us keep our gaze to the Sky, let us ask for help to our Angel, let us do all that falls to us, and then let us wallow serene, confident that it will happen what is good for us.*



# *What the healing allows*

## *Comment*

*If we dissolve or transform disharmony, we can experience what it impeded, we can express what it choked, rejoice at the gifts that it prevented from reaching us.*

*Listening to the call of the Soul, living what it shows us, will be much easier to move forward on the chosen luminous Path, and we will realize more easily the purpose of the Soul.*

*This can give us the motivation to do everything possible to heal, to transform disharmony.*

*We will find out what we considered before 'bad luck', will turn into 'luck'.*

*In addition to this, the healing creates and allows other possibilities.*

*Let us see a few.*

◇ *More serenity and fluidity in the  
interpersonal relationships*

Question:

*What can I do with the person that is creating to me  
difficulties?*

Answer:

"... First of all it is necessary your choice on how to act with you to heal what creates to you so much disturbance.

When you feel like this with those you meet, it can warn you that this should not have happened, or that that person has a particular significance in the purpose of the Soul. The relationships are a gymnastics, a school, a possibility of purification, of healing, of growth.

If your heart is totally healed, if the Past Lives are fully completed and healed, no one can disrupt or cause difficulties inside you.

Look at this person like a flower that can be a means to heal, to train yourself, or to understand something.

And when it will happen that another 'rose' will sting you with its thorns, say:

*– Also this rose is a means to learn to live among the roses without being touched by any thorn, to go in the midst of the brambles without any fear of any thorn – .*

And you will see how much easier it will be, how more quickly you will heal that part of you that creates these troubles and difficulties, maybe a part you brought from the Past Lives, or you have chosen to illuminate in this journey.

You will become so strong and you will go barefoot in the midst of brambles, or with cold winds, smiling and rejoicing.

If you bring healing to the heart, to the Past Lives, to all your Being, with my Help and Love, if you live consciously everything together with Me, no thorn will sting you, no cold wind will create cold inside you.

In this way you will remember another part of the Great Book of the Soul that is within you, you will write another page in the book of this life."

Question:

*How can I overcome the disturbances the affection creates me?*

Answer:

"Healing your heart and giving Love in all its expressions.

Give a hug and ask for one. Give a caress and ask for one.

You feel upset when Love enters into you, or a wound of the heart is touched. This does not happen if you only give Love and do not receive it, but it all remains in the heart and healing does not occur.

Be aware that receiving a hug, a caress, your heart may still be troubled. In that moment observe what you feel: you will discover parts to be illuminated, or wounds to heal, you will become aware of needs and desires you try to stifle.

If a heart is upset in receiving Love, it is afraid to receive endearments, affections, it can always risk of being hurt even more.

Love and its expressions will touch the heart as long as it is filled by New Love that satisfies all Being, and fills all void.

Be aware of this reality, but the disturbance is something else: it must be dissolved, healing or transforming what creates it. "

"... Be careful of the expression: – *I need Love* – .

This creates the risk of entering into stories of the past, into wounds, gaps, needs, that must be forgotten.

Be aware that the New Love has not entered fully your heart yet, and hence there remained the need of Love, of tenderness, of affection.

Together we will transform this need into desire, because the needs create problems, whereas the wishes attract joyful gifts.

Smile knowing that your heart will be satisfied and you will live in the New Love when, with my Love and help, everything will be healed, transformed, dissolved, let go."

## *Comment*

*The healing creates serenity and fluidity not only in the interpersonal relationships, but also in the relationships with animals, with every visible and invisible Creature, with everything that surrounds us.*

*Because behind every difficulty that is in any kind of relationship, with any person, Creature, thing, etc., there is always a part to illuminate, or something to let go, to be dissolved, to transform, to heal .*

◇ *Becoming new – living the new –  
walking on the Path of the heart*

"... When your heart will be completely healed, you will live everything in a new way.

You will see what surrounds you in a new way, you will be able to appreciate, to relish and to live with intensity and joy.

You will feel what is happening in and around you in a new way, and nothing will touch you.

You will know how to receive and give Love in a totally different way from before.

You will not react to anything anymore, but you will act fully. So your action will be new in every situation, with everything, in every relationship.

Living everything in a new way, seeing and feeling everything in a new way, you will feel a different, new person: in fact you are new.

In your heart the seeds scattered in the garden will blossom where there were the wounds before.

If you behave during this healing with enthusiasm to achieve all this, to allow all this, you will live the healing in lightness, joy, driven by the desire to become new, to live the New.

With the healed heart you will raise your vibrations and bring fresh air around you, you will spread perfumes while going, your joy will be felt in the air, Love you will vibrate like a gentle wind: that is how you will walk on the way of the heart, on the way of Love."

◇ *P*ossibility to give the true help

"... When your heart is completely healed, you will be able to express easily an infinite sweetness and a deep tenderness with a new intensity, the intensity that comes from the luminous strength that each healing creates and allows.

Only when the total healing has occurred in your heart there will be enough space for the New Love, and you will be able to express it with intensity.

When the New Love will come out from your heart, every traveler you meet, or who will join you, or that will simply pass by, will see, feel, perceive this Love.

It will manifest itself in its whole Being: your body will have a new Light, your eyes will be luminous, your vibrations will be intense.

You will not need either actions, or words: your being there will create all, that will. allow everything."

"... In the healed heart the desire to smile at everything and everyone arises spontaneously, the desire to sing, to dance, to play come up.

The smile on your face will invite people you meet to smile; your singing will be the balm for the hearts that will hear it;

your dance will invite to dance; your games will attract other children to play with you.

The Love you will expand around you with joy, will become the dew quenching the thirst, the balm healing all wounds."

*"Love is the greatest cure, giving happiness  
is the only true and great mission of everyone"*



◇ *P*ossibility to enter in the total  
*silence, in the deep meditation*

"... The healing requires to empty completely the heart from what is not Love and Light, to free the body, to express always the thoughts, emotions, feelings.

This prepares the room for the silence, and allows you to enter in deep meditation.

And there you will find the nourishment for your Soul, the strength for your body and peace for your heart.

In the silence you will hear the new languages with which the universe expresses itself, with which all the Creatures will speak to you that live and vibrate in the Universe.

With the meditation you will enter that depth that encloses the immensity created by your Past Lives, and there you can sense and perceive the New.

In that depth you can also discover the roots of your difficulties, very long roots because they started from far away. New insights can arise from them for other things that need to be transformed, healed, or let go.

But remember that a bud, a flower will blossom then for each root."

"... The healed heart creates a room for the Whole, and therefore it allows the union with the Whole.

That is how you will come in connection with your Divine part, with the Light and Love that the Divine manifests and donates.

Here you will emanate Light and donate Love continuously, simply, spontaneously."

◇ *Understanding life*

"... When your heart will be healed you will not fear anymore to observe what is inside of it or enters. So, you will not fear to observe your whole life.

With My Love I will accompany you to see it , helping you to learn how this can be done in joy, with Love.

But choose to do this only if it is necessary to learn, to heal, to grasp the Essence of a lived experience.

And with joy then, let go of the past, grateful for what it gave you, for what it allowed. So take away forever your gaze from it to bring it in front of you and to the Sky.

Comprehending life, you will not be afraid to let go of everything that prevents you from living it fully and in total freedom.

You will be able to transform or let go of your whole personality and so you will create the 'ego death'.

When you know the 'death' of what is inside you, you cannot fear death any longer, because you will be certain that in reality it does not exist."

◇ *P*ossibility to create

"... The healed heart creates the room for the Light and Love, allows the complete connection with the Great Light, leads to expressing naturally the Essence of the Divine Spark, have the Power of the Soul manifested.

All this gives the possibility to create, to do miracles, and it will bring you what is necessary to you.

Believe in this, because you are a ray of that 'Sun' which creates everything and works miracles."

*Discovering the Healer that is within us*

*How the inner Healer can act*

### *Comment*

*When the healing is necessary, at any level, the Soul pushes you to look for, to know, to understand, to act, to reach it.*

*Almost always one looks for something or someone who can heal us.*

*Often one chooses to eliminate quickly the symptoms of diseases, without wondering why there have occurred: we consider the disease as a natural thing that can always happen and to anyone.*

*And when the heart suffers, the cause is easily attributed to something, to someone, to a situation.*

*One visits a doctor, then another one. If they can't solve the problem, one looks for healers or therapists, various remedies are tried, one experiments different healing techniques.*

*Someone stops at this point, someone instead continues the search until discovering that the only Great Healer is already within him.*

*He understands that the roots of all disharmony have always been within himself.*

*This awareness leads to taking responsibility for healing, and caring in a new way.*

*However, we can ask someone for help, and help us with something, but we will feel them only as means, as aid, and we will not delegate our healing to anything or to anyone anymore.*

*One can choose to start the dissolution of the disease with one's own hands, (by using various techniques), with the Light, with all that Nature gives.*

*In this way the memories of healing methods already known in the Past Lives will resurface: simple ways of connection with the Love and the Light, to bring the Light and Love within oneself, to illuminate the roots, to dissolve disharmonies.*

*This is how one starts to browse the Great Book of the Soul and the Great Book of the Nature.*

*One starts to read with the eyes of the Soul, to learn with the heart.*

*This 'wandering' can happen even with the knowledges: firstly you look for them outside, in many ways, in many places, in many people.*

*And even in this you can stop at a certain time, or continue the search by acquiring many information and knowledges, looking for the person who can answer all our questions.*

*There may be a chance to meet a Master or more Masters as the growth continues, reminding that: 'when the student is ready, the Master appears'.*

*The function of the Master is mainly to help us rediscover the Inner Master, the wisdoms of the Great Book of the Soul and the Great Book of Nature.*

*In the search it is necessary to be very careful, because there are great sources of learning, of wisdom, but there are other sources creating confusion and pulling away from the true wisdom, that one of the Soul, which nurture only the mind and pull away from the heart.*

*And often these sources are well disguised: there seems to be Light in them, but it is 'reflected Light', and it does not come from the heart; words of Light and Love are used to obfuscate and confuse, not to help, as they would like you to believe.*

*Only the heart can recognize if they are really words of Light and Love, words that aim at bringing Light, giving Love, helping.*

*Before looking for the means of healing, the choice to heal at any cost is necessary, even if the recovery may require efforts or sufferings.*

*Accepting that the Great Healer and medicines that can actually heal, are within oneself, leads to feeling responsible for the healing and one's life, it leads to taking responsibility in all, with anyone, at any time.*

*Everything will be easier if one chooses to be ready to change oneself, and open up to the new.*

*Delegating the healing to others or to something, both of the body and heart will be apparently easier.*

*This can also lead to expressions of stoicism, of magnitude, because it proves to accept with resignation and strength, the suffering, disease, events and difficult situations.*

*In reality, you are running, you are definitely not struggling, or you are not doing what you are responsible for.*

*Without our action there will be no real recovery, or they will be temporary.*

*While acting responsibly we will reach the total harmony of our whole Being.*

*And the Angels will help us fully.*

"... If you choose to search within yourself the Great Book of the Soul, I will help you to leaf through, to read with the eyes of the Soul, to learn from the heart, within the time and in the right ways for you.

If you choose to reach into the Great Book of Nature, I will come with you to find it out, together we will leaf through it, we will read it, and your heart will learn rejoicing.

And these Books will lead you to the knowledge, to the wisdom, ancient and new, to the union with the Whole, the awakening of ancient skills and qualities, the total expression of your Essence, to discover your treasures, to learn about the freedom to use them, always, anywhere, with anyone. "



◇ *Healing with hands and heart*

Question:

*Can my hands heal myself?*

Answer:

"If you feel them as a means of your heart, your soul, of the Light, Love.

And they cannot only help you, but also others.

If you are in total connection with the Light, if your heart is full of Love, you can give all the Light that shines and melts, the Love that heals and transforms everything.

Waves of Love and Light will be created that will depart from your heart, from your hands, to enter into the hearts and bodies that await them.

Live those moments in silence, allow your heart to speak, listen to the language of the Soul, the music of the silence.

Silence gives the opportunity to hear the voice of the heart and the Soul.

Feel the sacredness of those moments: it will make you remember the Great Light, your being a Divine Spark.

Accompany the sanctity with joy and enthusiasm to be a valuable means of the Great Light.

In those moments call Me, so I can heal together with you.

You will feel the joy of collaborating with Me, with Us, and your heart will be satisfied.

You know moments of fusion with the Whole and the person you are helping to heal.

This will happen also when you will choose to heal the wounds of your heart, the disharmonies of your body."

"... Join the Love that is in your heart, the Light that your hands can instill in many 'Hearts' and spread around you.

Your hands can be not only a great means of cure, but also carriers of the Light and Love.

For this love your hands, like your heart.

Observe your hands because, if you want, they will be more and more luminous hands that, with My hands, will act to bring Light and Love.

Rejoice, because your heart and your hands are means to cure, to bring Light, to give Love.

Look at your luminous heart, imagine that it is a beautiful sun.

Feel how your hands can heal your heart, as this 'sun' can make more luminous your hands.

If you choose to heal your heart, say:

*– With my hands I heal my heart, with my heart I make my hands luminous – .*

Say this, think about this, feel this.

But when instead you use your hands to bring Light and to give Love, to you or to others, bring always your hands before to

your heart, imagine that it is a beautiful sun, enter in connection with the Great Light, and say:

*– With my hands I make my heart luminous, with my heart I make my hands luminous – .*

See that a beam of Light enters into you and makes your whole Being a luminous 'Sun'.

Then, call Me, and feel on your hands My hands that act with yours, feel My heart that envelops your heart, to give Love together with you.

In those moments I will instill into you and in those who is receiving from you Light and Love, rays of union, of care, of transformation, rays of joy.

You will feel that your heart will accompany the Light and Love you will instill in them, you will feel that your heart will melt with the other heart to understand everything and, therefore, to give what the heart is waiting.

While your hands will be instilling the Light, waves of Love will depart from your heart that will join the Light you are donating.

In those moments instill thoughts and expressions of Love in those who are receiving from your hands the Light, from your heart Love.

Your hands will become even more luminous, your heart will always be more and more a shining sun.

You will hear a new lightness, learn new joys, and your whole Being will perceive the infinite sweetness of Love and Light.

That is why these moments are to be lived in total silence: it will allow you and the other person, to discover, to understand, to perceive, to realize, to receive, everything.

So possibilities to illuminate parts will occur, to find roots, to understand the causes, to get awarenesses, to remember wisdom, which will create and allow the whole.

That is why there must not be words: they would recall that the mind in those moments must be taken away because it would prevent all this, and it may even suggest to escape ...

When one enters the heart, the mind always creates resistances and fears, but we will also understand them together along with Love, disband them with the Light."

◇ *Healing with the Light*

"... Light is a gift for yourself and for the hearts you would like to help heal.

The Light is an immense means to illuminate, transform, dissolve, heal.

Light awakens what is in the hearts, puts forth the most beautiful flowers, leads to the sources that quench their thirst and nurture.

If you welcome it and give it with Love, it accompanies you to discover the invisible."

"... And now I give the White Light to you. Feel it coming down on you like a waterfall, knowing that it is a waterfall of that Love and Light that I will always donate to you lovingly.

This is nutrition for your heart and your Soul. It will be a great means of cleansing, purification, of dissolution.

Your heart must be light in order to follow the Soul, must be free to fly with it.

In many journeys much 'dust' may have deposited in your heart, but your Soul knows that all that 'dust' can be washed away by the Light.

Your heart feels that every day 'dust' can be deposited in it: reassure it telling it that with the Light every day you will

purge this, that you will always loose with the Light what weighs on it.

When a heart humbly asks for the Light of purification, it will become pure; when it asks for the Light of dissolution, transformation, it will become light; when it will ask for the Light of freedom, it will become free.

If you want this, you can ask in this way:

*– I am aware of the 'dust' that is in my heart there, that can always get into it. I ask White Light of purification, dissolution, transformation, liberation.*

*I ask you to help me purify my heart, make it light, clear and luminous. Help me act enabling all this – .*

With these words you will allow me to do everything and help you in everything.

Do this request with a smile, feeling that I will work in your heart with Love and Light, wrapping it with Love and Light.

Ask this with joy, rejoicing let everything happen, and everything will happen."

"... Lovingly I bring you a ray of blue Light, a ray that can penetrate into your heart and open it completely, to allow a cascade of blue Light to flood it, to quench your Soul, to refresh your whole Being.

And this blue Light will give birth in your heart to the so much desired peace, it will create waves that will help you get to the beach your Soul has chosen.

With the heart flooded with blue Light, with your Being wrapped by white Light, and all the fears to heal the wounds will dissolve, to remove the 'dust', to live the storms of life.

Ask Me this every day, see that this happens whenever you want.

So even the tiniest 'dust particles' will dissolve that can be in your heart and on your wings, and prevent your heart and your Soul from flying free in the Sky, from diving into the sea of Love.

When you ask Me, I will give you the Light that can dissolve what blurs your Light, which can take away what weighs down your heart, that can wash your wings.

The Light I will give you will awaken in you the old colours, it will get you to know the new colors, it will create rainbows of Light and Love that will join you with the Sky, the Earth, to us, to those who, with the Light and Love , you want to help heal.”

"... Remember that the Light and Love will always be the balms, the medicines, means of cure, that can heal everything and everyone.

Of course, if there is a real choice to heal, the humble request of Light, the full opening to Love.

All Souls seek the Light, all hearts are in need of Love, all bodies wish the Light that quenches, nourishes, strengthens, regenerates and heals, the Love that caresses them and wraps them in a tender embrace."

"... By giving the Light and Love with your hands, with your smile, with your heart, with all your Being, you cannot just heal what is in your heart and in your body, you cannot just help heal those who wants it, but you can also discover the most beautiful streets of the heart, the wonders of the Light, the fulfillment of Love."



◇ *Healing with Nature*

“... What Nature gives can become cure together with yours and my hands, together with your Light and the Light I will instil in that moment.”

Question:

*How can I smell again the scents of Nature, the taste of its fruits that I can no longer smell after I had a bad cold?*

Answer:

"Go in the Nature with the enthusiasm you can feel thinking that you go there to play a great game with Me.

With Love take some earth in your hands, with them bring Light to that earth, and aloud ask Me to bring there My Light cure. Then, happily put the face in the earth and sniffs its perfume.

Do the same thing with grass, flowers, leaves, and with everything Nature is offering to you.

Play this game also to savor again its fruits.

First collect with Love and holiness, then bring in what you have gathered your Light, ask Me to bring my rays of cure, and then eat a little piece of that leaf, of that flower, of that fruit.

Do these things with certainty that are a cure for you, that your hands are very luminous, that adding the Love of your heart, nothing is impossible for Us, if this is good for your Soul.

Do not be surprised: these games were already remedies in ancient times.

They will help you understand how much what is in Nature can heal, help, reawaken, teach.

Believe in yourself, love the Nature, remember the Power of Light.

Rejoice, spells can always happen to children who play with Us, who believes in the Light, who likes everything that vibrates in the Universe."

“... Nature offers an immensity of treatment possibilities.

You can discover them by going there as a little girl, behaving with daughter's Love, asking Me to accompany you to discover and to help you remember.

In Nature there are the sweetest music, the most intense sounds, entering into the bottom of the heart, that nourish the Soul, healing the body.

There are colours no hand can bring back, the most beautiful images that can take the mind away, and awaken the ancient emotions and sensations.

These colours, these images and what they create and allow, can become a cure for you.

The earth, water, air, fire, are already remedies, and can be melted one another to create new treatments.

And if you have doubts, observe how many cure techniques have been inspired by Nature, use its elements and all that it offers."

Question:

*Invisible Beings that are in the Nature can help heal this disharmony of mine?*

Answer:

"Of course they can, if you believe in Them, if you allow Them to do it, if you collaborate with Them, if you open up to the understanding of the disharmony."

Question:

*Is it true that animals can cure?*

Answer:

"They are creatures that can help you a lot in everything. Listen to them as means to express Love, sweetness, tenderness with them it is much easier. These creatures can help you express so much Love, that this can become part of you, that you may become Love.

They can help you understand all the feelings that they give birth in your heart, even those of not love: there is always an injury that creates the non love towards the animals, towards the Creatures of the Universe.

Animals are also great examples of life, of Love. They are the means of expansion, opening.

They are possibilities of growth in everything, because they are large mirrors that reflect what is in you and around you.

For all this they can be therefore a means of treatment, and their Love is already a cure."

◇ *Words - Sounds*

“... Remember the creative power of words and sounds, and how much the expressions aloud create within and around you. All words, even a part of it, create something: this can be a cure, creative force, it can be the materialization of what you express with that word.

Therefore, be always attentive to every word, because it creates but it can destroy, it heals but it also can hurt .

Talk to your body like a baby to love, understand, reassure, support, help.

Expressing him acceptance, understanding, help, for the disharmony that is manifesting at that time, the healing will begin that the Love so expressed will make happen.

After this expression, you can ask him to let go of that disharmony.

Merge to the expression the loving touch and the bringing Light together with Me.

Do not worry if you do not know the therapeutic sounds and be serene: they will arise spontaneously in your heart, if you ask Me to help you remember them, to receive them from the Universe, to emit them in the required manner and time .

This will happen if you have already taken away your mind, if you are there with the heart, in the absolute silence, in the total opening, in the union of the Light, with all your Love.

The words, the sounds and all expressions, may be a cure for your body, for your heart, and for all those who you want to help."

## ◇ *Positive thinking and Visualization*

“... Remember that your mind will talk to you about what it knows, so when you speak to it about the unknown or create the unimaginable, it walks away.

The mind cannot tell the difference between the reality that surrounds it and the images and the reality that you can create with your thoughts and your visualizations.

Here you can understand that now you are what you have created with your thoughts, words, actions and vibrations.

So you can become what you choose to create with them.

With joy imagine wonderful things for you, for all that is within you, for your heart, for your body, for your Soul.

Imagine the most beautiful and the biggest things for everything around you.

Allow the Little Girl that is in you to dream the unknown, to have all necessary space for her imagination, her creativity.

If your Little Girl can always express them, she will create not only healing, but she also will attract what is necessary to you, and what you can not even imagine now.

If your Little Girl is free to let her imagination fly, she will create a really wonderful reality, full of magics and gifts.

And together with her imagination, and her dreams, even your heart and your Soul will fly."

◇ *Tears*

Question:

*Often when I think of the wounds of my heart that I chose to heal me, tears come down ...*

Answer:

"Do not fear them, they are tears of dissolution, it is not a call for attention as you are afraid, because now you are aware whether those tears want to draw the attention of someone or you want someone to act for you.

If they are tears of the Little Girl, they melt all that needs to be dissolved, even what has roots in the Past Lives.

Tears can untie the largest knots, open locked doors, break down the built walls.

They can wash away what blurs your colours and make you discover the ancient colors.

They may remove the dried leaves to give your flowers and antique flowers, the space necessary to grow.

Tears can loose your wings to allow your Soul to fly high in the Sky."



## ◇ *Meditation*

“... Go into the Nature with your heart of little girl and in the silence stay in sweet listening: its sounds, its music, its scents, intoxicate your mind and turn it away.

Open your heart and call Me next to you. Imagine then a beam of Light that connects your heart to the Sky, your heart to Me, and smile.

Of course, you can do this also in your home and in other places. Everywhere the silence, the opened heart, the smile, the union with the Light, allow everything to Me are indispensable. Do not try to feel or understand, not even try to guess or sense: just stay there, like a happy and smiling Little Girl, who has the heart and hands open to receive the immense gifts ready for her.

If you do not look for anything, you do not wait for anything, all you need at that time will come to you.

In the silence you can discover the deepest roots, the unimaginable reasons, the farthest causes, of each disharmony that is in you.

You can understand how to act to dissolve it, or to transform it, or let go of what is necessary.

In the silence you can receive the Love of the Universe, and My rays of cure.

Beyond all this, the silence is already a cure for your heart, a liberation for your Soul."

◇ *Love*

“... With infinite sweetness I remind you how Love allows everything, creates space to all, attracts and gives everything, creates and dissolves everything.

I remind you this so that you can be certain that Love is the necessary medicine for every wound, it is the biggest means to cure, the most powerful, it is the sweetest balm for every wound.

Love is the expression of Light, thus the Power of Light is manifested through Love.

For this Love makes you be a healer, for you and for those who asks you for help to heal.

Everything that you choose to use for your or other people's disharmonies, wrap it with the Light, give it with Love.

And remember what love can make happen inside and around you, is not just the love you receive, but above all the Love that you give"

# *How to choose the means and ways of cures*

## *Comment*

*With the experience I gathered on me and with the people to whom I gave the treatment methods known to me, and whom I stayed beside in the manner of cures they chose, I realized that there is not a right or wrong means of cure.*

*For this, let us simply give our known and our experience, so that the person who has asked for help to heal, have more knowledge and awareness in order to be able to choose the best for him or her.*

*Only he or she can choose, and we must be very careful not to influence her or his choice in any way.*

*Although we offer something 'miraculous', that could heal her instantly, however, the healing will not happen if she is not ready, if she does not believe in what we offered, if she has not understood what the disease is helping her to understand and learn.*

*I also experienced that a technique, a way, a means, can complete the healing that was begun with the cures previously made.*

*These had 'plowed the land', they had already donated the awakening or awareness that disharmony had brought.*

*The last used therapy had just completed the work.*

*If it had not happened what was necessary, also that means would not have healed.*

*This allowed me to understand how much, after the choice of wanting to heal, to do everything possible, to accept what it entails, it is also required the acceptance of the possibility that healing does not happen immediately.*

*This, of course, both for oneself and for the people who want to help.*

*There can be many reasons that prevent from healing as long as they are recognized, understood and dissolved.*

*Some of these are:*

*- If the disharmony has the purpose to make understand a lesson, it remains until the time of understanding of the same.*

*- If the disharmony is an excuse for not taking up a responsibility for a particular thing or situation, the person will hold it back, consciously or not.*

*- If the disharmony is a means to have advantages, or it is a way to draw attention, to receive Love, to ensure that someone will take care of oneself, it will remain as long as the person chooses to ask all this clearly .*

- *If the sick person is in a period of evolution because of which he or she is not ready to receive certain types of therapies, or looks at them with suspect, preclude any improvement.*
- *The disharmonies can be linked to Past Lives that must be concluded within the required time and manners, unknown to us.*
- *It may be that in the purpose of the Soul the healing has to take place with the help of a certain person. So it will happen only at that meeting.*
- *If a person wishes to receive treatments from doctors or famous therapists, or to use methods of 'special' cure, it will ensure that the healing is not given through simple or natural methods.*
- *Someone may also choose not to heal to confirm the futility of that technique or therapy to highlight the failure of the doctor or therapist.*

*These and many other reasons, there may be also if the person claims he or she wants to heal at all costs, demonstrates to do all what is possible, accept any proposal and help.*

*It is impossible to know the intimate person... Love and the respect require to us not to even want to know...*

*Anyway, the story of a Soul will always remain unknown to us.*

*With oneself a deep and total integrity is required, and the courage to find out the reasons which prevent from healing.*

*With others we are asked the total availability, accompanied by the respect and detachment that allows to observe what happens without any judgment, interpretation and expectation. So we will always leave all free, also to choose not to heal...*

“... Do all you can, so you will allow Me to complete what you start.

I can do for you no steps, no action, but I can quicken much your step, make big even a small action that you carry out.

No one who acts out of Love can invade, can force, can act in place of another, even for a good purpose: this is Love, this is freedom.”

“... Everyone has to feel in one's heart what at that time can help him or her: this in everything, even in the healing.

Only in this way the means and ways can create and allow.

Next to a choice made with the heart, not with the mind, it is necessary the courage to accept and deal with what means and ways can create or bring to the surface, to allow then the healing.

Many may be the helps, the instruments and means.

It is necessary that everyone chooses one's, calmly, with awareness, with attention, remembering that is often left aside what is the most needed at that time, for fear of suffering, to discover, to let go.

Sometimes you would not like to know the cause of the disharmony, because then you intuit that then a choice, a step, an act will be required.

These fears may also be unconscious, and they turn the gaze away, they make take another tool which is believed less painful, even if it is known that it will take much longer.

Sometimes healing slowly leads to suffering longer and may be more painful.

A tool apparently 'sweet' may be actually very 'sharp', a way seemingly simple can be very intense.

However, it is necessary to leave free in the choice, remembering that in everyone there is always the necessary strength to cope with everything a healing requires.

And whatever a tool or a way can create, you can live it with serenity and sweetness, calling Me beside you, collaborating with Me, allowing Me everything, wrapping everything with Light, doing everything with Love."

“... Cures need the total confidence, but there must not be the expectation.

Anyway, you will be always able to heal yourself...

And you will discover that the cure itself never heals, but all that is within you, what you choose with integrity, and how you act.”

“... Before taking any action in your body, in your heart, call Me beside you. So you can act, or allow someone to act, with My help, to bring the necessary Light, to wrap it all with the love that allows healing.

On whatever you have on your body or inside of it, let first your Light with your hands come down, wrap it with your Love, and then ask Me the necessary Light and Love there  
When you bring your hands on your body, feel My hands on them. Then imagine that the sun enters that part of the body along with My rays that I will let them penetrate.

Listen to and see this also on what you have on your body or inside it.

Of course do this and imagine even when you give your cures to other hearts.”



## *Accepting oneself and others*

### *Accepting disharmonies and difficulties*

Question:

*I realized that I do not accept only my disharmonies, but even myself.*

Answer:

"Close your eyes, open the heart, and feel how I love you, how I always accept you unconditionally, totally, without interruption.

Feeling this, you cannot but love yourself and accept yourself.

So you will find out how much you are loved and accepted not only by me, but also from other hearts.

It is hard to hear this from someone unless you accept yourself and love yourself as you are, you can see it but not feel.

In order to grow it is necessary first to accept what will make you grow, and accept that the growth will continue as long as you want it.

You cannot continue the Way towards your goal if you do not observe where you are at that moment.

If you realize this humbly and accept with Love and joy, you will continue your Way and continue your growth in the Love and joy, you will always accept yourself with serenity. And this is for everything, and it will be so in everything."

"... The growth, the transformation, the change, the healing, require choices, awarenesses, responsibilities, steps and actions, but first of all acceptance.

Jump on My lap and let me wrap you with My wings. Feel like a loved and protected little girl.

Feel that you are so accepted from Me that I take you inside my heart, and I wrap you in it with all My Love.

Think, see and feel this: it will be so easy to accept yourself and all of you, to accept the wounds of the heart, the disharmonies of the body, to recognize the parts to illuminate or transform those that are creating disharmonies."

"... From your heart not everything came out, in your heart not all is healed: accept this with equanimity and do not fight it.

But do not think about what should come out of your heart, of the wounds that are in it, the parts that need to be illuminated, transformed, let go.

Smiling, observe, instead everything that shines in you, all that you are manifesting around you, your luminous Essence, your colours, your perfumes.

So there will be no fear, you will not feel fragile, and you will be able to accept all, to heal, transform and let go, with patience, serenity and Love.

Give Love, express your Essence, manifest your Light, rejoice for the courage you have, for the strength that is within you: everything will happen sweetly."

Question:

*I am struggling since a long time against this disease but I cannot heal.*

Answer:

"Do not fight anymore, but look at it with Love and accept it with serenity.

This will allow you to recognize its meaning, to understand the message that is leading you, what the Soul wants to tell you through it.

It is important not to refuse it, not to try to suppress or stifle what it is telling you.

Bring the hands to the heart, raises the eyes to the Sky, express gratitude for it, for what healing will bring you, and ask Me to help you.

Everything will happen if inside you there is a deep gratitude, the total acceptance, the serenity in your action, the joy for the gifts that disharmony, that difficulty, surely will bring you.

Never fear anything about you or what is in you, do not judge anything and love everything, certain that behind every cloud there is always the sun."

## *Suggestions*

*With joy I give you these two games that can help in the acceptance of oneself.*

- *Look at yourself in the mirror, say your name and, smiling, express to the reflected image, (to yourself): Love, admiration, pride, for the Light that is in you, for all that you are already, you already do, already express, already give, for what you already love, and already help.*

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- a) *Imagine in front of your Angel that smiles at you that looks at you with Love, admiration, pride, and listen to him: let me tell you all the good things that you would like to hear about you.*
- b) *Do the same thing imaging in front of you someone you know.*

- c) *Now do this imagining in front of you many people.*
- d) *Now imagine yourself on a stage: you hear the audience applauding to you and express how wonderful you are, good, great, beautiful, you feel that it is telling you how important is everything you do, and what you are doing.*
- e) *Done this, smile to your Angel, to this person, to the group of people, to the public, and thank them for the truths they have expressed, for their recognition and appreciation for their Love.*

## *Comment*

*I think that only when we accept ourselves, fully, we accept everything that happens in and around us, then we can really accept others, everything and at all times.*

*It is said it is easier to accept and forgive others than ourselves, but often it is not.*

*If we observe with integrity, we will see that we will not always accept fully a person, in any situation.*

*It is difficult to accept him or her with Love when he or she is our 'mirror' because it reflects a side of ours we still do not accept or do not want to recognize, although we understand that this is a help for our growth.*

*Even more so when it is a 'talking mirror', and tells us things we would not like to hear, even knowing that they are true and which can be help messages.*

*It is not easy to accept serenely a person when he or she refuses our help or tramples our gift, especially if he or she requested them to us before.*

*It is not easy to accept with indifference her or his actions that take away from healing or from the goal, after we were asked for help to reach them.*

*It is even more difficult if to do so, we have given much time and energy, done everything possible, and even given up our needs.*

*Not always we are able to remain indifferent when we see him or her suffer because he or she does not take the necessary steps or actions, even the easy ones.*

*It is not easy to accept him or her with compassion when he or she complains about what he or she does not have, what he or she cannot do or achieve, while we see that he or she could have all, do and achieve, if she or she put into practice her or his knowledge.*

*To reach the total acceptance it is necessary to remember that everyone is free in all, also to suffer.*

*He or she is free to lose what he or she has, not to receive what he or she is looking for, not to be as he or she would like to be and really could be.*

*Even more we would be able to accept all if we see them as Souls who are helping us learn the art of giving, of assisting, of expressing unconditional Love.*

*If we remember this, and we feel it in our depth, we can thank everyone for everything, even when they refuse us or react violently against us, because of what we have given them, for as much we loved them.*

*That is why the acceptance leads to gratitude, and both leads to serenity.*

*And they always attract great gifts.*



# *Thanking*

“... A magical world whose doors are closed can reveal if you open them, they can then bring you countless gifts obstacles, they can make you discover understandings and wisdoms disharmonies in your body.

Therefore, when you meet a difficulty, you discover a wound of the heart, or your body manifests a disharmony, first of all thank with intensity, turning your gaze to the Sky, smiling at everything that is great, beautiful and magic, that is already behind and is coming to you.

This gratitude will open the most impregnable doors, it will bring down the walls of the strongest ones, it will let you overcome the greatest difficulties, it will bring healing and transformation in all.

Thanking first of all, leads to acceptance, understanding, total vision, transformation, healing, and let you take the necessary steps, the required actions."

## *Comment*

*It seems absurd to give thanks for what we do not like or is making us suffer, for what we would not like, or that is preventing us from something, or is changing our plans.*

*But really to thank for everything, first of all, creates and enables the unimaginable, what we consider impossible.*

“... The acceptance of everything and everyone, made with Love, joyful gratitude, the humble sharing of the difficulties you encounter in accepting and being grateful for all, leads to achieving huge conquests, quickly completes many healings, including healing of Past Lives, and allows the arrival of new gifts for yourself and for others.

Continue to accept with Love, to give thanks with joy, smiling at everything and everyone, without interruption, remain detached from everything, from everyone, and from yourself, keep your gaze to the Sky, to the goal of your Soul: you will live joyfully the spells that will happen, now unimaginable for you, you will feel transported by the wave of Love that bring you up, which will allow to your Soul to fly free in the Sky.”

## *Remember that:*

- *The difficulties are:*
  - *tools that shape,*
  - *strengthening trainers,*
  - *means to extract what is inside,*
  - *possibilities to express the luminous Essence,*
  - *steps to climb higher and higher,*
  - *mirrors to reflect oneself,*
  - *test benches.*
  - *teachers of life.*
  
- *To overcome the difficulties it is necessary to disarm the mind and open the door of the heart.*
  
- *For each problem there is a solution,  
for each question there is an answer,  
for each defeat there is a victory,  
for every failure there is a success,  
for each end there is a beginning.*

*Observing the past to heal,  
understand, forgive, love*

"... If you want, I will take you with Love to watch a great movie: your life.

With joy I will teach you how to observe it.

I will give you a new strength so that you can do it simply and quietly.

So you will allow the awakening of a great strength that will come out while you are doing this.

So you will understand that all that is in you and around you, is part of a film not yet finished.

You will see the images in a new way and with a new light, because now you have brought into your life a new light.

When you watch a movie you like a lot, you live intense emotions, knowing that it is a film: that is what happens in life, this is life.

In some pictures we will stop to look better, to be able to grasp the essence of the experienced situation, that experience made, that meeting that took place.

We will focus to understand if there is a need of a healing or transformation, if you can learn a lesson or become understanding.

So you can learn and understand what you have not learned and understood either while you were experiencing that situation, that experience, that meeting, or later.

We will bring Light to the past to increase the Light in the present, to call even more Light for the future.

A part of you will push you to watch this movie together with Me and watch it again several times, because it is attracted, because it understands all the gifts that are behind.

A part will push you instead to run away, because it fears to discover things that can still make suffer, or touch the wounds.

A part will push you to come with Me, because it knows that we will travel the road leading inside you to discover your beauty, your magnitude, your treasures, your Essence of the Luminous Soul, of Daughter of Light.

A part will call you instead to other roads, to other places, feeling that the road to oneself is the most tiring one, even though it knows that it is the most beautiful, the richest one in gifts and magic.

A part will make you feel too fragile and weak to watch the film with Me. Call Me in those moments, and with the Essence of the 'Warrior of Light', say:

*– I am not fragile, I am not weak, I just feel my heart fragile and weak, but now with my strength I will heal it and will make it strong – .*

Say this aloud to feel the full force inside you, which allows you to watch the film without suffering, without wanting to flee, that will bring you to love it and find out how nice it is.

After you have watched the film again together with Me and you will have understood, transformed, healed everything, you will feel much stronger, you will not fear anything of what you will experience in the movie of life, feeling that in reality life is a movie.

You will not flee from anything, you will not suffocate feelings and emotions any longer, but you will cope with everything with enthusiasm, you will live with intensity.

This is how you will live your life like a little girl who is playing, you will discover your greatness, remaining humble.

Joyfully you will reach out to Me and you will run to the adventures life will give you."

Question:

*I am afraid to do this because I still suffer when the memories resurface of what I suffered from my parents. I am afraid I have not really forgiven them...*

Answer:

"As a little girl jump on My lap to observe together with Me those parts of the movie that you have been living with them.

You will smile to them and to your parents, because they will find out how you are protecting yourself now and defending with the same means, ways, and expressions used by them.

Easily you will discover the roots, the causes, the fears, the needs, which led to those expressions, to using those means.

You will simply detach from them, joyfully you will understand that they did not need to protect themselves and defend themselves, as in reality you do not need to.

You will discover how those expressions, those ways, those means, in reality do not protect, do not defend, but prevent the Love from satisfying the heart, the Light from making shine the Essence of Light, Our gifts from arriving.

In this way you will understand your parents and forgive them even more, you will love them as Souls who gave you a great opportunity of growth and evolution.

The other beauties of yours will re-emerge.

You will be able to give new helps, because this will allow you to sense more what it may be behind every expression and action, or non expression and non action.

You will give the wisdoms that your experience now can give you, and these are the most beautiful gifts, are the biggest helps."

# *Daily life as a means of healing*

"... Bring the attention to the place where you are, bring awareness in everything you do and live, observe with detachment the emotions that are in your heart, the sensations you feel.

All this can be a means to understand the roots, the causes, the motivations, the purposes, of the disharmonies of the body, of the sufferings of the heart.

Besides being able to grasp it all, you can guess the way and the means to use to heal, to dissolve, to transform.

Places can awaken already known emotions.

The sounds, the images, the smells, can help you remember.

Words can contain Our messages, beyond the sources from which they come.

When an athlete prepares for a competition he or she does not think of anything else, does not look beyond his or her training ground, does not get lost in the memories of the past or in the thoughts for the future, but lives intensely his or her training, he or she is constantly attentive to its preparation.

If you live the daily life so you will be able to live consciously the feelings and emotions, you will be able to discover to remember, to understand, to grasp.

And in addition to what can lead you to the healing, you can seize the occasions for growth, you can learn new lessons, you can remember ancient wisdoms.



This is also a way to turn the mind away, clean up 'antennas', refine the senses.

When the heart is emptied of all that is not Love, is not Light, is not Joy, the Light will have the possibility to make it strong and make you strong, Love will be able to fill it and satisfy you fully.

So it will be easier for you to perceive and understand the invisible and the 'subtle' of all.

Even if you have not completely emptied your heart, behave the same as I suggested to you now, because that leads you to reaching the fulfilment of the heart, the freedom of the Soul.

And as you see, there is no room for the memories of the past, for the anxieties of the future, for the illusions of the world, but only to dream of what is waiting for you."

"... When two 'Hearts' meet a lot can happen, be born and end. The Souls meet to grow and evolve together, to illuminate more and more one other, to heal together, to close what they have started together in other journeys.

Many times it happens that one makes more journeys to close what has not been closed when there had been the opportunity.

This is because at that time the necessary attention was not brought, it was not lived with awareness, it was not grasped what happened, it was not done what was necessary.

If one does not live with attention and awareness, occasions do not create what they can create, do not close, do not conclude, do not dissolve, what is possible.

And the healing, which could take place at that time does not occur.

Therefore always pay a lot of attention to the meetings you have, seize everything that comes out, whether you understand it or not.

Feel the meetings as gifts of Love, even if at that time you do not feel Love towards those whom you meet, or you have feelings that are far from Love.

If that meeting has a purpose, if it is part of the purpose of the Soul to come to a healing, this will happen when you are ready, when the time is right, whether you remember it or not.

If you feel with certainty it is really a gift, you will also feel Love, because in reality all that leads to healing, growing, they are gifts of Love.

And as always, to feel them so, there must not be the mind, even for a moment, but only the heart, and the silence that allows us to understand many things.

Call Me and feel Me beside you to help you live the whole.

Close to Me it will be easier for you to feel yourself as a Soul who meets other Souls, to see everyone like Souls on a journey, behave like a Soul who chose the Love and Light.

And so, you will approach more and more the Love of the Souls."

"... The non luminous feeling and of not love, prevent Love from flowing, the gifts of Love from arriving.

They limit your and the other's expression, blocking the achievement of all that there might be.

These feelings prevent you from understanding or perceiving the reason of that meeting, of that relationship, thus they make you miss that occasion.

Keep your heart free from these feelings, keep it light, noting clearly all that it contains in order to have a clear vision.

So you will know how to act in order that there is only Love, Light, joy, peace in your heart.

Everyone is a living 'mirror' for someone, because it allows the other to discover himself or herself.

This can help you not to judge and not to blame anyone or anything.

You will learn to love the 'mirror' that is reminding you that all of it that creates difficulties to you, is also in you.

It can be a tiny part, or expressed by you in a very different way."

## *Creating changes*

"... When you suffer, when the healing does not come despite your efforts, observe if you can change something around you. Many times the external changes allow the internal changes and vice versa.

A disharmony can be a help for you to arrive in the best places for you and your growth, or to help you understand that the place where you live is already outdated, it was useful for the stages you have reached.

New places, new images and perfumes, can create healing.

A big change may be required: of work, place, the way of life.

It may be a little change, or a change in small things, that creates in you the breeding ground for the flower of the healing.

A new awareness can be enough to change an attitude, a way of behaving, of reacting.

This will make you feel, see and experience everything around you in a new way, as if everything had changed, even though in reality nothing of your daily life or what is around you has changed.

You will have confirmation that nothing in life has the same meaning for everyone, or it is experienced in the same way: it all depends on how you react to people, situations, on what you live."

## *Acting with intensity*

"... When you have understood what healing requires, act intensively, because the intensity in the steps, in the actions, leads to great healings, leads to reaching them quickly.

The intensity expresses your wish to heal, and this stirs great energy in and around you.

The intensity allows Me to act intensively with you and on you, and to complete so what you started.

Do not fear if you feel inside you many things moving and very quickly.

Love what is happening, remembering that the intensity diminishes the suffering that can be in healing when you touch the wounds."

# *Asking for help: why it is necessary and how to ask for it*

## *Comment*

*The need for an external help often comes from the choice of the Soul to learn and experiment the humility of asking.*

*But not always the difficulty of asking is because of a lack of humility.*

*There may be a slight resistance due to the experienced sufferings, there may be fears for received refusals in this life or in the Past Lives.*

*Everyone must take one's steps, one's actions, but also know how to calmly ask for help when making, support when walking.*

*That is where the greatness of humility is.*

*You often feel a great joy in giving help, in healing with your own hands, but instead when you need help, cure, you may have difficulties to ask with the same joy and serenity.*

*Whereas there may be the same joy and the same fluidity, both in giving help, in asking, and in accepting.*

*This leads to remaining open, and to understand what may be behind a call for help, or behind a not call for help, behind the difficulty to receive it, or to give support and Love.*

*You can find out what creates anxiety to want to give at all costs, to help, to heal, regardless if there is or not the request, and you do not observe really if there is the desire to receive what you want to give.*

*Sometimes the person does not want to receive what is being proposed with insistence, but accepts it because she fears that her refusal might cause rankle.*

*Which is invading and not respecting the freedom of others and their times, creating additional difficulties.*

*That is why the help is an art, the call for help is an important experience for everyone, it is essential for those who want to help.*

Question:

*I have done a lot for my healing of the heart, but I can not complete it: do I need probably help from someone?*

Answer:

"You have already allowed much, and everything you have done has had a great outcome, beyond what you see now, and for this, be proud and joyful.

You can also continue by yourself, but the times will be different, and there may be the risk of not removing all that is necessary.

Imagine having an open wound: you can heal it by yourself, but think how hard it is to resist the pain that you will experience entering the wound to clean it from everything, and to put on the wound what is necessary.

There is therefore a risk the pain in doing that makes you close your eyes, and you do not go so deep in it.

That is why a surgeon can heal more and better the wounds of others...

And who has the wound, if he or she relies on the surgeon, feels less pain and it takes less to heal.

In the healing of the heart, the fears can be so big that they prevent to understand and see even the simplest things.

This is why we urge you to always ask Us for the help to be able to illuminate, understand and act.

When there are injuries, there are not Past Lives to transform, to heal, to close, it is easy to understand even the most difficult things.



While the wounds, the difficulties, fears, can tarnish the total understanding and prevent the complete view.

They can prevent from using fully and deeply the tools you have chosen to plow your land, the ways to achieve healing.

That is why the given help must be loving, intense, continuous, although those who receive it closes their eyes for the pain, or would like to escape.

The pressures to continue must always be very calm, so that everything is done calmly and with the enthusiasm to conquer what healing will allow."

Question:

*Is there a special way to ask for help?*

Answer:

"Bring your hands to the heart, look at the Sky and ask Me, with simple words of the little girl, all that your heart, your body, at that time need, all that your soul needs to be free to fly

.

And then go serene and joyful, confident that everything you need will come.

I will bring anything that can make your path fluid, and nothing is impossible to the Light.

If you choose to realize first of all the purpose of your Soul, at every request for help, for anything, in the end say:

*– If this is good for my Soul – .*

And while you ask other people are involved:

*– If this is good for me and for these Souls – .*

If you have done all you can, and your request is intense, it is accompanied by a total Creed, it has ended so, you will remain serene regardless if it happens or not what you asked.

You will have the certainty that if your request is not answered, it is because this would hinder your growth, impede the purpose of the Soul, or it will arrive later, at the right time for you."

"... And while we will collect together the golden ears ready for you, we will remove even what is among the ears, and that prevents the ears from growing completely, the flowers that are there among the ears to blossom fully, intensely to give their scent.

Do not think of this, but just look at the ears that you will hold in your hands, intoxicate your mind with the scent of flowers you will gather with Me.

While you scythes the wheat, I will take away what there should not be in the crop, what among the flowers can not remain.

Think of this, do this, whenever you discover that there is something to take away.

If one thinks about what is to be removed, if one tries to take away what it is not right, one can tear up the flowers and ears, too.

Instead if you are careful to pick up the ears and the flowers, if the gaze is there, if you are joyful in doing this, then We can clean up the wheat and free the flowers.

If you think about what you need to weed out, you can not catch what you need, you cannot taste what is sweet, beautiful, is there for you, you will not be able to rejoice for the wheat and flowers.

This awareness is needed to understand that all is in life, that everything can be hidden, even among the wheat and flowers.

But you always think that it is time to pick up, so you will not suffer from what is to be removed.

Remember that in reality, behind all that does not look good, there might be wheat fields full of golden ears.

And you still do not know the wheat of the Soul, so even the flowers of the Soul, which you can collect together with the wheat.

And when it is not reaped with Us, you sow at the same time, because your hands will be filled with grains and golden ears, of the kind the Sky will give you.

Who collects Our wheat, choose the only nourishment of the Soul.

Who choose Our flowers, choose to know about the flowers of the Soul.

Who choose Our Seeds of Light , he or she can only collect bundles of Ears of Light, Love and joy.

See how the pace can be sweet and the body erect in order to sow but to collect the wheat, or to prepare the ground for the seeds, you always have to bend and approach the ground.

This approach to the ground makes humble: this is why the ground is prepared with humility and you collect with humility.

If you remember you bent while plowing and collecting, when you sow you do it with the humility known in these moments."

"... You are allowing a part of yourself to crumble, a part of you to flow more: this is why you feel different emotions, sometimes even conflicting.

Do not try to understand them, but only listen to what they are telling you, what is happening inside you.

If you want to understand, recall the mind. And it will rebuild what is crumbling, it will create storms to obstruct what it wants to flow now in you.

What is to be understood, you will understand with the heart, at the right time.

In the morning you can say to your soul, to your heart, to Me:

*– I choose to recognize all that I can change, what is good for my Soul to transform, to illuminate for my heart.*

*I choose to do all that is necessary, even to fight.*

*Help me understand everything with the heart, when it is good for me – .*

So you will give Me, your Soul, the possibility to create situations and meetings so that all this is done, and without having to face the risk of stopping to understand with the mind. If you feel that your mind wants to talk to you, stop and be silent.

Smiling, listens to what it wants to tell you , observe inside and outside you: just standing there, silent.

The mind will stop talking to you, and here with the heart you will understand what it is necessary at that moment you understand.

You will experience great joy in seeing what is crumbling, what is flowing, feeling that you are the creator of all this."

## *The expression of the heart*

"... There is a part of you that needs healing, there is a part which requires the expression of what is in the heart.

Both have to join in order to allow the dissolution of all.

And this always happens with the Light and with Our help.

The expression requires a big commitment, a deep humility, sometimes a lot of fatigue, and personal action.

Healing with the Light requires abandonment, confidence, and trust.

Asking always leads to a growth in humility.

The expression of the heart requires to open completely the door of the heart.

All this allows then to remain open.

It is like to remove the key from a door to prevent it can close again.

The expression of the heart leads to an even deeper humility: to accept oneself and accept everything, even what one will never want to contact, especially when the wounds of the past and Past Lives are touched.

The value of the expression of the heart lies in being a great means of growing in humility, in openness, acceptance, abandonment, in relying.

This is why it allows great healings.

You can treat a wound with all the ointments and the best substances, but if you do not remove first the dust particles that

it contains inside, sometimes invisible, that wound will never heal.

Instead, if you have the courage to open it, to clean it in depth, also making it bleed again, then it will close forever.

To understand the importance of the expression observe a bucket full of water: if it were empty and you want to fill it with clear water, just pour it into it.

But if it is already full of not clear water, if it contains sand and if you do not want to empty it before, you have to pour much more water to let all the sand flow out.

However there may be a risk that a few grains of sand remain, and therefore that water does not become completely pure.

The mind never wants to open the doors of the heart, or empty 'buckets'.

The heart often fears this, but it always pushes the Soul to do so, to lead to freedom, joy, peace, to allow healings.

That is why it is sometimes necessary to go beyond what the heart feels, and, with courage and determination, make the choice to follow first the Soul."

"... The expression of the heart prepares the ground so that the most beautiful flowers can sprout.

When you start to break a clod, often only after you have broken it, you realize that next to it there are other clods to be removed.

And many clods created in the past of this journey, may have originated in the Past Lives..

For this the Soul chooses to recreate them on this journey, in order to go beyond, to close or overcome Past Lives that in other lives it had not been closed or overcome.

A challenge can occur many times, in many lives, until it is overcome.

So, with serenity, break the clod you have in your hands, knowing that it is the expression and the consequence of something happened or done.

It does not matter if it belongs to the past of this life or other lives.

That is why it is very difficult, sometimes impossible, to understand everything, give explanation for everything.

What is needed is to surrender and say:

*– I choose to heal what I remember, I choose to transform what I will be able to recognize, and I allow this to happen, even what has roots in the Past Lives – .*

Then, ask Me for help doing everything.

And be sure that with your choice, with this permission, with the request for help, everything will happen.

Of course if the necessary actions and steps follow this choice.

And all in lightness, knowing that I will finish what you start, even what you do not understand or do not remember, or it is good that you do not remember."

## *Sharing, giving, receiving*

"... And remembering that the fear of suffering still, sometimes obscures the total view of the cause of a disharmony, choose gladly to share your sensations, emotions, understandings and awarenesses that have come to you.

You can write them first: this can help to shed light on them, to melt much of what needs to be dissolved, and they will confirm your feeling, your guess.

When you share them, give room to your inner Little Girl: she will do it with the simplicity and lightness that the expression requires, without fearing any judgment.

Do this with whom you feel that can listen to you with love.

When you will say:

*– I feel this, I experience this... –*

you will be in the present, and you will not be able to be in the past or in the future.

So you will loose what is at that moment, you will illuminate what is not clear at that time.

This will allow to dissolve and illuminate the past and the Past Lives that might be behind.

If you bring your attention to the past or the future for fear, you will not act in the present.

Action can only be in the present, the understanding leading to the healing.



And the expression continues in the present, opens the heart to Love, recalls Love.

Remember to take only the little girl in each of your expression, because children can look only at the present and then point at the Sky."

"... To share do not seek who has healed, who is wise, who has a lot of knowledge, but look for a simple heart that can listen to you with Love, without judging anything.

While sharing think you are giving, because everything that you express can be a gift of Love, a means of understanding, awareness, for that heart that is listening to you.

Asking for help, you give the other the possibility to be a means of Light to bring you what you need at that moment.

Recalling this, the expression, the sharing, can be smooth, serene and simple.

And you will feel all the meetings, as meetings of Souls helping each other.

It is only the mind that complicates things, it is only the 'ego ' preventing the simplicity of the children to open the heart, to ask, to give."

## *Inebriating the mind*

"... With Love I bring into your heart spring flowers, flowers with colours and strong scents.

Rejoice looking at the colours, intoxicate with the smells that bring joy to the heart, so the mind falls asleep slowly.

And with the sleeping mind, abandoning yourself will be easier.

The abandonment will make you grow faster, walk safer on your luminous Path.

With a heart full of fragrant flowers, with the sleeping mind, it will be easy to hear the call of your Soul, understand its language: so you will attain your goal peacefully.

When the heart is injured, or it is weighed down by what it contains of not love and not light, your sense can be overshadowed, because it is affected by those wounds, those burdens.

But this can never create those great difficulties that an alert mind creates, because it speaks so loudly that it stifles the voice of the heart and the Soul.

That is why, to achieve the healings of the heart, of the Past Lives, to have the real understanding of the disharmonies of the body, it is essential to numb the mind.

And you can do it by smelling the intense fragrance of a flower you like and asking it:

*– Inebriate, make my mind sleep – .*

Playing this game can help you in the choice to numb the mind.  
And say to Me:

*– Help me smell the scents of flowers that You give me, so that they can intoxicate me – .*

Then, continue your way happily, with the certainty that so it is easier to walk and grow, it is easier to go quickly to your destination."

Question:

*What can I do with these thoughts that I would not like to have any more?*

Answer:

"Give them room.

Express with those who you feel can listen to you with Love, what is in your heart.

Then, stop, sit down, and in the silence observe your thoughts going and going by again.

Give them room, without judging: they will come out from your mind slowly and they will go away from you.

With both these things you can 'cleanse' also what you brought from Past lives.

That is why you must not judge the thoughts: you do not know where they came from.

Maybe in other lives you acted for the Light, you made only action of Light, but in other lives again, maybe your actions were not always as such.

They are often the ones which then push even more to seek the Light again, to act in the Light and for the Light.

So, do not judge either the past or the Past Lives, feel only the joy of cleansing, transforming, of the dissolution, that you are doing.

Perhaps, you started doing this in Past Lives, and now you have the chance to complete it.

That is why you cannot understand anything of other hearts, how much force is required to do so, and how great is their difficulty.

The only thing that matters is to permit the Soul to live what it has chosen to live, to close, to heal, to transform, to cleanse.

So, do not judge and do not fear your thoughts or the parts that need to be illuminated.

Observe everything in silence, express everything with those who can understand you: only in this way your thoughts will go away, they will not belong to you anymore, and will be transformed into the Light."

Question:

*I cannot in any way ease the tension I feel in my head as I constantly think, can you give me some help?*

Answer:

"As always, I will give this to you with Love.

But it is essential that you listen to your heart and give room to it.

Do not think to cast thoughts out, to keep the mind away, but to enlarge the heart, to increase the listening to the heart, to feel and sense what is in there.

When you feel these tensions, these thoughts, breathe deeply, leads the gaze to the heart, stop to listen to it, and ask:

*– Help me get into my heart – .*

Then, imagine yourself as little girl entering a big heart, and you hear there its beats.

Gradually, you will feel the language of the heart, then the language of the Soul: in those moments there will be no room for the mind, nor space for your thoughts.

As you see, even here your steps and actions, your choice are required, and to ask Me for help.

This will allow Me to do everything with you, and finish what you start.

Be always humble when accepting advice, whatever its source, because, whether you feel it right or not for you, it will help you clarify about yourself.

Being humble leads to the real greatness.

Always be alert and ready to learn from situations, from the happening facts, from all what you live.

Be ready to grow up listening to the hearts that have had similar experiences to yours, listening to the simplest hearts you meet, because everything and everyone can be the teachers for you.

This requires you to bring the attention to the present you are living, to what you are doing at that moment, and to observe everything consciously.

This attention to your gestures, to your feelings, emotions, awareness, inevitably divert the attention from the past, from the future, from the mind.

And there will not be room for other thoughts.

So all tensions will melt away.

The absence of the mind, of the thoughts of the past or the future, and the heart wide open, allow great healings, the total healings."

Question:

*Why does this part of my past keep returning to my mind?*

Answer:

"When this happens so intensely, it can be of help to do immediately what is necessary at that time, or a push to act with someone.

It is very often also the challenge of those who choose to bring healing to the past, to the Past Lives, to look away from the past and from the future, to live in the present.

When a memory emerges for a scent, for a music, for an image, for a recalling word, smile and let that memory flow with serenity.

When a past returns, it can be an opportunity to increase the wisdom that the past has written in one's heart: this is the wisdom of what has been lived.

It may happen that the past returns because one fears the upcoming New, and becoming new ones you chose: it is like looking for a foothold or a safety in the known.

That is why you must be very careful not to let your mind enter when this happens, but only make your heart talk and nothing more.

The heart will make understand if there is an open wound or not completely closed, will make guess everything necessary.

When this happens, call Me and say:

*– I'm ready to take immediately and without any fear the necessary steps and actions, help me understand them – .*

And then let everything flow calmly, confident that, with My help, everything will happen.

Be just careful that these are not needs you try to choke, that make the thoughts of the past resurface, which are nothing but the needs of the present. "

Question:

*Every night nightmares of a trauma of the past assail me...*

Answer:

"You have chosen in this journey a body that noone fully knows, a body which is joined to the invisible.

The past marks on this invisible lines you cannot always erase.

Pains, sufferings, deep wounds, create marks on this invisible that you can not always remove completely.

It happens that, because of something that goes unnoticed, you return there, on the lines, on the written ones.

Do not be afraid this requires special healings.

Just be aware of what can happen.

Continue your growth in any way you feel and sense what is necessary.

Then, like a child, ask Me for help: you know that I take you in my lap, I caress you every time you ask Me, every time you close your eyes.

So, feeling you on My lap, ask Me to bring My hands on your heart, My Light above these lines, above these marks, My white mantle over you, and then fall asleep calm, imagining me so, feeling everything, and not thinking about anything.

You can do this even in the morning, to transmit more your Essence and My Essence into the daily life, into the world.

And imagine Me smiling, because for Me it is sweet to watch over you day and night."

Question:

*How can I overcome panic attacks?*

Answer:

"In those moments stop, breathe deeply, call Me and ask Me to help.

Feel me beside you, with the certainty that together we can overcome everything.



With this certainty be silent and bring attention to the breath, to the heart.

You will feel that I wrap you with My Love, you will feel that there is nothing to fear beside Me, you will feel that with the breath the light comes into your heart and into your body, and your Soul joins with the Sky, with the Light.

In the silence you will appease and appeasing everything will pass.

The silence will always allow you to appease, to regenerate, restore you, strengthen you, and allow Me to infuse in you all what is necessary at that moment."

# *Letting go of what is inside*

## *Comment*

*Luminous Soul, to understand more easily how the healing requires to let go of what is inside us, you can think of these images.*

*An open wound, inevitably contains soil, sand or other materials: if you do not remove all this, ointments or any medicine are useless, and if you try to close it, what is left inside creates infection and worsens the wound.*

*Imagine an empty pot: you can put in it anything you want only if it is empty.*

*Think of a door behind which there are unimaginable beauties if you do not open it, you cannot see anything, or enjoy what these beauties can offer you.*

*So, even our beauties, our treasures can emerge only if we open the door of the heart.*

*And what could bring healing, joy and all what we desire, cannot enter if we do not open this door.*

"... Jump on My lap let Me hug you, imagine Me with a smile and feel that I am giving it to you, let My love get deep in your heart.

Feeling so beloved, it will be easier to throw open your heart and let the suffering and all that is weighing down get out.

Do not ever think of having to give up anything, but simply to transform, to heal, to allow the Love and joy to enter you, along with all what is necessary to your heart, to your body.

Share your fears, needs, pains, and express the loneliness you are feeling.

Open yourself and share your tears, too.

Greatness lies in being able to share.

A child with the same spontaneity and simplicity, gives you a smile or cries in your arms, and then resumes to smile.

You, too, with the same simplicity, give your smile and share your tears, give your joy and share your sadness, give your Love and ask for Love.

All 'Hearts' know how to smile, cry, rejoice, live moments of sadness or joy, live all the feelings, but not all hearts choose to manifest this.

Many hearts are afraid of this, other hearts protect themselves holding everything back or manifesting only what is considered beautiful, good and that gives joy.

If you think that all comes from the heart, you will not hide anything more, and you will see how it will be easier to share, how much Love and help will come to you.

Hug and let them hug you, give joy and ask for comfort, understand everyone and everything.

This equilibrium will bring you to express the strength that is in you and the Strength of the Soul, will bring you to the true greatness."

"... Imagine a lawn covered with white snow, where the eye can only see this white coat, but there is life underneath, there is movement.

Who observes from afar, sees nothing, and everything seems stationary. But under the snow there is turmoil, and gradually the seeds are formed, the shoots go beyond the snow, the flowers open in the sun.

And with the sun other creatures come out that feel the call of spring with its warmth.

This is a clear expression of your Being.

If you choose to continue your growth, you cannot keep your blanket white and intact, because you cannot stop what is pushing to get out, what has long been prepared to exit.

All movement that could not be seen before but was there, was felt by you, even if you did not understand it.

This movement is now pushing your beautiful flowers and everything ready to get out, to cross the white blanket.

And there is nothing that can hold back this coming out, unless your growth is stopped and your soul is prevented from being free.

If you feel that inside you there is a volcano that is about to explode, do not fear it: think you are allowing these beautiful flowers and fragrance to blossom, you are allowing your treasures to shine in the sun.

Remember that the real difficulty is in deterring and preventing, never to let flow or allow everything to emerge.

Do not look at anything that is going out, unless this has been illuminated, it can appear to you colourless, not luminous.

If you let the sun shine on it, you can see the beautiful colours."

Question:

*I was not diagnosed with any illness, but I have a great malaise in the whole body and heart.*

Answer:

"You are feeling the pressures of what wants to emerge from your depth, is emerging, has to emerge.

I brought this clarity to you other times, but you fear to let go of all that is in this depth, because you know that above it there is the experience of this life, there are the thoughts you do not communicate to anyone, there are the feelings you keep hidden, and you forget that underneath all this thin layer of the past there are the Past Lives.

You are thinking that these things can bring you sufferings, and that you will have difficulties in letting everything emerge, but it will not.

Once again, I can confirm that a source is within you, and you use only little water...

Note how you fear the silence because you know that the contact with your Soul allows to listen to what your heart is telling you, you fear to bring clarity within you, to get known the great strength that is in you.

A free flower in the lawn grows very quickly, it can spread its perfume, giving its colours.

But when it is covered with dry leaves or ground, it is hard for it to get out...

Peacefully remove the earth and let bloom not a flower, but all the beautiful flowers you contain in the heart. "

Question:

*I ask you to help me understand what brings me to feel great anger, and to have a continuous nervousness that I can not choke.*

Answer:

"You have chosen to grow, evolve, and your Soul prevents you from choking.

Do not stifle anything, feel all as part of a garment you are ready to let go of in the river.

If you still choose to grow with integrity, you will discover the source and roots of what brings you to express what you would not want to.

So you can heal, transform, or remove what is necessary.

And the source will remain in you that is already there, but the water will be different, that water will quench the thirst of your Soul and of many other Souls.

You can say:

*– I am aware of all that is happening in me, now I am going to discover the roots and I choose to dissolve or remove what is necessary.*

*I am going to discover my source to turn everything into fresh water that quench the thirst of my Soul and other Souls – .*

Remember that not all treasures are inside the chests, many are hidden in the ground, and often the chests are still hidden in the ground.

That is why when one removes the earth covering these treasures, hiding the treasures, there must be certainty and the joy of finding one's treasures again.

Always when you have the courage to clean up what it does not seem a treasure at all, to remove the earth that covers it, one allows beautiful treasures to shine in the sun.

Fear not your earth, do not be afraid to pick it up, or that someone will see it, because that person can help you remove it.

Only you think that it is not good earth.

That is why only you can choose to show it, to look at it, to remove it, to get help to remove it.

But a further step is necessary: you must love it.

And you will be able to do it remembering that beneath it there are your most beautiful treasures.

Remember that We will take you in our lap with all clothes, not always new, not always clean; we love you uninterrupted, even when you turn away from us or do not want to play with Us...

Thinking of this say:

*– With Love I take my Little Girl in my lap and every part of me – .*

And be happy to do this. Be happy when, if you want it, and you ask for it, someone will take your Little Girl and every part of you, even your earth in his or her arm.

One day you will know how much joy brings to help other hearts to do this, and understand that the ones who have the earth judge it the worst

Do not stifle again these feelings, or your expressions.

Remember that behind them there is always suffering, a pain that has been stifled, a void, a lack, a frustration.

But when everything is accepted and there is the joy of discovering, everything turns into water that quenches the thirst, into illuminating Light.

And you have so much water to give, so much Light to spread. Be ready for the new, and you will fear neither to discover the roots, nor to go to the source of these feelings, this expression of yours, and of others."

Question:

*I fear all this turmoil I feel inside me.*

Answer:

"It is the rustling of the wind: do not fear it but love it.

You fear this is the beginning of a tempest, a storm.

Sure, the wind turns the leaves, makes discover what there is beneath them, but also brings the scents more intense, can bring the spring and bring the clouds far to let the sun shine.

And when it turns intensely the leaves and lift them up, it is to allow the seeds that are in the ground, to germinate and blossom more quickly.

You are dreading this discovering, this turning over of the dry leaves, because you forget that beneath there are always the shoots the Soul has chosen to let blossom or blossom again.



Observe the Nature again: the farmer removes the leaves and dead branches from the fields with Love, to allow the grass to sprout free and fast.

It is the same for you, for everyone.

Sometimes the farmer, in doing so, discovers rocks that he had not seen before, that the rains made emerge, but the leaves hid then again.

He does not think of hurting the earth by removing the stones, but to embellish it and make it more fertile.

Do so and think, too.

You are making your ground very fertile, you are allowing every shoots to sprout.

And when you hear the rustle of the wind, love it as a means, a help, a friend.

And with it you will be able to smell the sweet scents, and restore yourself with new breezes, that will simply help you while you are going.

When you remove leaves and dead branches with your hands, rejoice thinking that your hands then will gather the flowers that will grow from it.

Keep the gaze on your heart to donate water to these shoots they need and the most loving treatment.

And be ready to welcome the shoots of the Past Lives, the sprouts of new seeds that We always carry in the fertile soils.

Remember that I will always be beside you when removing the dead branches and leaves, but also while rejoicing together when you will get inebriated with the scent of the beautiful flowers that will grow in your ground."

Question:

*But will I heal this physical ailment?*

Answer:

"Definitely yes, if you do not stifle anything more, if you do not suffocate anything more, if you do all that is necessary, if you ask Me for help.

Sometimes people choose not to let go of something, whereas you are just afraid of doing it now: this is very different.

You fear it because you feel everything could escape from the hands and explode.

Observe how many things you are choking.

Observe how many desires you are hiding.

And every restrained, choked thing, creates knots, weights: the body feels them and highlights them in different ways.

Sing out loud when you fear to express the feelings you have inside you. Shout intensely when you feel that they are coming out, and say loudly:

*– I am choosing freely to allow this – .*

So you will not feel forced either from your soul, or from your heart, or from your body, or anybody else, having to let out what is inside you, but you will feel free to express everything.

And feeling free, you will not be afraid of doing so.

You need to shout, to scream, to sing out loud, to express intensely your Essence.

'Do this, and your body will rejoice with you.

The desire to dance will be born in you, and your body will thank you for everything. "

*Fear to open the heart,  
to share*

*Comment*

*Often, when one starts to open the hearts, a great fear rises, and sometimes you feel to 'die' ...*

*In reality there is 'death' of something, or a part of us, and you can feel the 'death' of our 'ego', of our personality coming.*

*This is life, this is the cycle of all living things.*

*When the flower begins to bloom, its bud dies.*

*When the fruit begins to take shape, the flower dies.*

*When a new day is born, the night dies.*

*When spring begins, winter dies.*

*If we think of this natural cycle of everything, we do not fear death anymore, but we see it only as a transformation, we feel that what happens is just a succession of different expressions of life.*

*That is why it is said that those who live in fear of dying, in reality do not live.*

*Since childhood we have heard about death as the worst evil.*

*We hardly ever hear that the death of the body allows the Soul the freedom to fly and return Home.*

*We can learn to see death in a new way and to welcome it into our lives in a different way: not as an enemy but as a friend that allows the transformation, the conclusion, the freedom.*

*If we listen to those who tell about the experience of the coma, we hear only about peace, freedom, lightness, joy, Light.*

*Often people who had this experience, know a so great happiness that then they feel the nostalgia of what they experienced, and with difficulty overcome the regret of not having been able to go further.*

*This regret can be dissolved thinking that the task chosen by the Soul had not finished yet, and that wonderful moment will return.*

*If we learn to look at the death as part of life, as a friend that gives the freedom to return Home, to live in joy and Love, we will not fear the 'death' of some of our parts, of our 'ego' , of our personality anymore.*

*Indeed, when this will happen, we will smile, remembering that they are only prisons, and we will feel the joy of freedom.*

Question:

*I have a great fear to open up to anyone...*

Answer:

"Smile at this fear of yours, and let us observe together the reality.

When one has difficulty in opening the heart, there may be a fear of something to be then highlighted that is thought to remove Luminosity to the image, while the inner Little Girl still wants praises, wants to be told that she is good and beautiful.

This is a fear that comes from the mind, or from something lived in the past or in Past Lives, where a judgment created wounds and sufferings.

And this fear is increased by the knowledge that you have now parts of yours to be illuminated, let go, transformed.

It is like being children at school and knowing to have in one's pocket the toys that are not brought to school, or to have acted although the teacher explained well how you did not have to act.

The student knows the toys he hides, of the actions done, of the thoughts of rejection he has towards the teacher, not only towards the school.

For this he fears to overthrow the pockets, afraid that someone discovers his actions, or intuit his thoughts.

Remember that these fears always arise from the mind, so listen only to your heart.

Feel My Love and the Love that is around you.

Think of the Love I will continue to give you, that I always accept you as you are, with all the toys you have in your pockets, with the non luminous actions done, with your thoughts not always luminous, and I take you on my lap with immense Love.

All this will reassure your heart because you will always feel loved and accepted as you are.

And feel free to share what you want, when and how you will want.

By the time you do this, with the total confidence to be accepted, loved and not judged, everything will be simple, will take place in serenity, and you will taste what sharing and the openness of heart will give, lead to being, allow to live.

And your heart will have no fear, but only the desire to sing."

# *Fear of the inner work and of what growth requires*

## *Comment*

*If the disharmonies of the body, of the heart, of the mind, are linked to our evolution, our growth, so are the cures, too and they always involve the Soul.*

*Here on the Planet Earth, each growth, each spiritual evolution, also takes place through suffering.*

*It often happens with the 'death' of some of our parts, with the 'death' of the 'ego' and personality.*

*For this it is necessary to open the doors of the heart, and always be ready to lay down one's weapons the mind creates to fight with its fears.*

*Often there is the fear of following the Soul, feeling that doing so it can create changes in life.*

*You feel you will change, too that you cannot stay 'stationary', that the transformation will take place in many ways, and in different places.*

*But this constant insecurity is the most beautiful gift the Soul can give you.*

*When you will discover the beauty, you will thank your Soul and all that helped remove roots, holds, ties, in order to change you and your life.*

*One day you will forget the idea that you need fixed points, securities, and you will live the excitement of the adventure, the thrill of being a cloud carried by the wind in the immensity of the sky.*

*The mind knows it cannot follow you when you go inside you, when you go scrutinizing everything that is deep, and so it creates continuously many fears and obstacles to delay or prevent this inner journey.*

*When you feel the call of the Soul, smile to the mind, and in that time do 'with joy what the Soul is asking you, is leading you to understanding.*

*The future is always an escape, an excuse to indulge in pauses, to stall.*

*It is only in the present moment that everything is done and is overcome, that anything can happen.*



Question:

*I feel increasingly a strong urge to begin the journey towards myself, but a great fear is blocking me.*

Answer:

"You are afraid to hoe the ground whereas your Soul is pushing you insistently to do this.

The 'Hearts' that have experienced injuries, sufferings, deprivations, often bury everything to be able to continue and go on living.

That is why you are afraid to take the hoe in hand and dig too much on your ground.

But when the Soul has chosen to plow the ground, to close all the wounds of the past or of the Past Lives, it continues to ask for it.

Do not fear anything and rely even more on your Soul, because it will lead you along the right paths towards the chosen destination, to the High Peaks.

Abandon yourself with serenity.

Do not look at what you left, what you abandoned or are about to leave, what you feel you will have to let go: just abandon your Soul and allow Me to take you on my lap.

So the fears will disappear and you will only see the Light towards which your Soul is leading you, you will feel My protection, the warmth of My arms, the joy of Love I give you.

Be careful not to allow your mind to retain somehow your Soul with thoughts, doubts and fears.

Abandon yourself, in abandonment it cannot follow you..."

“... Your Soul has chosen to have blossomed within you a beautiful garden.

Any garden before receiving the seeds of the flowers needs plowing.

If that ground had lain fallow for many years, there are many weeds to remove, many rocks to extract, and not just dig once, but you need to dig up several times.

While digging the ground gets broken, clod after clod, but this is the only way to make that land fertile, which will allow My seeds, your ancient seeds to sprout.

Foretaste now the joy that you will have observing your beautiful flowered garden. Once, who went in the fields, sang a lot, so that work was less hard.

Among the songs, laughters, games, the fatigue of the body, the fear of tomorrow was forgotten.

Do this, too: sing, laugh, play, and you will not feel the fatigue of preparing the ground, and so it will be transformed quickly into a blooming garden.

And singing, laughing, playing, you will forget all fear."

*Fear of the not understandable,  
the non-visible*

"... If you are afraid to perceive, to feel or see the invisible, say:

*– I am fearing happiness, ecstasy – .*

Call Me beside you and ask Me to wrap you with the Light.

This will calm everything inside of you, because you will feel that when there is the light, the shadow cannot come up, or may appear.

When you are silent bring your hands to the heart and call the Light within you, call Me beside you and ask Me to wrap you with the Light, to protect you with My Love.

You will feel that everything you perceive and cannot see, what you feel, but you cannot understand, it is just an expression of Light.

'Do this every time you perceive something that you cannot see: so there will never be room for the shadow but only for the Light.

Always act so, even when something happens you cannot understand, motivate, and then, just be glad, because behind you there is definitely a gift for your, for your Soul.

If you insist and pretend to understand, you allow the mind to create the non-reality, to separate, and everything disappears in the division. "

"... The mind is the only one afraid of the not understandable, the invisible.

Listen to your heart and you will feel that it is happy to live the adventure, it wants to travel the unexplored paths, it loves the freedom insecurity, it rejoices what it feels and that you cannot see or explain.

If you bring attention to the heart, you feel that it is never totally satisfied: it loves the movement and wants to keep seeking.

This happens when the heart is fully healed and is giving a hand to the Soul, because the Soul is a great adventurer, it has chosen to live the unimaginable and magic adventures.

The healed heart follows the Soul, and leads you to enjoying your continuous going without knowing the destination, certain that the Soul will bring it to it."

# *D*issolving doubts and difficulties

## *C*omment

*The doubt is the result of the fear the mind creates.*

*It is rooted in the desire to protect oneself, to create safeties, to avoid changes, to take up responsibility.*

*Doubt is a defense, but in reality you do not defend yourself, indeed, you get trapped..*

*Giving room to the doubt you do not live what the Soul has chosen, it prevents the arrival of unimaginable gifts.*

*When you follow the Soul there is no need to defend oneself, but only to surrender confident.*

*And trust is the fruit of Love and Belief, that leads to being brave.*

*The doubts and fears arise from the mind; trust, Love, Belief, are the flowers of the heart.*

Question:

*Who or what can help me dissolve the thoughts and doubts that create me so many difficulties?*

Answer:

"The Light of course, living everyday life in the Light, moving steps and performing the actions in the Light.

If you walk in the light, you will love everything you meet along your path.

If your eyes are in the Light, you will feel the desire to let go of habits, patterns, and feel the desire to quench your thirst in the sources of Light, to feed in the sources of Love.

This will bring you to the enthusiasm and joy that will remove space and time to the doubts, the thoughts, the fears.

When a negative thought, a doubt, a fear, a not luminous intent, resurface, act with the Light, walk towards the Light, ask for help: everything will melt and vanish.

By doing this you will take away space and time to the doubts, the thoughts, to all what the mind creates, you will not give anymore nourishment to the mind that so will depart.

Do not seek with anxiety those who can help but think that everyone can accompany you along your steps, your actions.

Do not reach out your hand thinking that you have to ask for help, but do it with the joy of allowing someone to help you, to support you, to accompany you.

And always in your journey you will meet someone who reaches out to help and accompany you, you will always find something that will help.

Be aware that you actually have the means and the strength to make the journey on your own.

But if you travel alone you cannot experience the joy of meeting travelers who have the same destination as you, and to walk together.

Instead, holding the hand, the humility in asking and enthusiasm in giving will grow, because you will also hold hands reaching out to ask for help, to walk together."

# *Summary of the expressions suggested*

by the *Angels*

– *Even this rose is a means for you to learn to live among the roses without me being touched by any thorn anymore, go in the midst of the brambles without fear of any thorn anymore–*

– *With my hands I heal my heart, with the heart I make my hands luminous –*

(This is when you want to heal your heart)

– *With my hands I make my heart luminous, with the heart I make my hands luminous –*

(This is when you choose to bring Light and to give Love, to you or to others)



- *I am aware of the ‘dust’ that is in my heart, that can always enter into my heart.  
I ask You White Light of purification, dissolution, transformation, liberation.  
I ask you to help me purify my heart, to make it light, clear and luminous. Help me act enabling all this –*
- *I am not fragile, I am not weak, I just feel my heart fragile and weak, but now with my strength I will heal it and will make it stronger –*
- *If this is good for my Soul –*
- *If this is good for me and for these Souls –*
- *I choose to recognize all that I can change, what is good for my Soul to be transformed, for my heart to be illuminated. I choose to do all what is necessary, even to fight.  
Help me understand everything with the heart, when it is good for me –*
- *I choose to heal what I remember, I choose to transform what I will be able to recognize, and I allow this to happen, even in what has roots in the Past Lives –*
- *Inebriate me, make my mind sleep –*

- *Help me smell the scents of flowers You give me, so that they can intoxicate me –*
  
- *Help me come into my heart –*
  
- *I am ready to do immediately and without any fear for the steps and the necessary actions, help me understand them –*
  
- *I am aware of all what is happening in me, now I am going to discover the roots and choose to dissolve or remove what is required.  
I am going to discover my source to turn everything into fresh water that will quench the thirst of my Soul and other Souls –*
  
- *With Love I take in my lap my Little Girl and every part of me–*
  
- *I am choosing freely to allow this –*
  
- *I am fearing happiness, ecstasy –*

### III

*Reciting to become, to heal*  
*and to create*

## *Comment*

*Recital is a great means to understand, discover, heal, become, and create.*

*When playing the role of a particular character, you can understand the feelings, the emotions that he may have felt living his history.*

*There are several techniques and very intense and effective meditations in which the expressions of emotions and feelings are recited.*

*This recital can make people remember what has been removed and which still requires transformation, dissolution, healing and understanding.*

*It helps express what was stifled for many reasons.*

*It leads to finding out what is not recognized and understood while we were living situations.*

*Reciting the crying the unshed tears may go down melting the pain that is still in the depth of the heart.*

*Expressing anger liberating expressions can get out that allow then a not yet happened pardon, or not totally.*

*Therefore they create the possibility of a new relationship with the forgiven person, and a different attitude in other relationships.*

*The expression of anger leads to recognizing stifled feelings, repressed emotions, helps discover the potentialities and the strength we have.*

*Reciting the joy brings lightness to the heart, you can see and feel in a new way what you are experiencing.*

*Expressing Love can dissolve what prevented from giving it serenely, both with verbal expression and with the touch, caresses, tendernesses.*

*The intense laughters can help find the enthusiasm and strength again, both essential to continue the journey.*

*Let us try to mimic with the face and the body the opposites: strength and weakness, fear and courage, humility and arrogance, the fierceness and subjection, pride and shame, violence and respect, submission and freedom, and so on.*

*We will have the full understanding of how the attitude can affect our mood, can penalize or help our action, change what surrounds us, affect people who are next to us.*

*The recitals can create unimaginable alchemies and lead to unhoped healing.*

*They help become how you have chosen to be, to behave as you want.*

*To create all this it is essential to follow these tips:*

- to dismiss the mind,*
- to abandon all resistance or prejudice,*
- to detach from the personality,*
- to enter fully and unconditionally in the role,*
- to play with intensity,*
- to do not look at what you play, but 'become' what is played,*
- to be careful there is no difference between oneself and the performed 'Thing': it is necessary to become a whole,*

*- to forget to be actors in order to dissolve in the performed situation.*

*If we live the recital with all our energy, with our whole Being, it is transformed into reality.*

*That is why the play can change everything in us and all around us.*

*It can bring healing in the heart and body.*

*It can turn away the mind, the personality, and make room for our Essence of Divine Sparks, and thus make the Soul free.*

*It can change our relationship with everyone and everything.*

*It is no coincidence the saying:*

*"Cry and you will cry alone,  
laugh and the world will laugh with you"*

"... Your way may be safer if for a while you get up on Our theatre to express, as in a play, the image and the role of the parts of your Essence you choose to express now.

You can choose to express your Essence of traveler who follows the path of her life, with the enthusiasm to learn new things, to discover new places, to meet other travelers, to live unimaginable experiences now.

You can choose to express the essence of the warrior of Light and Love, strong while tackling every situation and every event, loving in helping those in need, happy to defend the Light and to bring Love.

Do not ask if now you are or you are not a traveler, a warrior, do not ask if you become or if you were, but enter deeply in the recital and just bring your attention there.

Smiling, imagine being an actress who has chosen to recite on our theatre, an actress to whom we have given a role, the role of the traveler, of the warrior, whom we will give other parts to recite.

Close your eyes, reach out to Me and make your choice to recite these roles, certain to become these Essences reciting with Me, certain that you will get a lot of applause because you can recite well.

Then, imagine getting really on a stage and wear the clothes of that character.

Recite that part, only that part, expressing it fully, feeling it inside you.

And ask Me for help to recite well that part, and only that part.

Do not recite more roles together, but choose the role that now you want more to express. While reciting the chosen part, you can hear the voices of the other parts of your Essence who would like to express themselves at that time.

Smiling, say to those voices:

*– On this stage now there is no place for you – .*

And there play only that part, recite only that part, with all your strengths.

The most difficult task is not to impersonify or to recite, but to prevent all the other characters that are inside of you, from going on stage while you are expressing that role.

The parts of your Essence will wait for their time, but the parts of your personality will insist on going on stage, to express themselves intensely.

Prevent them from this requires continuous attention, the total commitment, awareness of the initial effort.

We are the directors in our theatre, and we will create situations that allow you to recite fully, continuously.

Be attentive to the expressions, to your image, the voice, the movement, because everything creates everything, because every expression creates inside and outside you.

What will change inside you, then will transform the outside.

What you will create as a scene, or you really will change around you, will transform something inside you.

Do not feign, but simply experience, learn, train.

The recitals made with us will never be fictions, but they will always be aids to express one's Essence, to manifest all one's Light, donate one's treasures."

Question:

*I am not sure if I am playing well the part that I have chosen...*



Answer:

"This uncertainty is natural, then smile at it and say:

*- No actor can realize if he recites well or not, if he moves properly, if he has the right expression. For this there are directors that can observe, suggest, notice even the little things, and help repeat - .*

And to help you in this, you can ask someone to do this game with you.

Ask him to be the director, to be attentive to the expression, the movement, the voice, at the slightest thing while you are playing that part

Be certain he will be able to do it, if you, together before, ask Us to help you in this.

To facilitate even more, you can create the scene where the character moves, and wears a dress that sets it apart.

These aids are simple, but act intensely in the recital.

Ask whom is helping you to make you repeat when there is not the right expression. Reassure the Little Girl within you saying:

*- No actor knows his part before learning it. With joy I will repeat several times until the right expression - .*

Feel like a little girl who plays happily a beautiful game: the children can act naturally when they play.

Feel just like a little girl who is playing, and smiling bring away the mind and all other thoughts.

Always smiling, repeat often:

*- I am reciting what I am already to be able to fully express it, anytime, anywhere, with anyone - .*

This expression and this thought, will bring the joy that comes in discovering one's beauty, one's Light, one's Essence.

This expression will extract from you all the strength necessary to continue the recital uninterruptedly.

I will give you the strength to feel no fatigue, the Light to illuminate fully the stage, to be able to be attentive to the smallest details that will make you the perfect actress, who will recite so well to become the recited character.

That is how then you will express your Essence without realizing it, at any time, any place."

Question:

*But am I ready to recite every part of my Essence?*

Answer:

"Never doubt to be ready and not even to have the ability. Doubts create and feed difficulties, make you feel not to be able.

If these thoughts come, remember that you are already what you choose to recite, and that for children feelings and the most beautiful emotions, expressions of joy, happiness, excitement are natural.

This is because you can recite the parts of your Essence, but also the feelings and emotions that you choose to express without interruption, or those in which you have difficulty to express.

There is no impediment, no trouble.

As we help you to live and to express, you are always ready and able.

Then with great certainty say:

*– Now I am ready to express this, I have all the capabilities and the means, and there is no impediment, no trouble – .*

Naturally, the effort is required, as for each workout, until the expression becomes natural.

If there is any doubt, reassure your heart saying:

*– I am already what I am reciting, I have chosen to express the feelings and emotions I am reciting. Now I only have to train by reciting. This recital is a help to bring them to the sun, to manifest them in the Light – .*

Be attentive to the little things of that expression, observe your face and body carefully, because everything creates, everything is connected.

This attention must be uninterrupted. On Our theatre it is not recited for a limited time, but until you become what is recited, one can express what one plays, uninterrupted, anytime, anywhere."

Question:

*While I am playing the parts of my Essence and express intensely that feelings I want to express now, I feel fears...*

Answer:

"Smile at them because they are natural.

They rise from the mind which does not want to let go of the known, does not want to live what perceives you will live, and it does not know now.

They are related to the personality you are letting go of by reciting, to all what you have already chosen to change.

You are aware that the recital will create big changes in and around you, will lead you to new choices, to leaving the old to make room for the new: this can always give rise to concerns, create difficulties.

At such times recite even more intensely and say:

*– Now I am releasing my heart. I choose to remove the space to the recitals created by my personality, in order to be able to express my luminous Essence, to live in joy, in Love, in freedom – ."*

Question:

*I have trouble reciting in front of someone...*

Answer:

"Think of the actors they do not hide from the crowd, but they propose themselves to it, otherwise they would not be actors ...

Do not be afraid to recite even before a crowd, if you recite with Us and with Our theatres, if you recite with the heart to be free, to express your luminous Essence.

Be aware that you often recite parts of the personality, and you do it with many people...

Although you feel in your heart that that recital is not good, which can create difficulties to you or to someone, you continue those recitals for the advantages.

The recitals of the parts of the personality, eventually remove the chance to live free and serene.

The recitals of one's Essence, acted with us, lead to being joyful, luminous, to living in peace, singing and loving."

Question:

*Can you help me not to give more space to my personality?*

Answer:

"With the joy to rediscover, live and express your Essence, get on our stage together with Me.

And before you actually wear, or imagine wearing the garment of that character, of that expression, lay down the garment of your personality, or that part of your personality.

Do not be afraid of having to leave forever the garment you have lain down, because this fear would prevent you from living peacefully the character you have chosen to recite, and to transform your image.

Imagine to climb on a stage with a script to recite and with the required garment for that recital.

Observe your body, your face, your hands, listening to the tone of the words, the sound of your voice.

Listen to what you feel in the heart and in the body reciting intensively and fully that part.

You will feel that you are recovering, you are recognizing who you are, you are feeling what you want to feel, you are living how you want to live.

Continue to dismiss the mind and reassure the heart, thinking that when the actors play they do not feign, but they create the character and donate it.

The actors enter the part of the script so much and so well, to forget themselves and their personality.

Now you understand, while you are reciting your Essence, how you will forget your personality and forget the garment you have laid down.

This is an easy way to grow, to become more and more luminous.

It is so simple that the mind makes forget about it all the time, and does not give it the importance it has.

The recital done with Us, expressed intensely, can create everything, can make discover the unimaginable, satisfies the heart, gives freedom.

The recital leads to letting go of what weighs down and creates difficulties, it allows to live in the joy and Love, to be proud of one's luminous Essence."

Question:

*Why does actually wearing the garment of the character you chose to recite help so much?*

Answer:

"Because the garment contains the Essence of the character.

Observing how people change when they wear a uniform, as they are different when they are dressed in a certain way or another can help you understand this.

With joy wear the garment of the part you want to express, touch it with love, observe it with pride.

Express enthusiasm thinking that it can remind you who you are, can bring your Essence out.

Then, with this garment play, sing, dance, happy as a little girl.

When you are done with this, stop and be silent, always wearing the garment.

Inside you ancient things will resurface, in your heart emotions old sensations will resurface, in your whole Being the space for your new image, for your new expression will be created.

You will feel how a garment will help you transcend your personality, how it will accompany easily to become the recited thing, to become yourself.

Therefore with joy, let down from the stage the garment of your personality and wear the garment of your Essence.

I am not telling you to go away from you, to leave your image or the garment that you are wearing now, but just to get on Our stage to play reciting.

Observe carefully the garment you wear to recite, observe their shape and colours: you will feel it has an Essence, because its Essence speaks in the heart, creates sensations in the body, raises emotions in the heart.

But when you live your daily life, think of everything you have heard and felt as you have worn that garment: you will feel everything emerging in you, because the essence of the garment remains even when you take it off.

This happens if you continue to recite it seamlessly at any location.

This can make big things happen, it can help you experience strong emotions, can make you feel the joys, unimaginable now.

Living one's Essence, living life as joyful children, make live happy and free, leading to great achievements, makes know the wisdom of the Soul."

Question:

*How can I do when there is no one that can be the film director for me?*

Answer:

"Silence will be the film director.

In the silence you can understand a lot, you can guess everything, you can hear the new language that you are asked to recite there, you can discover other parts, other things, that you can recite quickly to achieve what you desire.

In the silence you can reach the images of how the recital has to be really, what is the pure Essence of the recited character, images of how you recited can return to make feel and understand what you must repeat.

And that always calling Me beside you, so that I can instill in you all what is necessary for you to understand, and so that you can already hear My applauses. "



Question:

*Why should I play the chosen part continuously?*

Answer:

"Because it may happen that reciting you recognize your Essence, that what you play is what you really want to express, but if then again you wear the garments of the character you have always worn, and live with those garments, there is a risk that your personality and the world eclipse the garment of your Essence, also dim your luminous Essence.

This may undo all what the recital has created, it can avert you from achieving what you have chosen to conquer.

So, not only recite continuously, but also be watchful to express everything of the new garment and do not to express anything of the old garments that now you have chosen to lay down, understanding they do not really belong to you.

This will be easy if you fall in love with you, of your luminous Essence, of the role you have chosen to recite, of the garment you wear during the recital.

Then, fall in love intensely with what you recite, with the garment you use while you are reciting, fall in love with your whole self.

Falling in love with the Love makes Love become, falling in love with Light makes Light become, falling in love with one's Essence you end up becoming yourself, falling in love with the recital, with what is recited, makes the recital recited.

When a heart is in love, it feels and sees first that source.

Everything else is surrounded by a veil, everything that surrounds it loses its importance, and its gaze keeps staring at what it is in love with.

A heart in love lets go of everything, it detaches itself from everything, just to live next to whom or what it is in love with.

It does not feel pain in leaving, but only the joy of joining.

It does not feel the fatigue when walking towards the source with which it is in love, but only the enthusiasm to arrive quickly.

Fall in love with your Essence and you will be in love with the recital, the garments you wear on stage, you will be happy to go on stage, to live continuously the recital.

The lover can quit everything to live his love, can quit everyone to reach his Love, to protect himself and protect his Love from everything and everyone.

That is how the lover expresses the joy of living, the strength in everything he does, creates the magic of Love, because Love makes everything a magic, a game."

"... While you live your daily life, care about your image, your expression: you will quickly exhale all your Essence.

Be attentive to every detail and the little things.

In all situations think of the part of your Essence that can live there and say:

– *Here I am ...* –

and name the part you want to express here. (*A Traveler on his way to the Light, a Gift of Love, a Flower of the Divine, etc.*)

You will see that by doing so, many things in and around you will change.

Feel while you are reciting that you are removing everything that covers your Essence, everything that does not smell its perfume. You are regaining what you have conquered in the Past Lives, to shine in all its beauty to make shine ancient treasures, to make your body, your heart, your Soul shine.

Remember that you do not have to be an actress for a day, for an hour, for a comedy, but you have to be an actress forever, uninterrupted, anywhere and with anyone.

Bring the attention then to the gaze, to the smile, to the words, to the sound of the words, the voice, the expression of the face and body, the vibration that you emanate at that time.

That is how the time will quickly arrive when you will recite nothing no longer because you will express spontaneously all your luminous Essence, and all the world will become your stage.

You will feel no difficulty in doing, but only the joy of Being."

"... At first, the recital may require an effort, but then everything becomes joy.

In the effort, think you are reciting to shine, to enjoy uninterrupted, to satisfy the heart, to set free the Soul, to reach your destination.

So you will discover that the recital does not ask you anything, but is giving everything.

Recite as a game, and play with intensity as children do.

Recite with the commitment and perseverance of those who are training to win.

Recite with the sacredness of those who feel the greatness of what they are conquering.

Recite with the responsibility of knowing that you are creating what you choose to live, to be, to express, and that all of this is up to you.

Never get down from the stage, even when you see that there are no spectators... We are always there and we will always applaud.

Do not allow any reason to deter you from reciting, to get you down from the stage.

Do not let anyone make you change the recital or interrupt you. Be able to protect yourself and protect your recital and Our stage, from everything and everyone.

That is how you will express quickly what you choose, you will live as you wish, you will manifest who you are and your luminous Essence.

If something or someone could create you problems, get down from the stage, interrupt your play, jump on My lap, let Me hold you tight.

You will feel My heart ready to shelter you from everything and everyone, you will feel my Love surrounding you and protecting you."

"... Never forget that it is you who creates everything, with your thoughts, intentions, words, actions, expressions and vibration.

That is why the real, intense, continuous recital and reciting with oneself, creates what surrounds, creates alchemies in the heart and in the body.

If you are sad and you recite the smile, the sadness disappears.

If you are suffering and recite the joy, singing, dancing, expressing that you are happy, suffering will lose intensity, will also be able to melt. It will be easier to understand its meaning, and then feel really only the joy and gratitude towards what made you suffer.

If you feel weak and you recite the strength, the strength will really come out from inside you.

If you feel tired in doing something and recite the enthusiasm for that thing, the tiredness will vanish.

If you feel insecure and you recite the certainty, you will find confidence in yourself.

If you feel fearful and you express the courage, you will feel the determination really entering you.

If you feel a heart full of tears and recite the laughter, the heart will become lighter.

If you feel burdened by many responsibilities and recite the carefree little girl going running in the lawns, among the trees, you will feel that life is a game.

So you will remember that what you are experiencing is an opportunity for learning, growth, and can turn into a gift.

And that in all respects.

Observe how simply changing the expression of your face, or body posture, your feelings, your emotions change.

So you can be certain that the performances create and always will create, will transform everything.

That is why the recital can heal the heart, the body, setting free the Soul."

“... Remember not to think that you are reciting, but to feel you are becoming, you are conquering.

Believe in the power of the recitals, and recite with intensity, with enthusiasm, with yourself, feeling that you are reaching an important goal: the expression of your Essence.

Feel that you are conquering your beauty, your magnitude, your luminosity, the immensity of your Essence, the freedom of the Soul.

Feeling this, you will let go of everything without realizing what prevented the expression of your Essence, what created obstacles, difficulties, sufferings.

Reciting you will let go, effortlessly, of the personality that drove you off your Essence, the sources of joy and Love.

Reciting you will remove the room to your mind that creates limits and imprisons, you will give space to the heart which leads to freedom.

You will emanate happiness with the eyes, the body, you will express your luminosity with your whole Being, Love and with joy you will live."

“... With the recital you can express, live and use, all the 'Keys of Light', with you, with anyone, always and anywhere."

"... Recite the little girl who plays fully, the little girl who plays the game of life who recites with everything.

The time will come when you will not play with life, but you will live life playing, you will live the magic of something that cannot be expressed in the word life.

When you recite to play or you really play, do it intensely, expressing life in the game: you will live intensely all, you will live your life as a game.

In reality, life is a beautiful game the Soul has chosen in order to learn, to grow, to evolve.

Recite the game, play the recital.

You will know unimaginable joys, you will live emotions and sensations not yet known, you will recall great gifts, you will live the journey of the Soul as a spell, and you will create and you will attract everything you will need."

"... In the recital care the image, the dress, the facial and body expression, the tone and the sound of words, the vibrations you emanate.

Get on Our stage with the joy of reciting, and recites with joy, intensity, commitment.

And then dance, sing, rejoice, celebrate the conquered and with the recital what you will conquer."

"... You can play not only the parts of your Essence, the feelings and the emotions you want to express, how you wish to live, but also every dream of yours, every desire and fantasy, even the unimaginable.

Remember the power of the recitals, and how the recitals will bring you to express the Power of Being, the Power of the Soul."

"... And smiling I approach you with musics, songs, dances, games, to help you become music, sound, song, dance, game.

I did not say to help you dance, sing, play and create music, but to help you become music, sound, song, dance, game.

The mind cannot comprehend that, but your heart can, your Soul already knows the meaning of this.

All this and much more can become believing in you, in Us, in the Light, reciting what you choose, desire, dream, reciting the unthinkable, the unimaginable."



## *Comment*

*Beloved Luminous Soul, these are the words of the Angels, these are my experiences.*

*If you choose to play the recital, you can discover new things, experiment unimaginable alchemies in and around you, open new doors, become great gifts.*

*Do not be afraid of losing your identity by reciting: whatever we do with the Angels it brings us to meet again and discover again, never to lose.*

*If you look around you will see many people recite all day ..., consciously or not ... but recite what others and the world wants.*

*This leads to getting lost and living imprisoned.*

*So we can choose to recite as we wish to be and to live, choose to recite our Essence to be able to express it anywhere, anytime, with anyone.*

*This leads us to living free, joyful and behave as Luminous Souls.*

*It allows us to receive and give Love and Light.*

*Recall gifts and creates magics.*

*As the intentions, thoughts and words, create or destroy, so does the recital.*

*You must then pay much attention to how we behave in the everyday life, to feel responsible for what with our intentions, thoughts, expressions, actions and vibration, we attract or turn away, we create or obstruct what we want to be, to live and to have.*

*So we can be always aware of whether we are doing recitals that imprison us, limit us, create suffering, destroy, recitals we do out of habit, for fear, for advantages.*

*This awareness allows us to choose to recite instead, what attracts gifts, brings joy, creates magic, sets you free.*

# *Summary of the expressions suggested*

by the *Angels*

- *On this stage there is no place for you now –*
- *No actor can realize if he recites well or not, if he moves properly, if he has the right expression. For this there are the film directors that can observe, suggest, notice even the little things, and help you repeat –*
- *No actor knows his part before learning it. With joy I will repeat several times until the right expression –*
- *I am reciting what I am already to be able to express it fully, anytime, anywhere, with anyone –*
- *Now I am ready to express this, I have all the capabilities and the means, and there is no impediment, no trouble –*
- *I am already what I am reciting, I have chosen to express the feelings and emotions that I am reciting. Now I have to train myself simply reciting. This recital is a help to bring them to the sun, to manifest them in the Light –*

– *Now I'm releasing my heart. I choose to remove space to the recitals created by my personality, in order to be able to express my luminous Essence, to live in joy, in Love, in freedom –*

– *Here I am... –*

*and name the part you want to express there. (A Traveler on the way to the Light, a Gift of Love, a flower of the Divine, etc.)*

# Conclusion

◇ *And remember:*

*Everything that happens is the result of what you have sown, so flowers you will gather tomorrow are the seeds you drop today.*

*The human absorbs in himself viruses that have a vibration corresponding to the vibration of his body.*

*The human attracts what moves in the level where his heart is walking, his essence is expressing itself.*

*The ignorant human fights against the sufferings and fears of the dangers.*

*The wise human recognizes and rejects every form of negativity.*

*Who walks on the luminous Paths welcomes with acceptance the apparent 'misfortunes', the difficulties, the disharmonies, because he knows they can be his true 'fortunes', his 'springboard' to the Sky.*

*A luminous Soul knows that, as 'Daughter of the Light',  
she can transform and elevate all.*

*"Miracles are not events that happen  
beyond the laws of Nature,  
but they are expressions of Light and Love  
that come true in the harmony of Nature"*

◇ *And do not forget:*

*You are a Divine Spark.*

*You have within you the Power of the Light and the  
Creative Strength of Love.*

*The Angels have donated you Wisdom of the Soul so  
that you can live like a Wise Little Girl.*

*In your heart there are the 'Keys of Light' to open the  
doors of the dimensions where your heart may sing in  
happiness and your Soul will make you feel the thrill of  
Flying and of Freedom.*

◇ *So you can:*

*Heal and prevent disharmonies.*

*Make your heart so light and luminous that you can follow your Soul to the 'High Peaks'.*

*"If you thought you could not do it yesterday,  
today you are certain that you can do it  
'reciting everything',  
to create everything,  
to express the beauty of your heart,  
the luminosity of your Soul"*

# *Appointment*

*When the heart is healed from any wound, emptied of all that is not Light and Love, we are able to offer real help.*

*When we manage to keep the mind far, and we have laid down all the garments of our personality, we will have no longer needs or expectations, but only the desire to love and help.*

*Only then we can give, help, support, in a detached way, with respect and freedom.*

*This allows us to give unconditional Love, to accept with compassion, to empathize with others, to give oneself, and at the same time to remain detached.*

*The detachment is necessary to understand the ways and the time, to have always the clear vision that helps us to vacate, and remain free.*

*Angels help us learn 'The Art of helping' and become ourselves a 'Gift of Love' and a 'Source of Light'.*

*So we will be able to accompany on the 'Way of Love', on the 'Way of healing'.*



*And our heart will open its wings to follow the Soul in its most beautiful mission:*

*"To bring the Happiness in the world,  
giving the Light, giving Love"*

*See you soon, Beloved Soul, in order to know with the Messages of the Angels, the joy of giving, the contentment of the heart in becoming a 'Gift' in Their Hands.*

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# *Books by Satya*

*Your hand in Mine*  
*I am beside you*  
*Heal yourself and help heal*  
*Helping with Light and Love*

*They are available:*

- in a paper version and e-book version
- in little e-books
- in audiobooks
- in other languages

*Satya has channeled part of Dave in the Sriyam's books:*

*I was not alone - 1<sup>st</sup> -*

*I was not alone - 2<sup>nd</sup> -*

*For information and updates on the works of Satya and Sriyam visit: [www.suonidiluce.com/en](http://www.suonidiluce.com/en)*



# *Little e-books*

*taken from books by Satya*

*'Being' or 'being'?*

*Create with Breath and Silence*

*Express who you are*

*Like a 'Cloud'*

*Make shine your body*

*Make your daily life serene*

*Source of Wisdom*

*To rejoice without pause*

*The Art to help*

*The 'Awakening' of the Soul*

*The Journey goes on*

*The inner Healer*

*The 'Keys of Light'*

*The Nature calls us*

*The Path of healing*

*To donate and become a 'Gift'*

*To recite for become and create*

*Touch the Earth*

*What are difficulties and sufferings ?*

*W*hat is the true *L*ove ?

*Y*ou are long-awaited

*Y*our greatest *F*riend