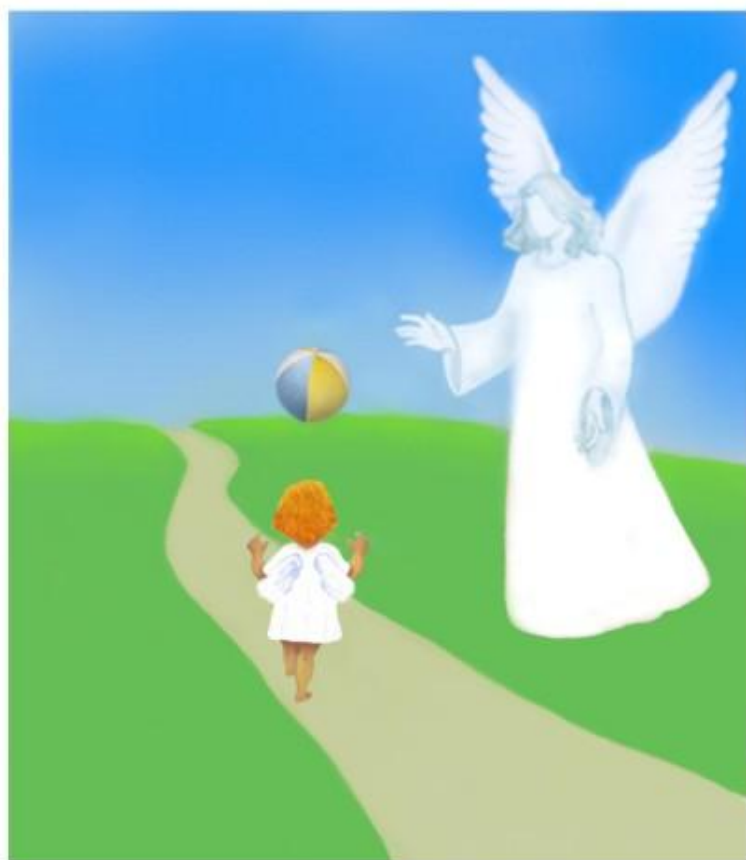


Satya

I am beside you

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



Satya

I am beside you

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

Big Light

Angels

Essences of Light

Thank you,

for being next to me;

for the Light and the Love you give to me;

for loving, helping, protecting and

accompanying me;

for driving my Soul in the way to the Light;

for the miracles you make for me;

for what you teach me;

for what you do and create for me;

for the gifts you give to me;

for giving me the opportunity to collaborate

with You;

for your inexpressible 'immensity';

for keeping me in Your arms.

You are for me

*my Life,
my Destination,
my Home,
my School,
my Family,
my Mates,
my Friends.*

*I'm happy and enthusiast to walk with You
in Light, in Love, holding Your hands
tight, looking at the Sky and smiling
at Universe.*

Dancing ecstatically, I sing for You:

*"I'm in love with You,
full of love I come to You.
I love You".*

*F*oreword

This is the 2nd 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

Hello Luminous Soul,

Here I am again to you, as promised, to share with you other messages that Angels gave to me.

I'm sure you now live peacefully in the presence of your Angel next to you, and have nice chats with it...

Walking with Angels, we understand how little words can express what is in our heart, and we love more and more the language of the Soul, made of silence, intense emotions, sensations, deep and intimate understanding.

Yet it is always pleasant and sweet to talk to our Angel aloud, and is particularly useful to ourselves.

Often, this helps us to feel closer, to perceive it, it reassures us that at that time It is there only for us, to listen to us alone. This creates great opportunities to us, allows the Angels to act completely, to bring us everything we need. That's how we move our minds more easily and we can hear only the voice of the Soul.

When I speak with my Angel, my Angels, I feel a little baby girl, who opens her heart to special friends who all know, who understand me, who accept me totally, and who never reproach me for my failings.

Angels know us completely, and know much more about us, our thoughts, desires, needs, our intimate being, but always invite us to ask, to allow them to donate more, to act more for us.

*This, to meet fully our freedom in everything, even in demanding, even in receiving their aid.
I have continue confirmations that this actually happens.*

*I have experienced many times how these dialogues, aloud, create alchemy in me and around me.
It is well known what the sound of the words creates in the universe, the heart and body.
Then, 'Long life to chats with the Angels '.*

*And now, together with our Angels, we begin to rediscover the Past Lives and this joutney..
With them, we learn to live life as joyful children.*

I

Reincarnation

and Past Lives

*"Just look forward:
time does not exist ...
Only the stages, the achievements, count for us"*

Comment

Beloved Soul, the life we are living now, on planet Earth, is one of the many journeys the Soul chooses to learn, to evolve, to help.

Therefore, we have already made other ones prior to this.

Life is only one. Death allows the Soul to rest between a journey and the other, and then resume the journey.

The collection of journeys done earlier, and what we have experienced in them, is defined by Angels 'Past Lives'.

The first time someone told me about past lives, Reincarnation, I totally rejected this hypothesis.

At that time, despite being very young, I had already known much suffering, met many difficulties, and the idea that other lives could follow this one scared me...

I often heard about this topic in the various seminars and courses I attended to learn healing techniques.

I noticed how dangerous could be for the self to know who it had been in other lives or what it did, because, oddly enough, many people proudly told they had been great characters and had done exceptional things. I have never heard anyone telling of simple and humble lives.

This has increased my refusal for Reincarnation.

Yet during learning and testing of various healing techniques, I relived the events, emotions, sensations, attributable to other lives.

I understood then, as, in some cases, it may be helpful to recall what gave rise to certain behaviours, ailments, and other incomprehensible or inexplicable things.

These memories resurfaced spontaneously, although part of me continued to reject this theory while recognizing its usefulness. Angels helped me to understand the nature of all of this, and to behave myself with acceptance, detachment, humility and simplicity.

With Them I learned to let Past Lives resurface with serenity, without trying to know or remember, certain that, as usual, everything happens at the right time for me, for my personal history.

“... Remember that Past lives resurface to help you become new, and that the heart is the place where it all joins.

Past can merge with the New only in the heart.

Nature can teach you a lot and can help you to rediscover Past lives, because Nature teaches the union, the fusion.

Immerse yourself in Nature, and the Past lives that are enclosed there will help you remember the Past lives you lived.

Walk barefoot on Earth: this will help you to remember how far you walked barefoot on Earth; seat by the fire: this will help you to remember how you lived with fire. And do so with everything.

Your body, in contact with water, with earth, will help you to remember how you lived with the water, with the earth. And this will happen with sounds, smells, and with everything around you.

In this way the colours and scents of your Essence that you already expressed in the Past lives will resurface, and you will be able to donate them again.

And if you don't remember Past lives similar to this, smile, because there are past lives in different places, and there may be in different worlds.

And you will remember them only if you need to, and when they will help. "

Question:

How can I rediscover Past Lives?

Answer:

"If you want you can make this game with Me.

Get your hands on the heart, watch the Sky smiling, listen to your heart, its vibrations and say:

– Now I want to rediscover my Old flowers –.

Continue to smile at the Sky, and then let everything happen, certain that, at the right time, you will discover all, you will live again everything.

Live serene your daily life staying attentive to the people you meet, the words you hear whispering around you, where your gaze rests, because everything in your daily life will speak about your Past Lives.

The Soul brings with it all the Past lived, a Past that many times is covered by the dust of life, but when the Soul decides to bring it to Light, this dust goes away, in ways which enable the Soul a sweet awakening.

In some cases the awakening is strong and immediate, because with a breath We take away all the dust. But this happens only when the Soul is really ready.

Ask Me to blow on your dust, and with joy I will do it, so that you can recognize your past flowers, your ancient colours. "

Question:

I have a great desire to know my past lives.

Answer:

"Remember that the past, whatever it may be, does not belong to you anymore, because it has already passed.

It may happen that you return in places where you've lived, that you meet who walked with you once, and you remember the Past lived together, or happened in that place.

Simply rejoice of it and don't stop, because it can no longer happen.

Every place that has welcomed you, gave you what it had to give at that time. Returning to that place, you can't receive nothing more than an illusion of the mind that wants to know, wants to remember.

Each season has borne fruit. Live now this season and taste the fruits that this season he's giving.

If remembering, reliving, is necessary, helpful to understand the Path you're walking along, it will happen when you are ready. Many times this is not needed, and then let it go.

Remember that reliving what you are no more or what does not belong to you anymore also bring vibrations that don't help your growth, or make it slow, or create unnecessary suffering, dangerous illusions.

For this reason, be careful, do not insist on wanting to know the Past.

If you're not ready to remember, if this is not necessary for your growth, for the moment you're living, and you insist, you will remind or relive only buildings of your mind or of other minds.

Don't forget that the Light is in front of you, never behind. "

Question:

I would like to know who I was.

Answer:

"There are many lives because many journeys can be needed to overcome or to understand one thing.

More lives have led you to this, have prepared you for this, and many were the experiences, the things lived, the things done, the things suffered.

Observe your life: it was full of situations, experiences that forged you, that helped you to evolve, and many of them were painful, difficult.

That's why, if there is no need for care or understanding, We speak little of the lives lived. Many times this knowledge only feeds the mind, it doesn't nourish the heart, indeed, often it makes it heavy.

If sometimes we help to remember and understand some Past moment, is because it is useful to live that moment, to recognize something that needs to be healed, or transformed, or expressed again.

And if necessary, even without asking Me, I'll take you to remember what is good for you.

Now it is important for you to rediscover your Light, your colours, your perfumes, and look forward to see the Sun and forget the night. "

Question:

I wish to acknowledge my skills, but at the same time I'm afraid of them.

Answer:

"To acknowledge them, first of all a serene choice is necessary, without any fears.

You may be afraid to recognize your own treasure, because you are afraid you must say you are rich, and then you have to donate what you own. But this is not the problem because you are free to do so or not.

Sometimes you are afraid to acknowledge your skills, because in the Past, expressing them, you met pains, difficulty, suffering, bitterness, and subconsciously you fear of reliving this, if you demonstrate your talents.

Accept these fears with serenity and give them to Me.

And if you wish, look for your treasures with humility, awaken your ability, without knowing the Past

Then, act humbly, humbly give.

If you choose to recognize your skills, choose to abandon these fears before by giving them to Me, and then look around you to grasp the signs of who you are, what you know, what you can donate.

When you feel an incomprehensible fear, say:

– The roots of this fear may be in a past Life that is good for me not to remember, but now I don't have to fear anything - .

So slowly, you will be able to let all fears go, and your light will shine totally, everywhere.

Accept your fears thinking that humility that sometimes restricts an expression is better than the arrogance of an excessive expression, to be slipped into the self, the pride. "

Question:

What can help me to express my skills?

Answer:

"First of all action.

Acting, you will discover anything you can now express.

The more you act, the more the Past Lives you bring with you, the colours, qualities, skills you possess will resurface.

Act with intensity anyway, to awaken, to recognize your Essence.

The continuous acting in immense humility will make you express all your talents, donate your perfume, your colours.

Be careful to express all your skills, your Essence, only with the heart, with Love, with the Light, only to follow your Soul, to help.

And do everything with joyfulness, nimbleness, playfulness, a total simplicity with a great humility."

Question:

Have I some past abilities to express in this life?

Answer:

"If your Soul has chosen to express them even in this life, if you express your Essence, if you ask humbly, if you live in abandonment, one by one they will awaken in you.

When you open your heart, I can open the door that keeps these qualities and abilities concealed, I can bring to you situations and meetings that will make you remember, contact the Past and grow.

Observe if there are any fears and resistance within you, and then feel like a child I take by the hand, fully protected and loved. "

Question:

Many times I see the colours in me and I would like to transfer them to the paper ...

Answer:

"With Me, as a girl, with your hands, play with colours, and create new colours with them. So you can remember the old colours and feel that you have in yourself new colours to discover together."

Question:

How do I know if what I feel in some moments is my Past Life?

Answer:

"In the Way of the Soul you cannot always understand everything, but everything you can feel in your heart.

And above all you cannot always understand the Past. When you feel anything that moves inside, this may be something that you are contacting, or you're ready to heal, melt, turn. It can be a flower of the Past that grows and opens. It may be that at that moment, I am making some alchemies within you.

You can perceive something that you feel you have already known: this may be an Past life that emerges from the heart, a New that vibrates in the Soul, and that it already knows.

You can experience something so intense that your mind will try to stifle, minimize, or give a real explanation.

That's why the mind must be sent to sleep with the scents of Nature, with all the scents of your Essence.

With these perfume inebriate your Being, detach from the heart to see inside the heart what is emerging, but without giving it a name.

If you have in the heart the joy of rediscovering who you are, to express your Essence, you don't mind if what you see and feel, is the Past or the New, you simply rejoice for it.

The important thing is to feel, see, discover, perceive, because this leads to joy, enthusiasm, of course only if lived in simplicity, humility, joy of becoming new. "

Question:

In that place, with that person, I had very strong emotions, never felt before, and I have the feeling of something already lived.

May it be a Past life? How should I behave now with this person?

Answer:

"The Past Lives lived, the experiences done, are in the memory of the Soul.

For this reason, it should be accepted and listened very carefully, so that nothing that could be done remains not done, that you could overcome not overcome. Much must only be accepted with simplicity and serenity.

There may be occasional encounters, emotions related to a place, that remain limited in that moment, in that place.

If you don't remember anything, accept and rejoice for the nice you lived, and then let everything go, let everything flow.

Other times, with someone, you feel an intense Love, quite different from known Love. It can be a Past Love that was recalled.

There may be a recognition of Souls, even if you don't consciously remember anything.

These are the Souls who are reunited and recognize each other, that know the meaning of that meeting.

So, don't fear these meetings, don't fear these intense emotions, and don't cling to them.

Leave room for all the sensations, all the emotions, asking Me to help you to live what is good that you live in that moment, to accomplish what your Soul chose.

So I can help you to complete, dissolve, or heal, what great loves may have created in other lives.

I can help you to melt what requires to be dissolved, without remembering, or remembering a little, so that you can more easily feel that great Past Love to recreate now great loves, until you reach the ability to experience the true Love, that Love which loves everything and everyone in the same way.

Give a lot of love, take everything in your heart, and let everything go out from your heart.

Don't fear to remember or recognize Past loves.

Stay with Us in the Light, let your Soul lead you, not your mind, not your needs.

By experiencing the emotions in this way, with a pure heart, you will express the Love possibly existing between two hearts.

So you can feel the memory of the Past life resurfaces, not to relive it, but to help you live the New Love.”

Question:

Was there a link between me and the person I met?

Answer:

"It's not a link, but a union of Light.

And the unions of Light are very intense, since being united in the Journey, in Light, creates a union stronger than the one you have in the relationships you now know.

Walking in the Light, giving Love, you will discover a more intense Love than a mother or a father have to their children, of a son to his parents, between siblings, between friends, between lovers.

In Past Lives there may have been very intense Loves for these unions in the Light, who walked together along Luminous paths.

They are deep, intense loves, because they are unions rather than ties.

And so you will understand how true Love unites, yet can never tie"

Question:

With some people I feel some difficulties without an apparent reason, could it be due Past Life too?

Answer:

“Yes. The Souls choose to meet again even to close the Past lived together and not concluded.

If you observe the person with whom you're having difficulty, as a Soul that can help you to grow, you will not see his/her face any more, and you will feel him/her as a means for your growth.

So you'll be able to love her going over everything, and maybe together you will discover a new Love.

This happens when two hearts come together seeing themselves as Souls walking, beyond the kind of relationship already between them.

When you live this situation, be happy, because you have a great chance to make great strides and rapid transformations.

Propose to her always with Love and within your heart say:

– I am grateful because You give me a chance to grow, to transform, to close Past lives or to heal.

If you feel this person is ready to listen to you, if you choose to do so, you can share your feeling and your choice to overcome

everything together as Souls, without judgement, without anything disrupting the heart.

If she chooses this too, not only you will overcome difficulties together, you will also discover a new Love.

This is a great opportunity if you live with the awareness of being on the road, where you have chosen everything, and where everything can be a means to grow.

But also respect those who seem to create difficulties and are not ready to share with you as Souls, or do not choose to act only as Souls.

You cannot know her history, steps, choices.

Be equally happy to have the opportunity to express compassion, to open to an unpretentious Love, having the opportunity to bring Light into a Past Life and transform it.

And I say: even to those who seem to create difficulties, since, in fact, it is not a person to create them, it's something required by a conclusion, it's the way to face it."

Question:

Sometimes I seem to perceive that some of my difficulties belong to the Past Lives, but I'm afraid to face them.

Answer:

"You can overcome this fear by thinking that after dissolving a Past Life that created or creates difficulties, a very bright Past can emerge, so that you can allow another Past to come back, resume shining, giving space to new Love.

To overcome your fear, you can do this game with Me.

Light a white candle, bring your hands close to the flame, and say:

– My hands will always repair this flame –.

And then listen to the heat that a candle, however small, makes, gives.

In that heat feel the warmth that Light will always give you, the warmth of My Love that will always enfold you. "

Question:

After closing that situation belonging to my past, I felt a new freedom.

Answer:

"By dissolving, concluding the past, you allowed Me to conclude and to dissolve even a Past Life which you weren't aware of.

And it is as if a wire was loosed.

Do not ask now what thread was, to whom or what it kept you linked. Simply express joy and gratitude for this.

When you feel a bond with something or someone, a link that restricts the freedom of the Soul, which stifles your expression, always have the courage to dissolve it, and, if necessary, also to cut that thread as you have just done, because often, behind it, there are Past Lives to dissolve or to be concluded.

That's why, after a clarity, a letting go, a break away, although painful, you feel a new freedom, a new expression, and you feel totally new.

And while you melt, you get well, you feel more free, because you will know the freedom of the heart, of the Soul.

Be attentive to the little things that tarnish your serenity, restricting even to a small extent the freedom of your expression.

See them as nodes that together we can dissolve easily, with Love. So allow Me to dissolve what is behind you, because you can't dissolve the Past you don't know and that is good that you don't know.

That's how you'll feel new and you will be free. "

Question:

Why it's good for me not to know my Past now?

Answer:

"To avoid to create unnecessary suffering, or draw on the past the attention now needed for the present, and other reasons you will understand later.

Remember that when the heart suddenly feels some great unexplained pain, they may come from a Past Life in which you suffered and that now you can heal, but also from a Past Life where you made someone suffer and that you can now melt. And remembering this can create new difficulties, new sufferings that your Soul has not chosen.

Stay then abandoned and serene.

Your Soul did not choose difficulties, obstacles, challenges by chance. It has chosen them to know or learn new lessons, to

grow, to heal, transform and conclude the Past Lives, to prepare for the New.

Thinking about this, be compassionate towards all, towards yourself.

Agree with Love your difficulties and those of the others.

Be patient with yourself and with everyone. "

Question:

In the future will I know something of my Past?

Answer:

"Yes, but only if necessary, if it is useful to you.

I'll take you to know the Past to create insights on feelings, on intuitions, that your mind might interpret differently from reality.

If it is necessary to make conclusions, to allow for healings.

I'll take you many Past lives, like doors, to access new elevations.

But keep the look before you, in the Light, wide open to the New, rejoice for the New that you will become, for the New that is waiting for you. "

Question:

May I know what is my Karmic debt? What should I repair in this life?

Answer:

"Remember that the Soul chooses a journey to learn, to soar, so do not think you have debts to pay or things to repair.

These journeys are schools, and you don't go to school to pay something, but you go to know, learn, experience.

Even the transformation or the end of Past Lives, are always new lessons.

That's why the journeys must be lived in joy, and what happens in them should be heard as a gift that the Soul has chosen to grow, to evolve. "

Comment

I thank my Angels who helped me to live a thing as great as the Past simply.

It encompasses a myriad of emotions, feelings, desires and opportunities.

It can be a great means of healing, dissolution of issues that influence our behaviours.

But it can also be a source of risk, if we approach it with the mind, with the self.

I forgot a lot of my childhood, surely for the great suffering that I've lived since I was a child.

I forgot a lot of what I experienced in this life, for the great pains that have accompanied it.

Little I know of my Past.

Despite this, I never asked my Angels something of my past or my Past Lives, and I will not ask, because I feel and I know that that's okay.

Several times I have experienced that when I need it, I remember what I have to remember, or a Past Life resurfaces.

And when this happens, I donate it immediately to the Angels, so that it can be only a means of dissolution, of healing, conclusion, and a help for my growth.

And now I smile to my initial rejection of the Past Lives.

Now I know, if you do not believe in reincarnation, it would be impossible to understand the journey of the Soul, her choices, and then assume responsibility for one's own life.

It would be much easier to hide behind the word destiny, not making actions and choices, not easy to live, but needed to change the reality we don't like.

It would be more convenient to blame others for the unpleasant events that happen to us, the sensations, the emotions we live.

If we observe life with courage and integrity, we have confirmation that living overcome by the situations, events, brings suffering that can be avoided, makes you feel helpless, trapped.

And so we can say that living as victims is harder than living as architects.

Sure, living playing the victims, leads to some benefits, but these are nothing beside the huge joys given by the achievements made, the changes created.

Priceless is the happiness of being a free Soul, who freely chose this Journey and can also freely change the program at any time.

Living the present, without bringing attention to the past, to the Past Lives, to the future, requires great strength, courage, continuous attention.

It's easy to return to the past or leave room for concern about the future, because there are many things, situations that lead us to do this.

A non easy balance must be achieved between abandoning, accepting the events, and acting by taking responsibility for one's own life.

This balance is a conquer requiring a lot, yet giving back much more. Keeping the look only on the present, gives the lightness that makes live life fully, makes appreciate everything of it. Allows you to live everything intensely and lets you capture its whole Essence.

In this way you become so joyful children, free Souls.

Summary of the expressions suggested

by *Angels*

– Now I want to rediscover my Old flowers –.

– The roots of this fear may be found in a Past Life which is good for me not to remember, but now I don't have to fear anything.

– I am grateful because You give me a chance to grow, to transform, to close Past Lives or to heal –.

– My hands will always repair this flame –.

II

The Awakening of the Soul

Comment

Luminous Soul, the word 'Awakening' is the term describing what happens when we begin to understand that we are Souls, and as Souls we chose everything that we live, that we are free Souls, and, therefore, creators of our lives.

We are so free, we can complete or not the drawing made by our Soul before reincarnating in this life; We can also modify, or expand it.

These awareness lead us to radical changes, both inside and around us.

We feel that the protection walls we erected to survive are cracking. We see the securities we had created disappear, because we discover that they are illusions.

Questioning the known, the learned, the things in which we believed, things that we thought necessary.

We have the feeling to 'awaken' from a deep sleep, we feel that there are some things to remember, we sense that there is much more to discover.

Everything around us is not the same as before, and we feel that there is another reality beyond what we see.

The Awakening is always a hurricane: it makes many things collapse, it dazes, and initially confuses, makes our steps uncertain.

It can happen slowly or quickly, because each one has a history, a program.

We are free to allow the awakening happening with the times we choose, and also to continue to sleep ...

Waking up is like cleaning a house closed for a long time, with a lot of dust everywhere.

To clean you need to move what there is inside, picking up everything, and sometimes even taking out everything from the rooms.

At that time there is so much confusion, dust that moves often blurs everything, and makes breathing difficult.

Often we would like to close eyes, or leave that place, or ask others to do that job for us.

But if we resist and complete cleaning, then we can enjoy the house, discover beautiful objects that dust covered. Some of these objects become very useful, other essential for our new life.

New colours, new scents, new feelings, new emotions, give us a new wellness, make us feel comfortable in that house that first seemed unknown.

It can be quite different from the previous house, but only there we feel really at home, between objects ostensibly new, yet perceived as already known, loved, used, and which belong to us.

We feel the joy of being ourselves, to start a beautiful journey to discover our Essence, to reach our goal.

Question:

I feel dazed, confused, and I live opposite sensations ...

Answer:

"Don't be afraid of the moment you're living. You know I'm next to you and I will help you in everything, loving you tenderly.

The Awakening is like opening a door and going out: we are called by the Sun rays that invite us to come, and so we go out from what could seem like safety, security before.

But when we start to walk outdoors, it is inevitable that rain and winds come. They are cleaning rains, winds that are removing anything covering the Essence, that stifles the brightness of the Soul, hinders the freedom.

Anyone who chooses a path of growth, in the Awakening meets these winds, these rains, alternated with moments of great sun, but the wanderer knows that they are important, and, slowly, he/she learns to love them all the same way.

And I say 'slowly', because no one want to meet winds and rains if he chose the sun and the warmth of its rays.

Don't be afraid, I will always be beside you with so much Love, I will give you the warmth you need, and everything you need along the way.

Ask me for help saying aloud:

– Help me to live this moment in which the winds shake me, the rains wet me, in which I feel cold. I know that I need them, but I fear them, and I'm afraid to lose myself.

And feel that I understand your fear.

Thick mists can come in which you can lose, that's when you feel My hands embracing you, My heart pulsing beside you. Don't be afraid of anything, with Me you won't lose yourself, and I will warm you.

I will live with you all, I will help you in everything.

And when sun and serenity come back, love them with all the intensity, enjoy the sun with all the Love, gratitude, rejoice for all and enjoy it all.

At the same time remain serene and prepare to other rains, winds, mists, which could arrive: they are part of the adventure of living outdoor, always in the way.

Those who met many winds, who lived many rains, can help you understand that everything is part of the adventure, and that's worth it, because it's a way to become free, to meet the real joys, real sources that quench thirst, restore, regenerate.

Always in the way you may see those who already lived, experienced this, who can help you in this.

Hold my hand, take the hand of whoever is next, of those you meet, who know all this, because they have already walked with winds, rain and fog, but they did not get lost, nor stopped, and now they can reassure you, sharing with you the new joys they have known.

Accept that part of suffering that any awakening brings, and try to never leave My hand, the other hands.

Hear My reassurance, the reassurance and loving pushes of those who have already experienced everything before, listen to the call of the Soul.

Then the winds pass, the rain passes and the mists disband and the Sun returns, this is unavoidable.

On a rainy day you can't see the Sun and feel its warmth.. Accept the rain and the wind, certain that the Sun will return soon.

Repair yourself under My wings, repair under the wings of those who can heat you, who can reassure you and speak of Love.

While acting with responsibility, living like a warrior who can cope with everything, you feel you are also a little girl who needs these wings, this heat, this Love.

So you'll know how to fight like a warrior, expand Light, become responsible for your life, but you will know, even more, how to ask Love, protection, support, and understanding. Feel a warrior, feel a girl: if you have to fight, fight like a warrior.

Then, return as a girl to make you hug, cheer, love, because that's how the day after, you'll be a warrior again.

So that, then, you'll know how to help, reassure, other hearts.

Let things happen, live abandoned, while feeling maker of everything: you're responsible for your freedom, your peace, your happiness."

Question:

I feel that this Awakening is stormy ...

Answer:

"With joy and Love I'm next to you in this awakening.

It is an awakening in a magical world, that no dream can make you guess, not even in part.

Listen to it as if it were a game that now you do not know, because it's really a game, and it must remain just a game, a game made with Me, to live in joy, lightly.

If you live this way, you will be certain that this will bring you the joy you are looking for, the peace, the force required to experience everything. "

Question:

Why since I started the journey of growth, in some moments I'm in confusion and I feel lost?

Answer:

"Because when we really enter inside ourselves, really in our heart, it is inevitable to feel confusion, to feel we are losing our references.

What you're doing is this: leaving the known, calling into question the things learned, letting go the personality created on this journey, removing everything to discover your Essence, freeing up your scent, and letting your flower bloom free.

But while you remove you can't see nothing to build, nothing to cling to, and this creates the feeling that you are experiencing.

The Awakening is the hardest moment for every heart, for every Soul who chose to walk in the Light.

It takes a lot of strength to continue the Way.

The Essence of the warrior is required because he does not fear anything, the strength of the warrior who goes on even if he is tired, the great believe of the warrior who is sure he will win even when he is lost and weary.

It is like winning a High Peak, rediscovering one's own Essence, making the journey to oneself. And this not with the mind, not with words, but with all ourselves.

You will understand later how many people have the illusion to experience this because they do so many things, but in fact they remain far from themselves, because they make things with the mind or do not live the learned with the heart.

Continue your Journey with serenity, aware of the great strength, the great courage you have, to go inside you, live your awakening with all yourself.

Always give Me your hand, always ask Me for help in everything, and be certain that you can never lose yourself, you will get your destination."

Question:

I met many new things, I experienced new emotions, now I feel like being back home. I have such joy in my heart and I want to continue my Way, but I also feel the desire to rest ...

And I don't know how to relate to my family, not always accepting what I am choosing to live.

Answer:

"I welcome you with Love, as a daughter who erred in the world for a long time, and now can rest in My arms.

Imagine Me and feel Me so: I welcome you smiling, rejoicing, telling you have been able to find your Home after much wandering.

Now, in My arms you can relax, let Me nourish you. I will watch over you, protect you, I will take care of you.

Here then, nourished, slaked, rested, restored, cared for, loved, you will wake up with a new splendour again, with a new

security, and, above all, with a great new joy, never tasted before.

This is the joy of those who awakened and recognized their true Home.

It is the joy of those who can shine in the world, serene can go in the world, knowing that in the evening they will be back at Home.

It is the joy of those who can go even in the confusion, in the dust of the streets of the world, but then can return Home and regenerate again.

You have understood that you won't stop any more, that you will continue your journey.

You feel that your trip will be full of Light, joy, Love, since you are where the learning in pain and unconsciousness can cease, and start learning in joy, Love, and live with awareness and freedom.

Now enjoy this moment of rest to regenerate yourself. Abandon in My arms, to feel My Love, savouring the joys to continue your journey in the Light, Love, joy.

You came to a threshold and without realizing it you have already crossed it.

It is natural then, that what is behind this threshold will remain outside your Home, your life, because you will close a door in order to breathe the fresh air of a new Home.

Experience this, and see you right there: beyond the threshold.

The one you've crossed is a door that closes quickly, because what was behind, took its time, gave the wealth that was supposed to give you, helped you as your Soul had chosen.

You won't feel the effort to close this door, and you will feel the joy of continuing beyond the threshold, because you will feel not in a new home, but in your Home, because you've already known everything of this House.

If you take some objects in your hands, at the beginning they may seem new, but actually you've already taken them, you've already used them, and so, you won't feel them new in the end. And, although at the beginning of your awakening, then a student at a new school, you can help other Souls to awaken. In this school there is a big growth and endless opportunities for development for oneself, and also to become the means for many Souls.

Our family belongs to the many Souls that we chose to help, to awaken.

There is always an exchange between Soul and Soul, since any Soul gives something, pushes to something, it is a means to something.

It is natural, therefore, to feel very different when you're among the Souls that you chose to help.

It's like being a teacher who enters a school to teach: you will feel a little lonely, a little different, because of the distance from children you are teaching to.

Only when you meet another teacher, you feel something in common, something that can allow you to open the heart, that you can be understood, aided, supported. But then, when you return in the classroom with students, again you will feel a little lonely.

You will always meet other teachers who, like you, have their classrooms, their students, and that, like you, have experienced this solitude, this diversity, but they understood that this was chosen from the Soul to help other Souls to wake up.

You can see your family as a group of Souls that you chose to awaken, for which you are an opportunity for awakening, but that don't recognise you as their teacher, and so they do not want to relate to you as students.

Don't be touched by this, give your Light, what you know, with humility.

Feel your family as one of your classrooms, and don't watch if what you give is accepted or not.

It may be that what is not accepted now will be accepted in future, or what you give is accepted in their hearts, but they don't show it, nor they thank you for this. It may be that what you give now, will create fruit for other journeys.

This can happen with the Souls you will help.

Some will recognise you as an awakener, love you and be grateful for this and for what you give to them.

Other Souls will turn their backs and will keep away from you feeling you are a danger because, despite having chosen the Awakening, in that moment they choose to continue to sleep, and your music would not allow them to do so.

Often what you were looking for in your family and you have not received, you will receive from other Souls that you will meet in your way.

Of course the wounds for what you did not receive remain, they must be cured, closed, but you can receive even more by other Souls that will be for you like parents, brothers, sisters, companions.

And so then, you feel gratitude towards your family of origin, because, you will understand that, not giving you what you needed, they pushed you to seek a far larger family, to feel the Universe as your Home, your family, because that's what you'll feel.

It's what often happens in our family.

Other times it is not so, because there are other reasons, other choices of the Soul, other classes, other developments. "

Comment

For me waking up was very stormy, very intense and long, so long that I still don't feel an 'awakened' Soul ...

Often in this new 'Home' I cleaned, I tidied everything carefully, and all with great effort, with great commitment and a great desire.

And as soon as I sat to enjoy the whole thing, a 'gust of wind' threw open the door fling all in the air, again it carried dust everywhere, thus creating a lot of confusion and the need to redo everything.

And this did not happen only to me.

These are the moments when you think every effort, every fatigue, is not worth anything, that, perhaps, in the end, you're worse than before.

But a voice inside our heart reminds us that before the Awakening, to overcome the difficulties, we took 'anaesthetic' of different types, in different ways.

Before we did not live life fully, because we did not observe with awareness what happened in it, we did not enjoy so many things, because they passed unnoticed to us.

Before we did not live our potential completely, we did not express our emotions, as we now have learned to do.

Now I'm very happy with everything I did which was not simple, not easy, to continue my Awakening, because the awareness of the Soul have taken away any possibility of fears, anguish, despair.

They have increased the joys of learning how to live life fully.

Now I feel that everything that happens, both within and without me, are great opportunities for growth, awakening, which help me to know the true reality, the sense of everything. This brings me to love the sun, rain, wind, calm seas and high waves, because now my home is the Universe, and all of it is good for me, all that happens is right for me, for my Soul. And I smile at 'gusts of wind' coming, because I experienced that they lead the new, create the new, and the new is always wonderful, if I become new too, along with that new.

Summary of the expressions suggested

by *Angels*

*– Help me to live this moment in which the winds shake me,
the rains wet me, when I feel cold. I know they are
necessary but I fear them, and I'm afraid to lose myself -.*

III

Life : meaning and purpose

Comment

Luminous Soul, it is not easy to give a single definition of life. Understanding of its meaning, its purpose, comes with living and, therefore, never ends.

As we wake up, we grow, we experiment, we discover new aspects of life, we understand new meanings, new purposes.

And understanding increases continuing the Journey.

Life is the journey that our Soul has chosen to grow, to evolve, to become more and more luminous.

It is a great means for a variety of purposes.

It is an opportunity for many things, including the wonderful chance to give Love and Light.

At the beginning of my Journey of growth, I was anxious to know what was the task I had, what my Soul had chosen to do and live on this journey, which was the goal that I had to reach.

I soon left the desire to know everything, because I understood that knowing is less important than learning how to live life in Love, Light, joy, and doing everything to give Love, Light, joy.

How my Angels taught me, I always feel in school and I see everything I live, as a continuous, unbroken lesson.

I know that I am living a wonderful adventure full of unexpected twists, and I try to live it as any adventure must be experienced: with new enthusiasm, with the ability to smile to everything that happens, grateful for everything I have, I get, I live, in total certainty that everything can make me grow, it can help my Soul evolve.

Like a child, I try to live life like a game that continues to change, knowing that also playmates can change.

This way of thinking was instrumental, because in this way I give space to my inner little girl, who knows how to make playful, even school ...

Question:

Can you help me to see life as a game?

Answer:

"With a bright, coloured ball, I come next to you, because with Me you can play and get to know more and more the colours of life.

Get my coloured ball in your hands and play.

The game will be more and more a chance of growth, because more and more you will understand that life is nothing more than a game, a game that the Soul has chosen to do with Us, to become prettier, brighter, to evolve.

For this, play as much as you can.

When something that doesn't give you joy, or something that takes away your joy, your peace happens, smile, and say:

– This is a game too, let's smile and play – .

When your mind takes you to remember a past and its difficulties, or creates you fears for the future, it makes you look at what you have to do or live, tell her:

- Come on, let's play, don't stop there, these are games that my Soul has chosen, they are games that are part of the great game of Life, the game of Soul.

So you will help your heart to feel that life is just a game, and that I am always there, ready to play with you.

When mind whispers that what you're experiencing is something serious or sad, it is an important thing, tell her:

– My Angel is waiting for me to play with me -.

And then in the heart You will feel again the desire to play with Me.

And you can actually play this game with Me: imagine you have a ball in your hands and play with Me.

You can do it whenever you want, especially when you feel the mind wants to create obstacles, difficulties, in living everything as a game.

Remember that life is a game to erect, enlighten the Soul that the mind cannot understand, and, therefore, it will always recall you to the past or to the future.

In everything you do, in anything you live, use this expression:

– I'm playing for my Soul, that I'm living for my Soul, and so, I live it like a game, with lightness –.

And you can help yourself in this, really bringing into your house a coloured ball writing on it:

- Life is just a nice game -.

So that every time you enter your home, or when you are in your home, you can read and remember this, and then smile.

With Love I push you to play, because this is a training to be able to live everything and see everything just like a game.

By doing so, you train to be able to play to Life, to be able to live your entire Life like a great game and nothing more.

And you'll feel that every day is a collection of different games and that you can play with them.

Share whatever is in your heart, but in the end say:

– This too, is a game to raise, illuminate my Soul –.

This will help you a lot in all, because in this way you will know more and more how to play Life, you'll be able to see

your daily routine just like a game, and thus you will remain serene.

In the morning, when you wake up, call Me, smiling and tell Me:

– Now I'll play for my Soul, to gladden my heart. Come with me because I want to play with You -.

And you will feel Me more and more as a playmate, and it will be great to play together all day long.

You will feel the excitement to discover new games, not knowing what game we will play until the evening.

And in everything you will live, you can say:

– This is a nice game too, this is part of the game of Life.

So the daily life will be much lighter and will never weary your heart.

If you look at emotions, expressions, as part of a game, they will never make you sad.

Playing is growing, and Soul has chosen a great game called 'Life', she chose to take a big journey, playing.

And playing, you will learn, you will grow up in joy.

Only the mind chose to transform everything into 'non game'.

If you feel and see this journey like a game, everything will be much easier, and especially you will rejoice to be a girl who can play with the most beautiful game, the one elevating the Soul.

And if you live this way, you will feel Me a lot more, you'll see Me playing with you, and you will find out how many games I bring to you, so that you can play, grow, evolve. "

Question:

How can I feel the enthusiasm of life?

Answer:

"Remembering that life is a great adventure.

When you live this way, you will understand how the adventure is beautiful because it is an adventure.

Nothing is known before of an adventure, nothing is already planned, nothing is safe. This happens even though the Soul already knows the journey and everything that you will live in this adventure because she chose everything.

When you live Life like an adventure, you will be able to live in the rain, in the wind, in the sun, with the same joy, because anyway everything is part of the adventure.

So you can fully enjoy the adventure, because by that time there will be only the sun to warm, a gentle wind to caress you.

With Love I will help you to be ready to do anything, to be strong to live everything with joy.

You will savour the quiet, the rest, because even if the journey continues, it will not be as difficult as you feel it now.

It will be a sweet way, because you realize that to enjoy rest, peace, calm peacefully, we must not fear either the walk, or the lightning storms, or confusion.

Experiencing a thunderstorm, overcoming the difficulties that there are in each adventure, you will enjoy the peace as a warrior can enjoy it since he won the battle, and he will never more fear any battle, you will enjoy the rest as those who walked for a long time and overcome a lot of adversities.

If nothing new happens, no meeting takes place, be serene.

When in the day after a special meeting, or something particular happens, smiling with joy, detach from what you're living in that moment, to live everything as a great way to learn, to grow, to elevate the Soul. "

Question:

Why life is a school?

Answer:

"Life is a beautiful school because everything you live can help you to know, learn and grow.

This way you will feel it, if every day you take the lesson that that day gives you, if you live what happens on that day as a lesson to learn, as a confirmation of what you have learned, an opportunity to experience it.

This is a special school: you study to act, act to learn, learn to teach, teach to learn.

No teaching is larger than the teaching of living, of experiencing.

In this school only what you learn and experience then you can actually explain and teach.

You can share what you lived, you can express the joy for the victories made, you can share your steps: this is already teaching.

Those who hear your words, can understand a lot from all you lived, how you lived it, and so they can choose more consciously as they can put in their footsteps, in their actions.

In this school learning and teaching never finish, that's why tests, challenges, situations, events, meetings, continuously occur.

And after passing a class, you will be ready for another one.

Get your books in your hands and say:

– I simply entered another classroom –.

And I'll bring you whatever you must live there to learn.

Always be alert, aware, in everything that happens within and around you, and you will pass quickly from classroom to classroom.

See before you the books of your life and feel that together we will browse them day by day.

Now you understand the daily life must be looked at carefully, because it is in the daily life that, together, we look through the books.

Sharing the daily life, feelings, intuitions, doubts, uncertainties, insights, and what you do not understand, will make you meet someone who will help you to understand, and to read those pages that might go unnoticed.

At the same time you can help others to browse their books, to observe carefully all that they live.

So, while as a student you learn, you teach as a teacher. While as a student you learn to browse your books with Me, you will teach others to browse their books.

While as a student you learn to read everything that happens as a lesson to learn, you will teach to read all the daily life, as lessons that the Soul has chosen to grow, to evolve. "

Question:

What is the purpose of the journey of Life?

Answer:

"Not everything is equal for everyone, because everyone has a story.

Then everyone can choose a different way to live and to make this journey.

That's why the Past Life remains something the mind cannot know completely, and that only the heart can perceive.

For some people this life is also an opportunity to close something open in other journeys, for someone means to complete something started in other journeys, for someone is to heal, for someone is to transform, for someone is to dissolve.

For all is a means to grow and elevate the Soul.

Everyone had a story and has a history, everyone had duties and tasks, each person will have some tasks, everyone has chosen to act for the Soul, and to follow it.

And Soul chose this journey to rise, but also to love and help. "

Question:

What is the purpose of my life?

Answer:

"When the Soul chooses to make a journey, this is to evolve, to climb higher and higher: this is the purpose that unites you.

And it was your Soul to choose everything you're living, what you have experienced.

This is forgotten at the beginning of the journey, because the Soul has chosen to live some experiences into unconsciousness, in the non knowledge, to learn and experience something.

When we understand, not with the mind, but with the heart, step by step, day after day, that everything is part of the big design that the Soul already knows and has chosen to live; when we are sure that what doesn't come is not essential for the Soul; when we understand that many obstacles the Soul chose to become even more beautiful, and we had the courage to overcome them, to face them, to transform them; when we understand that we are totally protected and then we live in abandonment, we do not suffer deeply and in a heartbreaking way anymore, we do not live despair, anguish, and all fears melt.

The lack of knowledge, of memories, are choices of the Soul, because they have created suffering, or have made live the experience with the pain that the Soul had chosen to live, to grow, to experiment, to evolve.

When the knowledge, the awareness comes, it means that part of the Path that the Soul had chosen to take to evolve has been already walked.

Then all what you live with a new awareness and knowledge, serves to become even brighter.

The task is Life itself, the aim is to allow the Soul to evolve, to grow.

When you meet someone who claims to have a special mission, a particular task, remember that anyway that heart, chose that mission to evolve its own Soul.

All you do, even for others, is a growing means for you, it's a means of evolution for your Soul.

So everything you live is 'special'.

Be serene, if you have this awareness now, if to this new acquaintance you have opened, is because so far you've been living your purpose, your task.

And serenity is in knowing to be in your place, at the right time, and in doing what the Soul has chosen.

If you hadn't gone through the program of your Soul, you wouldn't be here.

And remember that to come to this knowledge, you've already walked other lives in Luminous Trails."

Comment

Naturally sharing our lives, as Angels urge us to do, isn't just telling the steps taken, the achievements and victories, but sharing first of all what we often consider failures, mistakes, losses, steps not taken.

This is to help ourselves and others to understand that everything that we live is just a workout to act, it is a lesson to learn, it is experimenting in order to know, it is to learn how to accept with patience and compassion falls, relapses, failed attempts, remaining calm, holding the gaze to the goal.

This is also a guarantee to always remain humble, to feel to move from a learning classroom to a practicum classroom, and then again in new classrooms.

The practicum classrooms are those where we put what learned into practice.

These are the toughest classrooms, they are classrooms that need more humility, more patience, more consistency, more effort, more training, continuous attention, because that's where we cancel our habits, we melt our whole personality, created in lack of knowledge, as a defence, a protection, a reaction.

Only if, with patience, humility and compassion, we accept all of ourselves, we will accept, with infinite patience and compassion, all of those who walk beside us, who tend their hand to receive aid.

Since we don't know anything about the way our Soul chose to live, to learn, to conquer, to donate, we cannot know the time required, the necessary means.

So we become companions of Light that illuminate everything, watching only the learned, the conquered, the victories, the steps taken by fellows, to rejoice and celebrate together.

We become humble, loving and patient wanderers, who can accompany and support the adventure of life.

We become children who play the game of life serene and joyful, day after day, without thinking about tomorrow, without remembering the past, abandoned in the arms of the Angels.

Summary of the expressions suggested

by *Angels*

- *This is a game too, let's smile and play – .*
- *Come on, let's play, don't stop there, these are games that my Soul chose, games that are part of the great game of life, the game of Soul.*
- *My Angel is waiting for me to play with me - .*
- *I'm playing for my soul, that I'm living for my Soul, and thus, I live it like a game, with lightness – .*
- *Life is just a nice game - .*
- *However, it is also a game to raise and illuminate my Soul – .*
- *Now I'll play for my Soul, to brighten my heart. Come with me because I want to play with You - .*
- *This is a nice game too, this is part of the game of Life.*
- *I simply entered another classroom – .*

IV

The personality, the ego, the 'self'

Comment

Beloved Soul, understanding that there are things to be transformed, to enlighten, parts of personalities to let go, could trick you into thinking that something of you is not good.

It is absolutely not so, you're already beautiful because you are a Divine Spark. Simply the Angels help us understand what to do to shine in all our beauty, manifest and live fully our bright Essence.

Often this is covered by our personality, stifled by our ego.

We are all Souls, then Divine Sparks, parts of the Great Light.

As Souls, we have our individual Essence, resplendent with all the treasures collected from life to life, precious for all the wisdom and talents acquired in the journey done.

Becoming incarnate on this planet, our Soul chooses to make this journey without giving us immediately the awareness of who we are, and the knowledge we discover later, with Awakening. This, to live what we have chosen to live, to learn new lessons, to make new achievements, among so many limits.

With the Awakening we find that in fact there are no limits, we recognize the great potential of the Soul that allows us to go beyond these limits, helping us to live as Luminous Souls.

What on the surface may seem an obstacle, a difficulty, becomes an opportunity for growth, a possibility of evolution.

And the main obstacle, the greatest difficulty to be overcome, are ourselves, with our personality, the ego, and with our 'self' who wants to impose itself everywhere ...

Personality is made by the set of notions that we have gained from the world and in the world, since birth, often far from the knowledge of the Soul.

It includes behaviours learned over years, defence techniques, protections, especially created after some trauma, some suffering.

With them we believe to avoid other sufferings, to protect us from everything, from everyone, while, in reality, we are preventing our inner Children to express themselves and to live spontaneously, in simplicity, in freedom.

The personality creates the wiles, the so called 'games', we use with have certain people beside us, to get what we want, to create benefits.

Also these 'games', in fact, prevent our inner Children to live, to play, to rejoice.

We know how easy it is to manipulate and make us manipulate with these 'tricks - games'.

In fact, we tie and make us tie, by possessiveness, needs, fears of being alone, by fears of losing what we have, not to receive what others could give us.

Many of our behaviours are influenced by the reactions that we have towards the environment in which we live, the difficulties we meet.

Personality is the collection of many 'bricks' with which we have built, and we continue to build, things, situations, that we feel safe for the present and guarantees for the future.

Only after we leave them, we understand completely as they can be prisons.

Much of all this we are taught, a lot we learn with what we live.

A lot is imprinted us by society directly or indirectly, with comfortable examples of life , of successful leaders in various fields, political, economic, scientific, religious, etc.

So our mind makes us chase what we think to be necessary, indispensable, while often it is not. The mind urges us to imitate ways of life and these leaders, while our Soul leads us to express our Essence, and live the way we feel right for us.

This is the limited mind, conditioned by all it has learned, by everything that has been inculcated, it is not the mind intended as the ability to understand, discover, guess.

That's why the Angels teach us to learn with the heart, to feel more than understand, to dismiss this limited mind to give space to the heart, to the wisdom of the Soul.

Question:

Can you tell me about personality?

Answer:

"Imagine a great castle with many rooms, with the doors open. Then see you in this castle, going from room to room.

You can understand that, even if you move from one room to another, in fact this castle imprisons you. This is personality.

Many people feel free to be able to do what they want, to say what they want, when in fact they have many prisons.

These may be feelings, needs, desires, projects, illusions, and constructions made by personality.

Listen to this feeling of being imprisoned there, in this castle, and you will do anything to get out of it.

You won't see it as a beautiful castle any more, you won't see it as a shelter, protection, safety, any more but only as a prison.

You will feel that you want to be free to love, to live really. "

Question:

These rooms in the Castle, are maybe all things that I consider important now?

Answer:

"Not only and not always.

Personality created many other rooms. The rooms are also what prevents you from living firstly the union with the Universe, with all and Everything.

What prevents the Soul to be free, what prevents to follow the Soul first.

But now don't think and don't say:

– It's all wrong, I don't know anything, or I know is wrong.

With serenity you can say:

– Maybe something, maybe everything is an illusion. Now I free my Essence, I leave my Soul free, I follow my Soul first of all - .

By doing so you'll find the rooms that you don't know, you will come out from the Castle, you will live. "

Question:

When you tell me to let my personality go, I am afraid I have to act like someone else ...

Answer:

"Everyone is a flower with its colours, with its scent. Emanating one's own perfume does not require words, actions, but simply it exudes.

No one must imitate somebody else, because this would be an illusion too, the creation of other walls, simply by changing the type of bricks.

Each one exudes its own essence anywhere, with anyone, without interruption: this is freedom. "

Question:

By letting go my personality, I'm afraid of losing my individuality.

Answer:

"These fears are still there because your Essence is imprisoned. In a Luminous path you'll be never asked to accept other people's beliefs, but simply to expand your Essence, to listen to the voice of your Soul, that does not create beliefs because what the Soul says, feels, it is not something of the mind.

It is learning to feel, to understand, to learn, with the heart free, healed, it is leaving the Soul free to express itself, to live the journey chosen.

Don't give space to the fear of losing your personality, give it to Me. Feel you're capturing your individuality, expressing your Essence, and rejoice for this.

When you take off an armour, celebrate, and feel that this did not protect you, but it stopped you from receiving and give Light and Love.

When you take off a dress of the personality, celebrate, and feel that this did not repair you but covered your Essence.

When you see the Castle created by your personality fall, celebrate, and discover that it was not a protection, but a prison.

In all this intensely believe, because to remove armours, clothes, to bring down your Castle, you need a great belief and all the intensity in the act.

This is because only when you are outside the castle, devoid of all clothing, of armours, you will savour the joy of being able

to run free in the meadows as a girl, to feel the rays of Light, Love in the heart, the thrill of the free Soul.

And remember that if you want, I will help you, we will do all together. "

Question:

What is needed to take out what my 'self' has built?

Answer:

"You need a big Belief, a profound choice, and your strength. With My Love I will accompany you in finding your Essence, and I will help you to fully express it.

Ask Me to give you My strength, to be stronger in removing what holds your Essence, to conquer your Essence faster.

In the intense moments, in not simple situations, think these could be great aids that I'm bringing to remove everything very quickly.

They can also be small things, because the subtle side of personality is part of something invisible, and is made up of little things.

When the 'self' is touched, or a small part of your Castle is taken off, you can feel that moment as very strong, but then you feel a great joy and you'll be serene.

Be careful to everything, at all times, even when you feel that everything is fluid.

Be careful to every situation, even those where you don't see anything important in your path, because just those moments, those things, those situations could allow you to discover a lot, to learn and grow quickly.

Ask Me to help you and be watchful in all things to see what there is to be transformed, to be removed, to let go, or what there is to strengthen.

The 'self' has also a subtle side. Ensure that discovering this subtle side is a moment of joy, because after discovering the subtle side of the 'self', you can remove it, and thus you can perceive the subtle light of your Essence, and of everything around you.

When there is a moment of fear, say aloud:

– *Who knows how I will be, how bright will be my Essence, when all I light up* –.

And the girl who likes to explore, venture, and that will lead you to the goal, who will make you free will move within you.

But, of course, to these questions that you will express in those moments of fear, you don't have to give answers with your mind, because this would make your baby sleep.

Recognise your 'self' or the subtle side of your 'self', with the joy of being able to recognize it, melt it in Love, with total compassion. "

Question:

Will I be able to recognise my prisons?

Answer:

"With joy I will help you in this.

It is possible to recognise all the prisons when there is a choice to recognise them, the humility to accept them.

Once recognized, remember to get out of them quickly.

When you are in a prison, even if the door is open, probably there isn't a long time to get out, because it can happen in a moment that the door closes.

And also getting out is a choice.

Be humble in acknowledging your prisons, get out quickly, because going out is always your choice, it will always be your choice.

I am beyond the door, ready to hug you. "

Question:

How can I transform what my personality has built?

Answer:

"Imagine you have a building in front of you.

See you taking with Me this building blocks, one by one, see My hands turning these bricks with Light, to create a new building.

It is a work that you've already started, inadvertently, with the Awakening, that is why you must not fear.

It is a work that can be transformed into a game, so that it won't require any effort, it will not create burden.

When you have finished the new building, inside you everything will be flowery, strengthened, and I will seal all.

I call it work just because you may feel like an important commitment, a commitment that requires your presence, the awareness of being there, the focus in doing everything.

But while you do everything, you will feel only the lightness of a new freedom, the lightness that accompanies the expression of the Essence, and you'll feel it as a beautiful game.

I don't tell you to not throw away what belongs to the construction of your personality, because it will be the same bricks that will create something indestructible, after we have processed them together with Light, wrapped them with Love.

This always happens in a Journey of Awakening.

That is why it is essential to be able to take in hand one's pearls even when they are covered by mud, not just by the dust. Only taking them in hand it is possible to clean them up, to include them in our treasure and then donate them.

Those who don't have courage to get their hands in the mud, picking the pearls, although they are flooded by so many things, cannot make them shine, and make their treasures shine and so they cannot donate them.

Every time you make this game imagine that every brick becomes bright to build a bright building.

In this way you'll be able to make your pearls shine.

And you won't fear to take them in hand, although they are not glowing.

That's how it happens, the great transformation that, then, is sealed, and nothing and nobody can bring things back as before.

Those who don't want to watch their construction, accept it as a choice, or perhaps brought from the Past Lives, cannot rejoice, because everything must be transformed, and, although there are parts to let go, there is always something that only must be lit that becomes, then, a wealth to be donated.

With humility you will be able to look every part of you, with the necessary awareness, with the necessary Love, you must remove the bricks with the happiness to have the ability to transform them.

This work never ends, because, when you think you have cleaned out the castle of your personality, you discover the foundations.

But, gradually, we become stronger and stronger, more joyful, more rich, because just transforming a single brick we already have something to donate.

As you are not aware of what you've already removed, already transformed, since wrapped by Light, by My Love, so you're not going to find it hard to transform everything now consciously, because in you there is a lot of strength, and I'm giving you My strength, because in you there is a lot of Light, which, together with My Light, will transform everything."

Question:

Can personality also create difficulties in relationships?

Answer:

"Certainly yes.

Personality creates a lot of difficulties in relationships.

As long as personality is there, a lot is experienced with the mind, a lot is done for one's own desires or needs, we are driven by our fears, diversity of others is difficult to be accepted, we don't leave everyone totally free.

When you meet a heart, you can be attracted by a part of its Essence that can awaken the same part that is already in you, but is covered by your personality.

Be very careful because you can express that Essence yourself, and you can, with confidence, help that heart to express it.

But don't go too far when you meet a heart that does not attract you, because maybe, you can help it to extract its bright Essence, perhaps for what it makes you feel, it can be a help to overcome many things, win in many things.

Even there, you need serenity, simplicity, purity, gentleness, Love.

And be careful, vigilant, because it may happen that a heart that you meet can't help you in anything, since it has not chosen to express its Essence, even with your help, and that can be a danger, because it could tarnish your Light, awaken a part of your personality already released.

Sometimes there are parts of one's personality that attract situations or people that can be dangerous.

That's why, when you manifest only your Essence, your pace will be joyful and confident, and you will live all the relationships happily. "

Question:

I am afraid to remove these parts from my personality, because I feel like undressing myself..

Answer:

"Remember, for everybody who has the courage to undress to express who he/she is, we create the garments that shelter more than armours, more than shields, giving our total protection.

Don't worry, you won't feel cold, nothing will happen that can hurt you.

Believe in this intensely and get through this fear.

Live serenely with the joy of finally being able to express who you are, and you will shine in your Essence, don't fear any judgement, you will discover how good it feels to wear Our garments only.

Give Me your fear and listen to your heart.

Feel that there is nothing to fear, because letting go personality is gaining freedom, is collecting a lot, it allows to shine totally, and makes you rejoice. "

Question:

I recognized my personality, I accepted it and I'm trying to let it go, but I feel that behind it there is a subtle side that is creating confusion.

Answer:

"Give Me this confusion and ask Me to help you.

Remember that those who are certain that their heart is filled with treasures, do not want the treasures of others, don't watch the shape, colours, the brightness of the treasures of other people and have only one desire: to help others to discover their treasures.

That's why discovering our treasures gives rise to the desire to love, to help.

Think about this, and be certain that with Me beside you will discover this subtle side serenely, you will accept it, you will transform it in joy, with Love.

This is a step that requires a lot of attention, a pure heart, and be detached from everything.

If you come to this stage, you are even more ready to let go all the old knowledge and achievements, because now you understand that you don't need them anymore, and that they had their time.

With this knowledge, you can leave more time and space to your inner Girl, so she can play and help other hearts to make room and time to their inner Children.

And the magic happens just when all the subtle side was transformed, and the Child that is in you has plenty of space to hang out in all her beauty, to donate all her wisdom.

Remember that this Girl that will fascinate, will take you to your destination, enjoying and playing.

Discover this subtle side with enthusiasm, and you will transform it rejoicing, singing, because you'll feel you're gaining freedom.

And these steps will be light, they won't require any fatigue, and you will make them alone in the sweetness, in loving kindness, in joy. So the enthusiasm to continue your journey will grow even more.

Discovering the subtle side, dissolving it and transforming it, complete the work of transformation, of healing, of enlightenment.

Think of the farmer who prepares the ground for the seeds, for the flowers: when he needs tools, sharp spade, the earth turns and turns, if there are brushwood he removes them, if there are rocks he extracts them.

Then, when all is settled, with his hands the way he prepared, he returns again with his hands in the earth, but this time only to make room for seeds, to smooth the ground, so that the flower grows easily.

Those who digged, plowed, removed, arrived here, where you are now, and going back with hands on earth should not make you think, or fear to make the same effort, to meet the same difficulties known during plowing.

That touching the ground again will be sweet, will create only the pleasure to create a place so that the flower grows easily.

In this stage you need a lot of intuition, a bright feel, cleaned from other feelings and sensations, and be detached from everything. "

Question:

Can personality obfuscate my feeling?

Answer:

"Yes, of course.

It is not easy to have the feeling, the real sense.

They require a heart free from everything.

Only if personality was asleep, has gone, you can feel the reality, live your Essence.

Personality can obfuscate the reality and make believe I guessed right, while I'm far from reality.

Keeping the heart always candid, leaving room for inner Kids, simple, joyful, walking in humility, you get to pure feel, to real insight. "

Comment

For direct and indirect experience, I met many of the 'armours' that we wear to defend ourselves, the 'clothes' we wear to hide and how often we try to conceal something of us behind some 'veils'.

We realize all this, only when we remove them.

So we find out how everything, instead of repairing us, prevents the sun's rays to warm our hearts, instead of protecting us, prevents us from receiving, from donating.

We are really 'builders' of walls, sometimes we also use steel ... We believe these are unshakable protections, but actually they are prisons that prevent us from walking free, that prevent others from getting closer to us, walking with us.

During the journey of growth, there may be the risk of replacing the 'self' of our personality with the 'spiritual self'.

It can bring us to feel superior to others for the knowledge we have learned, it can make us feel more advanced, we can believe to be only teachers and pupils no longer. This 'self' is much more dangerous than the one we left.

I am still baffled when I happen to see facts or situations which confirm how strong personality is.

It seems to disappear, instead is always lurking, ready to go out when you least expect it, when we are sure to have released it.

The more we walk in the Light, the more we need to be vigilant, attentive to our personality, our ego, and even more to our mind, because it too becomes more proficient and creates subtle ways to assert itself.

There is also the risk to use the knowledge of the Path of Growth to enter the intimate part of people who still do not know them, to look what you are not, to circumvent, to get what you want.

Our responsibility here is total, because it is knowingly abusing the knowledge of the Soul.

But if we give space to our inner Children, walk in humility, we help with Love and simply, there will be no risk, because the Kids are white, simple, spontaneous, they don't listen to mind, they give space to the heart, and live all playing.

There will be no risks if we give the hand to our Angels and ask them to help us understand when and where we give space to personality, the ego, the 'self'

There won't be any risks if we keep our hearts pure, open to Love, if we free our Soul, if we are willing to all the changes needed to follow it.

If we do this, our personality will not return, and our Essence will bloom, will shine, will give off its fragrance.

So we will walk serene, we will live in joy, in peace.

Summary of the expressions suggested

by *Angels*

– Maybe something, maybe everything is an illusion. Now I free my Essence, I free my Soul, I first of all follow my Soul.

– Who knows how I will be, how bright my Essence will be, when I light up everything –.

V

Humility and Simplicity

Comment

Luminous Soul, surely you've noted how in the world Humility and Simplicity are not always appreciated, and only few times people give them the great value that they actually have.

Frequently Humility and Simplicity are mingled with other things totally different.

Often there is a fear of experiencing them, though in the heart they are appreciated, because they are very far from what society considers important, vital, valuable.

Sometimes, when we express them, someone tries to overwhelm us, and so it seems to us that, to survive and defend ourselves in the environment in which we live, we can't express them.

In part this is true, but if we have the courage to live them happily, with a smile, without taking care of the advantages or disadvantages, but only with the joy of being able to live as we feel right for us, we can be always humble, with anyone, we can live with simplicity anywhere.

This is because Humility does not preclude pride and Simplicity is mainly in the heart, in our intimate.

The true Humility, the real Simplicity, are great achievements that require a lot of force. They are victories on our ego, on our personality, which require great will, perseverance, tenacity, and courage.

The expression of Humility and Simplicity, requires a balance not easy to reach, if we choose to walk in the world leaving our Soul free, respecting the freedom and choices of others.

It would be much easier to live in Simplicity and Humility, to walk a Trail of Light, retreating from the world.

Living in the world and always leaving our Souls free, requires a continuous choice, constant attention, the warriors' daring to let go all that seemingly gives benefits, security, prestige and power.

But the great achievement is to walk free in the world, as Luminous Souls, following only the call of the Soul, feeling that we don't belong to this world.

Question:

How can I learn Humility?

Answer:

"Feel a little girl that should learn everything, knowing that it is essential to learn the Humility to acknowledge that no one knows, feeling that there is always a need to learn.

The child is simple and does not impose herself, while the 'self' does, and always wants to speak ...

With Me you can learn the Humility you desire, the Humility needed in your path.

Feel just a little girl at school, and in everything you do, you can say:

– I feel that now I'm learning how to behave myself in this thing, in this situation.

All life is a great school, where knowledge learned before from the world, can no longer have space, because all the space is necessary for the knowledge of the Soul.

When you speak, speak as when learning to speak, so you will learn the language of Humility, you will learn to communicate with Humility.

When you do something, feel that you are learning to do that something so you will do everything with Humility.

When you help, feel that you're doing it to learn the art of helping.

When you give, feel that you're training to donate to learn the art of giving.

When you receive something, feel that you are learning the art of receiving.

And both donating that receiving, should always be wrapped with Humility.

And so be in all respects.

Understand now that all this will require a lot of attention and a big commitment, but will give you a lot.

Attention and commitment must be uninterrupted, in small and big things. So that your 'self' can't have even a small space.

Remember that the mind can never understand that when you offer help, those who receive your help are teaching you the art of helping, and therefore must be seen as teachers who are teaching this art. But your heart does, and it will feel how this is real.

And so it is when you give: the person who receives is teaching you the art of giving.

I repeat, the mind cannot understand all this, but if you're a child in a special school, a school of Light, you'll feel that it is so.

Living, remembering this, you'll always be grateful to anyone who helps you learn all this, who, in fact, is a means for this.

And, as usual, I'll be there, next to you, to help you, to support you with My Love.

Observe that the 'self' is a fortified castle that looks untouchable, yet it is actually a paper castle that with one drop of Light, a gust of wind of Light, tumbles down.

See its illusion, its fragility. Look where it leads, how much pain it creates, how it turns all the situations difficult, even the simplest ones.

And then look at the Essence of the child, as he always creates opportunities to play, when he lives all the situations as if they were a game.

Feel that expressing the child makes you free, makes you learn what really counts, makes you live life as we all should.

And baby makes everything simply, with Humility.
This Simplicity, this Humility, will take you to radiate light,
living in joy, in peace."

Question:

It's not simple to understand when I must accept one thing with Humility, or struggle with pride.

Answer:

"Now merge, in your heart, the meaning of the word 'fight' to the meaning of the word 'surrender'.

I don't say merge these words, which would stay the same, I say merge into your heart their meaning which includes the action and the full expression.

Perhaps many battles will be needed, especially to dissolve the 'self', the personality, which tarnish the Soul, tarnish the heart.

But your Soul have probably chosen many battles also to confirm your achievements, to seal your victories.

For this feel always ready to live the battles you meet. Rejoice in them, because you confirm your achievements, you seal your victories, you show your Light.

And feel Me continuously beside you.

That's how you'll feel a warrior of Light, always ready to do anything.

There may be a chance that something happens where you can't fight, where only giving up is required. Humility is required there and say:

– I can no longer go beyond –.

And there you give your ‘weapons’ to Me, ask for My weapons, get on My arms, let the Light and My Love wrap you.”

“And here's that Humility becomes essential to dissolve the 'self' and all parts of the personality that keep you away from your Essence, that keep you away from the Humility that always accompanies Light and Love.

Then, remove the 'self' that always wants to assert itself.

This is surrendering and entrusting oneself to Light.

This is accepting the history, events, which still remain unknown in the design of our Soul, recalling that the project of the Soul leads to become bright, to rise, to win.

Many things for the 'self' are losses, while everything for the Soul is a victory if we live as victories even the apparent losses.

To learn the art of surrender you must train yourself to surrender to many parts of your 'self', of your personality.

This does not mean being dominated by these parts, but accepting their existence then surrender to this reality.

It is not easy to understand how you have to win on these parts by surrendering, but it is so: by surrendering to these parts they are accepted with Love, Humility, and so, then, you act with Love and Humility to win over them.

If you'd like to make this, with Humility say:

– I want to loosen my 'self' up, I choose to dissolve what strengthens it, what makes it live –.

And total Humility is required here, but also struggling with determination to dissolve these parts.

Surrendering to our history, to our Soul, to our project, sometimes incomprehensible.

It is surrendering to be completely different from how we thought to be, have to be, can be, as we desired to be, to love ourselves as we are.

And in this breakup the true flowers emerge, the most beautiful flowers that everyone has in the heart, that everyone has received from the Past Lives, that everyone has in the Soul.

Here total Humility is required, to be very vigilant, because this 'surrender' is required, because this battle is continually requested, because the melting is a process that continues.

Only when we are careful, vigilant, in every moment, in every situation, in every action, in every expression, we can understand everything, that we act where it is necessary, we give up where this is required, and we are able to smile at everything.

The 'self' does not die, it is always ready to return to life, to be felt as indispensable. Only by not giving more food to the 'self', this remains aloof, and if we don't give it space it can no longer emerge.

Be careful and always humble in living your story.

Be equally attentive to those who bring up a great Humility, but are not humble.

But if you are alert, you will easily see the difference between the true Humility and the Humility that hides a great and strong 'self'."

Question:

Why humility is so essential in the Journey of Growth?

Answer:

"Humility is required to recognize all the parts to be transformed, to recognize all the wounds to heal, to recognize anything to be removed, to understand what we must let go.

Humility is essential to light all, and to know how to ask for help in order to do all this.

Humility is needed to recognize and accept our fragility, and become strong, because after recognizing our weaknesses we become true warriors of Light, invincible.

Humility is indispensable to recognize our fears, and then discover the great strength and great courage of Soul.

We need Humility when we boldly remove the masks created to protect ourselves, feeling that, in fact, they impede the true expression of our Essence.

Humility makes us dig in the ground with our hands, in the mud, to find our treasures.

Humility makes us reach out to allow for another hand to help, and so allow Us to take both hands.

Humility leads to ask for help serenely, in order to know how to help because if you accept aid humbly, then you will be able to give it humbly.

Humility is essential to allow all flow around, to live abandoned.

Humility is indispensable in the struggles, battles, conquests, in victories.

If you live the school of life with Humility, with Humility you will always feel a student in a school. So you'll become a great teacher, remaining however always a student.

This is the way of Light that teaches Humility.

This is the Humility that the Path of Light requires.

Live with Humility your greatness and you'll be great.

Live your life with Humility and you will receive all from life.

Live with Humility your Essence and you will manifest your greatness, your Light.

Give things and yourself with Humility, so you'll get everything, you'll become a gift of Love.

Humbly Walk in your Luminous Trail, and you will live the project of your Soul, you'll get to your destination.

With Humility and simplicity, help, accompany, awaken, learn, teach, and be a Luminous Soul who gives Light, Love, who lives in the Light, in Love.

And so you will live the greatest choice, being at the service of Light, Love, Humility, with Simplicity. "

Question:

With this Humility can I help my partner too?

Answer:

“Yes.

You feel that he has your same frailty, you have already recognised it, while he is afraid to recognise it.

This is because he fears to dip down in the Light of the Path chosen, fears to dive to the bottom of Our sea.

If he accepts his frailties, he will recognize many beautiful parts of himself, he will rediscover what he needs to transform, but also his Essence.

When, with courage, we accept the parts to be transformed, we give room for parts that make us bright, we manifest our Essence.

Share with him your fears to discover parts of yourself that you don't like, to accept your weakness.

Tell him that the beautiful things happening in you and the beautiful things you received, are the result of the fact that you recognised and accepted everything.

Be aware that people must remove their robes, must leave their protective masks, must dig into the ground with their hands to find the treasures.

Then sharing is a big help, but help stops there, if you are not required anything else.

Now you're realizing that there is no reason to be afraid of removing the garments which prevent our 'precious' garments to get out, now that you feel the change that is happening to you for what you have agreed, you have chosen to transform, you can understand that only by doing this we can hear the voice of the Soul, which calls, inviting, which pushes the expression of our Essence.

Share with Love, Humility, Simplicity, and then continue your walk proudly, confidently continue your healing, transformation, and serene follow your Soul that is pushing you toward a new reality.

So you can always reach out to him, as I reach out to you, sure we will tend always to him, if this he will ask.

You can now see how all wounds can be transformed into experiences to help, all suffering can be transformed into joys

to donate, then all the steps taken may become safeties to be infused.

In your going be firm, decisive, confident, and very humble, simple, loving.

So you will express your whole Essence, and if he recognises with Humility your steps, your achievements, he will understand that your aids are great gifts, as you received gifts by those who are helping you.

That's why, again, firmness, safety, strength, certainty are needed.

So, as you humbly accepted aid, now you will be able to humbly help, leaving others always totally free.

Remember that anyone who does not accept to go to school, cannot become a master of Light.

This is the Way of Light that teaches life: the real Way does not teach words.

Tell him that We love him with his fears that he tries to hide to himself, because for Us you are all kids who play life, and with joy, we help you become children who know how to live by playing."

Question:

What is living in a simple way?

Answer:

"Real Simplicity is the simplicity of the Soul, the Simplicity of heart.

A person can live on bread alone, own one dress, speak of Humility, Simplicity, but be far from Humility, Simplicity.

A person can have precious garments, can have many things, and be simple, humble.

Simplicity is at the heart, in the Soul, and only with the heart, the Soul, must be lived.

It is being detached from things: If these are there, you are happy and grateful to have them, with joy you taste them totally.

If there aren't, you are happy and grateful too, and smiling anyway.

Simplicity is knowing how to enjoy either bread or refined food.

Simplicity is feeding Soul first of all.

Simplicity is having a heart really humble, candid.

It is being detached from the world, while walking in the world.

It is being able to enjoy the birdsong, the morning breeze, the stars, the earth, the sun.

It is knowing how to listen in silence, and enjoying the music of nature.

It is being alone and never feeling alone.

Simplicity is communicating great things with the simple language of children, with the language of the heart and Soul.

Simplicity is knowing how to be kids, living like children. "

Comment

Always in the awakening and along the way of Growth, there is the danger of giving space to our ego, giving it a spiritual expression.

The ego makes us feel 'awakened', see others 'asleep', makes us feel better than those who are next to us, makes us believe to know the reality, to hold the truth.

The ego can become even larger, making us feel important, when we give our awareness, our experiences, our aid, to those we meet, if we don't do this with Humility and Simplicity.

All this because the ego is getting smarter, and to remain, it also hides behind Love intents, help actions, expressions of Light.

That is why, in the Way of growth, it is essential to accompany every expression of our Essence, every action, every help, every gift, with deep and constant Humility, with total Simplicity.

Summary of the expressions suggested

by *Angels*

– I feel that now I'm learning how to behave myself in this thing, in this situation –.

– I want to loosen my 'self' up, I choose to dissolve what strengthens it, what makes it live –.

VI

Expressing

the Power of Being

the Power of the Soul

Comment

Our Essence needs to be expressed with humility, simplicity, with the inner strength that there is in everyone.

We can define this force: 'The Power of Being', 'the Power of the Soul'.

Beloved Luminous Soul, I understand that, apparently, these expressions may seem opposed to humility, but they are not.

This is the power of Light, of Love, and manifests itself in humility, simplicity.

The Power of Being, the Power of the Soul, is opposed to the power of the world, of our personality, that wants to dominate, own, manage, oblige.

They satisfy the ego, but they are illusions, they create suffering, lead to suffer and make suffer.

While the Power of Being makes rejoice, satisfies the heart and Soul, the Essence, allows to experience our talents, makes us express all feelings and emotions, gives us the strength to live everything.

The power of the world, of our personality, creates prisons, and imposes limits, while the Power of Being goes beyond any limits, makes us free, leave free, helps to become free.

Humility makes us great, the Power of Being makes the greatness of the Soul, of the Light express themselves, in humility, simplicity, in Love.

Question:

The expression 'Power of Being' creates a certain difficulty in me ...

Answer:

"This happens because you met and suffered the power of the world, the power expressed by personality.

Gradually you will know the true meaning of this word, the meaning illuminated by Light, accompanied by Love, it won't create any more trouble.

So, then, you will do everything to win this 'power', feeling that with it you can express who you are, your Belief, with it you will have the strength to walk, you will be able to Love and help with intensity.

You'll find that the Power of Being is the key to remain even more humble, to live even more simply.

The expression of the Power of Being requires a lot of strength, because it allows to express the Strength of the Soul.

Then, as you give attention to the Soul, give much care and attention to the body, because in a strong body you can protect the Strength of the Soul, the sweetness of the heart.

A lot of strength is needed to accompany the Soul towards the Light, to express our Essence, to defend our Light, to bring Light, to give Love, to help.

If you live your Essence, you will discover how much strength there is in you, you will know and feel how your strength will allow the Power of Light to enter you, every day more.

With this new force, nothing you will fear, because you can feel My strength in you, you'll feel in body expression, the expression of the Power of the Soul.

Live in Love and Light, with humility keep your heart pure: so you can express only the Power of Light, of Love, the Power of the Soul.

Essence is a Power because it is part of the Light, and Light can everything.

This 'Power' has not the meaning you've known so far, that the world knows.

The Power of the Soul is the ability to act, is the expression of Being in all its entirety, greatness, luminosity.

The power of being is achieving the ability to rejoin the Whole, to merge with the Whole, to accept the Whole.

It is the ability to discern, to choose, to take decisions, to express, to act in Light and Love."

Question:

Can you help me to understand what is the Power of Being?

Answer:

"With Love I will help you to rediscover it in you, to feel it in your heart, to live it fully.

If you live your Essence fully, if you combine your heart with My heart, your hand with My own, more than ever you will feel strong, you will feel the Power of your Soul, the Power of Being.

You will feel inside the Love that makes its 'Power' live, you will discover the great world that is inside you, you'll really feel the New is waiting for you.

And that's where you will find your Past wisdom, and that Love that accompanied your Path. And in that Love guess the New Love you're rediscovering with Me.

Keeping My hands, go into Nature as much as you can, even alone, to learn what it means to be alone and not feel alone.

At the beginning, imagine Me, and imagine that I take your hand, and then all comes naturally because you feel the true reality, that you don't see yet, but you can already sense, love, knowing that you are approaching this reality.

Living your old and new expression, the Power of the Soul, you will also protect and defend Love, and the pearls of Love.

You will be able to go into your fears, accept your needs, observe all you sides, accept everything about yourself.

The Power of Being brings you to recognize your parts to love, to forgive, to understand, to let go, to express more.

It gives you compassion towards yourself and towards others.

And in compassion you observe everything, even your own Power. "

Question:

This can be helpful when I fear not to walk properly in my Path?

Answer:

“Yes. If in that moment you do what I'm now telling you, you will be certain that not only your heart you will feel, but you also will feel My heart, and you will be able to transmit the Essence of My heart through your heart.

You will be serene, because you will be able to say:

– Now I can go and transmit the Essence of a heart that shines completely in the Light, the Essence of my Angel –.

So your heart will be able to convey Light, Love, my Essence.

When you meet someone, you will feel more than seeing, and in this way you will understand if you can donate your pearls there.

You'll feel the strength of those who live their Essence without knowing it entirely, because the true strength is there: feeling you don't understand anything, you don't have the whole vision, the true knowledge, and still give yourself totally.

Each one has its own story, but the Luminous Path requires the same thing: loving.

Every journey is learning wisdom and this journey can be expressed in different ways, but always loving.

Every moment can be the beginning of a new expression, an expression of ancient wisdom.

This is the key: feel at the beginning of the conquest of the Love you've been dreaming of, that you've been searching for, a mission for which you walked very much, you've prepared a lot.

So you will discover the meaning of feeling in one's own mission, and this is not what you understand with these words. You will discover what living your mission means, even if you don't know it.

Slowly, I will donate you other awareness, about your being on a mission, feeling on a mission, knowing the Light of those who are on a mission to the Light.

Once again you will rediscover your being apparently alone, without feeling as such. You will feel to walk down a street alone, but feeling accompanied, protected, guided.

This is part of Love, a Love that embraces everything and everyone, a Love that is in everything and in all, which can be expressed to all, to everything.

Manifest your Essence with the Power of Being without any fear, without any limit.

Protect the pearl of your heart, your new knowledge, but also be able to donate them, share them, manifest them.

There will be many occasions and meetings where you will need to say:

– I'm this one, I believe in this, I love this, I chose to express, to live this - .

Walk serene, open to Love and smile: everything happens simply, faster than you can imagine now, and you will express the Power of Being.

If you're ready for what a situation requires you to live, to express, smile and live everything with joy.

But smile even when you don't feel ready, because that is a new learning for the New that you will live, it is experiencing a new expression for the new expression you will conquer.

Remember that if you keep your heart in Mine, if you will be fully open to My Love, you will express also My Essence.

So are you going to resurface your Essence, you will be increasingly able to express the Essence of Love, of Light, of yourself, and so you'll always be ready to live everything.

This is a Journey with many stops. Each stage is new and will bring to you something new, if your heart remains slight, wide open, joined to Mine.

Smile to what now you're living, you're giving, feeling on a mission, and so discover the meaning of the word mission.

Live in Love, in clarity, because in clarity Love grows.

Living with all your Being, with all the intensity in everything, you will feel inside of you your Power of Being
That's how you will find it out, and you'll enjoy freedom, a continuous serenity, you'll enjoy peace.
I used the word 'enjoy' because it is not about knowing, it is enjoying and being totally satisfied.”

Question:

How can I express The Power of Being, the Power of the Soul?

Answer:

"To express the Power of Being around, with everyone, especially with ourselves, it is often necessary to dissolve things, let the needs go, face difficulties, challenges, to make choices that require a lot, to live with strength.

When you express the Power of Being, what you now feel like a difficulty, you will feel as one of the many things that are part of your Journey, lessons to learn, and nothing more.

Put all your commitment to live your Essence totally, to express the Power of Being.

So you will live in total freedom, your heart will be in peace, serene, completely satisfied, your Soul free.

Feel you win freedom, strength, beauty, grandeur, brilliance, the immensity of your Essence, so you will conquer the Power of Being, of the Soul, of Light, of Love.

It is with this Power that you will be able to live only for your Soul, accompany your Soul to your chosen destination, allow your Soul to live everything it chose.

It is with this Power that you'll live continuously in the Light, in Love, and you'll bring the Love of Heaven to Heart.

The Power of the Soul helps you regain your Essence, express your Light, regain true freedom, Love.

Not always what you know now as freedom and Love actually are.

You will conquer freedom and Love, partly because it will be a new freedom, a new Love; partly because you will regain them with the Love and freedom you've already lived.

And living in new freedom, with new Love, you'll emanate happiness with the whole body, you'll express brightness throughout the body, because they are not emotions, they are not expressions, but they are and will be part of you.

That is why happiness will be continued, whatever happens around you, inside of you, because you are a Luminous Soul, free in expressions, in everything, anywhere, with anyone.

That's how, living in humility, simplicity, you grow up.

Let go any fear of losing your personality, or something, or someone, while you're winning your freedom, because you will not lose anything, but you'll get rid from it all to win the Whole, to savour the Whole.

So you'll go beyond the satisfaction that you know now, that you want now, that you can imagine, you can dream of now.

Believe in yourself, as I believe in you.

Believe in your Light, and you'll love the Great Light even more.

Believe in your Power of the Soul, and you'll recognize the Great Power even more: the Power of Light.

What at first may seem you a waiver, later will be a conquer, your steps toward freedom.

You will totally understand this just after making the choices, which, of course, require a letting go, and only after you have lived them.

With the Power of the Soul you will live in the world, you will walk in the world, and you will suffer no longer anything in the world, not even the power of the world.

With the Power of Soul you will express your Light, you will live in Love.

So, you will express no more the power of personality, a power that leads yourself and others to suffering, although sometimes, apparently, this doesn't seem.

Always be careful, always watchful, because while conquering the Power of the Soul, the risk of getting lost in ego, in pride once again, is very high.

But keeping your hand in Mine, walking in humility, living in simplicity, this can't happen. "

Comment

It is difficult to speak of the Power of Being, the Power of the Soul, when around us the power of personality, the ego, the world are given a great value.

It is not easy to live the Power of Being, the Power of the Soul, when you live in situations where the other power is expressed, the one that dominates, that imprisons, when you are among people who have chosen the conquest, possession of all, dominion over all, through the use and abuse of power.

And, often, we abuse of our power with great cunning.

Wherever there is the pursuit of this power, with the illusion of creating security, privileges, wealth, of being able to dominate.

But, in the end, we become prisoners of ourselves, of these illusions, these conquests, which turn into prisons.

That's why expressing our Light, walking on a Path of Light, defending our Light, defending Love and Light, requires the continuous, intense expression of the Power of Being.

Luminous Soul, even though some situations, relationships, can create a feeling of helplessness momentarily, remember that nothing and nobody can actually imprison you, can keep you from living as you want and the choices that you did, because you are a Divine Spark, you are Light, and the Light all can, all makes, all creates.

Often, we don't express this power and don't live it, for fear of losing something or someone, of losing safety, or what we think to be advantages.

In fact we lose our freedom, we lose ourselves.

Summary of the expressions suggested

by *Angels*

- Now I can go to convey the Essence of a heart that shines completely in the light, the Essence of my Angel - .*
- I'm this one, I believe in this, I love this, I chose to express, to live this - .*

VII

How to relate with body

"You were born with colours.

*You are Light and the Light contains all colours,
it also contains the colours you don't see yet.*

*Then, in life you find the 'fog', you walk in 'dust',
and so your colours are blurred.*

*The sufferings remove their shine,
tears fade them.*

*But if Light is in your heart,
be sure that the colours are in you.*

*You must simply sprinkle them,
make them shiny again. "*

Comment

At the beginning of the Journey of Growth, it may happen that we are so taken by all the new knowledge, engaged in what it leads us to do, that we give less importance to the physical body.

Discovering these new things that attract us much and give us new joys, (what is commonly called 'spiritual'), we run the risk not to give other things their real value.

Angels help us to live everything with balance.

They teach us to detach ourselves from the illusions of the world and, at the same time, to love everything there is in the world.

They help us to understand that nothing is safe, durable, and so everything must be lived with a certain detachment, without feeling anything as essential.

They urge us to rejoice for things that we possess, that surround us, to draw from them all the pleasure, to express gratitude for everything.

Luminous Soul, you will experience this reality yourself: the more you remember that what you have is temporary, that what you're experiencing is temporary, the more you will be able to draw from it new joys and pleasures.

You will discover the ability to savour everything in a more intense way.

If you think what you have, what you can do and live today, maybe tomorrow you won't have any more, you will no longer be able to do or live, you will live intensely all, enjoy it totally,

you'll get the maximum from everything, and give everything you can.

If you remember this temporariness, it becomes natural to worry less for unpleasant things, certain that those will pass too. So it will also be for the suffering, the obstacles, the difficulties.

Angels help us to live with that balance the relationship with our physical body too.

Let's learn to give as much space as possible to the Soul and the heart, living firstly for the Soul, and, at the same time, knowing how to give the necessary attention and importance to the body, doing everything that can strengthen it, make it bright.

This is because the body is the medium that the Soul has chosen to make this journey. Without it the Soul cannot live the program chosen, it cannot grow and evolve.

The Angels collaborate with us to make the body strong and bright, infusing the Light and their Love, operating in it the alchemy required.

And so we can make the body:

"A Light that accompanies the Soul"

“... Remember that your body is like a beautiful vase. It must always be well dusted, cleaned and made shiny inside and out. So it can contain the pure Love, the Light. Care about this vase, and pour in it a lot of Love and Light, so it's easier for Me to work in it and instil what it needs. If you want to make it bright, in many moments you can ask yourself:

– If I were to donate now this vase to my Angel, who loves me, would it be a vase ready to be donated? Did I remove all the dust? Does it contain only clear water? –

This question will help you to see and feel your body like a precious vase, to do all that is needed to make it bright. In this way you will help Me to make it even more precious, more bright, ready to be donated.

With Love and Light you can wrap it, fill it and, slowly, transform it to allow Me to transform it.

With Love I accompany you in shaping this beautiful vase, you allow Me to shape you with Love and Light.

Give your body a lot of attention, care, Love, and listen to it: it talks to you."

Question:

Can you give me any suggestions for my body?

Answer:

"All the attention you bring to your body with Love and Light, will create alchemy far from what you know now, to which

often you won't be able to give explanation, because I will act on your body together with yourself.

This can happen if everything that you give to your body, that you do with your body, will be shrouded by Love and Light, because they create alchemy, if you do them by listening to your heart, because it will suggest the right things for you.

Now you can leave what you learned, and learn to listen to what your body asks to you.

Brings attention to food, it must have the aim of making the luminous body like a precious vase, which contains the greatest treasure.

So the food will not cover other needs, and will give your body what it needs.

The food very often becomes a means to stifle emotions, feelings, anxieties, to cover the needs, satisfy other desires, fill voids.

Before eating, observe the food and listen to your body.

Feel that it will tell you: This will make me stronger, make me more beautiful – or: - This is not good for me -.

Make this with anything you give to your body.

Love it as it already is, be happy of what it will become.

Not all the changes that will happen will always be visible, but your body will show through more and more Light.

Purify it to make it strong, to increase your feeling, to capture the subtle perception, to create even more space to Light.

So, more and more you will understand the body language, because the more you purify it, the more your sensitivity, your sensibility will increase.

Think you have in your hands a very delicate vase that must be kept with Love, that must be emptied in order to fill it only with Light and Love, that must be well-polished every day so that it can always shine.

Give attention to the body and, at the same time, to the heart, because if you bring attention to food, if you purify your body, but in the middle there are feelings which do not belong to the Light, if you have heavy thoughts, sadness, these will overshadow the body, will heavy it, they will create difficulties.

If the heart is bright, light, if it contains only Light and Love, we feel the need to ensure that the body is light and bright.

Make the heart beautiful, do everything to make the Soul more luminous, and what you do for the body, do it with the purpose to make it good for the Soul and the heart.

Sometimes you do things that make the body beautiful just to please others, but often this purpose prevents you listening to the voice of the body, the tips of the heart.

If you make the body beautiful for the Soul, for the heart, you will allow Me to help you nourish it, purify it, make it light, bright, and transform it.

Don't think you have to change or transform it, you have only to love it.

Remember that the heart must be filled with Light and Love, the heart must be candid, the Soul must remain free in the Light.

Then everything will happen in harmony, sweetness, and your body will shape it with Light and Love, will shine in all its beauty.

If your whole body is fluid, Love and joy will flow in it.

The lymph which I will pour in it, will flow in it, it will create great alchemy, unimaginable now. "

Question:

Are past memories in the body?

Answer:

“Yes.

You can help your body to remember Past Life, going out in Nature, because it is your Past Home.

Walk in the woods in silence, sit next to a tree, get down in the meadows.

Take the earth, the leaves, the flowers in your hands, and bilge their perfumes.

Listen to the music in them.

And so do while you climb on a mountain or you are by the sea.

Walk everywhere barefoot, bringing attention to what your feet feel.

While you do all this listen to the sensations of the body, the emotions of the heart, the whisper of the Soul.

And then stay silent, and hear the music, the dances, the language of Nature, its wisdom.

What now can create you difficulties in doing so, then will fade, to give space to the desire to make all this more and more, because you're going to feel emotions, sensations, now unimaginable, you will feel the pleasure of being in your past Home.

There your body will receive a special energy that the earth gives, that those who live there and that you don't see now, can give you, that I will give you there.

In Nature, your body will receive the awakening of past memories.

What can seem 'uncomfortable' now, will awaken in your body, in the heart, in the Soul, the pleasures of yesteryear, and past fragrances you don't feel yet, will be clear.

Together with them past capacities and your colours will resurface.

The scents of Nature awaken memories, feelings, emotions quickly.

The Nature helps to perceive the unseen around you, the New that is waiting for you.

All this will happen, if you live and do everything with the heart, in the Light, loving what Nature offers you."

Question:

Why my body is rejecting the purification I am doing?

Answer:

"This happens when the body is used to receive things not totally pure.

And also the body creates barriers when personality has created some walls, when in the heart all is not fluid.

Then in the purification you must insist, and with Love, accept the possibility that removing barriers is a little painful.

This is because the purification acts deeply on everything, and often makes the walls of personality crumble. Then it is natural to feel some resistance.

The body gets used to everything, even to poisons.

Look how much effort you are asked in detoxification, for anything to be done.

Despite detoxification bring strength and beauty, the body rejects it, or reacts with suffering to whatever is purifying it.

And you know that there are also some poisons in the air we breathe, in the food with which you feed.

That's why with the body you must have a lot of balance, and do everything with Love, even when intensity is required.

When you feel stress, but you know what you are doing is useful for your body, say:

– This is essential for me, with Love now I go over the resistance of the body, knowing that only this way I can bring down barriers and walls -.

In the long run the effort becomes necessity, desire, because by purifying itself, the body will require what it first refused for resistance or reaction.

Talk to your body as if it were a baby, explain to it that what you are doing, is to make it nice and bright.

With Love, take it to overcome its stress, its resistance, its limitations.

And as usual, call Me, ask Me for help. We will do everything together for you to feel less fatigue, so you can feel My Love that accompanies you in everything.

Believe in what you do, believe you're ready to do it, you have everything you need to do.

Here you can live your Essence of warrior."

Question:

I would like to touch the limits of my body.

Answer:

"To do this you need training, balance and a lot of responsibility. When you live a situation, remember that your body is experiencing it too.

In the battles you do to overcome obstacles, difficulties, to win freedom, even your body fights with you.

Loving him, wrapping it with Light, you can help it to live everything.

Be attentive to its signals, live everything with responsibility, talk to it, love it, reassure it.

Always be very loving towards it.

So, day after day, you can lead it to live new dimensions without fear, but with the joy of discovering that you can do with it much more than you imagined, that inside you there is much more than what you have known so far.

Slowly, go over the point at which once you stopped feeling you couldn't go further, do not feel the strength to continue: this is how you will be able to go over everything, touching the limits of your body.

Don't stop at the first gust of wind. Face with joy the winds around, and be sure that you own all the strength, all the skills to live that situation, or what you're experiencing, and to go beyond the limits known up to that time.

By training every day to go, with Love and joy, a little further than the point where before you would stop, you will get to touch the limits.

Remember to do this, always with great balance and responsibility.

You will feel that you can lead your body more and more further.

So you'll make it strong, bright, you'll touch its limits, and you will also perceive that you have no limits.

This you can do if you accompany the training listening to the heart, if you never listen with the mind, if you wrap your pace with Love and Light, if you do it only for your Soul.

And of course asking Me to take you, to help you in everything, to instil in you My strength, to give your body everything it needs. "

Question:

I would like to go beyond the limits of the body.

Answer:

"Be certain that you own everything in you to do it, be aware that it is neither simple nor easy, and ask Me to accompany you in this, to help you in everything.

Then, when there is the sun, express your joy for the sun, even if your body does not want the sun in that moment.

Do the same with the cold, the rain, the wind, and for all the little things that the body does not want at that moment.

Don't feel that you're deluding yourself or you're tricking your body, but feel that you're acting to overcome your limits, starting with these little things.

Don't think that the body does not feel anything, but feel that you will know how to live everything.

The body can stay with its limitations, but you'll know how to go beyond them.

And hunger, thirst, heat, cold can help you in this.

Don't be afraid if it is difficult, accept that it can be, but also feel that you can turn it into a game, and playing with Me everything becomes easier.

Don't forget to always act with great responsibility, balance, Love, joy and humility.

Remember that you will eventually come to real achievements, if you do it only for the Soul, if you do it with the heart, in total humility.”

Question:

How much should I sleep?

Answer:

"The more you take care of your body, the more you purify it, the more you make it strong, the more you make your heart light, the more you feed the Soul, the less your desire to sleep will be.

And here too you can go beyond what you know now, with continuous training.

But if at times you feel the desire to sleep more, do it.

There may be times when changes, transformations are happening. They may be times when in your body great alchemy is happening, for what I'm doing, infusing in it. "

Question:

You say that training leads to exceed the limits, but I just feel tired ...

Answer:

"Each workout creates tiredness at first, gives rise to the desire to stop, to make something else.

But look at the winners: only those who train a lot, win a lot.

And those who win, only express the joy of victory, they don't speak of the fatigue of training, because when they feel the joy of victory, they have already forgotten that every workout involves and requires fatigue. "

Question:

I have a feeling that some of my physical ailments do not come from my body ...

Answer:

"As you increase your sensitivity, you can also perceive what is happening and vibrates around you, away from you.

In the air there are things you don't see, things you don't know vibrate, which bring heaviness, or weaken your body.

Give your body lots of Love and lots of Light, have a lot of attention and care, strengthen it in all ways.

Remember that a great help for your body is the fluidity of the heart, it is living your Essence.

You will be able to live in a completely different way the pains in your body, if all flows within you, if you are in harmony with the Whole, if you live your Essence completely, if you feel a Soul on the road, if you can feel Me beside you and you ask me for help in everything.

All this will protect you and will protect your body.

Continue to bring it Light, love it even more, give it the right water and food.

Be aware that the more you make it beautiful, the more it will require attention, because, while becoming increasingly strong, it will no longer accept either 'dust' or 'cloudy water... '

The more you purify it, purer and purer things it will require you, the more you cure it, more and more it will require special care.

Do not confuse this with weakness or fragility: it is refining oneself, it is a bigger feeling.

If you're for a long time in a room where there is smoke, you get used to breathe that air, and, in the long run, you forget that that air is bad to your body.

If someone who was outdoor between the trees enters that room, he/she immediately perceives that that air is not pure, feels that it hurts to the body, and breathes with difficulty. And this person is certainly not more fragile or weaker than you ...

This is what happens to your body.

Always be careful to find out what messages the body can send you with its ailments.

They can also be some recalls that it sends you to warn you that what you're experiencing is not good for you.

Be careful at all, but live with lightness and serenity. "

Question:

While I received a massage from a very experienced and known, person, I had some unpleasant sensations ...

Answer:

"Smiling I applaud you for your being always so attentive to everything, to make your body bright, shining, pure, to be able to protect it too.

Even with intent of heart, someone could tarnish this bright vase because it has not yet arrived where you are now you on the Path to growth, and so he/she doesn't have your same sensitivity.

You can also meet someone who, knowingly, chose not to walk in the Light, who chose to remove the colours from luminous and shiny 'vases'.

Sometimes, to do this, he/she wears 'gloves' seemingly bright ... and uses words of Light.

So where you don't feel fluidity, serenity, let it go, get away, without judgement, without nothing to interpret.

And with serenity, be attentive to everything, to everybody.

If you ask Me for help and keep your heart luminous and candid, you will always feel where there is really Light, or where there isn't, beyond any appearance, any word."

Question:

How should I behave about the diet that I choose to do?

Answer:

"First of all, don't call it diet, because your mind associates this word with deprivation, renunciation, and this creates difficulties.

Feel that you are doing something that is good to your body.

Act with much Love and kindness, thinking of making the body more beautiful, while you are making the heart increasingly nice.

Accompany everything with the Light that you can infuse with your hands on the food and on your body, to help it in this endeavour, thinking that so you're making it even more beautiful and bright for the Soul.

And ask Me to help you with this.

Loudly say that your image is already beautiful, is already bright, because your heart contains Light and Love.

Now you're just making it prettier and brighter.

The image is the union of the body, the heart, the Soul.

Remember that the image is not expressed only by the body, but also by the look, by the words, the actions. So to be bright, everything should be bright, expressed in Light, with Love."

Comment

If we remember that the body is the medium that allows the Soul to realize its plan, to achieve its goal, we will love it with that intensity that will lead it to do unimaginable things, that will make great healing and inexplicable alchemy occur.

The intense Love will make it strong and protect it from everything, even from diseases.

We learn to give it what it asks and not what old knowledge made us give.

Everyone is different, has different needs, has its own story, so what is good for one, may not work well for everyone.

Then, continuing to change, to grow, to evolve, what today we think good to do, or good for our body, could not be good again tomorrow.

We'll feel that as we change, continue in growth, our body changes too, and, therefore, inevitably, its demands, its needs, change in all.

As we learn to know it, to understand its language, it will be easier for us to give to our body just what it needs at that time.

We will understand that sometimes it refuses certain things, even if we desire them, we feel they are indispensable, because they are not good for it in that moment.

Loving it intensely, giving it the right space, the right attention, it will reward us becoming stronger and resplendent.

The Love that we will give it, will heal, protect, transform it, it will make it capable of things unimaginable before.

So, with Love, we will help it to go beyond the limits that, first, we thought existed.

The strength of the body allows the expression of the strength of the Soul, and allows our Angels to carry within us their Strength, the Power of Light.

These Forces have a so high vibration that can enter our body only according to what it can hold.

Therefore, strengthening our body, we will give more space to these Forces and the Strength of the Soul.

We will then protect more our Essence and the Light, we will donate more intensely Love around us.

The body needs a lot of physical activity and long moments of meditation.

It needs cleaning and purification, as our heart needs to be emptied of feelings and emotions, not loving, not luminous, to stay ingenuous.

It is important to feed us with attention and listen to how the body reacts to the food we eat.

It requires the attention and protection that are required by the heart and the Soul.

By respecting its limits, we can accompany it with Love, Light, besides them, so discovering that indeed there are no limits.

It will thank us expressing all its majesty, shining with the Light of the Soul.

We will feel and live the union of body-heart-Soul.

In this way we will totally express our Essence and our image will be bright.

Summary of the expressions suggested

by *Angels*

– If I were to donate now this vase to my Angel, to someone who loves me, would it be a vase ready to be donated?

Did I remove all the dust? Does it contain only clear water?

– This is essential for me, with Love now I go beyond the resistance of the body, knowing that only this way I can make my barriers and walls break down.

VIII

Being able to surrender

*"It's the pure heart of child who knows how to surrender,
in Our arms fall asleep "*

Comment

Programming life is an essential thing to live it fully.

The needs of everyday life are many.

So if we want to give space to what is necessary for our body, for the heart, and the Soul, it is essential to make a plan of what for us is a priority, after what the daily life already asks us.

We hardly ever do anything that we want or feel necessary for us.

This especially if we are placed in a Western type society that requires programming in everything, even in long term.

In addition, there are the needs of the people we love, of family, of friends, etc.

Then, inevitably, every day we have to make choices.

Often unexpected events happen that change our programs and lead us to experience strong emotional reactions and unexpected stress.

That's why it is not easy to speak of abandonment in such a 'programmed' life.

So it can seem spontaneous to think that only an 'alternative lifestyle' (without a job or outside society etc.), can allow us to live the 'abandonment'.

Angels help us to understand that this is not so, that the 'abandonment' is a state of the heart that allows the Soul to live its design, unknown to us, and that it is possible to live abandoned, beyond the reality that surrounds us.

'Abandoning' means allowing what our Soul has chosen before starting this journey to happen.

It requires us not to impede this, trying to live and be like we want, having what we want, but listening to what our Soul asks us.

When I was a teenager I got two beautiful gifts that helped me a lot to live in this abandonment.

A gift was a picture of a small row-boat with a thin sail, in the middle of the ocean, with a sentence written under it:

"Row with all your strength, but also store the oars when necessary, to allow your Soul by blowing on the sail and bring you to your beach, because only it knows where it is."

Another gift was knowing the metaphor of the farmer who is forced to divert the natural course of water, with wooden planks, to make it go in lawns that need it.

The water 'sees' those axes as obstacles that prevent it from going where it would like and certainly not as aids to reach where it can live its function of water: quench who is thirsty.

Only the peasant as our Souls, knows the right path.

Then, we must enable the Soul to take us along the right path, and understand that sometimes what we see as obstacles, can be of assistance to achieve our goal.

In my life I have had many confirmations of this metaphor.

And every time I've accepted calmly the closing of a door, then a big door opened.

In order this to happen, you can't stay in front of the door to try to open it at all costs, but it is necessary to continue the way peacefully.

So, now I am more than ever convinced that:

"What happens it's good..."

This also when I don't understand what happens, or doesn't seem a good thing for me.

I am sure, anyway it is for my Soul, and that it is better for me to achieve my goal.

I lived a long time alone and I have encountered many difficulties.

It was not so easy to learn to understand when I have to put the oars in my boat and let my Soul, my Angels, blow on the sail, often changing my route, or if it was asked me to insist, to fight, with even more force.

If I assessed the situation with the mind I couldn't understand even now. I can 'feel' what should I do at that time, if I listen to my heart, if I reach out my hand to my Angels, if I give to Them my life, if I put my Soul before everything.

In doing so I can't be wrong and my heart is in peace, because I'm sure my Angels know where to lead me, my Soul knows my goal.

And nothing is more important to me than following it, being a means for my Angels.

Question:

What can help me to learn the abandonment?

Answer:

"Put the Soul before everything, choose to live the project of the Soul, reach out to Me, sure that I will lead you where your Soul chose to go.

You can bring Light into every part of you and return to illuminate the parts that you have already illuminated, because the continued growth, the journey never ends.

While pulling away the larger pebbles, you uncover the smaller ones, after pulling them off, the grains of sand are discovered.

And in order things to grow, it is necessary to do it with a lot of joy.

Think of a stream of water: it first starts to flow as a stream, then becomes a brook, then a river, gradually becomes bigger and bigger, and when it enters the sea, it becomes sea itself, it turns into waves which flow and are flown.

Be like water flowing without knowing its path, and becomes a wave that is led, follow the Soul.

At the beginning you can meet some difficulties, some resistance, but the time comes when the deep union with Everything will flow into Everything, in a sweet way.

Your Soul chose the Great Sea, Our Sea, and you can become water, enter Our Sea and become a wave.

At that moment everything will be sweet, it will be wonderful.

Every day you can enjoy saying:

–Today I can flow even more than yesterday, abandoning me more than yesterday -."

Question:

I find it hard to accept what I do not understand.

Answer:

"Remember that it is almost impossible to understand everything about this journey, to understand all of the reality that surrounds you, to understand all the reasons of the situations that occur. So don't allow the mind to judge, to classify, to interpret.

If you live many moments of silence, you can learn to feel the heart, and in the heart the voice of the Soul. So in this way you'll know how to accept serenely also what you can't understand.

Love what happens, even if you do not understand it, live with enthusiasm even in the confusion of the events.

Live with responsibility, do everything you feel necessary for your body, your heart, your Soul.

Ask My help to understand where you can still do something, where you can change something, where you should just accept.

Love everything around you, but do not tie to anything.

Live intensely what happens, but do not cling to anything, don't hold anything.

Rejoice for everything you have, you live, love everything that happens.

Remember to sing, to dance, to play.

Be happy to be a Luminous Soul, to live a very important journey, to be accompanied and protected by Me, to be able to donate your Essence to anyone you meet.

Many times incomprehensible things come to help you to detach from what you're experiencing, from the visible reality, to learn to listen to the feeling of the heart, the voice of the Soul.

Sometimes the confusion comes around to help you get even more inside you, push you to search for more silence.

Don't try to understand what is incomprehensible. Often, misunderstanding, confusion, are great gifts that allow you to feel all alone with your heart, to perceive everything with the Soul, to live with the heart, feeling a Soul. "

Question:

I know that it is good to follow the heart, but sometimes, following my heart, I moved away from my path, from myself ...

Answer:

"This can happen when the heart is not completely healed, as long as there are needs, as long as you seek fulfilment outside yourself, when you chase the illusions when you leave room for personality.

That's why it's nice and right 'to be taken by the heart', but sometimes it can also be risky.

Now you can say:

–I choose to follow my Soul.

Humbly accept that, sometimes, due to our fears, to maintain some securities, you can distort the words of the Soul, or you're not able to listen to it.

There is a key to always listen to the Soul and be confident that what you feel are the words of the Soul: don't be afraid to lose, to leave, to change, and be ready to leave, change, lose.

If you are ready to this, if you made all the personality go, if your heart is pure, you understand the language of the Soul. "

Question:

Sometimes I've some fears I do not understand.

Answer:

"Accept with serenity that going out of the castles that were built to create securities, walking outdoors without shelter, and meeting the unknown, always creates fear, until you will understand that in the unknown there are great gifts, great opportunities, great joys that await you.

Give Me all your fears, I will instil in you what will help you to go beyond them, I will dissolve them.

Accept the fear before, only this way you can see it, even if by far, then look at the Sky and climb there with Me.

If you don't accept a fear, you won't see it, and it will prevent you to walk.

Many things can create fears, for this they should be accepted and shared with humility.

Only this way you will strengthen your belief, and when a fear appears, you will be able to recognise and then dissolve it. The fears are dangerous because they remove the force, create doubts, weaken the Belief.

If you accept them and love them, if you ask Me to help you with this, you'll always know how to recognize them from afar, raise to them with Me.”

Question:

I don't know when I have to accept the daily life I am experiencing or when I must try to change the things that I don't like.

Answer:

"Accept the daily life with Love and love it.

Try to turn it into continuous occasions for your growth, but do everything possible to make it lighter and more joyful.

As I invite you to accept you as you are, to become then more luminous, this is true for the daily life, for everything.

Let your thoughts, your desires, your actions, point to change for the better.

Wherever you are, with whoever you are, remember that there you are come to grow, to give your Light to express your Essence.

Therefore, live everything intensely, give all of yourself, help in every possible way, and be always ready to new changes and for other places.

This is living the abandonment.

Ask Me to help you to understand where, when and what you must accept, transform, or change, and to assist you in all this.

Then, listen in the heart, the voice of the Soul and observe what happens around you.

So you can capture the confirmations of what you felt in the heart. "

Question:

When I feel disoriented, I'm very much afraid.

Answer:

"Give Me this fear and ask Me to help you.

Never allow your mind to give explanation to your disorientation, to ask why you're in that place, why the thing you are living is happening, but let everything happen, let everything flow.

There may be some moments in which you feel lost because you are contacting what now is invisible to you.

You can feel disoriented because what you're experiencing seems strange, or you do not understand its meaning.

Extend your hand to Me, ask Me to help you and do not fear anything.

Think that when you enter the world invisible to you now, you will feel new joys.

When you feel what you're experiencing is strange, or you don't understand its meaning, feel that living this moment can strengthen you, can increase your Belief, it can help you to detach from what is happening."

Question:

Can you give me some help to increase my abandonment?

Answer:

"You can make this game with me.

Go into the woods and walk, recalling the woods of your life; then walk into a valley, then in a meadow, and say:

–It was not easy to walk in the woods, in many valleys I walked with difficulty, on the lawns I know how to walk peacefully. Now I feel the joy of letting the forests, valleys and meadows go, of ascending to Heaven, and walk there -.

Close your eyes, choose to rest your feet in the Heaven, and then feel your feet lean in the Heaven.

So your heart and your Soul can remain in the Heaven.

From there, you can see all, and so much more understand.

To be ready to do this game, first accept that everything you met in the woods, valleys, meadows, you don't need any more, because it had its time and because in Heaven the path is different. In Heaven everything is different.

This game can help you to live abandoned.

Remember that this is a choice and, like all the choices, can invoke reasons to experience it.

If you feel that it is not easy to live, think it can become so, if you merge your hand to Mine, if you follow your Soul joyfully, if you put your Soul before everything.

Remember that in Heaven you can't bring anything of your known, nothing of your personality, nothing of your habits.

Detaching from the past, give much more space to your past Essence, and you will manifest all your Essence.

Detaching from all the knowledge of the mind, you will find the knowledge of the Soul.

By doing this, you will detach from the world, whilst walking in the world, while loving it, to live with the knowledge of your Soul, and let her free in Heaven."

Question:

You know I always look above, because that's where I want to get, so I choose to make this game.

Answer:

"With this determination you can do this game serenely, you can be ready to bring your feet in Heaven, with the excitement of discovering you're Daughter of Heaven, that your Home is Heaven, that your place is there.

From there, you can turn your gaze to those who walk on the Earth with a new compassion, understanding, patience, with a new detachment.

From there, you can watch your personality remain grounded, and so feel you are pure Essence. "

Question:

I want to follow my Soul, can you give me a help?

Answer:

"Imagine you're climbing on a mountain that you don't know, which has no trails, but there is a long golden thread that connects the peak to valley. If you follow that thread you won't get lost, and you will eventually come to the peak.

In the morning, imagine this thread that unites your Soul to the great Light, listen to your Soul and allow It to follow this golden thread.

Then, see another thread that connects your heart to Mine, and feel that I will support you with Love while you follow the Soul

Be careful to always keep your eyes on these threads, because just a little and you lose their sight and get lost. This can happen even looking around, or the valley. And then it is not easy to find them ...

Don't listen only to the heart but with the heart listen to and follow the Soul. It chose the Light.

Every morning, when you imagine that thread, repeat the promise to let the Soul free to follow that thread.

And don't think that you haven't learned the language of the Soul yet.

The Soul already manifests in your heart, although you now seems not to hear it. More and more you'll hone to hear its language.

Live with your heart wide open to Love, hold your gaze on these threads, in Heaven.

Never stop in this climb towards the luminous reunion between Soul and Light.

Living in the world and living all in the light of the Soul, looking at where you can lay your feet, without removing your eyes from the Light, requires a great balance.

It is easy to live detached from the ground, from the everyday, far from everything and everyone, and be as you say 'spiritual'.

It is not easy to live responsibly with the feet well laid on the ground, bring attention to the body, put the Soul in everything and always keep your eyes to Heaven. But this is really being spiritual.

Take My hand, and ask Me to help you with this.

So you can feel strong and ready to live everything that can bring you to this great balance."

Question:

I no longer feel the desire to attend courses to learn new things, or read, as I used to do long ago ...

Answer:

"You are re contacting your Soul, you're allowing Me to act in you, you are feeling that the place where you are, is the right path for you, that what you're doing is good for you.

Be serene, what matters is discovering more and more your Essence, and let it free so that it can follow the Soul.

What matters is to leave your hand in Mine and let Me accompany and help you.

This is the simplest way, it is not the easiest, but it is the Great Way.

Many hearts know and look for many things but are afraid to know themselves and to follow the Soul.

Choosing to know ourselves and follow the Soul first of all, requires much force and a great courage, because you don't know what the Soul has chosen to live or not to live.

Continue to follow your Soul, abandoned in My arms, and allow Me to take you in My arms.

Serenely lighten more and more your heart, always purify your body.

Give Me your hand, and follow your Soul as a lover, rejoicing, smiling, and so you'll know the Love you are looking for, you will live with peace in your heart."

Comment

The abandonment is a huge achievement, and requires great strength, courage, determination and perseverance.

A long time would be necessary to explain what can help living abandoned and overcome the obstacles you may encounter.

And each person, then, comes to the abandonment with his/her experiences and his/her times.

The easiest way is to live the Essence of children.

Children do not seek the meaning of what they live, they don't think about the past, they do not program the future and live the present intensely.

When stretch their hand to those who accompany them, they don't ask where they are going, they totally rely, sure that those who guide them, take them where they need to go and protect them in everything.

With awareness, we can be careful to always live in Light and Love, and, with responsibility, do everything we can.

So we can make as children do: reach out to our Angel and abandon serene to its guide, with the certainty of being totally protected and getting to our destination.

With the simple and ingenuous heart of children, we can hear the voice of the Soul, and so understand if we're actually doing anything that competes to us, to leave everything happen.

This balance between doing what it is up to us, and allowing our Angel to blow on our sail, between having the courage to change the things we can change and accepting the things we cannot change, leads us to live the real abandonment.

We thus will accept everything with serenity, certain that what we live is good for us and helps us to realize the design of our Soul.

Dear Luminous Soul, from personal experience, I can confirm that this achievement requires much, but gives a lot and much more.

Living in abandonment everything is easier to be lived and accepted, the joys are continuous and increasingly big, the peace of heart is unbroken.

Summary of the expressions suggested

by *Angels*

–Today I can flow even more than yesterday, abandoning me more than yesterday –.

–I choose to follow my Soul.

–It was not easy to walk in the woods, in many valleys I walked with difficulty, on the lawns I know how to walk peacefully. Now I feel the joy of letting the forests, valleys and meadows go, of ascending to Heaven, and walk there -.

IX

How to live life, daily life, job

"The white doves join heaven to Earth.

*They know how to lay their feet on the ground and restart
towards Heaven,
to come back to Earth again.*

To do this they must be free"

*"Feel like a white dove which does not belong
either the Earth or the Heaven you see,
and, by touching the Earth,
raise free in Heaven"*

Comment

The Soul makes many journeys to grow, to evolve. In each journey it knows, learns, understands, experiences.

We may have found the right way for us, learned what is good or not, what facilitates the way or makes it more difficult.

We may have rediscovered our Essence, understood how to relate with others and with everything that surrounds us.

We may have experienced part of what we knew, heard, understood.

But we can never be certain of being able to live life because in one life we can't experience all the known.

Only when we are in action, we can really verify if we can put into practice what we have learned and felt right for us.

Beloved Luminous Soul, I used the words 'knowing', 'learning', 'understanding', 'experimenting', because they contain the main phases of growth.

It's easier to understand these phases if we continue to see life as a special School, where the known should be merged with what we have lived.

Take, for example, a poem: it is not enough to know its content to make it our own, we must learn it a little at a time, we have to understand it.

And once learned, if we focus with the heart to every word, every sentence, we can understand that it encloses the feelings, sensations, and sometimes even the life of the poet.

In doing so, we approach the real understanding.

But only when we experience personally what is written in that poem, we can say: – for me this corresponds to reality. I know how to live this - .

In a Journey of growth we cannot stop even at this stage, but we are asked to experience what we have understood, in more situations and at different times.

Many times, despite having experienced an awareness, we fail to put it into practice in every moment of life.

This happens because there are many obstacles: our physical body with its bio-rhythms and its limitations, our personality, our needs, our emotions, everyday life with all its difficulties, stressful situations, incidents, and, finally, everything revolving around the people with whom we relate.

That's why Angels always exhort us to continuous humility: only with it we can remain attentive to put into practice our knowledge, in every moment and in every situation.

*F*all in love with
*L*ight and *L*ove

“... And fall in love with you, your Light, your Trail.

If you are in love with your Trail, walking becomes sweet and creates enthusiasm.

If you are in love with yourself, the expression of your Essence becomes natural.

If you are in love with the light, let your Soul free to follow it, live in the Light, wrap your heart with Light.

If you are in love with your Soul, feel the enthusiasm in following it, feeling that It drags you, that It creates a sweet waiting.

Fall in love with your Soul, fall in love with Love.

Falling in love, creates love, falling in love with the Light, creates Light.

And you will feel the heart beating in these falling in love in a way which is now stranger to you. Hearing the beating of the heart leads to unimaginable joy, a detachment from everything that can remove this joy.

This love will transform everything inside and around you.

You can be a blameless student and learn all the lessons, but if you're a student in love with your own school, it becomes easy

to live the lessons learned and help other pupils to experience them.

Being students in love, makes Love vibrate inside the school, in the classroom. And this love is felt, this Love gives joy, Love, enthusiasm, security to everyone."

Question:

Can you help me in this?

Answer:

"This falling in love should be chosen before and then known. Firstly, there must be the choice of the heart. Then live as one in love, and express your love, share it. And you will find it out, because it's a special love.

It will help you in everything, even to dissolve any fear, and you will feel more free.

This love allows the total expression of the Essence because it creates the necessary space.

It makes walking sweet, since nothing is difficult if we do and live everything to stay next to the one we love.

This love does not arise suddenly. It is a seed that needs to be helped to sprout, grow, flourish, because feeling this love must be free from all that is around you.

Then, at the beginning, you must choose it.

Then, we live it by letting go a little at a time anything that hinders us to live the unconditional Love, to follow the Light continuously, to express the joy in everything.

This falling in love encompasses all loves.

It makes you look, first of all to what you are in love with, just like lovers.

A heart, when in love, hears and sees first of all the beloved, beloved, feels him/her like a water source, a refreshment, and everything else is covered by a veil.

So feel this love as a source of fulfilment, as a means to live peaceful and joyful, and so will be.

You will gather much joy, so much love around you, because the student in love shows his love in school, thanks for being there, in that school, to learn those lessons, and expresses enthusiasm, to learn them quickly, to move then to new schools.

So he 'infects' other pupils, and they express the same gratitude, the same love, the same joy, the same enthusiasm. And that pupil is surrounded by what he expressed.

Falling in love creates the magic of love that leads to leave everything to experience Love, leads to fight around to protect Love.

This way we move away from all suffering, we look for the joy that creates room for Love, we get closer to what is untouchable. And this creates space to freedom. "

Raise in Heaven

Question:

I feel in love with You ...

Answer:

"And this will help you even more.

Imagine Me in front of you, smiling, and fix my luminous eyes with which I express my immense Love, Luminous Love.

While you look at My eyes, I raise from the ground. Continue looking at my eyes knowing that they express the Light and Love that you chose. So, to see Me, your eyes shall rest on top, and, you won't get lost in what surrounds you, not even for a moment.

Feel the desire to look at Heaven only, because you will feel that your Home is there.

Further, you will really feel the Love for Heaven, for the Light. You will feel how Light contains Love, and you will find yourself in love with Love.

Everything around will be blurred, and nothing and nobody will take away your attention from Heaven. "

Question:

What colour are your eyes?

Answer:

"Think about the blue of sea and Sky, the green of grass and trees, the colour of the earth, the colour of the rainbow, all these colours that blend into one Light.

Light contains all colours, those you know now, those you will know: these are My eyes. "

Question:

Why is it so important to bring our gaze to Heaven?

Answer:

"Because only from there you will be able to see everything as a Soul.

See what there is inside you, to find out more and more your treasures, to manifest your Essence.

Observe what happens around you to understand its messages, to feel that you are living a plan. So you can live it totally.

And to observe everything as a Soul, it is necessary to detach a little from everything.

Only from above you can see the nuances of everything, you can see everything in its entirety, not just one side or part.

The total vision you can have from the top will help you to fully understand, feel the reality, and then you'll know how to behave the right way.

The vision from the top allows you to act by feeling free, because total knowledge leads to informed choices. "

Angels as an example

Question:

I'm often uncertain in the way I act or speak.

Answer:

"Feel a Luminous Soul.

Do everything remembering to be a Luminous Soul, a Soul that lives in the Light, with Love, and nothing more. So you will walk, you will speak, you will act as a Luminous Soul.

Remember that I'm always next to you to help you in everything.

And when you are uncertain on how to act, you can ask yourself:

– Would an Angel do so? –

When you are uncertain on how to live, say:

– Would an Angel live so? –

When you are uncertain on how to speak, say:

– Would an Angel speak so ? –

When you are uncertain on how to love, how to donate, how to help, ask yourself again:

– Would an Angel love so? Would it help so?

Would it donate so? -

Ask yourself all this with a lot of Love: as a Luminous Soul you will be able to answer these questions.

If you choose to live, act, express yourself, love, help, donate, like an Angel, you will no longer be uncertain in nothing, and you will live, you will speak, you will act as a Luminous Soul.

So even your thoughts, your intentions, will only be full of Light and Love.

Follow Me with Love, rejoicing, love and help as a Luminous Soul, and you will be a free Soul, will live in the Light, with Love. "

Question:

When I'm alone I not always act like when I'm with the others, and I wish it were not so.

Answer:

"First of all accept this with Love.

There are many reasons leading to express the best of ourselves when we are with others.

Remembering that, in reality, you're never alone, because I'm always beside you, can help you in this. Feeling that I'm there, in front of you, I know your thoughts, and your intents, can help you.

Remembering this, you can say aloud:

– If I saw an Angel in front of me, would I have this thought, this intent? Would I have this desire? Would I do it as well? –

And you know that I'm not alone next to you.

So you can also say:

–If I saw many white Angels around me, would I think so? Would I have this intent? Would I wish like this? Would I do it as well? –

And here's that much will change!

We are really there, in front of you, around you, and We know every thought, every intention, every desire, every expression, every action.

And this can also help you when you are among other hearts. Before speaking, before acting, again say:

- If I saw their Angel next to these people, if I saw that many Angels are surrounding us, would I speak like this? Would I behave so? Would I do it as well? –

And many things will change around you too, much more quickly you will express all your luminous Essence, you will be able to love and help as a Luminous Soul.

This should not create fear in you, even less shame, but only give you the peace of mind in thinking that everything We understand, We help you in all, that together We act.

If you remember that I am in front of you and I smile at you, that I walk with you, that I sit next to you, your steps will be safer, your expression, your act, will be different, and even your intimate part will be different.

You know how everything is different when you're with someone, but sometimes this can create anxiety or tension, and these will not let you be yourself.

With Me, with Us, everything is different: you will feel Our Love and the boost to express your luminous Essence without interruption. You will feel that privacy does not exist, because

We hear all, see all, know all, We are with you in everything,
We are always next to you.

But you also know that we understand everything and we help
you always, beyond how you are, what you're doing. For us
you are a Daughter of Light.

This thought will create a source of joy, serenity, safety.

Being aware of this can only bring you enthusiasm, to smile, to
the total expression of your Essence.

The Path is intense, the goal is very big.

Think about Us, with large wings, while taking your hands.

And, while you follow Us, your wings will grow.

You do not have to stop to think about all this and to see Our
smile, so you can smile at Us, continuing the journey,
experiencing everything.

It is not necessary that you stop to feel that what you're
experiencing is fleeting, that much around you is just an
illusion, and that nothing must touch you: just remember that
we are there, next to you, just look at the Sky.

Every time you express your love to a Creature of Ours, that
express the joy for all Creation around you, We smile at you
smugly, because Love is the means to live everything, the key
to everything, the destination. "

Love all the Creation

Speak with the real invisible world

“... Caress a rock as you caress a face, kiss the earth as you kiss a cheek, caress a flower like a tender child who is there to give you joy, caress the plants as great friends, caress the water as your friend, greet the air in your hands and feel it like a Creature.

Express your Love aloud with all, express your joy.

They are all Our creatures, without distinction: love them and talk to them.

And the Heaven will answer you, the stars will smile at you, the sea will speak with you, the earth will tell you stories: everything will love you.

So that, without notice, you will enter the Whole, you will enter the Universe.

Communicate with the Whole, interact with the Whole: you will become the Whole by entering the Whole.

And the time will come when no more words, or sounds will be needed: you will hear the words and sounds of what surrounds you, and you will understand everything."

Question:

Why you can help me to talk to this world still invisible to me?

Answer:

"This can help you a lot when something that can upset you comes, something that can make you lower your gaze from Heaven.

Try this experiment: when you hear a note, a word, an echo that might upset you, start to sing, and speak with everything around you.

When something happens that can bring you trouble, suffering, look around to see where and to whom you can express your Love, give your Light.

If no one is there, speak loudly with all the Creatures around you, with everything that expresses life, inside and outside your home.

If you do this, you'll live already in the real world, in joy, in Love.

And you'll see how everything will become so simple.

Sing girl, and you'll live in joy, in Light, in Love: this is what your Soul chose to live. "

Question:

But where these expressions go?

Answer:

"They remain imprinted in the invisible real world that surrounds you.

When a part of Essence has emerged into the Light, nothing and no one can stifle it nor remove Light or colours from it.

Even if a heart as a free Soul, chooses not to make its colours shine any more, donate its perfume, what emerged into the Light will not fade, that part of its Essence will not disappear, nor its flowers will be suffocated, because the image is imprinted in the invisible real world.

And this is also imprinted into the eyes of anyone who saw that part of Essence, those colours, who have already received the smell of those flowers.

Of course every Soul is free to continue or not to donate its scent, its colours, its Light, but it cannot hide, nor stifle, what emerged into the Light.

This knowledge will help you live with responsibility, knowing that everything you think, want, express, every action, remains imprinted in the invisible real world.

There are also all the intentions, thoughts, what the actions create, although these are not Light, they not of Love.

And remember that in time, the thoughts, intentions, of whatever kind they are, materialize.

Remember the power of visualizations, of prayers: they can create beautiful spells, unimaginable alchemy.

But also remember what can be created by what is not of Light, of Love.

Many times disease is the realization in the body of a single thought.

And this is just one example. "

Take in your arms

your inner Girl

Question:

I am aware that I always behave myself theatrically, but I can't change.

Answer:

"It is your inner Girl that pushes you to act so. It is this Girl that doesn't feel a loving mother, does not feel a strong warrior that will protect her, yet.

You know that inside of you there is the Essence of the bright Little Girl, but there is also that little girl who still did not have all the space she needs, did not receive all the love and attention she needs, cannot express herself fully yet.

The inner girl needs to feel the attentions of a loving father and a mother, strong warriors who take children in their arms, she needs to see in them the headlights who know how to guide her.

If they do not feel and see this, they cannot manifest as they are, because they don't have the Love they need. They cannot feel protected to be able to let any fear go, and run carefree and happy in the meadows.

You can receive Love or support by many people, but there is always a moment when, for your inner Girl, you have to become a father, a mother, a warrior. Only this way your little girl will be released and will manifest herself otherwise she must create other things not to go out in sunlight or to attract attention.

If she feels the heat of paternal and maternal Love, joined with force, she will say:

–I have a mom who loves me, I have a dad who protects me, I have a strong warrior who defends me, I have a beacon that illuminates all my nights –.

And this is how this little girl will be able to welcome the Love of other fathers, other mothers, other warriors, of other headlights, and will accept with joy what other people will donate.

In this way she will become simple, spontaneous, she will become a Luminous little girl.

And this is essential, because it is the child who is in you that manifests herself if she can be joyous.

With this Girl you can walk serene in the world, helping, loving, without wasting water, nor time, without looking for other things to get what you need.

This free Girl will manifest Light, will give the Love, will collect the Love I will bring, I will donate you, if you allow her to keep wide open arms and stretch your hands to Me.

Release your Little Girl, take her to play with Me, and everything will flow, within and around you.

Love with a candid Love and it will help you to understand the Little Girl who is in you, it will help to understand how to love her, how to let her free.

Then she will help you understand how to love, how to help, how to keep a candid heart. "

Question:

I'm happy of the trail I'm walking, but sometimes I feel unexplained anxiety states ...

Answer:

"It's always the Girl that is in you, who sometimes is afraid not to be able to play while you're learning in the school of life that is helping you to grow.

It is the child who fears not to do her homework well.

Reassure her, of course confirming that you are at school, but tell her that this is a school where we can play, we can sing.

Tell her that if she doesn't know immediately how to express what you are learning, this is not a problem and therefore she must not be afraid not to do her homework well, not to be able to express herself.

Reassure and push her with Love, helping her understand that what you are asked to do, to express, not to express, to conquer or to let go, she can do it, because people are never asked things they are not ready to do.

Tell her that I always smile, that everything I understand, that when she gets tired, I'll take her in my arms, when she struggles to do something, I help her by doing everything with her.

With Love, push your baby, so that she always immediately does whatever her journey, her life, require, feeling what at that moment she is ready to do, to be, to express.

With even more Love, with even more sweetness, reassure her, telling her that I understand everything, so I also understand stops and errors, the lack of attention, and I love her continuously. "

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

“... Living life with enthusiasm at all times leads to be peaceful, joyful, leads to get closer and closer to peace. I understand that this is not simple, but with Love I push you to this.

You can get to enthusiasm by expressing gratitude for what you have, and maintaining in the heart the joy felt at times.

You can get there by feeling in your heart that life is a great adventure that will remain unknown until the moment in which you live it, feeling that you will reach your destination.

Any unknown journey requires enthusiasm, but the travel itself leads to enthusiasm, knowing that tomorrow everything could be different.

Already every day is different, in part because you are different, hour after hour, day after day.

And here comes a new enthusiasm: enthusiasm to find yourself, to find out what is waiting for you, the gifts that you will receive.

Live with joy the moment of joy, and when there comes a time of difficulty or sadness, think at that moment of joy and say:

– Joy will come back briefly, because I chose the joy –.

Do not impose enthusiasm to yourself: you know that you need it, you know that it makes life easier, but do not impose it to your heart. Let your heart feel it, and when it does not have it, create something that'll bring the enthusiasm back, bring back you to rejoice.

The journey of growth is not easy, but living it with enthusiasm, with joy, holding the hand of our little girl, keeping our look to Heaven, experiencing everything with Us, a time comes when we feel deep within the meaning of the journey.

There a magic happens: there is the absence of desires, of needs, peace and quietness come. "

Question:

How do I overcome the fears that sometimes I feel inexplicable?

Answer:

"You can overcome them remembering that I keep you in my arms, hold you in my heart, I love you dearly.

When you feel fear, whether you know its origin or not, say aloud:

– I'm in the arms of my Angel, I can only smile.

And that's how in your heart joy will return, because you'll really feel I take you up tenderly, I hug you intensely, I protect you, I accompany you without interruption.

And if your mind continues to create confusion or fears, stop, make silence in your heart, and say aloud:

– I feel that I'm in the arms of my Angel - .

And all of this will get you more and more joy, will help you to live all in lightness, will help you to let flow the things that are happening in you and around you.

Be careful to everything, listen to everything, but don't upset for anything, and smile for all. Naturally express your emotions, manifesting what you feel, but don't upset you, do not leave room for any fear, thinking that you're in My arms.

That's why while walking, you must smile, rejoice, play. Only this way you learn to live life as a game, and you live everything as a game.

Only this way you know how to express your own Essence totally, vitality, enthusiasm, strength.

Make your baby play, really play more than you can, play intensely, and playing intensely you will be able to express your life intensely.

Bringing the game in your life, observing the life from the above, feel that life is actually a collection of games, and you can live playing.

Keep your eyes to the Soul, to Heaven, and inevitably the heart will be light, your eyes will smile. Smiling you will feel the enthusiasm for life.

And more enthusiastically you will live, more excitement you will live.

You will smile thinking that I'm smiling at you, and it will be more natural to live life smiling.

Smile at everything that happens in life, feeling that everything is a game to help you grow, to push you to express your luminous Essence. "

Question:

Why a few moments after I sung or after I danced, I'm even sadder?

Answer:

"Perhaps because at that time you danced to stifle a something that is preventing you the joy, you sang not to hear what your heart is telling you, what the Soul is whispering.

The songs and the dances are a means to express, to illuminate. Leaves out everything you're choking inside, express everything there is in your heart, listen to what your Soul tells you.

In this way you will dance for joy, you will hear the song of the heart, the notes of the Soul, and you'll note how to donate them.

When the heart is light, the Girl who is in you is free in all her expressions, her gaze is turned to Heaven, and feel that I am next to you to dance with you. Then your dances will be expressions of the Light and joy that are inside you, will be expressions of life.

And singing and dancing, you can donate a lot, you can help a lot. "

*Join responsibility and commitment, to
intensity and lightness*

Question:

When I do not understand what is happening, I impose myself the lightness, but I'm not able to be serene again.

Answer:

"Never impose lightness to yourself, but with Love help your heart to find it, remembering that everything is part of the plan of your Soul.

This awareness requires a great responsibility, to understand how far what is happening, simply must be accepted, or if it has roots in a lack of action, a lack of responsibility, a lack of commitment.

You need a thin balance between all living with awareness, responsibility, and with an intense action, and letting it happen, letting everything flow.

The projects of the Soul are incomprehensible until you live what those designs have brought, they made happen.

It can be helpful to say aloud:

– Now I observe everything from above, with clarity, with integrity.

And from above then it is possible to observe whether in that situation, in what happened, there was accountability, clarity, integrity, commitment, the intense action, the research of My help.

If there was all this, say aloud:

– Now I do not understand this, but I know that is part of the project of my Soul.

Then accept calmly, let everything flow, abandoned in My arms.

Ask Me to lead you where the Soul is pushing you. Ask Me to help you understand how to act, what to do, to accomplish what the Soul has chosen.

Then live everything with serenity, with peace in your heart.

When you are sure that there was total commitment, there was a responsibility in the heart, you feel the peace, serenity, whatever happens, because you feel transported by the wave, you are sure to go to your beach.

And that's how you get ready to everything, even to change.

Join the responsibility, commitment, consistency, intensity, to the serene, joyful and bright abandonment.

In his way you won't impose lightness in everyday life any more, but you will live your daily life lightly, feeling that you are experiencing what your Soul chose.

This is what gives the deep serenity that no difficulty, no obstacle takes off.

You may feel difficulty in overcoming an obstacle, you may feel fatigue in dealing with a difficulty, but serenity and peace, remain in the heart because you feel that that obstacle, that difficulty, are aids for a great growth.

Experience everything with serenity, simplicity, humility, and this will take you to be always joyful, because you feel you're living the life.

Hearing this, your heart will be slight, in peace, the Soul will be free. "

Question:

I feel within me the boost to live intensely all, and so I don't understand when my body needs to relax or rest.

Answer:

"That boost comes from your Essence of warrior, who knows that life is to be lived intensely, knowing that the body will have less and less need for rest, if you leave the Soul free to fly.

Move the mind away, since it brings you back only the known you're letting go, and listen to your Soul that will help you strengthen the body, to live all intensely.

So that everything will be intense, even resting ... So that the silence will be intense and will become a new source of strength.

Change with joy knowledge and habits, to discover a new unimaginable now.

And in this intensity you will discover how, sometimes, the things you did to rest, to relax, indeed tired you more.

In this way you will understand what your body is asking in that moment. "

Question:

At the beginning of my Way everything was difficult, exhausting, painful: now everything seems simple and sweet.

Answer:

"You're making easier your path, you're making My help, My taking you by the hand easy.

In this way the walking will be increasingly serene, fluid, joyous, more and more you will manifest your Essence.

For this, smiling at you with Love, I tell you:

– Thanks! Thank you because I can gently take you, help you totally, protect you in all –.

It is your intense action, your living with responsibility, in total abandonment, which makes everything easier, which brings you to live everything with serenity, which allows Me to do everything.

Always We choose to take you tenderly, gently help you, but it's up to you to allow this, invoke only sweet winds and nothing more.

It is up to you to indulge, to take the necessary steps, whether small or big, to express your Essence in small and big things, live with enthusiasm, with joy, smiling, and allow Us to take you in our arms.

And this, because often in small steps, in small expressions, are enclosed the major steps of the Soul, the expression of your greatness.

Imagine a flowered garden: when you plow the soil you must remove stones, and this is tiring. You must rip the roots of what could smother the flowers, and this could be painful. But when

flowers grow, sweet hands are needed, tender touches, loving expression. "

Question:

Now I feel it is much easier to play, enjoy, smile.

Answer:

"That's because you opened your heart to the spring that makes many flowers bloom in your heart. You totally abandoned, you acted with determination, you walked intensely.

So you Let Me Act in you and with you, to bring much within you and around you.

And when spring comes you want to run happy in meadows, to sing, to dance ...

What happened must be for you the confirmation that when there is your action, We can act, but when you act with determination, intensity, enthusiasm, you allow Us much more, let us do everything to bring the Whole in your heart, in your body, and around you.

What you did could require more time, but everything happened so quickly because there were your determination, intensity, enthusiasm, joyfulness, total abandonment. All this not only makes for a great growth, but also great healings, great joys.

Of this be proud, be happy.

Continue to live with determination and intensity all: this will create major changes in you and around you, changes that will take you to smile even more, to sing and to dance.

Your image will change too, because living thus, you will allow Past lives to resurface.

The intensity in everything leads to remember everything, it helps to restore the ancient image to express the new Essence.

And, of course, smiling, rejoicing, singing and dancing, the only Past that emerges is the one that lifted the Soul, made the Soul shine, not the Past that hurt the heart, or took away Light from the Soul.

Intense action allows you to resume the colours, the scents, the expression of the Past, to live in harmony, and feel at one with the universe.

This will take you to learn the language of the Soul, to perceive the invisible which moves around you, to hear the inaudible that already resonates around you.

So it will be even easier to hear Me, see Me, and be happy. "

Live 'touching' the world

Question:

I don't feel I belong to this world ...

Answer:

"Touch the world with your feet, feeling that you don't belong to it, but that you have chosen to walk on earth.

So everything will flow into your life, it won't create any thought, you won't feel any desire to know, to understand. You will live all situations, emotions, encounters, as in a non-stop journey, knowing that they are part of the journey, but they don't belong to you.

You cannot understand many of them, you cannot discover them. Sometimes you can't even see them clearly, completely, but you feel that they pass, touch you, and then go.

This mode of travel, does not mean avoiding the depth of the journey, in fact, it allows you to enter in real depth, knowing that only that way you leave everything to continue the journey.

Imagine going into a tunnel where there are things to be understood, to be discovered, to be learnt: you can enter peacefully because you know that there is an output, and the output is always bright.

That's how you need to get in those situations, live relationships: there is only the passage, since, for how long is the tunnel, there is always a bright output.

So you'll always have the courage to enter all situations, emotions, relationships, deal with all the difficulties, go over obstacles, knowing that a bright output is waiting for you.

Living like that, nothing will touch you, everything will graze you.

If in the tunnel you cannot see, understand, anyway you will be able to continue serenely, feeling that what matters is to go out and find the Light.

Keeping the gaze at the exit, sure there will be Light, you will live all intensely, to resume then your journey with the sun. "

Uniqueness and Individuality

Question:

Knowing I'm joined to the Whole creates some fear in me...

Answer:

"Give this fear to Me, feel My Love that surrounds you. Everything is combined. There is no separation, in nothing. You are joined to those you don't see, that are not in your thoughts, to those who are far from you, that are unknown to you.

And your Soul chose to join everything inside you.

Knowing this, make you feel the greatness of your Being, but also a responsibility in every expression of your Being, in every action.

Live this awareness only with the heart. If you allow the mind to enter, you will be afraid to be joined to anything that happens, even far from you.

Melt with Me this fear. It prevents you from feeling the greatness and beauty of it all.

Allow this greatness, the responsibility and the total expression to enter your heart, feeling the joy of being connected to the Light, beloved by the Whole.

Awakening, you took something that divided you by what surrounds you.

Imagine you removed a door from a wall separating two worlds, but the fear of these two variables, or to feel the void of the unknown, made you put it in its place again.

Give this door to Me, feeling that there is no reason to fear these two large spaces.

Without this door your mind won't create any more fears, and you will get used to the unknown emptiness, discovering that in reality there are no voids but only countless beauties.

Around the place where the door was, now there are roses that are growing and that will make the separating wall crumble.

So is your Light: it can disrupt very old walls, it can gather much, it can gather you to the Whole.

When you do not understand what you are feeling or experiencing, say aloud:

- I'm in a world, in a space, immensely large, I can go into a space just as great, and, then, come back here again - .

And while you go and come back in these spaces, you reunite Past Lives and New ones, you reunite yourself with the Whole.

This going from one space to another, without knowing anything, requires abandonment, but will also bring you a great achievement, you will discover the delights that are there.

Every fear will vanish if this you do as a child, joyous, thinking of running in meadows, towards the sun, smiling, singing.

You'll feel so united with the Whole, you will hear everything inside you, you will feel that you are connected to earth and heaven, to the creatures living in the Heart, in the Sea, in the Sky.

All this will take you to an unimaginable joy, a peace now incomprehensible. "

Question:

My dad is there with you?

Answer:

"It is difficult to understand what I'm saying now.

Beyond the reality you know, there is an immense Union where the Whole creates this Union, and there is no separation. All the hearts pulsate in one beat, all the hearts are united in a single flame.

Although there are individual Units, they are separated by nothing and no one.

Notwithstanding the existence of the so called 'diversity of evolution', there is a Unique Whole.

It is not easy for us to explain with your words this Unity and this Individuality that exist simultaneously, because it is something that you feel, that you live, and there aren't words that help to understand.

In silence, you can perceive other appearances beside you, other languages, and, for a moment, albeit short as a beat of wings, you can feel this Unit.

It's separateness, it's division that creates suffering, and this especially when you are separated from yourself, from your Essence.

If in silence you perceive something new, that can be a sound, a note, a presence, rejoice for this. You feel that you're letting go what leads to suffer: separation.

Now you can understand, in part, where's your dad, remembering that it is a free Soul, who can fly anywhere, even near you. "

Question:

How can I live well my individuality, my being alone?

Answer:

"Living intensely the opposite: the union with the Whole, with everyone. Join your heart to the heart next to you, of those you meet in the journey. Live in total opening, share all your feelings and sensations.

Live rejoicing the togetherness, in all its expressions.

That's how you'll discover Uniqueness, and then you will understand Individuality.

You will learn to live alone, living with others, you'll find everything in you, giving everything you have, sharing everything.

Live the stay together in a pure way, with candid heart, combine your heart to the heart of those you meet, your Soul with the Souls who walk toward the Light.

Living so, you go beyond the need to stay with someone and you know the pleasure of being together.

So you learn to discover the Whole in yourself, to see the Whole in the heart of the people you meet.

It is like crossing a big river: if you don't enter it you cannot touch the other side. So, by entering the total Union, merging with the Whole, you touch then the other side, which is Being Unique.

Each wave gives rise to another wave, and all the waves create the big sea. "

Wish to stay isolated

Question:

It is growing in me the desire to isolate myself...

Answer:

"With Love accept that this wish can increase more and more. The more you contact your Essence, the more you listen to your Soul, the more you feel the greatness of your Soul, the more you sense the invisible, the more you'll feel a desire to be alone, that many things disturb you.

Serenely accept this desire, love it, because it will take you to achieve freedom from everything and everyone, not to need anything and anyone.

With joy create these moments of union with the Whole, remaining alone. Discover the beauty of solitude, of your uniqueness, of your totality.

Despite feeling a cell, while remaining a cell, you can join to the Whole.

Savour this being alone, but not for too long: you have chosen to live, to experience, to discover, but also to help, to donate.

With confidence, stay among people to learn the union, to feel united with the Whole while feeling a cell, to understand your individuality, to learn to stay alone in serenity.

Then enjoy these moments of solitude, to regenerate, to strengthen yourself, with total contact with Light, feeling your heart fuse to Mine.

Alternate these moments, experiencing everything with joy. "

Question:

I understood that my task is now living among the people, but I feel so much the desire to retire, to get away from everything and everyone.

Answer:

"Always, when people understand their task, they walk into a bright path, loving it as you love it, they feel at the same time also the urge to leave all, to go far away.

This is because you discover the essence of life with your heart, the futility of many things in the world. Then you want to disconnect and go away.

But if you do this before you have completed your mission, a thread will remain that will remind you the task chosen by your Soul, the mission not accomplished.

Leave room for this desire, but live your mission with enthusiasm, knowing that, only this way, the heart can live in complete peace, in real serenity, and your Soul will be free, it will become even brighter.

Dream, baby, of what you want, but also dream of where and how you can live your mission, expand your Light, donate your Essence.

Give space to your need to feel in touch with the Universe, knowing that, after completing your task, your mission, you will be in joy and peace. "

Question:

I no longer feel enthusiasm for the things that I used to like.

Answer:

"Often when you start to know your Essence, to feel your Soul, to perceive the real invisible world, it is very difficult that something outside can bring that enthusiasm that it gave you in the past.

This is because a part of you feels that nothing and no one can satisfy your heart, if not your Soul, and the things you do for your Soul.

In the Awakening of the Soul this often happens.

But here you need balance, awareness, otherwise escapes occur.

Be aware that when we wake up, nothing more in the world can attract as before.

Love the small things around you. They give you small joys that will create great joy, that will take you to be joyful, to live everything with Love and gratitude.

It may be the birdsong to make your heart light, the dawn to dissolve any sadness, the sunset to give you peace.

Rejoice for the sun, the wind, for the warmth of a home that welcomes you, a bed where you can rest, food: this is

becoming excited about the journey of life, without deluding for anything.

This is the necessary balance in life.

Do not regret if in a thing that you live, you do not have the total enthusiasm. Bring all your joyfulness, put all your efforts to make it the best possible, and do it with as much lightness as possible.

Love everything you live, realizing that everything can help you to grow, that everything is part of the design of your Soul.

You will see that this will get you to have the enthusiasm that the journey of the Soul requires, with the understanding that this adventure makes the Soul more beautiful, creates evolution.

You will feel you love all to become Love, you'll be thankful and joyous for all, knowing you are detached from everything."

Live the present

Question:

I would like to learn to live in the present, and only the knowledge of my Soul ...

Answer:

"This can happen by leaving what the mind knows, so that what the Soul knows can emerge, what your Soul brought, that the heart acknowledged.

You can make a game: imagine a sheet full of words that express our understanding of the mind, you see that I give you a luminous rubber, and with it delete everything written in that paper, to be able to write on it only the knowledge of the Soul. Delete with joy, with Me, all the knowledge of the mind, without fear, without thinking that it is wrong, think only that it had its time.

Then I will lead your hand while writing new emotions and awareness, new expressions, the knowledge of the Soul.

Get guided smiling, knowing that in every start it is natural to be uncertain.

Get guided calmly, remembering that the mind always will tell you that all its knowledge is important, all right, it is essential for you.

Humbly recognize that your steps are uncertain, whether you feel uncertainty or not, only this way they will become safe.

Do not leave room for any fear, remembering that, when there is the choice of something new, the complete opening of the heart, there may be suffering, and there is a chance to heal from injuries.

You can now hear this deleting as something intense, great, but don't fear anything: only in this way the Whole get inside of you, can bring you to live a New of joy, Love, in harmony, in peace."

Question:

How can I be certain that I closed with my past?

Answer:

"Choose with determination to close it and leave it behind you, feeling that I will help you in this.

Be sure that when you choose to close a door, We donate the bolts which make sure that nothing and nobody can reopen that door.

If you feel that something of the past recalls your look back, take your look to Heaven.

If you feel that the past knocks on the door, sing not to hear that call.

If you feel that something, beyond the door that you closed, draws your attention, smile at Me, look those you have around and give Love, give Light.

And the time will come when you won't feel any attraction, the past will not knock on your door anymore, because everything will be dissolved.

That past has had its own purpose, and after achieving this, then dissolves.

That's why you can experience this peacefully, bringing your gaze at Heaven, feeling light-hearted. "

How to live emotions

Question:

How can I live my emotions?

Answer:

"Always accept with Love all expressions of the heart and body.

Let all your emotions flow, then return to your centre, where you can remember that everything is part of a plan that you have chosen to live, that everything changes and will change.

So you will learn to live any emotion, with the necessary detachment that allows you to quickly return to peace of the heart, of the Soul.

Protect the peace you're winning, do not allow anything or anyone to take it away, even for a moment.

This you can do if, when an emotion comes, you say aloud:

–This will change too, this is an opportunity that my Soul has chosen to grow, to evolve.

And you'll hear the heart whispering:

–Nothing matters but Love, but Light –.

And you repeat this loudly.

At that moment you will feel surrounded by Love and Light, you'll feel Daughter of Love, of Light.

Live in harmony with the Universe while walking the streets of the world. This harmony nobody can take away from you, if you protect it remembering who you are, remembering that you are walking in a Luminous Path.

Never be afraid of your emotions, express them, leave to them the necessary space, let them flow: only so they will pass, they will melt away.

And always keep your eyes to the Heaven, your heart united to Mine, your Soul in the Light. "

What to do to increase the feeling

“... Everyone has a way of feeling, of looking.
Remember that from your Past Lives you brought a great feeling.
Let the mind go completely, with courage go beyond any fears.
Keep your heart candid, follow your Soul before everything, let flow your feeling now.
It's like leaving a river flowing: new water will come.
If you let your feeling of now flow, the Past Lives will resurface, a greater and more total feeling will be created. ”

“... Live many moments of silence to perceive what pulses in the heart, to perceive the language of the Soul, the language of the Universe, to hear My words.
Listen to the wind, the fire, the water, the earth.
Sit down next to a tree and stay silent.
Listen to the birds singing, to what earth whispers.
Speak to the earth, the wind, the water, the fire, the birds, the trees, the flowers, and all the Creatures in the Universe.
Then again stay and hear everything, in total silence.
That's how you will get in contact with the New Love that throbs in the Universe, that will join you to the Universe, you will savour the thrill of this great Love.

This Love will help you achieve a great perception of the subtle that vibrates around you. You'll have a new feeling, a new sensitivity.

Everyone has a different story, a different project, so there are different times for everything, even to get to the great feeling. But if in the heart there is purity, candour, if you hear in the heart the voice of the Soul, you inevitably get to the great feeling, to perceive the Whole. "

Question:

How can I understand if what I feel is real?

Answer:

"When you meet someone, when you hear the words of someone, and you have doubts about your acting, about your feeling, breathe deeply and listen to your heart, be attentive to what vibrates in it.

If that vibration shakes you, intimidates you, annoys you, you know that what you are feeling is a help to detach, to understand to let go, to protect you.

When in your heart lightness and joy vibrate, you understand that you can live that thing.

This, even when you feel pain or suffering that touches the heart, but you don't feel fear or rejection.

Then, imagine getting inside your heart, see yourself wrapped in Light, call Me and ask Me to help you, to reassure you, to confirm your feeling.

My love and Light will lead you understand what you feel.
But remember that real feel requires purity of heart, the absence of needs, the removal of the personality, be ready to let protections go, to live the changes.
Be aware that even an unhealed heart can tarnish the feeling.
But if the heart chose to follow Soul first, to leave it free, the Soul will take you aids, I'll take you aids.
Live so in serenity, and you will be fully protected by Light, by My Love. "

Question:

With my feeling, can I interpret the dreams and visions that I have?

Answer:

"When a vision or a dream appears, with your heart try to 'feel' that image, observe everything from the above, because even these images can be means to confirm what you had heard, what you had guessed before.

But never approach that vision, that dream, to the mind.

Then, ask Me the help to understand that dream, that vision while you live your daily life, saying thus:

-If this is good for me, I wish to understand what happened with the heart -.

Then, live the present serenely, letting everything go.

If necessary you will understand.

Remember that even a memory, a need, a desire, a past, a wound may bring dreams and visions.

Sometimes the dreams and visions can be also the perception of the invisible, intuition of what is incomprehensible to the mind.

Then let it all flow, live serene, keep your eyes to Heaven. "

Importance of choices

“... The choice creates a lot in everything.

If you do it with the heart, it creates a lot within and without you.

It allows you to get where you chose. It can allow something that at the moment is unknown, to get to you.

The choice creates, transforms, leads, calls, and allows everything to Us.

This happens if the choice is made only with candid heart, with a pure intent, to follow the Soul. If it is done with awareness, responsibility and caution.

Of course the choice requires a following action.

Each choice brings everything, but also invokes some trials, which are actually just opportunities to live the choice, they are tests, opportunities, growths. "

Question:

How can I make my choices?

Answer:

"Only with the heart and to follow the Heart.

Feel everything with the heart first, and everything make start

from the heart, to leave the Soul free to live its plan.

Only this way you're sure you can live with joy all the changes that the choices lead, draw the essential, draw what is unimaginable to you now.

If you make a selection with the mind, or pushed by the needs, if you're clung to illusions, to securities, you create something that raises barriers, and these lock what can arrive, prevent gifts from coming to you.

Choices require responsibility, foresight, abandonment and joy. They create the foundation of what we will erect in future, they create the beginning of what We will complete.

Always be careful to your daily life, aware of what it entails, and dream the unimaginable, wish the impossible, choose it, and ask Me to bring it to you, if it's good for you, for your Soul.

This is living intensely, tasting, savouring, enjoying, for everything that you have, and being ready to leave everything, to change everything, to live even more in joy, in Love.

It is so that, following the Soul you find yourself, bringing the gaze to Heaven you find your centre, you express your Essence.

Always be cautious, careful, shrewd, and then, totally confident, joyful, abandoned, feel the excitement of the adventure that that choice will create. "

“... Be careful not to approach the word 'waiver' to the word 'choice'.

It is inevitable that choosing one thing leads to renounce to others, otherwise you wouldn't call it choice, but this

renouncing should not create sadness.

And all life requires continuous choices.

To understand why it is not good to talk about waivers, experience with Me what the words 'choice' and 'waiver' create in you.

When you want to make a choice, say aloud:

–With joy I choose this.

And then listen to your heart, listen to what vibrates within you.

Later, always aloud, say:

–Now I renounce to this –.

And bring attention to what you're renouncing to.

Inevitably the joy drops, enthusiasm disappears.

Renouncing makes you feel you are losing, while choosing is like receiving, like creating.

Then, feel only you're choosing, without feeling you are renouncing.

And when you choose, feel the joy of being free to choose ... "

“... The choices require to be followed by intentions, thoughts, actions, vibrations, in harmony with them.

All so living will be easy and the heart will remain light.

Be careful that the daily life does not take you joy, enthusiasm, that choice has created, which must accompany the choice, because this can easily happen.

If you don't put joy and enthusiasm in choices, instead of living them, you get away from them.

Entering the wave of joy, enthusiasm, you live in lightness, in peace, in quiet, in harmony.

If you descend from this wave, the heart will weigh down, the steps slow down, the things that are coming stop."

Question:

Why the person who made my same choice, is not well now?

Answer:

"In this moment it is good for you to remove the look from this heart, because looking at what is happening, could weigh down your heart.

Then, be careful not to leave space for judgements.

And now, so that you can be certain that your choice will continue to bring you the joy in you have now in the heart, I help you to understand how it can happen what has happened.

In the choice, the candour, purity, humility, simplicity, must be real, they must be in the intimate, in the depth.

If these are expressed with words, but they are not real, if there are not pure intentions, that choice serves to nothing, as well as the steps, actions, words, though all this may appear Light or Love.

You can walk a Path of Light, you can perform actions, but if the thought is not bright, the intention is not pure, the journey will stop anyway.

The same thing happens when the choice is a choice of mind and remains so. When it is done with words, but not with the heart.

When it is not followed by thoughts, steps, actions, expressions, in harmony with it.

Then the program of the Soul cannot be completed, you cannot reach the goal, you cannot conquer the peak, and, often, you are located in the opposite direction, or in suffering.

But remember that this stopping, changing direction, going back, is always a choice, made freely, knowingly.

When we don't live the choices made, restlessness, disquiet start, and these are some alerts, some bells.

But nobody, even less Us can oblige to continue living the choice made.

Imagine you're in a path and choose to walk in the sun: you can't receive what the sun can give you, if you move and walk in the shadow ...

When a choice is made with the mind or the ego, these then lead to actions that are opposed to the choice. Then you create a big confusion, you attract the suffering.

When you walk into a path of light, nothing is more dangerous than contradictions, inconsistency, lying to others and to ourselves for non luminous advantages.

If you want to change a choice, you must express it with clarity, with integrity.

Always you remain free, and even to change the choices made, and redo them again. "

Question:

Can physical fatigue, listlessness, be a signal of lack of consistency with the choices?

Answer:

“Yes. And they can be also a consequence of a too long stop on out path, if we don’t dive with enthusiasm in living the choice made.

That's why the choices must be made with Love and joy, in total freedom.

When you make a choice, the Soul push you to live it. If you resist these forces, fatigues, and sometimes difficulty in body arise, you invoke ‘winds’ that should not be there.

When you choose to dive in a sea to reach the treasures it contains, dive into it with joy, do not stand on the beach.

When you are reaching the top, do not stand, because you could feel the fatigue of the journey that will prevent you from feeling the excitement of reaching the peak.

Often you don’t plunge into the sea for fear of leaving things on the beach, some certainties. Often you stop on the way fearing that, reaching the top, means letting go someone or something.

But even these are choices and free choices.

Now you can understand that there is an immense freedom: although the Soul chose a sea, a mountain, you can always stop before you reach the top or swim in the sea.

Remember that in our seas you can dive even if you don't know how to swim, because We swim with you.

But to touch the depths of the sea, where there are the treasures you're looking for, you don't have to have wires that hold you to shore.

To achieve the high peaks, you can't have any weights that make climbing too strenuous.

Just so you can feel the lightness to walk along with Me, to dive with Me. "

Question:

What happens if I live without making any choices?

Answer:

"This cannot be, because also doing no choice is a choice ...

When there are situations that require a choice, and a heart continues to live that situation without choosing, loses energy, sends vibrations of confusion, and often takes energy to hearts which has next to it.

If that situation continues, or is a particularly risky situation, or requires a great choice, in the heart that does not choose may enter feelings of non light, non love. And that heart can then bring around it, or in other hearts, these and other feelings of lack of light, of love.

Be aware of this to protect you and to be able to get away.

Yet stay serene, because not only you will be able to feel it, but also to see it, and I will help you to understand and I will protect you."

Question:

This awareness is creating me now some fears.

Answer:

"No, little girl. What you feel are not fears, but the magnitude of feeling responsible for your life.

Awareness, knowledge of the Soul, can never create fears, because they allow true choice.

Now smile and give Me what you feel.

Life always requires choices, everything is a choice.

With Love give to those that are next to you, to those you meet, the awareness that you know, but then let them free. This also when you see that the heart that does not choose, suffers.

This is feeling free, this is letting totally free.

If one day you choose not to continue the Path of Light that you're taking, that your Soul has chosen, and you do it consciously, you express yourself with integrity, with clarity, simplicity, you'll feel totally free to choose to stop you there, anything painful can happen to you, nothing will happen.

Of course, always you will always hear your Soul which invites you to go on, because that it chose, but agreeing to hear this call, you can stop at any time, you can always choose differently from the plan of your Soul.

And if you choose to continue your journey, don't be afraid.

If you want to reassure your heart, ask Me this every day:

—Are my intention, my thoughts, my pace, my action, my expression, clear? Are they simple? Are they in humility? Are they luminous? Are they of Love? Are they intended to illuminate, to give Love, to follow the Soul? —

Then keep silence and listen to your intimate, deep in the heart. If the answer of the heart is Yes, go serene, joyous and do not fear anything.

As usual, for everything integrity, simplicity, candour and attention to our intimate part are needed.

Nothing can be hidden to our Soul, to Us, although you can hide it very well to those who are next to you. "

The conception

Question:

I wish so much a child and at the same time I have a great fear.

Answer:

"Part of this fear, in fact, has another name: responsibility.

You are feeling that in you will enter a Soul to accompany, a heart to be protected.

It is a Soul who can be helped to shine like a sun in the sky, or blurred.

You have understood that a baby is not a baby, but is a Soul who chooses a body for something big.

It is what you now feel in your heart

And you confuse the feeling this responsibility, with fear.

Responsibility is a very luminous, very beautiful, very important thing.

But your choice is conditioned by your experience too.

Life for you was not easy, and this rises in you the doubt not being able to support a Soul in her difficulties, or experience them together. And part of you would like this Soul never met any difficulties.

I assure you with Love: you're capable of supporting a Soul, to live with a Soul the difficulties that this meets, to accompany a

Soul.

You know that every Soul has its own story, and that, however, it must live it alone.

It can have someone beside that can help, but its trials, its challenges are just its own, and it will live them alone, with its strength, its courage.

But you also know that We help you in everything, we give you what you need to experience what the Soul has chosen, and that with Us nothing is impossible.

Also, you have understood that a child takes away many personal freedoms, does not allow you to choose at any time what you want to do or not do. Don't call it fear, but awareness.

See then that the great fear that you feel is simply a collection of many things.

Help a Soul to join the body and accompany her in life, requires this responsibility, this awareness, because it is a very big choice.

If you make this choice with responsibility and awareness, you avoid suffering, delusions, illusions.

Love then this responsibility, this awareness, and then open to the joys that there are in accompanying a child to life.

It would be risky for you, for your partner, for the same child, to prehend the joys to everything, stop only on the joys, because in this way you are not ready to live moments of natural difficulties that everyone meets in accompanying a child to life.

Accept with Love how deficiencies, gaps that you've met, the suffering that you have lived, influence this decision, and let everything flow.

Keep your heart open, watch the Heaven, join the Heaven.

Share your feelings with your partner, who is next to you, no

longer call them fears, and feel serene whatever your choice.
With this responsibility, with this consciousness, feel free,
remembering that I'm next to you to help you, protect you and
love you intensely, whatever your choice.
Don't be surprised if My words don't lead you in any direction:
Our words always bring simply awareness, clarity, and leave
people completely free."

*D*issolve fears and doubts

Question:

What are the things from which I have to defend myself?

Answer:

"Don't think that you have to defend from something, because this thought leads you to fear. Feel that in certain situations at certain times you must protect yourself. This is very different. Live everything with awareness and observe things that upset you.

Everything that happens in everyday life, the relationships you have, the feelings that are in the heart, the emotions you feel, experience everything as an opportunity to grow, a means to live the plan that your soul has chosen.

Observe everything with Love, feeling the joy of having these great opportunities, so you won't think any more you must defend from something, and you won't be afraid of anything.

Think the journey you're making, the everyday life you live, is to make your Soul even more beautiful, to raise it.

If you remember this continuously, you will love life, your journey, everything you will live. You will catch the Essence of life and the great occasions you'll encounter.

So you will love your body as a beautiful means of the Soul,

you will keep your heart candid and light to accompany your Soul.

This is the key to live life with joy, no matter what happens in life. This is the key to live the journey with enthusiasm, whatever you meet.

Then you will feel that all can help you to raise your Soul, to live in Love, to give Love and Light around you.

So, when you need, you will be able to protect yourself, but you'll do it with serenity.

You will also know how to get away from a situation to protect you, but before you'll know how to bring there Light and truth. Live in joy knowing that I will help you in everything, I will protect you from everything. "

Question:

Often I feel some fears in living my task.

Answer:

"Welcome this fear with humility, so live your task in humility, with joy.

Then, give each fear to Me, ask for My help and if this is possible, stretch your hand to whoever is walking with you and can help you, to those you meet in your journey.

When you feel fear, think it can be an opportunity to learn compassion towards those who are uncertain in their steps, you can learn a great humility that will get you high.

Serenely ask for help, remembering that this will take you to

donate aid around you with Love, with understanding, with humility.

Being able to help is always sweet, and also asking for help should be.

Rejoice in giving Love, in helping, rejoice even in asking for Love, asking for help, thinking that your request will make happy those who will give you Love, will give you help. When you walk along a luminous Path you're never alone.

There is always a wanderer who may need help and Love.

There is always a wanderer that can stretch his hand to help you to live that moment, to overcome that obstacle, to understand that situation, to remind you that with Love and Light, everything passes, nothing is impossible.

And remember that We help and love through you.

If you keep your heart in Mine, you will always feel My help, My love, and your path will be simple, your heart light, your Soul in peace.

In this way, by illuminating it, you can turn a fear, a fix, an uncertainty, into a pearl, a pearl new for your Soul, a pearl you can donate to a heart that is living that uncertainty, is feeling that fear.

Never leave room for concern. Observe them with awareness, accept them with Love, transform them with Light, give them to Me.

Remember that the fears are very dangerous, because they remove strength, prevent steps and actions, slow down the way, weaken the Belief.

If you chose to follow your Soul, be ready to any change to do so. If you chose to leave everything in order to gain everything, be ready for anything.

Live in Love, in Light, and in your heart there won't be any concerns, but only joy.

To be sure you don't leave any space for fear, call Me, smile at Me, and wonder aloud:

–What else I'm afraid of? Is there a fear in my heart? –

Be sure that awareness will come. Sometimes a small sign, a word is enough to understand.

If you ask yourself this with integrity, you will allow Me to help you recognize everything, even what you don't immediately know how to recognize. "

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

Question:

What meaning has the difficulty I have in that place and with that person?

Answer:

"Be aware that there are many difficulties in which you can learn, grow, become stronger and donate a lot.

You who have chosen to donate, remember that you cannot sow in soil already planted. The ground can sometimes be plowed, but often it can't. Sometimes you sow among the rocks.

With this awareness watch from above any situation, with total detachment. Observe if there you can grow, you can learn, if you can gain strength, you can express your Essence, you can donate your seeds.

If there isn't anything of this, then it's time that you go from there.

A difficulty can help you understand if that direction is not the right direction for you.

Sometimes difficulties are means to practice, to check what you learned, and your choices.

When a difficulty has the purpose to help you grow, learn, or is an opportunity for change, if you go away from that difficulty, even if you go in a totally opposite direction, you will always find the same difficulty, maybe in different situations with new people.

This is because until the Soul has not learned what she chose to learn, will always create situations to learn, even if you change your places.

And for a growth, a healing, a lesson, the Soul can create many journeys.

And don't forget that everything can always change, and you're free to change everything. "

Question:

What can help me to overcome the difficulties I encounter?

Answer:

"First of all feel them as opportunities, occasions, means, and accept them with serenity.

Then, call Me and ask Me for help to live them down with joy, to feel the enthusiasm of that achievement that you will do there.

The certainty of the conquest can be in the heart knowing that

your Soul didn't choose anything you're not ready to live, nothing gets to you that you're not ready to live, and that everything you meet in your Way requires less force than you have.

Then express loudly that you have all the strength, you have all the skills to live that situation, in order to overcome that difficulty.

Then, share with those who are next to you everything that you feel in your heart, and in the end always say aloud:

–I have the strength and the ability to experience all this and, thus, to win all. "

Question:

Sometimes I feel fragile in the face of a difficulty and I try to avoid it.

Answer:

" It is your mind that makes you feel fragile.

You're letting go a part and a known of the mind, you're letting go a way of life, you're breaking the rules, and it is natural that the mind does not want this, because the mind does not want the unknown, never wants to move.

So it makes you feel fragile so that you don't do this.

You know that you have a lot of strength, I will always give you all the necessary strength, so feel the enthusiasm for what you can now live.

Many situations can come to allow you to confirm the steps

you did, to close forever a past of suffering, strengthen you in your Way. "

Question:

What meaning has the suffering?

Answer:

"Suffering has many meanings.

It can be a boost to choose another direction, an aid to continue, a growing medium, an opportunity for great possibilities unknown at the moment.

Suffering transforms and leads to evolve.

Tears are often necessary to dissolve, to poach, to purify.

Suffering very often creates the changes that the Soul has chosen.

Feel it as a tool that you chose, because your Soul has chosen it.

In doing so, not only the suffering has a meaning, but you will feel so totally different, you'll live it with a lot more force, much more lightly.

And so, it can also happen that the suffering will turn into joy.

Feel a new flower, bright, fragrant, but with very ancient roots, deep and well entrenched.

So don't fear anything, feeling that you are ready to do anything.

Let it flow, let it happen remembering this, and abandon serene in My arms. "

Question:

I'm often very tired ...

Answer:

"Accompanying you, I know the effort you make in letting your mind go.

I see how you do this, with lots of patience.

For you it is a great job, a job not easy. So this fatigue is natural.

Sometimes, at night, you find yourself with a visible result, sometimes barely visible, sometimes it seems to you not to have any results, but this is not true: what matters is the work you've done. And what you did, allow Me to help you more and more.

It's not a simple moment, because you're letting go a very strong mind.

You feel the risk that, at a time when you let it go, you could unconsciously search for something that substitute it, and this is natural.

It's like trying to grab a branch for the fear of not finding the ground where feet can lay, even if you know that these branches cannot support you.

This reality requires great courage: to disconnect from everything that the mind has built, created, knowing you can't have any foothold.

Feel that I'm next to you, with Love I accompany you in this conquest, I will always give you everything you need to reach your destination.

When you wish a foothold, abandon in My arms, and you'll feel protected and loved. "

Question:

At times when I feel tired I don't know if I have to respond with force to overcome the fatigue, or if I have to rest.

Answer:

"Don't feel you have to do something, but that you can always choose everything.

If you want to react, do it with Love, not with force, because your body needs Love, must be accompanied with Love, especially in going beyond the limits.

Growth, renewals, changes, require a lot of energy.

When your body has to face a trial, remember that the mind always tell you:

– You are too weak to live this, to overcome this. Now you're tired to continue your path, rest –.

You can move the mind speaking with Love to your body, accepting with Love these fatigues.

Often you have the greatest weariness when you're about to overcome an obstacle, when a change is completing, when you are going to overcome a challenge, you are winning a battle.

Fatigue can be felt in the moments that anticipate the big steps.

Call Me, ask Me for help, not only to win or overcome the obstacle, but to understand what is changing in you, or the change that your Soul is asking, precisely in those moments.

Then, say aloud:

–There are these moments of tiredness because I'm close to a goal, to a victory, to a change, because I have reached it after a long walk, after acting a lot. These I can live, because I have all the strength needed.

And speak this way to your body, so that it can hear these words and the vibrations that accompany them, and so find the strength to continue.

The journey of the Soul can bring moments of tiredness.

That is why we invite you to stay in nature: it gives a lot of strength to the body, the heart, the Soul.

That's why you must live with joyfulness: it creates strength and prepares to the fatigue of the journey.

That's why the journey has to be lived with enthusiasm: when the moments of fatigue come, it makes you feel the desire to continue anyway.

New dew always bring to your body, to quench thirst, to restore it: love it, help it, fill it with Light.

When you don't know what to do at that time, call Me, ask Me for help.

Then, be silent and listen to your body, listen to your heart, follow your Soul, and you will understand if the moment is right to rest or if it is not a moment to stop."

Question:

How can I overcome this difficult time?

Answer:

"Recognizing that it is a very important and decisive moment for the battle that you have chosen to win.

Get your forces, ask for My strength, feel your Power of Being, express your luminous Essence.

Think and feel that you have the opportunity to win, so in your heart there can be the enthusiasm to overcome this moment, the joy for the approaching victory.

I will be there, in the battle with you.

So you can transform this difficult time, into an important moment, a great time, and feel the joy of the great opportunity that you now have.

In this way the difficult time, can also become beautiful.

Sometimes it may happen to think you're experiencing a good moment, because everything is quiet, while in reality at that moment you are not listening to what the Soul is whispering, you are not experiencing what the Soul is asking.

Sometimes you feel that a moment is not nice, it's actually perfect, because it's time you so much have expected, for which you have been preparing a lot, it is the time when you can collect many gifts, make great achievements.

So now, observe it all from above, to understand, to feel, to transform this difficult time, into an important moment, a beautiful moment. "

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

“... In the daily life you have the possibility to remember Past Life, to rediscover many things in you; in the daily life there are continuous opportunities to learn, to practice, to check the learned, to express your Essence, to give, to love, to help.

Ask Me to help you with this, and then watch your daily life carefully, only with the heart, not with the mind.

Live your everyday life feeling it a collection of great opportunities, just so you can always live serenely.

Ask Me to help you in everything, to live all as an opportunity, and then abandon in the wave of life, in My arms, knowing that everything you live is useful for you, for your Soul, remembering that all your daily life was chosen by your Soul.

Now your daily life can become a means to donate around you the awareness that you have learned, the knowledge of your Soul, your experiences.

Live all intensely, following your Soul, protecting your heart.

Observe everything from above with that detachment that lets you see everything, understand all, remaining detached from everything.

When you can't understand anything of what you're experiencing say:

–Now I cannot understand, but I'm sure what I'm living is necessary for my Soul.

Ask Me for help and live serene, abandoned. So at night you can sleep with peace in your heart, in My arms.

You acknowledge that inside you there are great treasures, great capacities and ask Me to help you donate your treasures, to express your skills.

Be sure that this will happen, you know it or not. "

“... With Love open to Light and turn your gaze to Heaven: so you’ll live your daily life with less difficulty. And this will bring the strength that you need to live it peacefully.

Feel the courage that is in you, because you need a great courage when you choose to live daily life with awareness and without any attachment.

There are many things that can weigh down the heart, there are many things that might make you remove your gaze from the Heaven, obfuscate your Light, make you lose your smile.

But this will not happen if, when you meet a trouble, you say:

–I know that this is useful to my evolution. Help me to understand what this difficulty wants to teach me, which steps it prompts me to take. I'm sure that with You everything will melt, I will go over every obstacle. -

This is the key that will create the magic of living all in serenity, to turn everything into opportunities, to create many changes.

If you feel that you are not ready to live that difficulty, bring your hands to the heart and ask Me to instil in yourself strength, Light and Love.

Feel My hands on your heart and imagine that some great rays

of light descend into your body, in your heart and wrap your Soul.

So you're ready to live everything with detachment, to grasp everything, give everything. "

“... Watch your daily life as a single, large, continuous, possibility of growth, evolution.

Do everything to lighten your heart emptying it from the past, to allow Me to lighten it even further, to fill it with Light and Love.

Be aware that every day in your heart a grain of powder can fall for what you live, that is why the heart must be continuously drained from it all.

Keep your heart open to all, and ask Me to protect it from everything.

Live everything with enthusiasm, always dreaming of beautiful things, for you, for your heart, your Soul.

Live in Light to be able to expand it where there is darkness.

I know that your heart would like to live differently and is calling you to other places.

That's why those who follow the Soul, who have seen the Light, have always tried to get away from everything and everyone, but this is not your story.

Watch your body as a great means to fly your Soul higher and higher: love it, respect it, because you can bring to life the experiences that your Soul chose, because through the body you can conclude a Past Life and live a New one.

So observe and live daily life.

With Love increasingly detach from it. Do not give too much

importance to anything that seemed important up to this moment.

In daily life live mostly what you feel important to you, your heart, your Soul.

You know that through the daily life you will realise the project of your Soul.

For this reason, when you hear , burdens around you or you meet difficulties, say:

–All this will pass soon. Now I accept this heaviness, this difficulty, and I love it as a great opportunity, knowing that any weight can be transformed into lightness that makes my Soul fly -.

It is not easy to find the balance between the Love for the daily life and the detachment with which it should be lived.

But it is by living daily life that we learn it.

And so you will live your daily life in lightness and you won't feel it any more a limit for your Soul, but as a means to raise her, to take her to live even more freely. "

“... If you are ready for any change that there can be, do everything to make your everyday life easier, to live in places and ways that allow you to walk with a light heart, to give space to your Soul.

I will help you to accept and love it as it is, but remember that there can always be a time, a moment in which you can live in places, in ways that will make the contentment of the heart, the care of the body, following the Soul, nourishing your heart and Soul, easy.

The first step is always to accept, because otherwise you create

vibrations slowing the heart, tarnishing the Soul, taking away My aids.

Then, with joy turn your eyes to Heaven, smile and ask Me anything that can make the daily life less hard, less tiring.

Then, act always intensely, with joy, with the certainty that everything can change, that you can create the change of your daily life.

This is behaving as a warrior who struggles to live everything intensely, to overcome everything, to win it all, holding the heart light.

This is living in the abandonment, knowing that I walk with you and help you, I will protect you from everything.

Live every place as a place where you can learn, grow, donate, spread your treasures.

And when a change takes you to another place, remember all this again.

So you will love every place, and you'll enjoy the excitement of being able to live in new places, feeling ready for this, with the joy of knowing that each change leads to something better."

"... And always new seeds you can bring to your heart, new treasures to your Soul.

Along the way you can find situations that make you grow, you can live experiences that take you to evolve, but there can be challenges, trials, risks.

There is a risk of feeling awakened, ready, arrived, without noticing the subtle games the mind does, the less apparent trials that the Soul chooses to live.

Being awakened requires even more awareness, caution, foresight, humility.

It is important to note with joy and pride the steps taken, the achievements made, the changes, but be just as cautious and humble.

You can say:

–If I made great strides, changes have occurred, even more so my Soul is asking me now to be vigilant, to be aware.

Ask Me the help for this and then manifest all your Light, give all your Love. "

“... Remember that the more you grow, the more from the world can arrive increasingly subtle calls, your mind can create games increasingly subtle.

Don't try to escape from the world, but walk in the world, watching everything from above, feeling a Daughter of Heaven.

Live in the world, the things of the world, with joy and enthusiasm, without feeling in the world, and feeling part of the Universe.

Be careful to detach from your needs, so you can recognize and satisfy the needs of the Soul.

Be careful not to miss in the heart for a heart that you meet.

Only then you can truly satisfy your heart, give Love to all the hearts you meet, and receive a lot by them.

It's easy to get lost in the world, or for the world.

It's easy to get lost in our needs, overshadowing the needs of the Soul.

But it is only satisfying the Soul that you satisfy your heart. Otherwise you live momentary fulfilments remaining then unsatisfied. "

“... With Love I help you to learn how to read your daily life. You will learn to hear the requests of your Soul, to learn a new lesson, to acquire a new awareness, to recall a luminous Past. And everything in serenity. So you will be able to accept everything, to live everything with joy.

Be vigilant in everything, bring joyfulness, enthusiasm, in your daily life, as much as you can and great media, great possibilities will come.

Always find room for your Soul, your heart, your body and to play, because the Girl that is in you will always need to play.

In the game, new joy will come; with the game, you can express many things and make your heart light.

That's how you will learn to live peacefully everything that happens and to love the daily life, feeling that everything has a sense, a meaning. And while living in harmony, you will help those around you to live in harmony because you'll emanate vibrations of quiet, of peace.

Don't stifle anything because the stifling makes the sea stormy. Live everything, express what is in your heart and so your sea will become calm. See the difficulties, obstacles, like waves arriving and returning.

If you feel your sea is stormy, don't forget that it will be calm again after overcoming that obstacle, after living that difficulty, with awareness and serenity.

Do not remove your gaze from Heaven for what in the daily life you cannot live or you cannot do. You know that there is a reason for that too.

In the most difficult moments look at Heaven, because this will make all around you flow.

Follow your Soul with joy, and you'll know the joy to live everything as a means to raise the Soul, make it more beautiful, more luminous. "

“... Feel within yourself the joy for your walking in the world, feel that your pace allows you to bring Light and Love.

This joy will help you live your work, and find the strength to live everything in your daily life. Feel that your work is an opportunity to love, to bring Light, to help.

Living it with this joy, you'll have all the strength to live it and you'll live in lightness, because everything will weigh less, will weary you less.

When you get up in the morning, think about this, and express a thought of gratitude for being able to walk in the world, for having a daily life to live, a job that can allow you to express your essence of Luminous Soul.

So you will live everything differently, feel that everything can be a help to your growth, your Path, a way of giving yourself, to awaken those you meet.

Feeling all this, having gratitude for all this, will create a serene daily life, which will allow you to live your work joyfully.

If in your daily life, in your job, something happens which creates difficulties or perturbation, turn your gaze to Heaven and say:

–Thank you for this opportunity of training, learning. Here I have the opportunity to experience what will make my Soul ever brighter.

We know the weariness, the difficulties, efforts, sometimes very big, which daily life requires or creates, and that is why, with infinite understanding, we help you to live the daily life, the job, in a new way.

We help you live life with more lightness, so that life is a source of joy.

Love your daily life, love your job as source of all that I told

you now, do everything to make it increasingly lightweight. Then, live it with Me, asking Me to help you to understand what in your daily life, in your work, can help you, can make you grow, where you can donate, where you can awaken.

But also dream a daily life without difficulty, without toil, without weariness, a daily life to be lived in freedom. This creates room for the New, this invokes change.

And then be careful at every occasion, every opportunity, to create a daily as light as possible.

And serene go into the world, live all with gratitude, with Love, with joy. "

Question:

I feel more and more often the need to get away from everyday life to be with myself.

Answer:

"This is natural, and increasingly you will feel this need to stay next to your Soul to discover it, to express your Essence.

With serenity watch your daily life from the above, to see if something can change. As a skilled cartoonist, watch your daily life as a drawing, to know how to leave what should remain in the drawing, what can be taken away, what can be replaced.

Those who walk into a Luminous Path, feel increasingly big the need to break away from many things of the world, to live the things of the heart, of the Soul.

They more and more feel the desire to discover their Essence,

to manifest it, donate what they learned.

Be careful to use your time to create space to your body, to your heart, your Soul.

However, remember that sometimes having a little time can also be a boost to learn to run instead of walking ...

Sometimes there is an urgent need to learn or experience something quickly. "

"... Search joyfully, as if it were a game, something that can create more time for you, something that you can change.

And accept this need of time for yourself, for your heart, your Soul.

This is a need that you can hold, but rather give it more space, because in reality it is the desire of the Soul.

Feel that you can be a lover of the Whole, then feel the need to stay close to Everything that contains Love, Light.

That's why your time is becoming more and more precious.

Live it intensely, totally, always asking Me to help you here too. "

Question:

Can you give me the help to better understand how to look at the plan of my Soul?

Answer:

"Not only can you look at it like an accomplished cartoonist, looking from above, but you can also feel with your heart what you can remove, change or leave.

And if you are uncertain, you can in each action, step, expression, or choice, ask yourself:

–Is this really important for my body, my heart, my Soul? Is this really necessary, or it is averting my eyes from Heaven, from my Soul? –

And this do always with Me, because this inquiry will create space to Me, to My help, to understand the response of your heart.

Calmly look at all your daily life, you'll recognize how much time is easy to take from the heart, the Soul, for useless thoughts, unnecessary expressions and actions, for habits.

You will discover many non indispensable things, many illusions.

Giving large space to heart, a lot of time to the Soul, the heart will have the peace that you are looking for, the Love that satisfies you.

That's how you'll let many habits, many things go, because you'll feel those that really bring you peace, joy, Love.

Live everything intensely, in everything ask yourself this question, and you will be able to create priorities, to recognize Everything, choose consciously.

And when something that changes your program arrives, you will smile feeling that something is very important for your Soul, whether you understand it or not at that time. "

“... Protect your heart, your Soul, your serenity.
You need peace, tranquillity, loving kindness.
The daily life should be lived, but also learn to protect you
from the things of daily life, when they take away serenity,
they take from you quietness and peace.
Breathe consciously bringing inside you Love, Light, which I
always will continue to instil in you.
Lighten your heart every day more, careful not to weigh it
down by anything and anyone, to leave your wings free.
With awareness and responsibility live your daily life.
Bring attention and care to your body, protect your heart, your
Soul from what is not Light, is not Love.
Remember that you are free to choose anything, even to move
or change direction. ”

Question:

Often at work I have trouble with my colleagues, can you help me?

Answer:

"Look at these hearts as Souls that can train you, help you remember the Past Lives, Souls with whom you can demonstrate your knowledge of the Soul, your Essence.
You feel that you're there for many reasons, that you're there for yourself, but feel that you're also there for these hearts, you're there for Light and Love.
If you feel at the service of Light and Love, you will rejoice not only there but everywhere you go, because you'll feel that I am

there with you, to give with you, to bring Light through you, to fill those hearts of Love, wrap those Souls with Light, and all through you.

There are many hungry and thirsty hearts, there are many places that wait for you.

If you remember this, your heart will remain slight, and increasingly you'll have force to live everything peacefully. "

Question:

In a few days I'm going to begin a new job, what awaits me?

Answer:

"Diversity, because now you will live it as an awakened Soul. You now have the ability to create many opportunities to bring Light, to give Love, to bring seeds of revival, to donate the awareness of the Soul.

Every day, in the morning, ask me for help to be able to be who you are, to be able to express your Essence in that job.

Ask me to help you understand where you can take all this, how can you create the possibility for this to happen, and ask me to bring to you the situations to live this.

Do not look at the job as something that allows you to live your daily life, or as a responsibility of your life, but look at it as a great means to donate what you have, to express who you are, to collaborate with Me.

And there, you will have many opportunities.

Think first of all this, don't worry about anything, and go

serene. "

Question:

I'm looking for a job that can warm my heart, but I can't find it. Perhaps this has little importance in my path?

Answer:

"Everything you live is important, because it is part of the plan of the Soul, and what matters is that you do not give it too much credit.

This is different. Although it seems that the difference is subtle, however, it is very large.

So, live with responsibility and act intensively in all things, whether great or small, and nothing will slow down the Path you have chosen, will take your gaze away from Heaven.

The big growth is in the small things of every day, that's why you must be careful in everything that you live.

Even a brief encounter, a simple situation, a small fact can enclose a lesson, an opportunity to change or to donate.

This is observing, this is growing, this is learning, and then let it all flow by flowing into the Whole, with the sole purpose to leave the Soul free, to grow and evolve.

This leads to live everything with great responsibility, without sticking to anything, not to feel anything important more than yourself, of the Soul, of your Journey.

This is to ensure that nothing disrupts the heart.

It is not easy for you to find a job that warms your heart, but even if your daily life can seem cold, you can heat it accepting,

observing everything from above, living everything as opportunity.

While warming the hearts you meet, your heart will heat up.

And if you live so, if you behave so, many hearts will warm up your heart.

And so it is, and will be, for your job.

Live with simplicity, with joy, keeping the heart open to any change.

Then, act to find a job right for you, lighter for your heart.

And also for this ask Me to help you, to allow Me to make it totally. "

Question:

I ask you if the job I do now it's still fine for my growth, because I feel the desire to have more space for me, more free time for my Soul.

Answer:

"This job is fine for your growth, but it is not essential to it.

Observe it to catch everything that you can live there, express, donate, learn, help.

Then, look around you to see if there are other more comfortable places, to find a job that can allow you to have more time for your Soul.

If you really want to change your job only for your heart, your Soul, there will be no shortage of opportunities. "

Question:

I'm not happy in my job and I don't know what else to do.

Answer:

"The more you walk in a Path of Light, with an open heart, by following your Soul, the less it will be easy to continue to live daily life, work in situations where you can't express yourself, live your Essence.

Growing up, raising, you will push aside from the world, from the vibrations emanating by hearts very attached to the world and the things of the world.

With Love accept this job, and live with the awareness that you have.

Bring your thoughts, your actions, your energy toward new opportunities, asking Me to help you.

And remember that everything changes and will change, and you can create and live in a new way, in new places, allowing you to walk with more lightness, live with more ease, if you're ready to change, to leave. "

Question:

Lately I do not feel well in the environment where I work.

Answer:

"Very few are the places where you can find fine.

Loving more and more freedom, integrity, harmony, joy, Love, that in those places you can hardly find, following a Trail of Light, you will have increasingly difficulties in places where everything is created for purposes far away from the heart and from the Soul.

You are feeling that your Soul requires something else, that your heart requires very different vibrations, sometimes opposite.

Observe everything from above, with the awareness that you have, ask Me to help you and see if there is any possibility of change.

This, while continuing to accept and love your daily life, your job, the people next to you. "

Question:

I searched and searched, but I can't change this job that I can't stand anymore.

Answer:

"The key is first of all to accept it and do everything to be able to love it too.

Feel it as an opportunity, an aid, as job often is.

Don't live it with anxiety anymore, because this tarnishes everything and obscures the possibilities that are next to you.

Bring serenity into your heart, giving Me these difficulties.

Then, call Me and say:

–Help me to feel and live this job I have, as an exercise, an occasion, as an opportunity for me, and to give what I have, what I know, to the hearts that I meet there. Help me to live everything with intensity and with serenity - .

Remember that when there will be more opportunities to donate or learn what your Soul chose, the opportunity to change will come.

Live all abandoned.

True abandonment, creates room for the new, the choice to follow the Soul first of all, creates new opportunities.

Be open not only to change your job, but to any change.

Dream what you want to change, knowing that the changes will be different, much larger, more beautiful, with more chances to enjoy, to live in peace, serene. "

Question:

I am aware that my job can be a great opportunity for me and for my soul, but there are strong tensions, incorrect ways of acting, lack of respect, I want to leave it.

Answer:

"You are feeling that all this is making your heart heavy, and that you cannot accept what is happening there.

Express what you feel is right for you, get the respect you want, share how you choose to live.

This can change situations and vibrations of those around you a lot.

Do everything with a smile, and see if your serenity, the peace you bring sharing, change something.

If this doesn't happen, you know that the time has come to say:

–I do not accept this anymore, because I choose to live with serenity, in peace, in freedom –.

So, don't make judgements and live your Essence of warrior who fights for the truth, Light and Love.

It is essential to get respect and you can be free to act in the Light, with Love: this is living the Power of Being.

If you are ready to leave everything, you can bring clarity and demand respect, everywhere and with everyone.

When you fear to leave, to lose, you choke your own expression, you accept compromises, you don't live your illuminated power.

This also leads to see prisons as guards, brings to seek safety in the illusions of the world.

But the Soul cannot be free to rise to Heaven, if you accept these jails, which can be different for everyone.

In prison a warrior cannot fight, the child cannot run happy, the flower cannot be wide open, because the sun rays don't get there.

Now you can understand that it can be an opportunity to grow, to learn, to donate, to express, both accepting and living a situation and being able to transform that situation, and also getting away from that situation.

Experience it all, express all, without fear, knowing that everything that is good for your Soul I will bring to you, even a change now unimaginable for you. "

Question:

I'm afraid that going on holidays is now risky for me, for my Journey.

Answer:

"This is based on the location you choose, the way you will live your holiday.

You can choose a place to live what makes your heart even lighter, where you might have more time or space for your Soul, and thus express the joy and gratitude.

You can choose a place where you have the ability to bring even more Love and attention to your body, and strengthen it.

You can choose a place where you can be in contact with Nature, with your Soul, with Me.

So holiday moments may not be risky, but may become great possibilities.

They can be times to regenerate and nourish body, heart and Soul.

Be careful to choose a place to allow all this, be careful to the way you live this time.

And it may be that, even holiday time, becomes an opportunity to train, to express your Essence, to give your Love, to donate seeds of awakening to the Souls you'll meet there.

Live in total joy, playing.

Remember that the child in you, needs to play, sing, run free. "

Comment

Beloved Luminous Soul, what you read now might make you think that the life of the 'awakened' isn't easy.

Awareness requires commitment.

The responsible choices could create fears.

The demand for continuous attention to what you live, to what surrounds us, can seem stressful.

The coherence that the Path of growth requires, can make you feel all too demanding.

But in reality it is not so ...

Of course, even the lives of those who are in a Luminous Way, are not always easy or simple, but they can become, experiencing what our Angels indicate. And so can also be very joyful and fulfilling.

From my personal experience, and the experience of many people I met on my journey, I can say that it is much more difficult and tiring to live without the awareness of the Soul.

Daily life often weighs down, saddens, grieves.

Observing from above, becoming witnesses of what happens in us, around us, becomes a source of serenity that nothing and no one can take away.

Conquering a peak requires commitment, attention and effort, but all fatigue vanishes when you get to the top and let you inebriate by joy, by emotions you feel while your gaze is lost in the endless horizon of the sky.

Luminous Soul, living abandoned smiling at Heaven, loving Universe with the joy of knowing how to be guided, protected, assisted by Angels is not a utopia. Feel that you can make

*everything flow without being touched by anything.
Living in the world, without feeling in the world, loving all,
without sticking to anything, is not an illusion.
This can become true by living the words of the Angels, day
after day.
Here is the key, live what we learned.
This is a great achievement that takes time and patience.
It requires a lot of understanding about ourselves, especially
when we fail to put into practice the recommendations of the
Angels (that create great alchemy in all) because we are taken
by emotions, by situations.
It requires consistent training to remind you how you know,
just when you need it.
This is not only a big achievement, it is also wonderful,
because it leads to wake up smiling, to walk into joy, fall asleep
in the arms of Angels, with peace in your heart.*

Summary of the expressions suggested

by *Angels*

– *Would an Angel do so? –*

– *Would an Angel live so? –*

– *Would an Angel speak so? –*

– *Would an Angel love so? Would it help so? Would it donate so? –*

– *If I saw an Angel in front of me, would I have this thought, this intent? Would I have this desire? Would I do it as well? –*

– *If I saw many white Angels around me, would I think so?*

Would I have this intent? Would I wish like this? Would I do it as well? –

– *If I saw Angels next to people, if I saw that many Angels are surrounding us, would I express like that?*

Would I behave so? Would I do it as well? –

–I have a mom that loves me, I have a dad who protects me, I have a strong warrior who defends me, I have a beacon that illuminates all my nights –.

– Joy will come back briefly, because I chose the joy –.

– I'm in the arms of my Angel, I can only smile.

– I feel that I'm in the arms of my Angel - .

– Now I observe everything from the above, with clarity, with integrity.

– Now I do not understand this, but I know that is part of the project of my Soul.

–I'm in a world, in a space, immensely large, I can go into a space just as great, and, then, come back here again.

–Even this will change, this is an opportunity that my Soul chose to grow, to evolve.

–Nothing matters but Love, but Light –.

–If this is good for me, I wish to understand what happened with the heart –.

–With joy I choose this.

–Are my intention, my thoughts, my pace, my actions, my expression, clear? Are they simple? Are they in humility? Are they luminous? Are they of Love? Are they intended to illuminate, to give Love, to follow the Soul? –

–What else I'm afraid of? Is there a fear in my heart? –

–I have the strength and the ability to experience all this and, thus, to win all –.

– I have these moments of fatigue because I'm close to a goal, a victory, to a change, because there I came after walking and acting a lot.

These I can live, because I have all the strength needed.– .

–Now I cannot understand, but I am sure that, what I'm living, is necessary for my Soul.

–I know that this is useful to my evolution. Help me to understand what this difficulty wants to teach me, which steps it prompts me to take. I'm sure with You everything will melt. I'll overcome any obstacles.

–All this will pass soon. Now I accept this heaviness, this difficulty, and I love it as a great opportunity, knowing each weight can be turned into lightness that makes my Soul fly.

–If I made great steps, changes have occurred, more and more my Soul asks me to be vigilant, be aware –.

–Thank you for this opportunity of training, learning. Here I have the opportunity to experience what will make become my Soul always brighter –.

– Is this really important for my body, my heart, my Soul? Is this really needed, or it is averting my eyes from Heaven, from my Soul? –

–Help me to feel and live this job, as a training, an occasion, as an opportunity for me, and to give what I have, what I know, to hearts that I meet there. Help me to live everything with intensity and with serenity –.

–I do not accept this anymore, because I choose to live with serenity, in peace, in freedom –.

*C*onclusion

“... As a little girl I take you by the hand, taking you where you want to go.

It may happen that, even though there is the sun, you feel in the middle of a storm, in the dark, and so sometimes lose your trail.

Gently, I'll help you to discover the sun forever again, and continue on the path chosen by your Soul.”

“... What I suggest to you, what I sometimes tell you to do, remember that it is only to help you realize the design of your Soul, and live in joy, with peace in your heart.

If something seems difficult, or do you feel it difficult, painful, recalls that it is for your own good, it's just what your Soul chose to live, to reach the top, to conquer an unimaginable immensity.”

“... My words can be totally simple, the awareness can seem clear, but the more you grow, the more you will understand its deep meaning.

And even if it seems you have completely understood an awareness, and have it deposited in your heart, it will be your only when you are able to experience it many times, in different situations.

This is because Our words contain many meanings.

This is because what you've experienced or you are living can be a help to understanding them, but often an impediment too."

Dear Luminous Soul, these messages also express my experience at the beginning of the Journey of growth.

Of course I have continuous confirmations of this.

Often, what seemed difficult to live every day, in every situation, wasn't that bad.

What seemed easier, or a fun game, actually required more attention, perseverance and commitment.

But all I managed to do and live with the help of the Angels.

With the purpose of reminding us that life is actually a great game, that everything we do we can turn in to a game, Angels call 'games' all the little meditations, views they provide to us, expressions that they suggest to say, either in the heart or aloud.

They tell us:

“... We too, took by hand to play with you ...

We know every game we donate to you, you can totally know it only after you did it.

Then, play with Me in joy, simplicity, trust.

Each time the game changes, I will teach you the rules of the game so you can play again.

It doesn't matter if you haven't learned any game: just play as a joyful, carefree girl.”

“... Play the games that I give to you with your heart of little girl, with distant mind, with joy.

Play these games a lot, so much they can help you to learn, to grow up fast, to live in serenity and peace.

And so, going to school, living daily life, living life, they will become nothing but a game that lightens the heart and brings joy.

When you can, play these games in Nature, because it contains a lot of wisdom, ancient wisdoms too.”

Appointment

With the awakening, living consciously, with responsibility, we feel the need to heal the wounds of our hearts, to dissolve the traumas that we removed, to transform the feelings we fear to recognize in ourselves.

Living with more lightness, knowing new joys, often gives rise to the desire to share our experiences, new awareness, especially to those who are suffering, who is going through difficult situations, similar to those we have experienced ourselves, hoping to give a helping hand.

For this, Beloved Soul, in our next meeting, I will take you our Angels' messages, which help us to heal ourselves, to learn how to help, to act personally to promote healing of those who ask for help in order to regain the physical and mental well-being.

Donating help, is an art that we learn day by day, taking advantage of our particular experiences.

It requires the unconditional Love, giving ourselves totally, empathizing with each other and simultaneously remaining detached, to always have clear vision.

The more our heart is healed, satisfied, candid, the more our personality is far away, the more we can give real help.

Total healing of our hearts, also requires the transformation of the past and the end of Past Lives.

For this, Angels have donated us 'Keys of Light' to use with us and with whom we want to help.

They are:

*Compassion,
Understanding,
Loving kindness,
Sensitivity,
Responsibility,
Strength,
Balance,
Calmness,
Patience,
Assertiveness,
Clarity,
Forgiveness,
Purity of the heart, etc.*

They helped us to understand them and to use them.

Other messages give us tips on how to get to express ourselves as we wish, to become as we choose to be, to live as we feel right for us.

Bye, sweet Luminous Soul, see You in a few time, with all these beautiful gifts by our Angels.

*I*ndex

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I am beside you
Heal yourself and help heal
Helping with Light and Love

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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