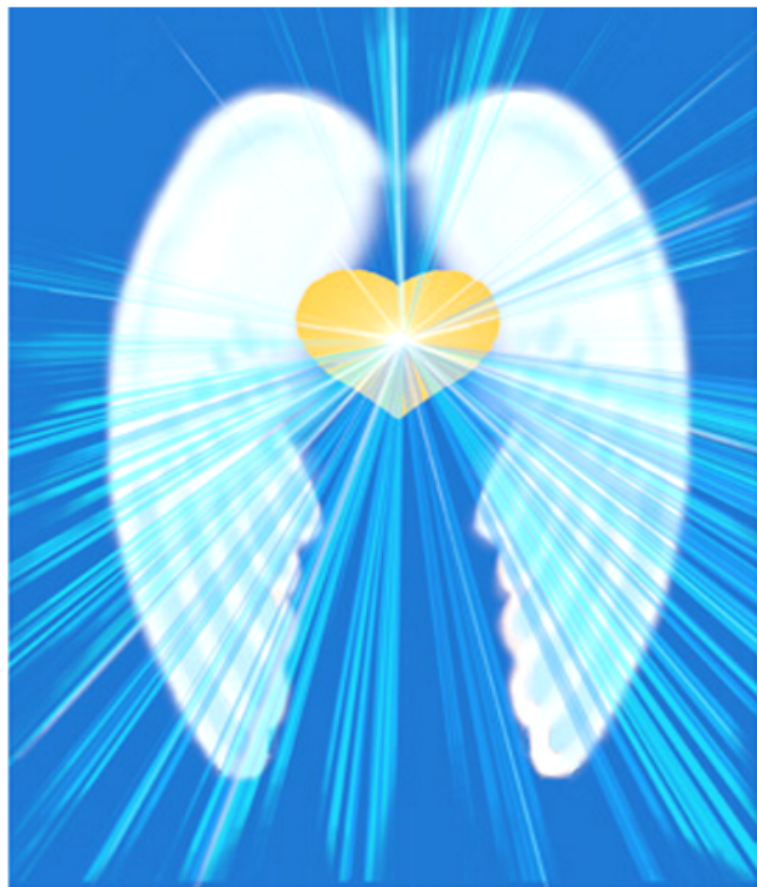


Satya
Helping with
Light and Love

Rediscovering the Art of helping with the Angels



Satya

*Helping with
Light and Love*

*Rediscovering the Art of helping
with the Angels*

*To all the
Luminous Soul*

who helped me to ' give myself '

Thanks to you,

I am rediscovering the ' Art of Helping ',

I am learning how to Love

I am discovering the joys of Self-giving

I am experiencing true happiness in

' Giving myself '

my heart joyfully sings

for being a ' Gift '

in the hands of the Angels

Author's note

Given the broadness of this topic, I have decided to divide it into several books.

*F*oreword

This is the 4th 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.

1st 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')

2nd 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

3rd 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 of 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.

4th 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

*I felt the desire to Give,
the willingness to Help,
the need to Love.*

*I realised
what the purpose of my Life
could be
the destination of my Journey.*

*With infinite Love,
the Angels led me
to discover that:
Loving, Giving, Helping,
are precious waters
in the 'Spring of Life'.*

*With them I can quench the thirst of my heart,
refresh my body,
fulfil my whole Being.*

*With them my going is sweet,
my heart feels nimble.
I dive into them
to seek the Power of Soul,
I get lost
and rediscover my Essence.*

*So my Soul
can get to know
the greatest Freedom of all:*

*« To 'Serve' the Light,
to dissolve in Love. »*

I

The art of helping and giving

*« Believe in a world of Love and joy:
work with passion to make it come true,
in any possible way.*

*The world needs you:
the way you are now...
anything you can give now.*

*Feel yourself awaited, sought after:
many a heart are waiting for you,
many a Soul are looking for you. »*

*« In the silence, you can feel
the heartbeat of Mother Earth.
She is calling upon you with infinite tenderness:
– Come, daughter of mine,
I will support you with all my strength
during your journey,
I will hold you into my womb
and cradle you with Love – .*

*In the silence, you can feel
the heartbeat of the Universe.
With infinite sweetness, it is whispering to you:
– Come, daughter of mine,
I will guide your steps towards the Light,
So abandon yourself into my arms,
fall asleep upon my heart – .*

*In the silence, you can feel
the heartbeat
of Creatures from all galaxies.
They are singing the song of Love for you:
– Fill your heart with our Love,
infuse our Joy into your Being.*

*Take it as much as you can
so Love will overflow from your heart,
and Joy will exude
from every single part of your body. –*

*And in the silence,
you will hear the voice of your Soul saying:
– Let's go and play the greatest game of all,
our most important mission:*

*'To bring happiness to the hearts,
to give Light and Love
to the world'. – »*

*« The Soul 'is writing' her story
little by little.
What she 'is writing' in this lifetime,
shall affect the following lives
and her own evolution.*

*Let the Soul use
the pen of Love,
to write on a candid sheet:
your wonderful heart. »*

*« Evolution does not depend
on the duration of a lifetime,
or the number of lives,
but on everything you do and express,
on the intensity and purity
you put in when you act. »*

*« You can cross the skies,
sail through the Oceans,
reach the stars,
but if you do not love,
your Soul will not make any progress.*

*You can know all the stars,
create something amazing,
possess the world,
but if your heart failed to love and give,
the hands of your Soul
will remain empty. »*

Comment

Here I am, sweet Luminous Soul, brimming with happiness and ready to share with you the joy I experienced when giving, the ecstasy I felt when loving.

*Far from me the desire to teach you the art of helping:
I am just getting to know it...!*

*But I know the School where you can learn it: Love,
the way leading there: joy,
how to experience it: diving into it.*

If you please, we can go for a little walk... and in the meantime I will tell you how I got to know them.

Oh, I almost forgot...

This School has many doors, 'luminous doors' leading to games through which you can learn the art of helping, giving and loving.

We therefore need to take with us the 'Keys of Light' that we already know.

It does not matter if we did not 'polish' them yet or if sometimes we do not know how to 'use' them...

The Angels will come with us: They will show us the doors we need to enter any time.

And remember, we only have one pocket where to keep them as we proceed: our heart.

So we can hold each other with one hand and give the other one to our Angel...

Let's leave our hearts open to receive the 'Key of Light' we need in every moment.

People you can help

« Every Living Being is a 'Miracle' who manifests Love in his existence.

*It can be a Creature of the sky,
land or water.*

It may belong to worlds that you do not know.

It can be a 'traveller' on Earth.

*See them as Divine Sparks,
welcome them as unique and precious jewels,
feel them as a part of you:
we are all 'Cells' of the same Light. »*

*« Whenever you meet someone in your journey,
you do not know what is the real reason of that
encounter,
but in a person you can see:*

*a child to love,
a heart to be fulfilled with happiness,
a Soul ready to bloom
and show all her beauty.*

*... and working to make all this happen,
could be your mission... »*

*« Any time you meet someone,
smile with friendliness:
and remember that
you do not know his inner being,
his entire story,
you do not know the scope
of his Soul.*

*Love that person: you will remind him/her
that he/she is a Child of the Light.*

*Give help: he/she will feel
loved by the whole Universe.*

*With joy you can do anything,
you can
help people manifest
their Essence of Divine Sparks,
and elevate their Soul. »*

*« Any time you meet someone,
see them as 'Divine Instruments'
to learn 'the art of Loving',
to give and give yourself,
to receive help, a message,
to grow and evolve,
to express your Essence.*

*Take this opportunity, make that moment special:
fill your heart with happiness,
your Soul will fly,
you will make the Angels smile. »*

Nature is calling upon us

Comment

Follow me, O beloved Luminous Soul, along the way to the 'School of Love', a beautiful park awaits us there.

It is so big: there are fantastic ponds, streams, waterfalls and we will be able to admire the Ocean on the other side.

I heard the call of someone who needs our help coming from the park...

To get there, we must open a large gate with three locks: we will open it with the 'Keys of Light', joy, simplicity and candour.

Inside it, on the right, stands a huge tree: it is the Guardian Tree.

We must stop there, lean over its trunk, close our eyes and smile.

The tree will check if our heart is completely open and if we managed to leave our thoughts out of the gate...

If all goes well, it will call the Fairy of the park.

She will caress our cheeks and we will be brought back to our childhood:

so that we will remember the language of Nature that all children know.

*Here we go: we are inside the park yet...
So beautiful to be children again!
You will see how many wonderful games we can play here!
But first of all let's pay a visit to the one who called us.*

*« I am right down here,
I am the Tree with the colourful leaves.
They chopped off one of my branches.
Place your hands here on my wound:
so the pain will go away
and I will get well soon! »*

*« I am the Plant with the pink flowers.
One of my branches is broken...
Take it and plant it over there:
a new plant will be born soon
with many flowers just like me. »*

*« I am the little Bird that fell off the nest.
Can you put me back in?
My mom has been trying for hours...
but she cannot! »*

*« I am the little yellow Flower.
I haven't been watered for a long time...
I am so dry:
can you give me some Water? »*

*« I am the white Kitten.
I am lonely, my mom is not here...
I am so hungry: can you feed me? »*

*« I am the brown Puppy.
They abandoned me!
They closed the gate behind me
and the Fairy let me in here:
may I come with you? »*

*« I am the silver Dragonfly.
My wings are wet and I cannot fly!
If you blow them dry,
I will be able to continue my journey. »*

*« Hey! Come over here...
I am the small blue Pond...
They threw
bottles and other things in me
my belly hurts...
can you remove them?
They put more things in that bag
then hung it on that Pine...
He is so polite that he does not complain...
But if you remove it,
he will surely feel better! »*

*« I am the umbrella-shaped Mushroom.
They tossed a newspaper on me!
and I cannot grow...
Could you pick it up? »*

*« I am the newly-grown Grass.
They left a blanket here!
I tried to put up with it while they were sleeping...
But now I am suffocating...
Can you remove it? »*

*« I am the little white Butterfly.
Follow me please,
someone else needs your help... »*

*« It is me, the Seagull.
I got caught in this fishnet
left by the fishermen last night.
My seagull friends,
tried to free me,
but to no avail...
They called for help so loud,
that the little Butterfly heard them.
Can you free my wings up? »*

*« I am the little blue fish.
I got on the wrong wave...
and I was thrown here on the shore...
Can you put me back into the Ocean?
So I will be able to join my family again.
We are so many...
they still have not realised
that I am missing... »*

*« They lit a fire in my Sand...
Then off they went
and left all this firewood behind!
If you remove it,
the kids will come back and play... »*

*« They thought of hiding what
they do not use anymore between us Rocks...
And I got them all...!
They are squashing me... help me...! »*

*« They lay down and got tanned
on the Rocks near the sea...
I was happy to accommodate them,
but I did not know that they would
write all these horrible things on me...
I am so ashamed...*

*can you erase them? Can you?
Then could you do the same thing on my friend the
Wall, near the gate?
He is really sick at the thought that
children too will be able to read those
horrible things when they come... »*

*« I am the gravel Trail.
They dug a hole right here in the middle,
I do not know what they were looking for.
But there is nothing here...
so they walked away and
left this hole behind.*

*If someone comes here and does not pay attention
or when it gets dark, they will fall right in!
I know it is hard work,
but if you can cover,
or signal it,
you will avoid a great deal of danger... »*

*« I am the Porcupine.
I fell down in another hole...
Can you get me out of here?
Don't be afraid, I do not sting.
Can you tell other people too
if they can gently remove us
when they see us on the road?
We do not sting... »*

*« I am the little green Lizard.
They chopped off my tail...
Can you put me in that little hole?
so I will be able to recover my strength. »*

*« I am the little Hare with a white chest.
One of my legs is broken...
I feel sad:
now I cannot run with the Elves anymore,
or play hide and seek with the Gnomes...
If you apply a tight bandage around it
with all your Love,
I am sure I will get better... »*

*« Hey, children, can you come to our meeting?
I am the green Frog,
and here with me are some little Spiders,
a baby Snake, an Earthworm,
a Worm, a hairy Caterpillar.
We often meet
because we cannot solve
a very important problem:
children are told that
we are ugly, hairy, poisonous
and other awkward things...
they are told that they must stay away from us,
or run away if they see us.*

*So we cannot either give our Love
to them...
or receive it...
Can you help us? »*

*« I am the little grey Snail.
I've climbed on the top of the house
of my friend the Turtle.
We have an important appointment...
and we will not be able to make it on time.
You guys can run...
but we cannot...
Can you give us a lift? »*

*« I am the little
starfish.
I really wish
people knew
that we too have a
little heart
to love, even if
you cannot see it...*

*« I am the white Lambkin.
I fell down,
I tried to hang on some bush
to avoid falling into
a water ditch...
I called for help
all night long...
I am exhausted now...
The Shepherd came looking for me,
he walked past me,
but he could not see me:
the bush is too tall
my voice is feeble...!
Now he is looking for me
far from here...
Can you hear my mom's cries?
She is so desperate...
She is there in the sheepfold...
Would you bring me back to her? »*

Comment

O little Soul, did you see how many creatures need help in the park?

I know, you are wondering who caused all this, how they could get in...

For sure the heart of those trouble-makers was not open and filled with Love...

Oh no...! I can assure you that when they came in their hearts were open.

But then they shut them... so they forgot the language we speak here!

You know we are free... we can change, and we are free to do whatever we want... including closing our heart!

No Fairy can open it... there is no magic wand for this... we can only do it ourselves.

Not even the Angels can force us to keep our heart open to Love.

But when we really mean it and ask for Their help, our heart will bloom again.

And we too can work to make this happen, by giving our Love, giving joy by helping others.

How to do that? Come, there are some friends who can teach us here...

Simple 'examples'

« Hello, I am the Tree you helped.

*I am happy because
I keep all travellers cool with my shade.
I strengthen those who hug me through my lymph.
I can hold nests in my hands
and squirrel in my arms.
I can let children play on my branches,
Let the dreamers lean on my trunk.
If someone cuts one of my branches off, I smile,
and the next day, if he comes again, I welcome
and love him
Maybe one day, while remembering this,
he will learn what forgiveness is.*

*And I can do all this,
while loving the ground
that provides food to my roots,
and I am grateful to the sky
which helps me grow towards it,
I smile at the Sun
which keeps my sight in the Light. »*

*« I am the Branch you planted.
Now I am almost as big
as my mom...!
I am happy because I can bring joy with my
flowers, their smell is so intense,
that many minds fall asleep...
so the hearts are listening,
talking and singing in freedom!
And in a while,
I will be able to give my precious fruits to you. »*

*« I am the little Bird you put back in the nest.
I am happily chirping and I can sing for you...
I have learnt so many beautiful songs,
and I will sing them every day. »*

*« I am the little Flower you watered.
I am happy because now I can bless you
with my colours and my scent.
If somebody picks me up
I can show Love to someone in love,
make a sick person happy.
Say thank you to a friend,
express gratitude to a Mom.
Fill a sad room with brightness,
help the Souls to remember
their scents and 'colours'. »*

*« I am the white Kitten.
I am happy because I taught
someone to caress... »*

*« I am the brown Puppy.
I am happy to let children play with me,
and I remind grown-ups of
unconditional Love. »*

*« I am the silver Dragonfly.
I am happy because I have drawn
a look up to the sky... »*

*« I am the little blue Pond.
So nice... I regenerated many bodies
through my clean water. »*

*« I am the little Mushroom.
I am happy because I provided
a shelter to many Ladybugs,
and I am about to be picked up... »*

*« I am the Grass.
I grew taller,
and now I can feed many a Sheep. »*

*« I am the little white Butterfly.
I am happy because
I remind you of my friend the Spring,
I feel proud because
I can show the way
to the ones who get lost... »*

*« I am the little Ant.
I am carrying a big bread crumb.
If you hold me in your hand,
I will teach you how to be
as strong as me... »*

*« I am the Ladybug.
If you place me on your heart,
I can give you so much Love too. »*

*« I am the little grey Mouse.
If you place your ear
on the ground,*

*my friend the Mole and I,
will tell you what is going on down there. »*

*« I am the baby Squirrel,
I am playing with my friend the Cricket,
we use nuts and peanuts...
as balls
Would you like some?
They are so delicious... »*

*« I am the Seagull.
I am happy
because I can teach how to fly once again... »*

*« I am the little blue Fish.
I am happy because I can
play hide and seek with the divers. »*

*« I am the Beach.
So much fun!
The children are building wonderful things
with my sand. »*

*« I am the Rock.
happy to give my strength
to all those who hug me »*

*« I am the Rock near the sea.
So happy!
So many people come here:
they meditate and dream for hours and hours... »*

*« I am the Wall you painted new.
I am happy:
now I can smile to children
who walk past me,
and provide a shelter to the lizards
that climb on me. »*

*« I am the little Lizard you saved.
I come here too,
and happily chat with my friend the Wall. »*

*« I am the Sun.
I am happy to warm you through my rays,
to light up the world with my light,
to turn rain into refreshing water. »*

*« I am the Cloud.
I am happy because I am always changing:
so many hearts dream along with me...!
And I am proud to remind the Souls
that if they can fly high they will be free...
and nobody can lock them away... »*

*« I am the Wind.
I am happy because I carry seeds.
I blow away the grey clouds
to make room for the Sun.
I can lift up dry leaves
to help shoots grow up.
I carry the birds
that travel from country to country.
Whenever you like,
I can carry,
Love and Joy,
to all those who live far away
and everything else inside your heart.
Ask and give me everything:
I will be fast... happy to give for you... »*

*« I am the Sea.
I am happy because I wash the shores.
I carry sailors with Love.
I fulfil with joy those who come and discover
the creatures who lie inside my heart. »*

*« I am the Wave.
I am happy
because I can play with anyone.
I gently touch the feet
of the ones who are too weak to swim...
of those afraid to dive. »*

*« I am the Bee.
I am happy because I give honey,
and help flowers spread their pollen. »*

*« I am the Ivy.
I am happy because I keep company
to whoever wants to grow beside me... »*

*« I am the Earthl.
I am happy to embrace anyone and anything.
To feed each and every root.
To support travellers.
To disclose my treasures to explorers. »*

*« I am the Star.
I am happy because I can remind anyone
of the immensity of the Firmament. »*

*« I am the Moon.
I am happy
because I can light up the darkest nights.
Because through my ever-changing faces,
I can tell you that what you see depends on
where you are... »*

*« I am the fresh water of the Stream.
I am happy because I can quench thirst,
play with the children,
chat with the hearts.
I am proud to show that through my flow,
I can overcome any obstacle,
I can reach meadows,
and end up into the endless Ocean.*

*I am happy because my friend the Sun
lifts me up to the sky,
my friend the Wind carries me afar,
towards unknown lands,
so I can quench the thirst again. »*

*« I am the Water of the waterfall.
I am happy
because I live in the ecstasy of abandonment:
diving into the void...
without knowing where I will fall...
I live in the ecstasy of reaching the high peaks.
I can taste humbleness
when I end up and lose myself in the Ocean. »*

*« I am the Seed.
I am happy because I spread everywhere:
I carry the certainty of growth.
I am happy
because I can help flowers grow between Rocks,
showing thus the power of Life.
This confirmation
feeds the Soul,
just like an ear of corn originating from me,
can feed a body.*

*If I will happen to be a lonely Flower in the desert,
I will be able to mend the heart of a bandit
who will see me.
If I will grow on a high peak,
I will help climbers forget their weariness.
If I bloom and then decay
without having seen anybody,
I will be happy anyway.
What matters is to know how
to perish as a Seed and be born again as a Flower.
to fulfil my duty as a Flower
opening up to the sunrays,
emanating my scent. »*

*« I am the little Starfish.
I am happy because now
I remember that my little
sisters, the Stars in the sky,
have so much Love
to give... just like me... »*

*« I am the white Lambkin.
Would you like to follow me to the sheepfold?
My mom with all is friends
is there
and they want to thank you...
They are still singing of joy!
The Shepherd went to sleep
because he was tired:
he went looking for me
day and night...
He was weary and sad,
when he returned to the sheepfold...
I ran after him:
he happily smiled at me
he took me into his arms
with all his Love.
Then he caressed me for a
long time... with my mom
watching nearby.
You know...? I felt
his heart beating so strong...
and saw tears of joy
running down his cheeks... »*

*« I am the multi-coloured Rainbow.
So great to link different worlds together!
My colours
are luminous ribbons,
some come from the Earth,
to lift up to the Sky
all the beautiful things
that lie inside the hearts
of the creatures living here.
Others come down from the Sky,
bringing gifts and Love
from the ones who live above
to anyone here...
Oh!...I am there
even when you cannot see me... »*

*« I am the Fairy.
I am happy because I have the real magic wand:
Love.
I can play with Gnomes and Elves.
It does not matter if just a few can see us.
We are here, ready to play
with all children... »*

I am your Angel

“I am your Angel.
I am happy because I can be beside you,
walking together towards the Light.
If you want, I can play with you,
fulfil your heart,
help your Soul to fly.

When you see somebody:
wrap them in Light,
send words of Love to their hearts,
let your Soul be free
to reach their Soul.

When you meet somebody:
smile with friendliness,
greet them with joy,
welcome them with enthusiasm.

When you are near somebody:
caress them sweetly,
whisper your Love to them,
praise them,
highlight their value and abilities.

When you walk with somebody:
keep your sight on their Beauty,
remember their Divine Essence.
Encourage them to get to know
what their Journey means,
take them to discover their Treasures,
help them to grow their Essence.
Be prepared to leave them anywhere,
at any time,
for any reason.

I am happy because I love you,
I am smiling, proud of you.”

Comment

*Did you see, O little Soul,
how helpful and full of Love we can be in just one park?
Now think about going everywhere else...!*

*So many things we have learned
from these beautiful Creatures...!*

*We can truly learn quickly, but to put them in place...
Oh well! It takes time, practice and a lot of patience...*

*Maybe we will forget them sometimes...
but don't worry, they're used to give lessons here...!*

*If we practice them every day,
we will be good in no time,
we will do them effortlessly.
And we will get to know the meaning
of each word and the teaching
of the examples we have observed here.*

*So much joy can be given to the heart
by these sweet Creatures
who can express their happiness,
be themselves, the way they are,
giving what they are able to give!
And none of them
would like to be someone else...*

*They don't think how to give,
or what to give:
they're just happy to give...!*

*O Luminous Soul, I can hear the Angel calling upon us:
he needs our help...
Is it possible? Come on, he is an Angel!
Let's go and see... maybe I am wrong...!*

Collaborate with the Angels

... Here comes the Angel...

Smiling at us...

Let's hear what he has to say...

Would you like to collaborate with Me?

“Allow Me:

to meet the Souls walking with you,

to approach the hearts next to you,

to welcome with your enthusiasm,

to hug with your arms,

to caress with your hands,

to love with your Soul,

to give with your heart,

to whisper ‘I love you’ through your lips,

to wipe off a tear with your kiss,

to use your smile to make people smile,

to give joy through your joy,

to reassure while you shake hands,
to feed with your Love,
to quench the thirst with your Light,
to praise with your eyes,
to sing through your voice,
to help others play with your playfulness,
to help dance with your dancing,
to help grow through your warmth,
to enchant through your colours,
to stupefy with your beauty,
to elate with your scent,
to fulfil with your peace:

let Me recognize
through you. ”

“Let Me write down My Love
on your heart,
so that all the Souls
can read it...”

“With My Light let Me wrap
your Soul,
so that all Souls
can be dazzled.”

“With My joy let Me fill
every cell of your body,
so that every heart
can be touched.”

“Let Me put My gifts
into your hands,
so that everyone
can have them.”

“Let Me open
your little Child heart,
so that this Child
can imagine incredible things,
dream the unimaginable,
the impossible,
take you beyond borders,
give Me the opportunity
to show you that
anything is possible
with Me.”

“Let Me infuse My Essence
into yours,
so that every heart
will have wings,
and each Soul will be able to fly with Me.”

“... Don't ask yourself what lies behind time and events, other than the perception of the voice of your Soul on a greater degree, to comprehend if time is right for something, if a given event is actually a call for something else.

If you ask Me to help you understand it, if your heart will remain open, then you will comprehend whether an action or something else is required from you, maybe a different thought, a wish, an idea or intent.

Then let it flow and abandon yourself to the flow of Life, ride the wave of Love.

Allow me to operate inside you and the 'Hearts' you meet, while you relate yourself with them.

If you work with Me on this awareness, calling upon Me intensely, if you stay close to Me, and all of Us who are working together for you and with you, if you are connected to the Light, the Whole: then you will perceive yourself as a 'Gift'.

Feel my presence in every action, firstly crave for it.

Do everything feeling that you are working with Me and the Light: this is my magic, my greatness, this means to give and give yourself genuinely.

You will never be alone if you call upon Me in every action, if you feel that I am close to you and you are able to live the whole thing with Me.

This is true in every action, step, expression.

Including when you play, sing or dance.

Even in silence, you are close to Me.

To train yourself for this, sometimes ask yourself:

- Am I doing this... am I living this... along with my Angel? -

Everything will change: a part of you will do everything, the other part will make everything happen.

Seize the day to express what you chose to be, because actually you are living it already and, therefore, you will be able to be.

Let all the Essences you chose to express flow from your heart, everything you decided to give.

And remember that every single ‘Heart’ you meet, every ‘Heart’ walking with you, bears a variety of stories for your growth as well as for her development, in order to elevate your Souls.

For this reason, increase your awareness and learn how to give, love, help in the deepest, most intense and total way, yet always in total freedom.”

“... If you decided to work at the ‘Service of Light’, to collaborate with Me, you cannot know beforehand what you will have to do, where it will take you, though you will always be able to hear a voice reminding you of your choice in every situation.

For this reason, let yourself be guided, choose everything with Me, see yourself as a co-worker of Mine, a marvellous instrument of Light.

If you understand that there is a place awaiting to receive your Love, the Light; whether there is a task or something to do, to give help: always remain calm, remember who you are, your Essence, what you chose to be.

So you will be smiling, and feel that Me, Us, are always with you when you help, go, act, live your battles and those of others.

You are never and never will be alone!”

“... Come and quench your thirst with the water from the spring of Light: you will be a rich spring too, able to provide crystal clear and refreshing water.

Live a balanced life, you need to realise when to give or receive water; this is the only way for you to always have some pure water to quench your thirst.”

“... Be always humble, careful and gentle.

Be like a river carrying water to a meadow nearby.

And ask Me to help you understand when the land is dry or too dry, in order to avoid overflowing or flooding.

First you need to understand, then to give with compassion and equilibrium.

This is called prudence: it will not prevent you from giving water in the right amount, simply because prudence, when enlightened, does not retain any water.

If the ‘Hearts’ come closer, they will feel you need water too, so they will accept and receive water from you; if they perceive that you are walking with them during their journey, they will be able to look up to the Sky.

When you meet someone, perceive them as flowers in need of water.

And remember that with Us, a flower will never come close to give water, because actually this is about becoming that flower, yet always preserving your Essence; with Us it is not about getting close to the ‘Hearts’, but penetrate their suffering, live their fears, without being overwhelmed.

Maybe you are afraid of such a commitment, but do not be with Us, because this is simply about becoming that flower, while you will keep exuding your smell, giving that flower the opportunity to shine, allowing its treasures to shine, Our Light.”

I will help your Souls to meet

“... If you need to go somewhere, do not think that you will necessarily give help or find someone in need, but be open to all possibilities and prepared to give and help at any time.

If you cannot walk in the world for a while, do not think that you do not have any possibility to give or help, so remain open and be ready to welcome anyone if they show up, ready to give whatever is needed.

If you are going through a period when you cannot see the chance to give, when no help is required from you, when there is no ‘Heart’ to be loved, do not consider that time or period as a waste.

Maybe you need that time to prepare yourself, to help more later on, to improve yourself in order to be able to give in the future.

Keep in mind that if a ‘Heart’ needs your help, We will make that meeting happen.

If a Soul is searching for you, We will lead her to you.

If a ‘Heart’ or a Soul are waiting for you, We will take you there.

The great plan according to which Souls are meant to live together is not to meant to be understood and will remain unknown, but We can see it and, therefore, we can help you to make it come true.

Always see your life as a gift, and be ready to donate it; see your Journey as a gift, and always be willing to share it.

Hold My hand tight, and ask Me to show you the way, to keep you where you are supposed to stay, to help you behave as required in a given moment.

This way you will be serene as you will run towards the world, being a refreshing spring, a light that illuminates, a tree awaiting, a shelter to accommodate, or simply a torch drawing gazes to the Sky, the Light.

When your heart is open, your body is strong and ready to live it all, and your Soul will be free to accomplish your plan.

When you asked me to help you and extended your hand towards me, be sure that the plan will be followed and what is meant to happen will happen; whatever is supposed to happen it surely will; be sure that in any case you will have opportunities to love, give and help.

There will always be moments when your heart, body and Soul need to be loved, helped and receive your gifts.

Be happy to live, and spread your Essence; be happy to live and open yourself to life; everything will happen, everything will come to you.”

How to relate yourself with others

“... Know your pearls, be sure that everyone, as Souls, contains pearls.

Make them shine and then give them away; you will become a pearl too, ready to be donated by Me.

This way you will be able to recognise the pearls in all the Souls you meet.

Highlight your beauty: you will know how to recognise the beauty of the Souls you meet.

Celebrate your achievements: you will teach how to celebrate others' achievements and be able to walk with those who can achieve.

Be proud of your accomplishments: you will help others to accomplish things too.

Be happy of your changes: you will support hearts and Souls in their changes.

Love yourself the way you are, be happy about the place you live: you will love everyone the way they are in that moment, you will help them achieve everything you can, while living together in the same place.

Look through the eyes of Love, love as a Soul able to overcome anything, look at the luminous Flame shining in each and every one of us.

Feel like a child and play together with anyone you meet.

Do your best and make people sing, smile, cheer, find Love and Light.

Think of ways to let Love flow from your heart into others, ways to donate the Light of your Soul to other Souls, ways to transmit your joy to the ones you meet.

Feel like a child and think about everything you were happy to receive when you were a child, and give it to others.

Feel like a child and think about all the gifts you could bring to make somebody near you happy.

Feel like a flame lighting up other flames, let your flame shine to illuminate other hearts and Souls.

Keep your mind busy thinking about what you should give, who you should help, and how to show your Love.

Your heart, your Soul, will provide you with some answers. I will create occasions, I will give you the opportunity to achieve this.

The more you give, the richer you will be; the more you help, the more you will receive; the more you love, the more you will be loved.

Feel like a beloved Soul and you will give love; feel like a child who is being cuddled and you will help with joy.

When you leave home, ask Me to turn on the Light in your heart; and imagine your heart shining of an intense Light.

Then, while walking, you can see the Light expanding within, and you can wrap it around whoever you meet.

When you leave home, ask Me to fill your heart with My Love, and listen to your heart while it overflows.

Then, as you walk, you can see that this Love becomes a wave able to penetrate any heart, try to visualize this wave in every heart you meet.

Do all this with your smile.

So, without doing or saying anything, you will give, love, help, simply by walking in the world.”

“... Remember that your eyes can express much more than any words, that your heart can donate unimaginable treasures, your Soul can help and teach the unknown wisdom.

Feel like a Soul, perceive others as Souls, and feel the greatness of being able to meet other Souls.

Always keep your eyes on the Sky though.

Breathe profoundly at every meeting; be aware of who you are, regard those meetings as opportunities to love and give; see them as instruments to love, give and help.

You will remember than anything you do is aimed at helping your Soul accomplish her plan, elevate herself during this journey.

Imagine yourself to be always in school, and do everything with the humbleness of a student who needs to learn a lot from anything and anyone.”

Listen to your Soul

*« When you walk in the world
and meet someone,
listen to your Soul:
she will leap out of joy
reminding you to perceive others
simply as Souls. »*

*« When you are close to somebody,
listen to your Soul:
she will sing so that you can
go beyond the heart
and relate only as a Soul,
giving just her Love. »*

*« When you decide to help,
listen to your Soul:
she will remind you of all the wisdom
learned during this journey,
and in previous journeys too. »*

*« When you walk with someone,
listen to your Soul:
she will remind you that Light is your
destination. »*

*« When you are living something,
listen to your Soul:
she will remind you that everything you live
can be turned into a treasure
to be kept in her 'suitcase' ... »*

*« When you think to do something,
listen to your Soul:
she will whisper to you if that
is a good action to elevate and raise her. »*

*« In any place you are,
anything you do,
anything you live,
listen to your Soul:
she will help you understand
whether in that moment you are
letting her free,
or you are preventing her from flying. »*

*« When you are loving,
giving, helping,
listen to your Soul:
she will let you know if you are really
loving unconditionally,
giving with detachment,
helping in freedom,
or you are just fulfilling your needs,
seeking a gain for yourself. »*

*« Listen to your Soul:
you will accomplish your plan. »*

*« Do what the Soul suggests:
your heart will be fulfilled. »*

*« Follow your Soul:
you will reach your objective. »*

Comment

Come, little Soul, let's sit down near the pond.

There, we will be able to receive the suggestions that will help our hearts to give, love and live at the 'Service of Light'.

How to prepare yourself

*« If you want to live in harmony with the
Universe,
tune in your notes with the silence.*

*If you want to play the music of Love,
in the morning, 'tune in' your heart.*

*Your heart is a fabulous instrument,
that needs to be tuned in before you start
playing in the orchestra of Life. »*

*« Let your heart chant with joy,
let your body vibrate with Love,
let your Soul play
the music of Light:
you will hear the Angels
and all Living Creatures
singing in chorus for you. »*

*« If you want to give:
be a heart that loves anything and anyone.
If you want to help:
be a child who plays with anything and anyone.
If you want to give yourself:
be a Soul at the 'Service of Light'. »*

*« If you still cannot love,
if you are afraid to be loved,
join the creatures of the Universe:
every Living Creature is waiting for you.
It is so easy to live in Love with them:
they will candidly love you,
donate to you with simplicity,
caress you tenderly,
fill you with their tenderness. »*

*« When you approach someone,
ask your Angel
to vibrate through you.*

*When you are about to talk to somebody,
ask your Angel
to confirm your thoughts,
to whisper in your ear what you need to say.*

*When you talk with someone,
feel your Angel next to you
and smile:
you will accompany your words
with the tone, sound
and vibrations you need. »*

*« When you wake up
Smile at Life, smile at your Angel:
your heart will be filled with joy.
Get up with enthusiasm:
the journey goes on...
new adventures are awaiting you...*

*It is a new day:
you can play new games,
receive unexpected gifts.*

*Sit down in silence
and invite your Angel to sit next to you.*

*Smile at Him,
show Him your Love.*

*Thank Him for looking after you
at night.
Be grateful to Him for what He will do for you
during the day,
for the gifts He will bring.*

*Share everything inside your heart
with Him.*

*Tell Him your wishes, your needs:
be sure that you will get
anything you need,
all your Soul needs.*

*Breathe in calmly,
ask your Angel to hug you:
listen to His heartbeat,
abandon yourself to the sweetness of His Love.*

*Your heart will be filled
with His Love.*

*Your Soul will feel
His words.*

*Your body will receive
His strength.*

*Your Essence
will melt with Him.*

*You will feel so much loved,
that you will crave to love.*

*You will feel so rich,
that you will wish to give.*

*You will feel so strong,
that you will want to help. »*

*« And your little child heart
will pray:*

*– O Angel of mine,
help me to be
a gift of Love in Your hands.
Ignite the Divine Spark
in me,
so that I can bring
Light to the world.
Pour your Essence
into me:*

*I want to live
at the ‘Service of Light’.
Hold my hand tight,
so that I can walk
in the world safely,
looking at the sky,
smiling at the Universe. – »*

*« Now Love is breathing in and out:
feel it while it feeds every cell of yours.*

*It is inhaling and exhaling Light:
it quenches the thirst of your whole Being.*

*It is inhaling and exhaling joy:
feel it while it strengthens your body.*

*Feel yourself while you turn into
Love, Light, joy.
You are becoming a Divine Spark
surrounding everything and everyone,
with Love, Light, joy. »*

« And your body will tell you:

*– Make me shine,
so that I can express
Light and Love.*

*Make me strong,
so I can follow the Soul,
and manifest your Essence.*

*Get me ready,
so that I can do
anything
the Soul and Light require. – »*

*« Smile at your body and
show it Love:
it was chosen by your Soul.
Be grateful to your body:
it allows your Soul
to make your plan come true.*

*Strengthen your body:
it helps you
love, give, help
and be at the 'Service of Light'. »*

*« Move your body
The way you like,
do what you
feel it is right.
Let its energy flow,
Unleash all its strength. »*

*« Now you are ready:
hold your Angel's hand,
smile and walk towards the world.*

*Feel like a child:
see life as a funny game,
do anything with joy,
along with your Angel.*

*Feel like a Soul:
see life as an adventurous journey,
consider everything as an opportunity to grow,
live everything as a chance to elevate yourself. »*

*« During the day,
smile at your Angel,
hold His hand tight.
And if you can,
play these games again,
keep your heart open,
and let your Soul always be free »*

*« Be vigil
and welcome every heart,
acknowledge every Soul,
give everything,
receive anything. »*

*« In the evening,
treat yourself with a moment of silence.*

*Think about what
You have done during the day:
your heart can give you new emotions,
your Soul can whisper new teachings to you,
your Angel can assure you once again.*

*Be grateful to your body, your heart,
your Soul.*

*Be grateful to all the Souls you have met.
Be grateful to your Angel for all the gifts.
Be grateful to Existence.*

*Show Love
to Life, to your Angel
to all Living Creatures.
Be happy for everything and everyone you
have loved, given, helped.*

Let everything flow and remain in silence. »

*« Before you fall asleep,
ask your Angel
to protect you.*

*Smile at Life,
at all Living Creatures,
at your Angel.*

*Hop on His arms,
seek protection between His wings,
fall asleep upon His heart. »*

Comment

Follow me, little Soul, let's go to that meadow, among those flowers that are smiling at us.

We can lie down for a while and feel the sweetness of Mother Earth, inebriate ourselves with the smell of flowers, dream while looking at the clouds in the sky, and take a rest in our Angel's arms.

And while we are asleep, protected by His wings, all we have heard and listened to will be deposited in our heart.

During this break, we will be fed, cuddled and regenerated, then we will be ready to continue our journey.

II

How to help and give

Giving is an expression of the heart

*Giving yourself is an expression of the
Soul*

*« Give plenty of
what you have:
the Universe will reward
you generously.*

*Joyfully give what
you are:
you will shine in all your
Divine Spark beauty.*

*Help in any way you can,
any way you know,
do it with your heart,
do it with your Soul:
your Angel will guide you. »*

*« Love, give, help,
you will obtain the highest achievement:
learning to welcome others
as Luminous Souls,
as precious gifts. »*

*« The highest point of helping,
and giving is to take care of
the plan of other Souls »*

*G*iving, giving yourself,
becoming a 'Gift'

*« When a child smiles at you,
and extends his hand
to give you a small stone,
or a shell,
taken from his 'treasures' ...
your heart is filled with joy,
and you feel infinite tenderness.*

*This happens,
not because of the value of that gift,
or its beauty...
but for the intrinsic value and beauty
of that gesture,
the beauty of the one who gives,
the candour of his action
the Love he puts in it. »*

*« Are your hands full of gifts?
Or are they simply offering
whatever Life
gave you before?...*

*As for your gift,
is it carrying your Love?
Is it carrying the Love
of those who gave it to you before?*

*Turn your hands
into 'messengers'
of a loving heart. »*

*« If you are not afraid of losing something,
the gifts you give
will bring you abundance.*

*If you are not afraid of thirst,
the water you give
will be poured into your well.*

*If you are not afraid of hunger,
the wheat grains you give
will refill your barn*

*If you are not afraid of welcoming in your home,
you will be welcomed in Heaven. »*

*« Keep your eyes away
from the things you give
and look up to the Sky:
you will find out that
your gifts have wings...*

*Give only for the pleasure of giving,
keep your eyes away
from the ones who receive your gifts,
and listen to your heart:
you will see it has wings...*

*Give to the ones who ask,
give to the ones who dare not ask,
give to the ones who don't know how to ask,
give to the ones who don't know they are in
need,
give as a free being:
your Soul will open her wings... »*

*« One day you will have to leave
the things you have...*

*what you give now
one day will be returned to you... »*

*« Do not wait until tomorrow
if you can give today.
Maybe tomorrow you will not
be able to give...
Maybe those who are in need today,
will not be able to receive tomorrow...
And if tomorrow you will be able to give
what you did not give today
if your gifts will be taken
by those who did not receive them today,
you will have missed an opportunity:
those who will receive your gifts tomorrow,
will be different from the way they are today...
and you too... »*

*« Do not set any limits
when it is time to give:
there will be no limits
when it is time to receive. »*

“... Any time you can, give just a little thing, something from your heart: such gifts are important.

The thoughts of love from your heart do elevate the vibrations of both the giver and the receiver.

This is a way to improve the Love flow, to feel in harmony with the Universe.

Any time you send a thought of Love, you can feel you are working with Me to expand Love, your heart is fulfilled with Love.

You know that all people need Love, you know that the whole world needs Love:

you are aware that your thoughts of Love are the greatest gift you can continuously give to the world, to everyone.

It is like a wave crossing Oceans and valleys, elevating hearts and Souls.

Let Love flow in all things around you:

Love will become tangible and you will be able to feel strong vibrations.”

“... If you will act as a source of Love, fulfilment and warmth, the ones who are with you and meet you, can receive all this.

Vibrations will be sent to their hearts: they will encourage people to continue walking along the path towards Light and Love.

If you choose to be a source of Love in the morning, your day will be off to a totally different start:

it is like initiating a magic of Love.

If this choice will remain in your heart and you will let your Love flow, all the Love We will bring to you will turn into food and water for your body as well as your heart. And you will Love so much that this choice will become your constant thought and goal, every day.”

“... Every day look around you and see where and what you should give, look for someone you can warm up like a sun, someone you can give yourself to.

This is the main Way to express your Essence, the only Way to fulfil your heart.

And if you chose to live in Love, this is the only Way that will guide you.

Love the way you know, give anything you can.

Do this all the time, love everything and everybody.

Eventually you will forget about yourself and be able to give yourself totally:

there, you will find your real Self, you will discover who you are, your beauty, your greatness, your Divine Essence.

If you will melt with Love and forget all your needs and yourself, you will receive all the gifts that are already awaiting you, something you cannot even imagine now, and you will live in Love.

Nothing you will give will remain as such but will come back to you tenfold, though you do not know when and where.

This is why you must give with purity, without expectations, without plans or questions, but only with the certainty that everything will come back to you in a greater amount.

By giving uninterruptedly in any way you can, you will create the space enabling Us to present you with great gifts.

When you do not know how or what you should give, just think about the attention you would like to receive, the expressions that would make you happy.

If you feel sad, look around and ask yourself:

– *Who should I give now?* –

You will see there is always a hand ready to receive, someone awaiting Love, a Soul in search of Light.

And if you cannot see this, then water a flower, caress a tree, show your gratitude to the Universe:

in that moment your heart will sing with joy.

When you feel empty, look around and ask yourself:

– *What should I give?* –

You will find out how rich you are, you have so many gifts to offer.

Then open your heart and give your Love, your gratitude for all the treasures you have, give joy for the greatness you have.

Start giving with your hands, your heart, and you will fill in any empty space.

If your heart is cold, come closer to Me, you will feel how warm mine is.

Then, gently bring closer to you the ones who are near you, bring the Child in you even closer.

Hug anything you can, join your heart with tenderness, melt your Soul with sweetness.

You can do this also with the trees, the land and the sky, with all Creatures of the Universe:

your heart will be cold no more.”

“... Do not think about what you need to do to become a Gift, but be sure you are already a Gift.

Express your joy for being a Gift, your Love for choosing to be such.

You will perceive yourself as a Gift.

It is immensely beautiful to feel like a Gift in our own hands, a Gift ready to be given to many a heart.

Discover the beauty of working at the ‘Service of Light’, giving yourself to bring Light and Love.

Remember that to be at the ‘Service of Light’, actually means to serve the Souls you meet.

Sometimes this will require no words or actions but simply your expression, the expression of joy that lies within yourself because you are serving, the expression of Love that you receive because you are serving, the expression of peace that enters the heart when you are continuously working at the ‘Service of Light’.

Do not ever be afraid to change your plans: nothing and nobody will ever fulfil your heart as much as such awareness to be a Gift, to give yourself as a Gift, to work at the ‘Service of Light’.

And be sure that any time you will decide to do this, We will create conditions and opportunities for you to experience it.”

“... If your aim is to give, if you intend to give yourself, first of all feel free to choose whether you want to do it or not, because true Love, help and giving are such only if they are lived and experienced in free will.

This is the only way for joy to happen and you will be able to act effortlessly.

If giving requires to overcome some obstacles, then change your plans, overcome your desires, do it with joy, grateful for the opportunity to give and give yourself.

This way you will always give with joy and pleasure.

When you choose to give something or give yourself, this must not be a rational choice, or originate from the desire to satisfy your needs, but must be a spontaneous action, like a flower from your heart.

If you give with a heart full of joy, you will receive great pleasure; if you give with Love, your heart will be rewarded with the same Love.

By giving, you will receive.

By helping, you will make things come true.

By giving yourself, you will become aware of yourself.

It is not easy to understand all this now, but when you will give and give yourself you will definitely realise it, because:

*giving is an expression of the heart,
giving yourself is an expression of the Soul.*

When you give, you feel something inside.

While you give yourself, you feel you are on the right Path to discover your true Self and its treasures.”

“... If you feel the need to give yourself to Light, you must know that you will only be able to comprehend the full meaning and extent of this choice at a later stage.

This is such a high concept that it is difficult to comprehend and feel it in its entirety.

When you give yourself, you must give your Essence, your heart, your body, so they can follow the Soul.

This means that sometimes your heart and body will be free to fly with your Soul, anywhere the Light calls them.

They cannot be burdened by anything, nor bothered by anybody.

You can follow your plans but be ready to change them as well according to what the Light requires from you.

You can create whatever you like with your imagination, but always make sure that you allow the Light its space to create, allowing Us the space to create.

You understand well that a gift, for being such, must be free, otherwise it is not a gift anymore.

The choice of giving yourself comprises the Essence of the Path you are taking.

It means to give all of yourself and your freedom.

When you give something, you lose possession of it, and you cannot use it as you please anymore.

This is why this choice will never be demanded by the Light, by Love, by your Soul, it must be a decision that your whole Being is craving for.

Anyone should feel the call, be aware, be ready.

Gift is gift and the ones who receive them must do so unconditionally.

If you decide to give yourself, you must fulfil this commitment at any moment, in any situation, in all your expressions, making it part of your whole life.

This will allow Me to hold you into My hands, so that you will shine, so that you may perceive yourself as a Gift.

When giving your Essence: the latter will shine in all its beauty and brightness.

While giving everything: you will feel that you are about to receive everything, beyond your imagination.

By giving your freedom: you will live in freedom.

By giving your time: you will enrich every little instant of your life.

By giving your heart: you will feel totally satisfied.

By giving your body: you will become a precious vase of the Light, overflowing with Love.

And I want to remind you once again that this is a free choice, you can do it, live it or withdraw from it.

Only when you feel free to change it, you will be happy to continue give and give yourself.

The only gift you will be free to get back is You...”

Question:

Sometimes I am in doubt if I am actually living my choice to be a Gift and give myself.

Answer:

“In those moments, smile and live this choice intensely.

Be vigil and attentive, ask yourself if you are expressing your Essence in any moment, see whether you can act at the service of Light, to give Light.

Then let yourself go, abandon yourself into My arms, feel yourself in My hands, be aware that the Light will shine through your eyes, your words, your face, your hands, your smile.

In the morning, look up to the Sky and the Great Light and say:

– I am giving myself to You so that You can act in the world through me. –

Then, imagine to climb into My arms, feel My hands while they welcome you as a precious Gift to be given to the Souls chosen by the Light according to its will.

Remember this during the day.

Be careful of the way you look at the ones you meet, and smile.

Watch the words you use, your actions.

See if you are allowing everything, whether you are taking every opportunity to expand the Light, to give Light .

In the evening, take a moment of silence and ask Me to help you remember what you did during the day, whether you acted correctly or not.

If your heart whispers a ‘yes’, then you can be happy and fall asleep.

If you feel like you have missed something, maybe because you were distracted, see this as a lesson, a teaching for the following day, and, likewise, be happy and fall asleep into My arms.”

“... You will experience the choice of giving yourself by living it day after day, time after time.

You will love it, if you act being happy of working with Me, the Light, in anything you do, feeling the greatness of being a Gift of Love, a Gift of Light.

Be aware that this will bring changes to your normal life, and yet you will be able to live it even more intensely.

You will feel different, not ready to make your dreams or wishes come true, but to fulfil the biggest plan: that of the Soul;

to make way for the most beautiful plan: the plan of the Light.

It is a fundamental and sacred decision, but you must live it with infinite simplicity and in total happiness.

This will make it easy to live it fully, intensely, without interruptions.

Make it new everyday, bear it always in mind.

You will see that several things will lose their importance, your everyday life will be different, unimaginable things will happen around you, inside you.

When you live for the Soul, your life is different, it turns into an adventure that can only be known in the very moment you experience it, a magic that infuses everything and every single moment.”

Comment

If you perceive yourself as a Gift, everything you are and everything you have may become a gift.

If your desire is to always give, then everything could be a means to give.

*A long time ago messengers used to ride horses...
then couriers and mail came...*

Now we have e-mail, fax, telephones, etc.

These too can be instruments to give and express Love.

Think how beautiful it could be to use them just to say a few simple words, like:

– I love you –

– I am thinking of you... –

– May I help you? –

– You are important to me... –

– Besides my Love, may I give you anything else? –

Nothing else needs be added but your heart.

Accompany these words with all the joy and Love.

Maybe one day you will be able to see what now you can only imagine and believe:

to give, ‘use’ the ‘Waves of Light’, the ‘Wings of Love’.

And if, before you go to sleep, you will ask your Angel to help you always be a ‘Gift’, your Soul and your Essence will fly out in the Universe to give more, while you are asleep...

Your Angel will take you to unknown places, where you will have plenty of opportunities to help...

He will arrange meetings with unknown Souls, so that you can give yourself to them...

They will think they have dreamt of you, you will also believe that the whole thing was just a dream...

Your Soul and your Angel, smiling at you... will have you believe that everything was part of a dream...!

The joy of giving

« By giving, you can experience joy.

By helping, you can feel happiness.

By loving, you can experience fulfilment.

By giving yourself, you can feel ecstasy.

*Give, help, love, give yourself:
your heart will joyfully sing,
your Soul will happily fly,
you will live peacefully,
you will experience the ecstasy
of riding the wave of Love,
which will lead you to the Highest Peaks. »*

*« Be happy of your uniqueness:
you are unique and unforgettable,
you are unique and irreplaceable.*

*The place you have in the Universe
can only be occupied by you.*

*No one can replace you
in your Soul's plan.*

*No one can replace you
in the Cosmic plan.*

*No one can do
what is part
of your plan.*

*No one can give
what you are able to give.*

*No one can love
the way you chose to love,
the ones you chose to love. »*

*« You are part of
a 'Divine Mosaic'.
Be happy to be one of its 'Precious Pieces':
the whole thing is not complete without you.*

*You are part of
a 'Celestial Tapestry'.
Be proud to be one of its 'Luminous Threads':
the plan cannot be perfect without you. »*

*« In the Sky,
the Souls plan
their meetings...*

*On Earth,
meetings
take place:*

*do not be late...
do not take a different Path... »*

*« In the Sky,
the Souls agree
to help each other,
love each other,
give to each other.
On Earth,
the Souls
make this plan
come true:
what if you are not there?... »*

*« The trains of the Souls,
travel in the Universe:
some of them only pass once...
some of them come back many times...
some others only come back once...*

*What if you cannot reach the station?
What if you do not show up at that stop?... »*

This is why:

*« True happiness
is to wake up in the morning,
and feel that you have a mission:*

*a mission in the world,
that nobody else can accomplish;*

*an appointment
so important
that you cannot be late;*

*an agreement
so pleasant,
that you cannot miss;*

*a wonderful train
to catch »*

Therefore:

*« Feel the joy of your Soul:
she is happy to run towards
the Souls waiting for her.*

*feel the joy in your heart:
it is ready to happily welcome
the Souls who are looking for it. »*

*« If you look at a flower, a tree,
you can see that they are happy
to give themselves...
while they smile at the sun,
and reach up to the sky. »*

*« If you listen to
the water running,
the fire crackling,
the wind blowing,
the birds singing,
you will hear that they are all
singing the same song:
the joy of living
of giving themselves. »*

*« A perennial
hymn of joy
resonates in the Universe:
there is always someone who loves
gives, helps, gives himself in the Universe. »*

*« At any moment,
you can join
the joy of Nature,
the happiness of the Universe,
by loving, giving, helping, giving yourself. »*

*« Dance, sing, express your joy,
because today too
you can do the most important things:
loving, giving, helping, giving yourself.»*

*Go and be happy in the world,
because today you can
bring the most awaited thing:
kindness. »*

*« You can be kind
to a flower: by watering it...
to a tree: by caressing it...
to a dog: by talking to him as a friend...
to a bird: by greeting him...
to those you know: by expressing your Love...
to those you do not know: by smiling at them...
to a sad heart: by showing joy...
to a 'poor' heart: by hugging it...
to Nature: by immersing into it...
to the Universe: by singing...
to your inner Child: by acknowledging and
loving her...
to your Angel: by thanking him...
to the Great Light: by doing all this... »*

“... Love and you will be surrounded by Love.
Help and you will be wrapped in Light.
Give and you will receive great gifts.
Give yourself and you will be rewarded with deep pleasures
and intense emotions.
Raise your love vibrations and I shall vibrate inside you.
Your heart will experience unimaginable vibrations of joy
when you will see the Light in the people you help open their
hearts to the Great Light, to Us.
You will experience sweet emotions when you will testify their
changes.
Give with joy, give yourself with happiness, appear as a Divine
Spark: this will make you cheer with joy.”

“... Rejoice and feel rich, because you are donating treasures
with a heart filled with joy: new treasures will come every day,
you will feel new pleasures.
Imagine an old chest, think of it open so that it cannot be
closed anymore, imagine your hands reaching inside this chest
to pick anything your heart wants to give.
Then imagine other Luminous Hands continuously filling this
chest with new pearls and treasures: those are Our hands.
Smile at this picture: actually it is real.
Be proud of yourself as you chose to give yourself and all your
treasures with Love.
By giving more and more, by being more aware of your
treasures, by giving with awareness and discernment, your
greatness will grow bigger, like a Child. Children are able to
give and ask with simplicity, that is where their greatness lies.

Do not look whether those receiving your treasures adorn themselves with them or conceal them.

What matters is that you are able to give, so that I can give even more to you.

What matters is that you can elevate your Soul so high: so I will be able to take her higher and higher.

When you give with Love, heart and Soul are free.

This creates a wave that elevates the Soul.

Presenting objects with simplicity does not mean that you have learnt how to give: true gifts are expressions of the heart indeed, they can only happen when you act with Love.

You are the greatest gift, when you are able to donate your Essence, your Scent.

Of course, tangible gifts may express Love too, and the ones who receive them may feel if they come from the heart or not, if behind those gifts there is a Soul who knows how to give.

And while you are giving yourself to the Light, I will be able to donate you more and more Light, to take your Soul higher and higher.

And when you give yourself to a heart, or offer your treasures, you can feel that actually you are giving to the Light.

If you want your chest to be filled with new pearls, you must donate the ones it already contains...

And this is true for everything: small and big things, invisible and visible things, expressions of the heart.

Feel immensely loved, and express your Love.

Feel how rich you are and share the joy of giving.

Give yourself to the Light, and show your feelings when you do this.”

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

*« When you give something,
you create space for
new gifts to be given to you.*

*When you lose something
because you give it to others,
the Universe
will be generous with you.*

*When you think of giving,
your heart starts
singing.*

*When your gifts make
someone happy,
your heart is filled with joy. »*

*« When you love,
you are calling Love
upon you.*

*When you shed your Light
upon others,
you are enlightening
your Soul too.*

*When you bring Light
to the world,
the Light surrounds you.*

*When you 'accompany' someone,
you reach
your destination. »*

*« When you give smile,
your faces is enlightened.*

*When you give joy,
you infuse your whole Being
with joyful vibrations.*

*When you give Love,
your heart blooms.*

*When you donate the expressions
of Love,
your heart is filled with
tenderness and sweetness.*

*When you play with somebody,
when you sing with somebody,
when you dance with somebody,
you are unleashing
your inner Child. »*

*« Every help you give,
is an instrument
to elevate your Soul.*

*Every gift you give,
is a gem
to decorate your Soul.*

*Any moment spent to
love, give, help
is an opportunity for
your Soul to grow. »*

*« By loving,
you discover new ways of loving,
your rediscover true Love.*

*By giving,
you learn what needs
to be wrapped around your gifts,
how to complement them.*

*By helping,
you raise your awareness,
you understand the impossibility
of getting to know others...*

*By giving yourself,
you express your Essence,
you become a 'Gift'
of Light. »*

*« Love, give, help,
with all the Love
you have in your heart,
with all the wisdom
you are capable of;*

*give the best of you,
the best you have:*

*happiness, peace and serenity
will reside in your heart.
They are growing inside
when you do your best.*

*So, you will feel the desire
to give even more.*

*In your heart you will find
new gifts to offer.*

*You will hear your Soul whispering to you:
there is another,
nicer way
of loving, giving, helping.*

*You will grow enthusiast
to discover it...
happy to learn it...*

*You will see there is only one Way
to reach it,
one way
to know it:*

*to continue
loving, helping, giving... »*

This is why, actually,

*« When you love, give, help,
it is not just gifts you give
or a service you provide
but, mostly,
a 'privilege' you have. »*

So, be happy and smile, and

*« Love, with the joy
of learning
the 'art of loving'.*

*Give with the simplicity
of the ones who learn
the 'art of giving'.*

*Help with the humbleness
of those learning
the 'art of helping'. »*

*« Be grateful to the ones
who receive your Love
who get your gifts
who accept your help:*

*a Luminous Soul
is the one who is allowing
your heart to be trained
your Soul to learn,
your Essence to shine. »*

*« Ask your Angel
to help you gain:*

*the courage to erase
what you already know about the world
in order to make room
for the wisdom of the Soul;*

*the strength to train
in any gym,
on all tracks;*

*the attention not
to miss even
one single class;*

*the steadiness
to act like this
in both small and big circumstances ,
in any situation;*

*the memory...
to always keep in mind that:
those who receive from you
are gifts for you,
instruments of growth for your Soul;*

*the humbleness, to
always say:*

*– Now I am learning
the art of loving,
the art of giving,
the art of helping – »*

*« Be grateful for having
a 'Special school' where to learn:
it is called Life;*

*many 'Special Instruments' to train yourself:
the Souls you meet;*

*a 'Special Friend'
who will always be beside you,
helping, supporting and walking with you:
your Angel;*

*a 'Special House' where you can regenerate
yourself: Nature;*

*a 'Special Shelter':
your Angel's arms;*

*a 'Special Nourishment':
your Angel's Love;*

*a 'Special Protection':
the Great Light. »*

*« Be happy to
have the 'privilege'
of loving, giving, helping.*

*Be happy for being
a Luminous Soul
able to do that.*

*Sing peacefully:
by loving, giving, helping,
you will learn
the 'art of living' »*

“... Feel the magnificence of being able to work with Us,
bringing the Sky to Earth, and elevate the Earth to the Sky.

Let your Soul free to accomplish that:
and your heart will experience an immense joy,
an unimaginable fulfilment.

While smiling, look up to the Sky:
others will imitate you.

Discard whatever prevents your feet from raising from
the ground:
you will help others to elevate themselves.

Shed plenty of Light on your Path:
you will enlighten the footsteps of those accompanying you,
those who are following you.

Allow the Sky to protect you:
you will know how to protect those on Earth.

Support those who walk on Earth,
help them keep their feet firm onto the ground:
so you will be able to point the Sky out to them;
just like trees
aim to reach the Sky,
while keeping their roots underground.

Mark your footsteps, so that those who decide to
come with you will be able to follow them,
and reach your highest Peak:
you will help everybody to reach their Peaks too.

Share the joy of conquering a High Peak:
they will feel the same enthusiasm of conquering High Peaks.

Be an empty channel:
Let the Light of the Sky
descend upon Earth,
heal bodies,
awaken Souls.

Ask Me for the Love of the Sky:
you will be able to give it on Earth,
to all the Souls you meet.

Be one with the Earth,
let your Soul free to melt with the Light of the Sky:
you will feel the Universe within yourself,
other Souls will feel part of the Universe too.

Love Earth,
Live it as a garden,
where you chose to bloom:
you will help other Souls to live their Essence of Flowers,
and radiate their scent.

Love the Sky, reach for the Sky
see it as your true home:
the Souls you will meet,
will remember that was the starting point,
and there they shall return.

Give yourself as a Daughter of the Earth,
as a fruit of its trees.

Give yourself as a Daughter of the Light,
a Gift from the Sky.

Be happy for all you have on Earth:
express gratitude to the Sky, which gave it to you.

Be happy to walk on Earth,
to be able to learn throughout this journey:
you are elevating your Soul to the Sky.

Send the warmth of the Love of Earth,
the nourishment of the Love of Sky.

Give the support of Earth,
the protection of the Sky:
you can bring the Sky on Earth,
by giving its Light, giving its Love.
The Earth shall be fed, it shall transform,
evolve, elevate...

This is how you can help the Souls you meet,
likewise, other Souls,
will help elevate Earth towards the Sky.

This is how you can work with Us,
while we wrap the Earth in Light,
elevating it to the Sky.

Love others as we love you:
give to others what we give to you:
help others by loving and giving:
you will help us to spread Love,
encourage the eyes to look at the Light.”

“... During your journey on Earth, you are shutting some ‘Past Lives’ and preparing for the New, you are becoming more aware and your Soul is evolving too.

Feel any person you meet as a Soul who shall work with Us, to allow you all this.

While you walk in the world, see yourself as a Soul who works with us to accomplish the plan of the Souls you meet.

Be happy to be able to love, give, help.

Then, you can approach any heart and say:

– Give me the chance to train myself to love, by loving you; to train myself to give, by giving to you; to train myself to help, by helping you now, the way I know now. –

So, you will learn a new way of loving, giving, helping.

Feel like a child, love, give and help with the simplicity and spontaneity of children.

When you do this, you can approach that heart again and say with Love:

– I am grateful to you, because you gave me the opportunity to train myself, to learn and grow. –

Sometimes you feel that all this will heal your heart as well, transforming your life: this is one more reason to be happy when you have the chance to love, give and help, and show gratitude to those who receive from you.

If someone creates problems, perhaps they see you as such, but actually they are just aids to grow and evolve.

If someone does not show gratitude to you, is not grateful for what you gave, refuses your Love, or does not appreciate your help, be even more grateful to them: they are helping you to

love, give and help unconditionally, with all the detachment and compassion you need.”

*D*iscerning

*'The wisdoms of the Soul
are the greatest gifts
for heart, body and Soul'*

Comment

Usually we present gifts to express Love or other feelings or emotions that lie in our heart, to those who will receive them. This is why, if possible, we want know their desires and tastes.

We give the expression of Love trying to understand what the others might need and the form in which they might like to receive it.

In these cases, we are entirely focused on others, their desires and needs.

This is true even when we give help, advices, information. Even more importantly, we must act like this when we give the wisdom of the Soul.

You need to be careful when you speak and when you act, always keeping in mind the following precautions.

First of all, we must be very careful not to interfere in other people's lives.

True help can only be given when someone in need asks for it. Then, they will decide what is good for them.

We must give absolute freedom of choice to the Souls, even when they do not make the right decisions.

We joyfully donate our presence and our Love: these will be the most precious aids in that moment.

An answer we provide is never as valuable as something you get to know and experiment yourself.

Words and aids are understood according to the evolution and Beliefs of people.

Words and aids are accepted according to the choice to grow, the willingness to do anything required by growth.

There is always an appropriate moment for anything.

Gifts are precious not because of their intrinsic value, but according to the needs of those who receive them.

If we give a diamond to someone who is thirsty or starving, we will not help them...

Water and bread are more precious in that circumstance...

We share our Belief with the simplicity of Children, the humbleness of the Sage, without offering it.

We bring our Truth and give people the opportunity to appreciate the search for their Truth.

We do not impose acceptance, but let our seeds grow in the hearts of those who are ready to hold them.

We do not push Love and its expressions, but awaken the desire of loving and being loved.

We can talk about the Sky, if we are aware of what Earth needs...

We try to speak in the language known to those who are listening.

We can show our Divine Essence, if we dare to share our humanity...

We can give and help much more as Travellers of the Earth, than Sages of the Sky...

*Wisdoms often are not enough:
what we need is silence...*

“... A great deal of balance is needed to donate the Light, to give, to give yourself.

Do not accept any compromise, but speak in the language known to the ones you meet, so that they will understand you.

When you express what you think it is right, then be careful to confirm your words at any time.

If you are in the company of fishermen, speak their language, and give importance to their boats, fishing nets, their catch, their hopes: they will feel you closer to them, even if you are not a fisherman.

The only way to get closer to their heart indeed is to give importance to what they consider important.

So, when the moment will come, you will be able to offer a different kind of food than what they have, they will understand that they are going to be fed anyway, even if they did not catch all the fish they wanted; so, they will comprehend that food may come not just from the sea or boats, but other sources too.

They will be willing to try different food, even when they have their own fish, maybe they will leave their boats for a while and get to know other ways.

If you go somewhere else, where there is no sea, you need to speak another language and give importance to that context, to what the locals consider important, their activities, their desires.

This in order to get close to them, so that they can open their heart to you.

Now you realise that a great balance is needed here, even when you act.

And I will say it again: do not accept compromises, this is not about changes, it is about living compassionately.

This is the only way for those fishermen to possibly aim for the high mountains one day, the High Peaks, leaving their beloved sea behind.

But if you approach and invite them to look at those Peaks and long for them now, they will not understand you or they will feel too distant, too different.

Your modelling will be the most important teaching, the expression of your Essence will be the greatest confirmation.

Approach all hearts with humbleness and total compassion.

You will see that you will remain your truly self, able to express your Essence, show your Belief, give the things you know.”

Question:

I feel that Your words are not always clear to me, and someone else may interpret them in a different way.

Answer:

“Our words bear several meanings that can be progressively understood as you evolve and grow.

We all have our experiences, or are living in a particular situation, or carry the content of Previous Lives with us, or we can be affected by something that prevents us from understanding. Someone else may live different situations, or experience a moment of evolution, which facilitates the understanding of the meaning behind Our words.

People are often afraid to comprehend some of the meanings, because they think they will need to change or act in a different way.

For all these reasons, be happy when you have the opportunity to spend time with someone: there are always chances for big achievements, new learning, rapid transformations.

Relate with anyone with Love and gratitude.

Any time you give, love, help, you can say:

– I am grateful to you because you are giving me the opportunity to grow, to raise my awareness, to elevate my Soul.–

Do not be afraid to share your feelings, your comprehension.

Ask the ones beside you if they want you to share all this, and do not let anything scare your heart away.

If others have different visions, be grateful to them and smile.

Then, in silence, listen to your heart, listen to your Soul.

Ask yourself if there is something that may obstruct your vision, or fears that may limit your comprehension.

Ask Me to help you in this, and be calm, so you will get the right understanding for the moment you are living.”

Perceiving the needs

Conversation between two hearts

*« I am sad:
I know you can help me,
but I cannot tell you
what I am scared of... »*

*« Do not worry,
I do not need your words.
If we are together
your heart will tell me everything. »*

*« I feel unhappy:
my doors
are so shut,
that you cannot see
what is inside me... »*

*« Never mind,
I know a fun game:
I close my eyes and imagine
that I am entering into you,
wearing your clothes,
living where you live,
doing the things you do.
This way for me it is easier,
to understand your needs,
and your feelings. »*

*« I am in pain:
I've just found out that...
now I am afraid to
let you in... »*

*« Do not worry,
I am just going to sit here,
outside your door:
I will only come in
if you invite me. »*

*« What if I will still be
afraid? »*

*« From here...
I will send you all my Love:
it comes in
even when the door is shut... »*

*« What if I
will not let you in later? »*

*« I will smile at you...
and call upon the Sky
to surround you
with its luminous rays. »*

*« What if
I will call you then? »*

*« I will run to you,
I will be happy because
I could wait... »*

Intuition:

*« If you wish to
love intensely,
your heart
will penetrate
everybody's heart,
and fill them with Love. »*

*« If you wish to
give intensely,
close your eyes:
you will figure out the gifts
you should give. »*

*« If you wish to,
help intensely
be silent:
your Soul
can speak the language
of all Souls. »*

*« If you really
choose to give yourself,
walk in the feet
of the ones you meet:
you will discover their needs. »*

*« Give your mind
a good rest...
let your heart
approach the heart
of those you meet...*

*... and follow your Soul:
look through her eyes,
listen through her Love,
use her Wisdom to help. »*

*« Smile at your Angel,
shake His hand,
ask him to whisper to you
the things you did not understand,
to confirm
the needs you felt. »*

How to listen and answer

When you listen:

*« Be fully aware:
you are receiving
a 'secret' from a Soul. »*

*« Be there:
let her know
that the only thing you
are focused on in that moment,
is what that Soul is telling you. »*

*« Smile at her:
let her know,
that she is the
most important person for you
in that moment. »*

*« Look through her eyes:
assure her,
that in that moment,
the thing you care the most
is to share with her »*

*« Touch her hand:
make her feel safe »*

*« Caress her:
make her feel your love,
beyond anything. »*

*« Open your Child heart:
see her as a child,
love her as a child. »*

*« Perceive her as a Soul:
welcome her as a Soul. »*

*« You do not know
why you are there...
Be happy:
it is a meeting between two Souls,
exchanging presents. »*

*« Keep your mind away:
what your mind knows
might limit you... »*

*« Open your heart:
welcome everything and everyone
with Love and Light. »*

*« Be fully aware and breathe:
rediscover your 'core'. »*

*« Connect to the Sky:
rise from Earth. »*

*« Let Love and Light
into you. »*

*« Call upon your Angel:
ask for His help,
to understand the words... »*

*« Listen to:
the emotions of your heart,
the sensations of your body,
the vibrations you get. »*

*« Listen to your Soul:
she knows
the ancient wisdom. »*

*« This way, besides
words and
body expressions
you will feel... »*

*« If you perceive something
that was not expressed:
learn with compassion,
help the expressions with Love,
wait respectfully,
allow total freedom,
including the liberty of being silent ... »*

*« Emotions might block,
fear might halt,
needs might distort,
desires might expand things. »*

*« Your sense of guilt might conceal things,
what you know might change reality,
your mind could interpret,
habits could be limits. »*

*« Perhaps,
there is a precedent concealed,
a purpose planned,
an unspoken aim. »*

Therefore:

*« The words we say,
not always mean what
we express. »*

*« What we express,
may not be
the real thing. »*

*« A fact explained,
sometimes may not match
what actually happened. »*

*« Maybe you see
things in other people:
things you want,
things you refuse,
a part of yourself... »*

*« Maybe you cannot hear,
what is not spoken...
or you distort
what has been said...
you do not listen
to what you don't want to hear... »*

So:

*« Unless you are a witness,
you do not know the truth. »*

*« If you witness it,
you can interpret the reality. »*

*« And even if you could share
the deepest end of your heart,
your intimate sphere
still may not emerge... »*

Therefore:

*« If you perceived
something beyond words,
that might not be
absolutely true,
totally real. »*

*« If you realise
that the truth, reality,
was hidden from you:
smile compassionately. »*

*« If you perceive
that there is a
non-luminous intent,
detach yourself freely,
protect yourself with prudence.*

*It could be:
a test to take,
a game to win,
an obstacle to overcome,
a training session,
a risk to depart from. »*

Smile anyway:

*« It is a heart to be understood,
a child to love,
a Soul to help. »*

*« It is a means for your training,
a lesson to be learned,
an opportunity for growth,
a possibility to welcome,
a gift for your Soul. »*

Therefore:

*« Listen with Love,
welcome with compassion,
observe without interpreting,
accept without judging. »*

*« Whatever can
influence truth,
interfere with life,
of those who speak,
may affect
your ability to listen,
may affect
your ability to understand,
and perceive. »*

*« Each and everyone is free and
responsible for what they say,
for the way they talk.
Each and everyone is free and
responsible of what they listen to,
how they listen. »*

This is how:

*« You will know how to listen to the Souls:
understand their words,
love them beyond their expressions,
help them beyond their troubles. »*

When answering:

*« Be in deep harmony
with those who speak to you.
Be totally connected
with the Sky. »*

*« Breathe Love and Light
in and out:
Stick to your core. »*

*« Make sure that your mind
is still far...
that no needs or
desires are interfering... »*

*« Observe if you are detached,
if you are only filled with
a desire to love, to help.
And you can ask yourself:
– Am I holding a light and free heart?
Are my wings free? – »*

*« Ask your Angel
to whisper to you
what a given Soul needs,
in that moment. »*

*« Go beyond your heart:
listen to your Soul,
express yourself as a Soul. »*

*« Express yourself with the simplicity
of children, and ask yourself:
– Would a child express himself like this? – »*

*« Express yourself with the clarity
of a Master of Light, and ask yourself:
– Would a Master of Light,
express himself like this? – »*

*« Express yourself
through a few words, and ask yourself:
– Would a Sage express himself like this? – »*

*« Express yourself with sweetness,
care, compassion, and ask yourself:
– Would an Angel express himself like this? – »*

*« If you can, look into the eyes,
keep contact
with her body,
caress her,
delicately put your arm
around her shoulders. »*

*« Before ending the meeting:
reassure her with faith,
motivate her with security,
express your Love to her,
give her a tender hug,
assert your friendship to her. »*

*« Be grateful to the Soul
who gave you her 'secret',
who gave you
the opportunity to learn
'the art of listening, the art of helping'. »*

*« Walk away with a big smile,
with a light heart,
let your wings be free... »*

*« Protect the 'secret' of that Soul:
give it to your Angel. »*

*« Keep listening:
your Soul
will help you understand;
your Angel
will suggest if and when,
you can help that Soul again,
by giving her a new gift. »*

*« Ask your Angel
About the Souls who
shared with you their 'secrets',
Ask Him to take their hands,
help them, whisper to their heart,
whatever they need. »*

Be careful:

*« Give your truth,
but do not inculcate anything,
not even the truth
that you know is real. »*

*« For any reason, do not force
the doors that you perceive shut:
you can still continue your dialogue,
through your gentle eyes,
your tender presence,
by radiating a warm silence. »*

*« Do not contest opinions,
just hold
your truth.
Do not discuss things you disagree with,
just share your experience with love. »*

*« Do not be influenced
by anything,
by what has been said,
by what has not been said,
by tears... »*

Keep in mind:

*« If someone asks you
for a suggestion
on a relationship, in a relationship,
you will not be able
to express your real opinion,
unless you listen
to all the interested parties... »*

*« Everyone has their own history,
everyone has their own visions,
everyone has their own expressions.
The present
could be the result of the past... »*

*« Do not think about the absentees...
the way they were described by those who are
present... »*

*« All that is
thought, said,
assumed, planned,
shall influence people,
shall intensify what you perceived,
shall shape the future... »*

Therefore:

*« Welcome anything
a heart bears.
Help others free
themselves from all things
created by their mind. »*

*« Lead the way towards
compassion, forgiveness.
Do anything you can,
to make room for
peace of heart,
calmness, harmony. »*

*« Protect those who talk to you
and remind them
that words can create so much... »*

*« Protect the Souls
you receive information about,
do not judge. »*

*« Protect yourself,
watch your thoughts,
be responsible of any word you say. »*

Comment

*O Beloved Luminous Soul,
these are just some small 'Seeds' from the big 'ears of wheat'
donated by the Angels, on how to behave while talking to
others, though now I cannot further elaborate on this topic.
Based on my experience, I know that any 'summarisation' may
create fears, make people think that they are unfit for the task,
give the sensation of not understanding the whole thing.
Remain calm, the desire of giving pure Love, Light, help, will
allow our Soul to freely guide you step by step.
Let's keep our hearts open with faith, to welcome suggestions
from our Angels any time.
Now let's keep our hands delicately open, to receive more of
these small 'Seeds'.*

Summary of the expressions suggested

by the *Angels*

– Who should I give to now? –

– What should I give? –

– I am giving myself to You so that You can act in the world through me. –

– Give me the opportunity to train myself to love, by loving you; to train myself to give, by giving to you; to train myself to help, by helping you now, the way I can do now. –

– I am grateful to you, because you gave me the opportunity to train myself, to learn, to grow. –

– I am grateful to you because you are giving me the opportunity to grow, to raise my awareness, to elevate my Soul.–

*– Am I holding a free and light heart?
Are my wings free? –*

– *Would a Child express herself like this?* –

– *Would a Master of Light express himself like this?* –

– *Would a Sage express himself like this?* –

– *Would an Angel express himself like this?* –

*C*onclusion

As this book only contains the first chapters planned, there cannot be a 'conclusion', unlike in the previous volumes.

Appointment

Hello Marvellous Soul,

now I am off to write the remaining chapters, while I keep on climbing on my 'platform' to make it more and more flexible through the excitement I hold in my heart, knowing that every single day brings new opportunities to learn this art, giving the whole of myself to anything and anyone.

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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 - 1st -

I was not alone - 2nd -

For information and updates on the works of Satya and Sriyam visit: 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