

*Satya*

# *Your hand in Mine*

*Gifts of Love of the Angels  
to live life in the joy*



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*Your hand in Mine*

*Gifts of Love of the Angels*

*to live life in the joy*

1<sup>st</sup> Edition 2004

2<sup>nd</sup> Edition 2014 (expanded version)

*To my beloved parents*

*Thank you,*

*for telling me about the Great Light,  
the Angels, the Essences of Light.*

*Thank you,*

*for teaching me to:*

*keep my gaze towards the Sky,  
love the Light and the Truth,  
dispense Love to everyone and everything,  
express gratitude for everything,  
live simply and humbly,  
do only those things that bring peace of heart,  
peacefulness in my Soul.*

# *Note from the author*

*This is the 2<sup>nd</sup> edition of this book and it has been expanded.*

# *F*oreword

*This is the 1<sup>st</sup> of a series of books, which contain many messages given by the Angels through channelling.*

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

*feel accompanied, loved and protected by Them;*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

*Meeting of two Luminous Souls*

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

*Who your Angel is, how you can hear Him, and  
how to live a relationship with Him*

*How to establish a dialogue with Him: prayer,  
silence, and 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 )*

## *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 our true self, recognize one's true*

### *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 one's Essence*

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

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

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

## *Reincarnation and the 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 Soul's Awakening*

*( 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 )*

## *L*ife: 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 )*

## *P*ersonality, ego, and '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 )*

## *H*umility and Simplicity

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

*Live with simplicity of heart and Soul )*

## *Express the Power of Being and 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 live with our 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 )*

## *Letting go*

*( 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 your life, your daily routine, your job*

*Fall in love with the Light and Love itself*

*Rise to the Sky*

*Angels as an example*

*Love all that is Creation*

*Speak to the existent invisible world*

*Take your inner Child on your lap*

*Walk with enthusiasm, live life as a game, smile,  
sing, dance*

*Merge responsibility with commitment, and intensity  
with grace*

*Live by 'merely touching' the world*

*Uniqueness and individuality*

*Desire to retreat in isolation*

*Live the present moment*

*How to live one's emotions*

*How to sharpen one's intuition*

*The importance of choices*

*Conception*

*Release fear and doubt*

*Understanding the meaning behind tiredness,  
difficulties, sufferings, and how to overcome them*

*How you can live your daily routine, your job, and  
your free time*

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

*The Angels show the Way to healing*

*The 'Keys to the Light'*

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

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

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



*Some of these keys are:*

*Observing the present moment*

*Courage*

*Clarity*

*Awareness*

*Responsibility*

*Integrity*

*Equilibrium*

*Strength*

*Assertiveness*

*Candour*

*Sensibility*

*Lovingness*

*Placidness*

*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 healing path*

## *The meaning of disharmonies and suffering*

Means of healing

The heart and Soul beckon

The Soul's recall to close, release or heal our 'Ancestry'

Non-expression of one's Essence

The presence of non-luminous thoughts and feelings

## *What healing allows for*

Increased serenity and fluidity in interpersonal relationships

To become anew – to Live the new – to walk the way of the heart

The possibility to give real help

Possibility to experience complete silence during profound meditation

Comprehending Life

Possibility of creating

*Discover the healer within*  
*How the Inner Healer can operate*

Healing with your heart and hands

Healing with the Light

Healing with Nature

Words - Sounds

Positive Thought and Visualization

Tears

Meditation

Love

*How to choose the means and modalities to heal*

*Accepting ourselves and others*

*Accepting disharmonies and difficulties*

*Thanking*

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

*Healing through our daily routine*

*Creating change*

*Acting with intensity*

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

*Expressing your heart*

*Sharing, giving, and receiving*

*Inebriating your mind*

*Letting out what is within*

*Fear of opening one's heart, fear of sharing*

*Fear of inner work, fear of all that growth requires*

*Fear of mystery, fear of the non visible*

*Releasing doubts and difficulties*

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

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

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

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

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

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

*Rediscovering the Art of helping with the Angels*

*The art of helping and giving*

*Who can you give help to*

*Nature's call*

*Simple examples*

*Cooperate with the Angels*

*Would you like to cooperate with me?*

*I will help your Souls meet*

*How to relate yourself with others*

*Listen to your Soul*

*How you can prepare yourself*

# *How to help and give*

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

*The joys of giving*

*The privilege to help and give*

*The art of discernment*

*Intuiting needs*

*The ability to listen and reply*



## *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

*The meeting of two Luminous Souls*

## *Comment*

*Hello Luminous Soul,*

*do not be surprised to be addressed this way, though it may be the first time someone salutes you like this.*

*You are a Luminous Soul because you are a Divine Spark, you come from the Source of Divine Light. This source can take on many names, I call it 'Great Light' because I feel this way I am respecting everybody's mindset and Beliefs.*

*We are all Children of the Great Light, we all contain the Light.*

*If we can see everyone as a Divine Spark, a Child of the Light, then it is natural to love with compassion, respect, allowing freedom, accepting also those who have forgotten to be a Divine Spark and, therefore, are not acting as such.*

*I always thrive to remember that anyone I meet on my path is a Divine Spark. If you remembered that and acted as Children of the Light, within and around us, there will only be Love, joy, and peace.*

*This remembering is called 'Awakening'.*

*As we are born, we fall into a profound sleep and forget who we are, where we come from, why we have chosen to live on this Planet, we forget our purpose, etc.*

*Each and every one of us was free to choose the time and place we were born, for a precise reason, a specific purpose, and mission.*

*Before we leave 'Home' (dimension or planet I prefer not to define here), we trace a perfect plan, a very detailed programme we choose to achieve on planet Earth.*

*This plan contains all our future experiences, our family, friends, partners, people we will meet, what we will achieve on our journey, moment by moment, because everything will contribute to fulfil the purpose we set forth before leaving Home, the reason why we choose to reincarnate on this Planet. Other Luminous Souls choose to be here with us, in order to reach their goals and also help us reach ours, however, all goals share the same purpose: to evolve and become always more luminous.*

*When coming to Earth, we enter a big 'School' where each of us can access different 'classes' based on every individual previous preparation, level of evolution, goals in this life, and how each person has chosen to learn their lessons and grow.*

*Therefore, all the Luminous Souls that are part of our plan are our 'school mates'.*

*We can all be simultaneously, students and teachers for one another, because each encounter, each relationship, each experience brings understanding and awareness, which allow us to grow and evolve.*

*As we do that, we move 'from class to class' until we reach our selected destination.*

*Nothing is accidental, everything happens because we have chosen so.*

*Naturally, we have free choice as to which classes we want to attend, how long to stay in each class as well as leave any given class before learning those lessons.*

*We have free choice at any given moment, we are free to choose and modify our initial plan and programme.*

*This is the great freedom that each Soul possesses and will always have throughout its entire evolution.*

*Often we modify our Soul's plan because we have not yet rediscovered who we are, we cannot remember our purpose, the goals we wanted to reach, and because there are challenges to face, and obstacles to overcome.*

*Each goal is great and marvellous, when we choose it from a place of complete knowledge that Luminous Souls have in that beautiful dimension of Love, Light, and peace.*

*When we are born, we are 'asleep', and therefore, we 'risk changing' plan, our programme, and then get far off track, away from our purpose.*

*Luckily, we have a great 'Friend' by our side to protect us, and help us remember and live out what we have chosen. He accompanies us to rediscover that we are Luminous Souls and helps us express the immense beauty and richness we hold within as Divine Sparks.*

*We are free to give or withhold our hand to our Friend, free to receive help or continue alone.*

*He is always offering us his helping hand, however, he is not allowed to take ours without our permission, he is not even allowed to prevent us from stepping farther away from the Light where he cannot protect and guide us.*

*Despite his infinite Love for us, he will never prevent us from doing what we choose to do, not even when our choices go against our initial plan, and he will not prevent us from walking a completely different Path from that initially chosen to fulfil our purpose.*

*We are travellers on their path towards the Light, alas often we are not aware of it.*

*As we walk our path we meet other wanderers, sometimes we walk with them very briefly and just for a moment, other times*

*we walk with them for a very long time until the end of our journey.*

*Our Friend is always by our side, he protects us with the Light and he loves us with such great Love, that he never takes our freedom away from us.*

*If we allow for it, He can hold our hand so tight, he walks along with infinite patience helping us at every moment giving us all that is necessary for our journey.*

*He teaches us to intuit the right direction to be taken, so that we may make the best choices for ourselves, and take steps which will direct us to our purpose.*

*He knows our plan well.*

*We simply need to tend our hand to him, allow him to be by our side, and protect us.*

*Do you know who this special Friend is? He is our Angel.*

*He is not the only one who can help us, there are many others who work alongside with him, however, He is there for us only.*

*Would you like to meet mine? It is not an easy thing to do for he does not have a name...*

*“I beg your pardon? He does not have a name? How can you call upon him then?”*

*He is so special, one does not need to call on him because he can perceive our thoughts, he knows all our thoughts, our heart, our intimate self, and our desires.*

*My Angel, and all the Angels that have whispered Their words to my heart, have said this to me:*

“I do not have a name. We do not have a name, we are Essences of Light. We do not need a name, however I understand how important it is for you to give Me a name. You can, therefore, give me the name that you like and I will be happy.”

*I have chosen to call him simply 'my Angel' and I can assure you I can feel Him always by my side when I think of Him... I could distance myself from him if I forget that He is there with me, for me, indefinitely.*

*Luminous Soul, maybe you are wondering how I can hear the Angels' voices? for it is that I can hear their voices, the same way I can hear people talk.*

*Because my mind has always been very busy overworking, and as expected, at the beginning it said to me:*

*"This voice you hear is your unconscious, your inner Teacher, your Higher Self", the Angels made sure to speak to me so clearly that would not be able to confuse them with those inner voices.*

*To be able to hear one's Angel is a very natural process.*

*As children we can see him, hear his voice effortlessly, and when we talk about it, we are told he is our imaginary friend, or that it is a product of our fantasies.*

*Indeed, he is our friend, but not an imagined one. He is real. Whole happens very easily when we are children because we have a pure heart, and are able to listen with our heart rather than with our mind.*

*As we grow, we give increasingly too much space to the mind, the knowledge we acquire and the conditioning from the environment surrounding us. Gradually, we lose that innocence, that simplicity that allowed us to see and hear our Angel.*

*That is why we need learn nothing in order to hear or see our Angel, all we need to do is remember how we used to do it as children, distance the mind from the heart, live with the simplicity and purity typical of children, smile and listen in silence.*

*The Angels have given me so much awareness and wisdom, rich with messages that I wish to share here.*

*I hope they will bring to your heart, the kind of joy they brought to mine, and help you, as much as they have helped me, to live each day increasingly better, so as to acquire always more peace and serenity.*

*They have helped me develop a Loving attitude, be more understanding, compassionate, respectful, and joyous towards the people around me, and those I meet along my journey.*

*They have taught me to comprehend and feel with my heart, know the pleasure and joy to help others.*

*They have accompanied me along the discovery of who I am, how to live as a free Soul, and respect everyone's freedom.*

*Thanks to Them, I have established a much deeper, Loving relationship with Nature, with every living being, with all the Creatures.*

*It is a most precious gift, because now, the whole of Creation, the whole of the Universe, is a Love chant to me, that nourishes and warms my heart, and makes my Soul blissful.*

*They have thought me to rediscover Nature as a second 'School' (the first one is that of the Angels) and a beautiful 'Home' as a place where I can have amazing experiences, fill my heart with delight, and regenerate my body.*

*I often call them 'my Angels', it is an expression born from my heart for the immense Love I feel for Them, however, they are not just my Angels. They belong to everyone, to all those who wish to have Them by their side, allow for Their protection, receive Their help, and infinite Love.*



## II

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

## *Comment*

*Dear Luminous Soul, you can perceive your Angel in so many ways and each one of them is beautiful, because in that moment you will perceive His Essence, His Love, and then you are fulfilled.*

*The scent you may smell will not remind you of any known flower, not of anything else existing known to you.*

*It is a special perfume, one of a kind, soft and intense, impossible to define.*

*You might perceive a light breeze through your hair or perceive a light touch by a breath of wind.*

*Sometimes it appears as a sudden light, and following a heart jump you may perceive His presence.*

*You may feel like someone is standing next to you, but when you look no one is there.*

*Angels' presences can be perceived in such ways and so many others but always in a very sweet, delicate way. That is why one must be very alert, and of course, hold an open heart.*

*When you ask your Angel for advice, in the beginning it is not easy to intuit the answer or overcome the doubts that it may be some other voice from your heart you hear, however rest assured the answer will come in its own way.*

*It may come through someone you meet, and while that person is talking of something else or telling you what has just happened to her or him.*

*There is also a little game you can do.*

*Choose a book, close your eyes, think intensely of your Angel, picture Him right there in front of you, establish a connection with Him, ask Him advice on what you need right then, and ask Him to give you the answer by means of that book.  
Take a deep breath and open the book randomly.  
Then open your eyes and read that page 'with an open heart'.  
Often through those words you will clearly get His answer.*

Question:

*Who are you?*

Answer:

“A part of the Light, just as you are.

Always perceive Me this way by your side, feel how we can fuse together this way, as if I could become part of you, as if you could become part of Me.

In truth, a part of Me can come inside of you.

Then between us there could flow a Love so intense to give you the blissful feeling of the most intense, profound experience of falling in love that has ever existed. This feeling will make your whole Being vibrate.”

“... More than anything, there will be a profound friendship and a profound union with Me, I will be your source of strength, enthusiasm, and joy.

Do not be surprised I mentioned friendship because together with our union, in its deepest, most intense, sacred meaning, it is the expression of the relationship that is necessary between Me and you.

This friendship, this fusion, will allow you to perceive Me so much more and completely until you will see Me.

To perceive Me and feel Me so intensely can be extremely big and encompass so many different sensations that you may not feel the need to see Me, though it will happen.

Come with Me, so close to Me, and in the silence of your heart perceive Me, recognize Me.

So then, create your own space, as often as you can, in your home, with a candle light within the privacy of a closed room, in the silence, or in the Great Home (in Nature), with the light of the sun, or the stars.

Create this intimacy, stay within the silence, and ask Me to vibrate intensely for you.

Right then, you will perceive Me, you will unite with Me, and more than ever you will feel how real I am, how real Our friendship is. I will be real.”

“Do compare yourself with Me, as friends do, solely as a friend who loves you in your totality, that loves you intensely, and infinitely. And the heart will be fulfilled.

I cannot tell you that your daily life will be easy, though together we can make it simpler, more pleasant, happy, and make your journey lighter.

Your daily life will still be a bit confusing, you will still have to face some challenges, however, you can create shelter under the Light, within the Love.”

Question:

*What does it look like where You are?*

Answer:

“There is the Light that awaits you, an immense Light, and the kind of Love that envelops you.

It is coming back Home, where there is only a smile and nothing more, the kind of peace you cannot comprehend right now, the kind of pleasure you are not able to perceive now.

It is coming back Home simply to smile, live within peace and delightfulness, though these words do not express what truly peace and delight are.

It is coming back Home where everything is Love, Light, and joy.

It is a long walk that which will take us back Home, and when a Soul gets lost in the darkness, it is not able to return home, but it is wrapped in the shadow until it will be ready again for a new journey to continue its walk towards the Light.

It is the shadow, the absence of Light, which creates the suffering.

Imagine what it would feel like to be constantly surrounded by clouds and never see the sunlight and the sky...

This is why we are by your side, so that you may always experience the sunlight during your journey, and find it again at your destination.

Question:

*How can I hear Your voice?*

Answer:

“...Anything can happen for it is such a natural process to hear Our voice.

There has been a time when there was such a deep connection between us, there was a lot of purity in your heart, and a lot of respect for the Universe.

It will flow naturally, however, My child, do not remain trapped in anxiety because that attitude tends to distance you from achieving it.

Do not fixate your gaze in the effort to see Me, and do not remain in the constant tension of wanting to hear Me.

Keep your heart open, stay within that serene, delightful silence, which you know. Stay within the simplicity of who you are, within the Love you possess, and most of all, within the integrity of Being.

Direct your life towards the Light, and everything will become simple.

Remember that the ability to hear Us, as you say, does not require great knowledge, but rather great hearts; it does not require great techniques, but rather a great life cleansing, and integrity.

Many things can help but these are the basic requirements.

Always keep in mind that a child has not read books, acquired knowledge from great masters, he does not possess great techniques nor has he attended any school, yet children talk to Us, play with Us, and Our voices are a very natural to them.

Keep this in mind.”

“... You know you possess ancient capacities.

When the ‘Hearts’ used to live in contact with the Universe and surrender to It, this was a common ability. As soon as the mind had found ample spaces, this natural ability got lost.

You all have this ability still, however, it is not known if you will express it in this life.

It requires a great effort to surrender, great perseverance, and great courage.

For this, many schools have been created, but speak very little about total surrender, and great courage.

I can tell you that there is a lot of confusion on this aspect, and very little attention to the act of cleansing in these schools.

Within you there is tidiness.

We are very happy to have many children that are in contact with Us, however it is more of your job, than some form of help We can give you.”

Question:

*I would like to ask You to make me feel Your presence a lot more.*

Answer:

“I will make My presence known to you even more, however, keep in mind that it is much easier for you to see Us and hear Us when there is serenity in your heart, and peace in your Soul because in that state you are more open to certain vibrations, to perceiving what is Beyond, while when you are in pain, your vision is blurred, and your perceptions are impaired and limited.

That is why in those moments, among one another, you should ask to receive and give embraces, Love, expressions of Love, tenderness, sweetness, because your body needs that contact that you still have a hard time feeling when it comes from Us. Your Being limits that perception, a natural limitation to the experience you live right now, and that you have chosen to live.



Imagine for a brief moment, to find yourself before the sea, in a vast prairie, peaceful, at peace, fulfilled, feeling everything so intensely, seeing everything so much more beautiful, perceiving all the details of the scents around you, whereas when you are aggrieved, you are sad, troubled, you are not as open to notice the beauty around you, the scents are not perceived the same way, the vibrations and the images of those places are not as accessible.

The same thing happens with us, exactly the same.”

Question:

*How will I know that you are by my side supporting me?*

Answer:

“Simply call on Me, not only once, but in every moment of your life, and without fear nor limits.

Ask Me anything, ask Me simple things as well, even those things you call ‘material’. We do not make any distinction, they are all part of life.

Ask Me for little help, or big ones, ask Me to protect you.

Should you choose to walk a luminous Journey, ask Me to help you with that by creating circumstances, situations, and encounters.

You allow Me to be by your side, therefore: call on Me, ask Me, and extend your hand towards Me.

You will begin to see both big and small signs of My presence.

And if you wish, you will also feel my presence near you.

Remember We manifest our presence in a thousand things.

Pay attention to everything.

It could be a scent, a whisper, a breeze, a warm wind, all of this can stir you towards feeling My presence; it is a whisper of the heart, it is the word coming from another ‘Heart’, it is the page of a random open book, all of these things can confirm to you My presence, and My help.

We bring to you what you need in a thousand different ways so that you may re-establish a profound connection with Us, and right then you will speak to Us simply, and see Us naturally.

Pay attention, and you shall receive great validations.”

Question:

*What can I do to feel You more during times of solitude?*

Answer:

“Talk to Me and then listen to what happens in your heart.

Then take action because action is what truly helps.

Do not allow your mind to make things difficult, rather allow your heart to feel how intense and beautiful this moment is, when you will have opened that door, then so much could happen, and so much more We can help you manifest and bring to you.

Express your everything, and the day when you will dance and sing with joy will not be far, then you will express your everything within the Love and the Light.

When you come with help, or with Light, think of giving Love and Light to small children so that when you receive Love and help, you will feel like a small child.

This way all the Love, the Light, and the help will flow abundantly, and there will be no negative feelings to prevent receiving help or to dampen the great heat of Love.

And just like a little girl, We will take you on our lap, as well as We will help you as a grown woman with both your ancient and more recent expressions.”

Question:

*Angels, is it you those forms of Light I sometimes see in my room?*

Answer:

“We can say We are there. But We are not the only ones, because you are for Us the Soul to love, to protect, to help grow, but you are also a part of Us that can allow Us to act in many hearts. We have already made ourselves known to you and We will always make Ourselves known, but there is with Us a world of Light.

Let us collaborate among Us, with you, but also with other Expressions of Light, to manifest the Light, to bring Love.”

Question:

*But am I able to see you?*

Answer:

“Seeing Us requires an open heart, a child’s heart, not capabilities.

It requires an union, not learning.

This is why children see Us with naturalness.”

Question:

*Will I see you also during the day?*

Answer:

“You know you see Us, you do that with the eyes of your Soul and to the Soul there is no day nor night.”

Question:

*Will I be able to see you as a manifestation of colours as it has already happened?*

Answer:

“You will perceive us also as scents, drawings, and in many other ways as well.”

Question:

*This will be amazing...!*

Answer:

“More than that because joy goes way beyond, the Whole can enter you, the Whole will vibrate, It will make your Light vibrate, in unison with all the Light.”

Question:

*What if I won't see You?*

Answer:

“Growth requires faith as well, to believe brings these kind of gifts, as it has already brought you some, however, remember to merge with Us for this will allow you to profoundly feel us within yourself to the point you will no longer be concerned about seeing or hearing us or not. To perceive Us will become then a natural process.

Always allow Me to come to you with Light, this is what matters.”

Question:

*I would like to thank You for all the support you are giving me, but mostly for the great Love You always have for me. Thank You.*

Answer:

“You will feel this great Love of Mine always more because your heart will be increasingly free and healed.

And when you don’t see My help, or you will not see or hear My help, then smile knowing that that situation is in itself a great help, and I will help you through it for you know Our intense help, our all-encompassing protection cannot deprive you of those pre-chosen experiences, those lessons you chose, but it is right then and there we come with our most substantial help.

You will then notice that as you give more room to your inner child, you will always more feel like singing airily, though the learning continues, and when you are within your inner child space, you will feel My Love more, and it will feel always more fulfilling.

Remember and remind everyone else that We are profoundly in love with you all, so that everyone may truly fall in love with Us so deeply, as to lift their feet from the ground.

I love you little one, I love you so deeply, I love you so totally.”

Question:

*I love You, too, so much.*

Answer:

“Very sweetly, I invite you to love Me even more intensely. When you feel this profound Love for Me, then you will look

for me continuously, so that as I rise towards the Sky, your gaze as you look for Me, will stay in the Sky as well.

When you love Me so intensely, your heart will feel My immense Love and it will look for Me even more.

At that point it will merge with My heart to receive everything that will fulfil it entirely. That way, it will rejoice and stay open to the Love I wish to instil in it: a new kind of Love.

When you love Me as much as I love you, nothing else will be more significant to you, for you to me are more important than anything.

This is how the Soul will be free to fly towards the Love, the Light, and within the Love and the Light.

I am in love with you.

Everything will be more simple, joyful, fulfilling when you fall in love with Me.

Do not fear this kind of falling in love. I place you before anything else because my task with you is what is most important.

When you place Me before anything else, the Great Light, you will feel that the Soul's destiny, the Soul's purpose, is more important than anything else, and you will live that with great joy.

When you listen to your heart, you will feel My Love intensely, you will perceive My presence and will be in unison with Me because I am not an image rather I am real.

I am not asking you to fall in love with something abstract, like an image, or a thought, I am asking you to fall in love with the reality that exists, that one can sense with their body.

Then you will be in love with Love itself, you will become Love.

Each of your steps will be a joyous one, which will take you towards Love, towards the Light.

It is just like when you are going towards a loved one: that step doesn't cost you any effort, on the contrary, you do not even realize you are taking it because your gaze is right there on your loved one. That's how each action becomes joy, because you do it for the loved one.

Feel all of this as Love's help, as Love's gift because I wish to take you along a path of joy, of Love, so that your face may be radiant, so that your heart may know no longer any heaviness, sadness, suffering, so that the body may not know any more fatigue.

This can happen, it can happen now.

You will get a taste of My Love's elation that I will help you reach.

The Love I will introduce you to, is the Love I feel for you, it is the Love of the Light.”

Question:

*It is very beautiful to merge with You and feel Your Love.*

*How can I avoid forgetting about You, when in my daily life I go through so many situations, sometimes difficult ones, that are distracting me from You?*

Answer:

“This can never happen when you stay open to receive My Love. It is like listening to some sweet music and a voice continues to whisper to you: “You are love, you are loved, you are loved”.



The heart then rejoices and cannot be distracted by other voices or events not even for a moment, because the heart is present, within the Love, and listens to the Love only.

I can though suggest to you, a way to remind you that I am always by your side. You can create something that is clearly visible and that you would keep with you always, that reminds you of My Love in each moment: under the Sun, under the rain, in the Light, in the dark, within the joy, through difficulties, when you are afraid, when you take happy steps, when you tremble, in your daily life, and during unforeseen events.

When you look at this symbol, you will feel your Soul connect to the Light, your heart connect with My Love and hear these words of Mine: “I love you, I love you deeply, I love you”.

This whisper will give you the kind of strength you never knew before, a push, a certainty, a reassurance.

You will feel enveloped within My Love, which protects you from anything, which creates everything, and which fears nothing.

Whatever symbol should that be, feel it as if it were My Gift to you, a Gift filled with Love and joy.”

Question:

*My Angel, give me great strength.*

Answer:

“Give Me great freedom to act as to make you completely free, surrender always more so that I may act and take you on my lap.

Never doubt, never, the immense Love I feel for you, the immense Love the Great Light has for you.

Be certain of my constant help, when you ask Me when you allow Me.

Be certain of My protection, of the Great Light's protection as well.

This will give you great strength and I will always instil My strength in you, every time you will ask Me.”

## *Comment*

*Beloved Luminous Soul, in the beginning it is not easy to feel your Angel as a friend that loves us of an infinite Love, that takes our hand, and so tenderly takes us along our path in every moment of our life.*

*This usually happens when we do not see it, we do not feel It's presence because our mind creates difficulties, obstacles and suggests to us that our Angel doesn't really exist, that it is the fruit of our imagination, of our illusions, that it is our unconscious talking to us, the Higher Self, or the inner Teacher.*

*Maybe we have been taught to have an attitude of 'sacredness' that does not allow us to relate with our Angels as if it were a friend.*

*The same has happened to me, too, but luckily my Angel, with infinite patience, has helped me overcome this difficulty and has taught me to talk to him like children do when they talk to anybody with the same simplicity.*

*It was then easy for me to feel that He was really my 'special Friend', who loves me as I am, who is only asking me to love him in return, hold his hand to help him with the task of taking me along my Path.*

*When I forgot about His presence, he smiled to me.*

*When I didn't give him my hand because I was distracted by sadness and sorrow, He kept smiling.*

*It was His unconditional Love, his constant understanding, his total compassion, his beautiful sweetness, his immense*

*tenderness, his infinite patience that made me fall in love with Him.*

*As I fell in love with Him, I fell in love with Love itself, with the Light, and everything turned into magic. Now I never let go of His hand, I hold on to Him uninterruptedly.*

*Fear not, do not be sad when it seems like your Angel is far away, more than ever in that moment He is carrying you, he is by your side, he is waiting that you go back to Him.*

*Sadness, suffering, despair, illusions distance us from Them but never Them from us.*

*Your Angel will always be there, with open arms, waiting for your return, to reassure you when you are afraid of something, to make you feel His Love even more when you realize you made a mistake, when you realize you have not acted as a luminous Soul.*

*He does not judge you, He does not reprimand you, and with Love He helps you understand those mistakes, the falls, the omissions, and all that can cause a sense of guilt. These are experiences, lessons that always teach us something and that teach us the same level of compassion for others as well without judgement, His same unconditional Love.*

*With Him by your side, you can learn to have towards yourself and others, the same kind of compassion He has with you, the understanding He has for you, His immense Love, His total lack of judgement, His infinite patience.*

*You will forget what guilt is all about, you will then accept everyone as they know they are Divine Sparks, Luminous Souls, Children of the Light.*

*You will see everything as an expression of the Light and you will love in a new way everything, everyone, including yourself.*

*This is the Love of the Angels, the new kind of Love Angels are teaching us, the kind of Love we can dispense around us.*

*Sweet Luminous Soul, answer lovingly to all your mind's doubts, telling it your Angel does exist, that you now choose to be guided, accompanied by Him. Ask your mind to take some distance as to allow your heart to feel your Angel, and to your Soul's eyes to see Him.*

*With the simplicity of children, talk to your Angel as if it were your best friend, the kind of friend that can give you all that a father, a mother, a real friend can give you.*

*In Him you can find shelter, the softness, the tenderness and the tact of a mother, you can find the protection, the strength, the security of a father, you can find the devotion of a real friend when or whatever you do or say, he only sees you as a Luminous Soul.*

*Your Angel will teach you the Wisdom of the Light, of Love, so you will then love everything and everyone, you will be happy to walk with whoever wishes to walk with you towards the Light, the Love, though you will need no one, nothing.*

*This is the kind of magic you will know of with your Angel: you will love everyone, you will love everything, for the love of loving, helping, giving, making people near you happy, as well as those you will meet along the way, however, you will not need these people, and the absence of that need, will allow you to love unconditionally.*

*To love without conditions is to love someone as he is in that moment, independently of his Creed, his thoughts, his doing, where he is at any given moment, what-ever choices he makes. When this person will have walked by your side long enough, and has received everything he wished to receive, you will know how to let him be free to continue his journey, walk on*

*his path, live his life, reach his destination without regrets, painful detachments, there will only be Love all along.*

*As you fall in love with your Angel, you will be in love with Life, you will be in love with the Light, with Love, you will love for the pleasure of loving, you will give for the pleasure of giving, without expectations, without pretence, you will love yourself in a fair way.*

*You will feel that the only thing that truly matters in life is to love, to give, not receiving and being loved in return...this way to receive and to be loved in return will be natural consequences of giving, of loving.*

*You will live within the Light and for the Light, you will live within the Love and for Love.*

### III

## *How to talk to Angels*

# Prayer

## Comment

*Luminous Soul, these questions comes naturally: "How can I hear my Angel, how can I talk to him, and pray?" Here is a beautiful answer the Angels have given a Heart that asked how to pray.*

Question:

*I so wish to learn how to pray, could you teach me how?*

Answer:

"All answers are within you, in your choices, in your opening up, in your believing. Prayer - as you call it - is to share and manifest your belief with the Great Light. When a Heart asks for help while praying, expresses Its difficulties, sorrows, doubts, fears, in that moment, It has faith.



Open your heart to Me, confide your fears to Me, your uncertainties, your confusion, your deficiencies, your suffering. Do share every feeling you hold in your heart with Me, with the same candour as children, without any limit, without any additional thought or fear: this is prayer.

Alongside this kind of prayer, there is another one, another moment considered prayer, it is what you call meditation, which is creating silence within your heart so that you may hear the voice of your Soul, so that you may hear the answers of your Angel, the help of the Great Light.

Imagine you are with someone you trust and with that person you share your doubts, your fears, your struggles, your reservations: this is prayer. However, to receive help, then you need to listen to what she may suggest to you, her piece of advice.

We talk to the heart, the Great Light talks to the heart when everything is silent, when everything is silence and the mind has fallen asleep.

Practice alternating these moments of prayer between moments when you share and ask for moments when you listen, opening your heart as if it were a flower, to receive help, answers, tenderness, Love, and Light.”

## *Comment*

*With all my heart I wish for you to live moments during which you have nothing to ask for because your heart is fulfilled, and the Soul is at peace.*

*During those moments you are simply listening to the words coming from your Angel, the sweetest music to your heart.*

*The only reason you are there is to feel the Love of your Angel, of the Great Light. Both are nurturing your heart and Soul.*

*When you experience these moments of bliss, the heart is filled with gratitude and so much Love, it feels like it's overflowing.*

*Then the wish to express gratitude for what you have, what surrounds you, what you feel in your heart, who you are, the treasures your heart contains, is born.*

*You will feel the desire to express all the Love you have for your Angel, the Universe, and all its Creatures.*

*Show your Angel and the Great Light the thankfulness, the gratitude, and the Love: this is prayer, too.*

*In my experience, this is the sweetest most fulfilling form of prayer.*

*Naturally, to be able to deeply connect with Angels and the Great Light, silence is necessary.*

# *Silence - Meditation*

## *Comment*

*Angels do know how difficult it is to create silence. We are used to the use of words, rivers of words, while at the same time we fear the absence of words, we fear silence.*

*Often when we are with someone, we are always trying to keep the conversation alive or we even make an effort to do that. We forget that silence can give us comprehension far more than any word.*

*Real silence demands us to distance the mind while we keep our heart completely free and candid.*

*You can nevertheless, begin to create silence, only then will you understand what is present in your heart, that you should let go of or transcend.*

*When in a state of silence, you can intuit what is necessary to do or not to do.*

*In order to do that, some choices are necessary and require courage and strength, because we fear the truth that will surface within the silence.*

*It is not necessary to look for the ideal conditions of the heart and mind to create silence, but attempt, nevertheless, to create*

*silence, always, whatever the circumstances, whether we succeed or not.*

*Through this kind of training, we will soon reach the point we will fall in love with silence, we will feel it as a primary necessity like a spring we tap into to quench our thirst, a place where we can rest, a tool to transform anything we hold in our heart that prevents the experience of joy, harmony, and peace.*

*To make things easier, Angels suggest to imagine we are entering a beautiful and bright house, Their home. A home where we can find shelter, we can quench our thirst, find nourishment, warmth, a place to rest, restore our heart, body, and Soul.*

*Inside this special home, among quenching our thirst, eating, finding shelter and feeling protected, we can also grow with understanding, we can evolve intuitively, we can perceive what is within us, and everything that vibrates around us.*

*At this home we can feel the Love our Angels instil while we are there, we simply are, without doing anything, or asking for anything.*

*No specific technique is needed, entering this house will suffice. Sit down, open your heart wide and let things happen.*

Question:

*What is silence?*

Answer:

“Silence is a profound intimacy between you and Me, between you and Us, between you and the Great Light.

It is simply taking a break, closing the door behind you and sitting down with Us, with Me next to a candle light or under the Sun.

Silence is letting go of the noise of the world, so that you may hear our music.

It is letting go of the body, so you can feel Us with your Essence.

It is letting go of the mind and let the heart speak to merge with the Soul.

True silence is sweet intimacy.

To reach this state of being big things are not necessary.

Just follow what connects you to the Universe: your heartbeat.

Smile, and open up your intimacy so We may enter it.

Silence is to perceive the heartbeat of the beloved, and it can only happen when we are there to hear it, when we are open to perceive it and enjoy it. It is all there, it is all there.

Do not let a day go by without this intimacy, only with this practice can the heart be free from anxiety, with its gaze towards the Soul, the Light, the Love.

Silence is a spring that can quench our thirst, it is food that can nourish us, it is a means to return to peace and allow Our peace to enter you.

Within the silence you will learn how to live, the meaning of life and of Our words. Within the silence you will be able to perceive what now is invisible to you, but that which surrounds you: the true reality.”

Question:

*Could you help me learn how to create silence?*

Answer:

“Follow your breathing, the wave that it creates, the circle it makes while you focus on breathing Love, and Light.

Inhale Love, and exhale Love, inhale Light, and exhale Light.

Pay attention to what you hear, feel, knowing that deep within you are taking in Light, Love, Our Light, Our Love.

Pay attention to what happens to your body while it has been touched by the Love you carry within through your breathing, and that We are carrying around you.

Get lost within the watching, the feeling, the perceiving.

Remember it takes little effort but repeat it often.

It is the quantity of your training to silence, that will help you in getting to know the silence, living the silence, and loving the silence.

Do it during the day, in as many places as possible. Practice.

When you find yourself in the forest or you sit before the sea, surrender and create silence.

This is how you will be able to create silence the longest, because you will feel the pleasure to stay there within that perception to grow, so you may perceive everything, get lost within Whole. More than ever you will feel surrounded by an all giving Love, and the kind of peace that carries everything.

Remember that within the silence you can see earlier what will happen later.

Within the silence you can make out ‘Who’ surrounds you with Love.”

Question:

*Sometimes there is something inside of me that I do not understand but that prevents me from creating silence. What can I do?*

Answer:

“Listen with increased attention to your breathing. Stop and observe the breathing, you will notice if there are tensions or anxiety within you. You will then be able to release them because the constrained breathing limits life.

If you observe your breathing, you can look at what’s inside you, what is going on with you, and right there you can understand, learn, change and take steps to then rise.

Within the silence We will speak more and the voice of the Soul will be louder.

You will get to know the language of the Soul and the Universe. There you will experience profound peace.”

Question:

*Sometimes I am afraid to create silence. Why is that?*

Answer:

“Because when you create silence you find out what is inside you and that requires courage.

Silence is not about stopping words, it is about halting the thoughts, distance from them, detach from them, certainly it is not about blocking them within you.

The moment you distance your thoughts, you are looking at your heart, in your intimate self, and there you find out all that there is.

When you have the courage to explore the depths of yourself and listen to what still has to be transformed, released, there you will also find aspects to love, discover, re-discover, experience. There you will find your beauty, your treasure, yourself.

Then you understand with the Soul, you feel with your heart, you understand the why of a feeling, a situation, the reason for a situation you experience, you are experiencing, or will experience.

You comprehend the action you have yet to take, the steps you need to take. That is why sometimes we fear creating silence.



However, if you give room to silence, it will allow you to find yourself anew, restore, and regenerate. During the time you are with Us, We can instil inside you the strength to experience anything, accomplish anything, that is the courage to face any situation with enthusiasm to continue the journey.

Love the silence, do not fear it.

We fear because we believe that we are about to enter sadness, when on the contrary, silence allows us to enter joy, in profound contact with joy, Love, and the Light.

Sometimes we fear to let go of what is familiar to us, therefore, we do not take any pleasure in the wisdom of the Soul, which allows us to love deeper, understand more as we learn the language of flowers, plants, the wind, the rain, the Sun, and the Universe.”

Question:

*In the silence so many thoughts arise.*

Answer:

“Let them flow, do not create a sense of guilt when they arise: the more you align to silence, the least thoughts will surface and the faster they will come to pass.

The longer you remain silent, the less room specific wishes will have and you will reach a point when you will be so connected to Whole, that you will have no wish at all.

You will have surrendered completely and completely merged with Whole. Inside you, there will only be playing the music of

Love, of our words, and the words of your Soul. All you need is practice.

When you will hear a voice whisper within you: “I wish to create silence, but too many thoughts rush in”, then answer like this:

*- It is because I need to practice more, I only need to practice more. -*

During those moments feel Me next to you.”

Question:

*During the silence when I receive waves of Your Love I make good intentions for that day, but then I forget about them...*

Answer:

“All it takes is mere moments with Us, to take you back to your initial state of that morning.

Silence can be a moment of great intimacy with Us, of a very intense and long kind, but it can also be a moment of brief enlightenment when the attention is turned towards the Soul where one can feel unity with the Sky, and with the Light.

These moments will not distract you from your daily life, rather they will allow you to experience it with all the intensity possible.

They are just moments, but they are necessary during your entire routine, because when you feel this unity with the Light, remembering that you are a Luminous Soul, will allow you to overcome anything, it allows you to manifest the Essence until you will feel you are simply a Soul united to the Light.

In the beginning, make sure one full hour does not pass without these moments, then you can reduce the time increasingly until you remain constantly connected.

You simply need to say:

*- Within the next hour I shall remember who I am, I shall feel who I am, I shall feel the Love that surrounds me.-*

When you do that, you create a thought that moves a certain type of energy, and you know that when we wish to remember something that is of the utmost importance, we do remember it. We need to value these moments, we need to grant them their true value.”

Question:

*Often at times silence stirs reactions in me. I don't know if it is good that I do that, when I feel so much anger...*

Answer:

“It is not anger.

There reside many emotions, there reside many fears, but it is not anger, child.

It is not by accident we help you experience your opposites.

The more intensely you will play the game, sing, dance, the more intensely you will succeed in perceiving new chants, new languages, and you will be able to express yourself in a new dance.

Until the Whole has yet to be fully expressed, the heart cannot be totally empty. You will not be able to speak the new

language, and within the new language you will learn more languages still, because you will learn to speak a new language, and you will hear, understand, many other languages.

It is not the silence you know, but a new expression from which many new dances, chants, and words come from.

When you achieve that, your happiness will be uninterrupted because right there are the true dances, the true chants, the true expressions.

At the time when you will near the silence, look with your heart, certainly not with your mind, for musical notes, look for chants that are familiar with you, look for words you have forgotten.

With this attitude, you will experience the inevitable enthusiasm coming from the adventure to discover the new. There will be joy for the new, the thrill that the new, when so intense, can give.

The new will be so intense it will be inebriating, and in that state you will experience the magic.

If you approach silence with the idea that you will suffocate words, chants, emotions, you will never know true silence, because what is suffocated is repressed. It yells and yells louder, it pushes and pushes stronger.

When you use words, expressions, emotions, and chants with Love, with joy, for a while, to increase your knowledge, to manifest, to express different words, chants, dances, songs, expressions, then what you have laid down for a while, will fall asleep, certainly it will at some point awaken and take its place.

At that point the new will be so attractive to you, in such a strong way, in such an intense way, that you will forget the place where you have laid down, what you now know, and when that will awaken again, you will no longer feel it.

It is difficult to understand for you now, however, as you go through it, you will understand everything more easily, you know that.

It is through experimenting, that you will receive help to know, it is through living, that you can intuit real life more.

Share your difficulties then and you will receive help.

We can each have what limits the lightness of the heart or makes us suffer.

The suffering comes from different journeys. In each of these journeys we each live different experiences, and that is why compassion is indispensable.

What is easy for one, can be difficult to another; what can unsettle one, can make another happy.

That is why everything that upsets or delight the heart, must be shared because that is how great help comes to us, that is how we can dispense great help.

For some to reconnect to silence, live the silence, what you now know naturally because it is not yet true silence, can cause great fears, great reactions, or cause wishing to run away, because they feel that what is suffocated may come up, emerge, because they perceive, that explosions can take place there.

Silence can upset, can make us react, or run away because there it remembers, it recognizes, reconnects us with an Ancient aspect that is very luminous, very big, but an Ancient that in many journeys has caused suffering, not in its natural expression (because the expression of Light is never cause for upset, but can only bring great joy, great ecstasy), but because someone has suffocated Love, Light, or even in some cases, life itself.

Well then, now you can understand the many reasons for attraction or rejection, push or resistance, emotion for the new experience or desire to retreat and run away.

When you share all of this, and hold My hand, and your heart will be connected to Mine, we will only create enthusiasm for a new experience, that will take you to know the new, remember the Ancient. There will only be the typical joy typical of all great adventures.

You know that when we travel happy to experience and adventure, all challenges can be overcome with a smile.

So now you know it was not anger that you felt, but something else entirely.

Later on we will give you more understanding of what can still emerge.

When you feel great difficulty, or reactions, pay even more attention to what is behind it, and allow it all to come up.

Only when so doing, only by letting these waves explode, can the sea be calm again. When the sea is at peace, there will be a high wave approaching, that of higher Love, that higher, will take you.”

Question:

*I love dancing a lot and I am under the impression that dancing takes me closer to You than silence.*

Answer:

“When you dance, you experience that necessary lightness to live life, to live the daily routine, you feel that everything is dance, everything is movement, and in this state you create room for enthusiasm, you create space for the necessary strength to fight when necessary.

You feel that dancing and playing are indispensable to go through life with the right attitude, to experience life correctly.

When within you there is a block, when you dance, everything starts moving again and that heaviness vanishes.

Dance, dance, dance...at home, on the grass, at the beach, and when you feel tired, stop dancing, create silence to feel your body, to feel what the body wants to communicate to you after having danced. Listen to what the heart wants to tell you after having danced.

Then you will love the silence, you will feel like sitting down and listening to your body, your heart, your Soul, and Us.

Silence meets the joy in your heart and there words begin to flow, as well as sounds, music, and emotions.

Dance, play and then experience the silence as if it were a dance, as if it were a game.

Love the silence knowing that it truly is just a game, a dance, the absolute dance because there vibrates an infinite amount of things inside and around you.

You are looking for your balance: the dance, the game, and a lot of silence will help you reach it faster and faster.

You will give the fair value to everything you will experience, because you will feel like a dancer in the dance of life, a player in the game of life. This will encourage enthusiasm and joy.

Your heart must remain light whatever happens.

Whatever happens, dance, play, and live the silence like a dance, a game, the most important game to achieve your Essence, the Essence of life.”

Question:

*Will silence bring me the kind of peace I am looking for?*

Answer:

“Within the silence you will allow a new peace to enter your heart, your body, and your Soul. Peace brings Light, which brings to the Light, the peace that brings Love, which brings to the Love, the peace that brings strength, which brings to the strength of Being.

You will then live in peace, the kind of peace that can enter and make room thanks to silence.”

Question:

*What is meditation?*

Answer:

“It is being there, simply being there, getting lost in the sky, getting lost at sea, looking at a tree and closing your eyes to see nothing, but to perceive everything.

Meditation is about becoming the sky, becoming the sea, becoming the earth, the Sun, a star, a tree, it is merging with the Whole and becoming that Whole, it is getting lost in the Whole, to find Whole.

To be able to do this, one needs to practice, one needs time, a lot of time.”



Question:

*What does it mean to be channels of Light?*

Answer:

“Love and you will be surrounded by Love, let your Light shine and allow Our Light to envelop you.

Those Who trust Us completely, will experience immense joy, and new emotions.

Vibrate with Love, and We will vibrate in you.

The vibrations of joy you will perceive in your heart, when you see the Light, shine out of those people whose heart you have helped open up, when you feel their emotions, their joy, when you witness their transformation, you will experience new thrills, great and intense ones.

This is what it means to be Our channel: it is about feeling you are nothing but a means of Light, of Love, it is about feeling the joy of Universal Paternity, and of Universal Maternity.

It is something that fulfils the heart and fills up the entire being.”

Question:

*I dreamt you were coming into me and I felt things words cannot convey. I would love to experience that again. Would you help me?*

Answer:

“That can only happen for just a few moments now because there are many limitations of the physical body, because the merging with Us is not uninterrupted, intense and total, but it could happen in the future for a much longer period of time, forever, uninterruptedly.

What you have experienced is a result of you merging with yourself, when you meet yourself in the depth of it, when you make more room for Me, for your Essence.

This happens when you fall in love with Love, with the Light, with Us, and you allow for the merging that Love causes.

You know you had a taste of those delicacies and now you know they exist.

Now you can better understand why we want to push you towards them, towards the ecstasy.

Create more of these moments where you move within yourself, you enter those depths and, there, get lost.

Create more of these moments of merging with the Sky and the Earth, with the flowers and the trees, with the Whole that surrounds you, so as to allow it to enter your being, and merge with it.

Fall in love with the Light, with the Love and live enamoured of this Love. Fall in love with Me as I am in love with you: our Essences will merge and you will get lost and find yourself anew, you will find yourself as you merge with the Love and the Light.”

## *Comment*

*Sweet Luminous Soul, in the silence you will truly find everything you have been looking for.*

*What you think is now necessary, important, will vanish and you will feel it in a completely different way.*

*In the silence you will experience great joy, you will find great Love, you will experience great emotions because in the silence the Soul will merge with the Love, the Light, and you will feel you are coming back 'Home'.*

*Create silence, meditate, pray, feel yourself enter the 'Home' of your Angels and you will truly feel home, safe and deeply loved.*

*You can achieve this in your own room, on the beach, in a forest, on a field. Every place will give you different vibrations of a different intensity.*

*Whatever the place, feel yourself enter a home where you can find everything you are looking for, where you will find rest for your heart, for your body, for your Soul, where you will find infinite peace, and total harmony with the Universe...and so it will be.*

*Specific techniques are not necessary: enter this home and take a seat, enter and feel you are taking your Soul to your Angel, to the Great Light, to allow Him to love you, to show Him your love for Him, to allow the Great Light to surround you.*

*Sit down simply for the pleasure of being with your Angel, with the Great Light, and your heart will be fulfilled.*

*When you create silence, do not try to see or hear your Angel.*

*You might hear Him, you might see Him and this will bring great joy for it is beautiful.*

*In any case you will feel great joy and infinite sweetness when you will surrender to the Essence of your Angel, to His Love: all of your Being will be fulfilled.*

*Simply remain seated, in sweet anticipation, let yourself be taken by what your Angel has to give to you, knowing he will infuse you with what you need in that moment, in that day, and for the following one, and the days to come.*

*Ask your Angel to infuse you with that and then allow Him to infuse you with everything.*

*There will come a moment when you feel merged with your Angel, fused with the Great Light, fused with Whole, and you will experience ecstasy.*

## *S*ummary of expressions suggested by the Angels

- *It is because I need to practice more, I only need to practice more. -*

- *Within the next hour I shall remember who I am, I shall feel who I am, I shall feel the Love that surrounds me. -*

IV

*The breathing*

## *Comment*

*Beloved Luminous Soul, you certainly know the importance of breathing, you know that breathing is life, it is Life.*

*It is such a simple thing, so spontaneous and natural that we forget about it, we forget about its importance, and yet if we do not breath we cannot be alive...*

*Who knows how many natural, simple, spontaneous things are not considered important.*

*There are many breathing techniques being taught, but often it will suffice to just breath lightly, naturally, and then magic happens when we breath with the heart, as we think of the Light, and feeling the Love.*

*Being aware of breathing is not only good for our mental and physical health, but also to free the mind from thoughts, to find peace, and it is a 'game' to attract the Light, the Love, and joy both within and around us.*

Question:

*What is the best way to breath?*

Answer:

“The heart must overflow with Light, the Soul must be free within the Light to reach the Great Light, then everything will happen naturally, and harmoniously.

You can try many different ways of breathing, not to necessarily obtain something, but to better comprehend what is inside you, and how your body vibrates. This understanding shall come through the heart without forcing things.

Then listen to your body, your heart: they will show you the correct way to breath in that moment, in that situation.

It could happen during a time of total merging, that that from outside your breathing is not detectable, so strong your merging with the Light and the Love could indeed be, that it may transform everything.

May your breathing be a way to merge with the Universal breathing, may your heartbeat be a way to merge with that of the Universe.

It is indispensable to experience moments when we listen to our breathing as to bring within us the Love and the Light to find our peace, which then opens the door to the great one.

Experience everything else as a form of help, to help you attain this moment.

Ponder on it as long as possible to then connect with the Soul, with Me, with the light, and with the Love.

At that point your breathing will become sweet and will carry tenderness, it will be loving, harmonious, and you will



welcome what in those moments I will give you, through the air you are breathing. It will create alchemies in your whole Being.

Feel in the air the scent of My Love, the scent that will transform you.

During those moments when you pause, ask Me to bring you Love and all that will transform you.

Then imagine you are breathing Love until every single cell becomes expression of Love. Imagine to breath Light until every single cell becomes Light. Imagine to breath something you do not know yet, but that will nevertheless transform your Being.

Harvest as you inhale all of this and you shall feel how every cell, how all our Being is being transformed by the Light and the Love.

You will then let go of your thoughts and you will merge with the great beat of the Universe, you will feel the language of the Soul and the Light.”

Question:

*When I breathe it is as if I am recovering something...  
Can you help me understand further?*

Answer:

“You recover yourself, you recover Whole.

A fresh breeze I shall gift you, so that you may smell a new scent and feel the desire to do so.

I lovingly recall your attention on your breathing because you will learn a new way of breathing to help you communicate with your heart and Soul.

When the heart gets stressed or becomes heavy, stop. Ask Me for this new breeze and begin to breathe it in tenderly, continuously, and then you will find again your Essence, My strength helping you feel your own, the calmness, which will allow you to feel one with the Sky and Its helpers.

As you feel all of this so profoundly, you will find yourself, the ability to become untouchable, your strength, the Love and you will be able to detach from everything.

When you want to strengthen yourself, find yourself, during those times when you want to prepare yourself to face certain situations, do call on Me, ask Me for this breeze and begin to breathe tenderly, continually, profoundly, knowing that your breathing is helping you in letting go of difficulties, anxieties, and fears.

Breathing will help you experience rebirthing to welcome within you everything that you need now and you will need later on.

Tell yourself:

*- Now I breathe that is given to me from above and as I breathe I find my Essence, I find myself. -*

When you find yourself, you can then act in a new way.

Do pay a lot of attention to breathing and you will discover many things, as you change the breathing, you change things.

Follow your breathing so tenderly as it comes in and out of you and you will know you are following your Soul.

Do this with great care and you will be able to carry peace, strength, Light, and Love within and you will then spread it around you.

Remember to breathe often in this new way, because it is through practice that you can obtain and become.

Peace, serenity, and the heart's strength are those things which change your breathing and it is your breathing which helps peace, serenity, strength, and love reach your depths.

Imagine you are breathing what I am giving you in that moment... you will feel like you are quenching your thirst, eating, and regenerating.”

Question:

*As I am aware of my breathing I can feel a change taking place...*

Answer:

“You will change so much you will be a new person.

Breathe intensely, profoundly, and learn to detach not only from what surrounds you, but also from yourself, because this will be an important step in becoming a new person.

It will always be a great asset to breathe before acting.

It will always be of great help to breathe and imagine to let go, and surrender just like a Soul on the wave of Love and Light.

When you exhale profoundly, you feel you are letting go of a given situation, words, an old behaviour, schemes and habits.

When you inhale you know you are riding the wave of Love to enter the Light.

When this is done, you will find that peace that makes you feel your heart and within it the voice of the Soul.

It is not so difficult to renew yourself when you pay attention to everything I have just said, when you breathe to detach. We each have our way to breathe, therefore, for each of us to detach will happen differently.”

Question:

*How can I bring within me Your Love?*

Answer:

“Through breathing.

Breathe, breathe with me the Love I am giving you, because it is different from what you have called and have known as Love thus far.

You can get to know it slowly, then you can perceive it slowly, then you can remember it slowly, then you can experience it with all your Essence. This is the Love of the Light.

Imagine you are smelling a delicate scent, so delicate that only a very fine sense of smell can perceive it: it is the scent of Love.

Imagine you are breathing this scent and you let it enter you until it transforms you completely as your Being begins to blossom.

As long as you will not perceive it, imagine that you are, imagine that you are indeed perceiving it as a sweet, delicate scent, and as you breathe it, it enters you.

Cherish within your heart the memory of the kind of Love you do not remember consciously.

Through breathing, you lower yourself into the depth of your heart to rediscover the Love you once knew, had experienced, and once emanated.

You will feel a new joy, so intense that your eyes will shine, your whole Being will glow because true joy makes our Being radiate.”

## *Comment*

*Luminous Soul, could you imagine that breathing alone could create all this?*

*The Universe has been created with breathing and we can, too, create through our breath.*

*Ask your Angel to help you connect with the Great Light, and to create with you.*

*Visualize before you what in that moment you wish most, imagine it very intensely, as if you were looking at it on a big screen. Inhale the Light and as you exhale, create that image.*

*Do this often knowing that when you are connected to the Light, you can create what you are visualizing if it is a good thing for you and for your path.*

*It is not you who creates, it is the Light which creates through you.*

*Think hard, breathe deeply, create with your Angel the reality you wish to experience, and always add these words: "If this is good for me, if this is part of the destiny I have chosen, if this is in line with my Soul".*

*To breathe is to become.*

*If you want to be joy, you can become joy.*

*Ask your Angel to come there, before you, and give you His joy.*

*Close your eyes and slowly inhale the joy your Angel is giving you, then exhale the joy that has just entered you. Inhale joy then exhale joy.*

*Do this often and every cell will fill up with joy through your breathing. You will give joy and you will become joy.*

*At the same time ask your Angel to give you His Love. Inhale the Love your Angel is giving you, then exhale the Love, repeat it sweetly, for a long time, and imagine you are then giving others the Love you are now receiving from your Angel. You will feel that all your Being is vibrating with Love, that everything around you vibrates with Love. You will feel enveloped by Love, permeated by Love, and you are becoming that Love.*

*You can play this game with anything else: with the Light, the strength, with joy, with Love, with tenderness, with anything you want in your heart, so that you may then later give it around you, give it to those you will meet along your journey.*

# *S*ummary of expressions suggested by the Angels

- Now I breathe that is given to me from above and as I breathe  
I find my Essence, I find myself. -



V

*The Nature:*

*a home, a school*

## *Comment*

*I was lucky enough to live my childhood and youth years in strict contact with Nature.*

*I always felt it as a great gift, though I started appreciating its value when I started my Journey of growth.*

*Since I was very young I always loved Nature and Spent a lot of time in fields, in the forests, among the flowers, or along a beautiful creek.*

*I could feel that the flower I was looking at, the tree I was leaning on, the water I used to play were so alive. I could feel them as Creatures. I felt they spoke my language though they had their own I did not understand.*

*I knew these elements were communicating among them, they belonged to a big beautiful world, a world of Love, harmony, and joy.*

*I could spend hours observing the untiring work of ants, the movements of tiny insects when I used to sit on a field and look down at the grass.*

*I thought the shape and colour of flowers were amazing.*

*When we look at a flower, we can see it is beautiful, we smell its scent, however when we look deeply between the petals we can see how each flower is a perfect work of art, a painting with shades of colour in perfect harmony. In that moment we know that somewhere there must be a great 'Artist', a great 'Painter'.*

*When I felt these emotions, I could feel a profound sense of gratitude from the depths of my heart for that wonderful*

*'Artist', that exceptional 'Painter' that certainly loved his works of art very deeply.*

*I then looked up at the sky and thought that the 'Artist' must have been up there somewhere in the infinite sky. To him I expressed all my gratitude, joy, and Love.*

*I looked at trees and on their trunk I could see human faces, some were a bit strange or funny. I could feel those trees were Creatures just like me with all the emotions that my heart could feel with great sensitivity.*

*I was sure that in that trunk there was a beating heart.*

*I found out some Creatures used the trees as shelters, as well as among the branches there were nests home to the same birds that were flying around them.*

*I pondered on the great Love that a trees must have to support other smaller plants like the ivy it sustains and that thanks to that tree can grow towards the sky, and thrive high up there.*

*When I walked along the creek, I could see a world of wonder: little brooks, big or small natural ponds where I could bath, and attractive inlets. It looked different everywhere, and everywhere the beauty was unique, a mix of trees, flowers, and stones.*

*It was too beautiful to remain detached.*

*I could feel it was calling me...so I took my shoes off and bathed my feet in the water, I could feel it welcome me and go along with me.*

*I walked up the creek clutching at the stones along the way on the side of the creek's bed when I found deep areas but I was proceeding with joy, with the enthusiasm of those who live an adventure.*

*I felt like a little explorer find out all of those things that only going up the creek one could see as they were invisible to those who would simply look from the side or from high above.*

*Then I would sit down next to it thanking it for welcoming me, for taking me along, I thanked it for being so beautiful, for its many caves, for its magical holes where I could find refuge and that in my mind no one knew about, there were there for me only.*

*After expressing my gratitude, my Love, and enthusiasm, I would listen to it, I could hear it talk to my heart and I was happy even if I could not really understand what it was trying to whisper to me: I was sure it understood me and it was giving me its Love.*

*When I caught sight of some fish, I called them out stretching my hand toward them hoping they would stop and start conversing with me for a while. Some touched my hand lightly and I took that as a greeting, as a gift.*

*I was a bit envious because they could go where I was not able to as I imagined those places to be beautiful. I imagined there were other Creatures living in the water inside those caves, maybe there were even little houses and villages...*

*I was sure that in the forest it would be the same and there, too, there must have been unique Creatures.*

*I pictured them playing hide and seek with me because I felt they were watching me.*

*Certainly they were smiling at me because I could not see them but they could see me...*

*I liked a lot more spending my time that way, alone in my magical world, rather than playing with other children that often made fun of me when I told them these things.*

*When I went to school to nearby towns, they made me feel different because I lived on the hills, they made me feel inferior and made fun of me.*

*This situation was causing a sense of embarrassment for a while and I also wished to live in town so I could be considered like the others.*

*But when I returned home and decided to visit the creek, my friend, that's where I spent my Sundays and I could feel how blessed I was to be able to walk in it bare feet, lay on the grass, run, salute my trees friends and live beautiful moments in that wonderful world.*

*I used to conceal my tears as a child when the grass and flowers were getting cut, I could feel they were suffering and I knew they would die. I suffered for the grass and the flowers that were stepped on...*

*Even now, though in a different way naturally, I still feel a bit of sadness when people cut the grass, sever the flowers and I wish I could walk on grass without stepping on it...*

*At that time I thought I had a fervid imagination, that maybe I was really a bit different because my friends had other interests like boys or other kind of games...*

*Angels have confirmed to me that my magical world was not the fruit of my imagination as a child, maybe a bit too naïve, but was rather a beautiful 'Home', a beautiful 'Family', a great 'School' where I could learn how to live my life, how to love, how to give, and how to give myself.*

Question:

*How can I feel Nature?*

Answer:

“Play with the water, with the leaves, the flowers, the trees, so that your heart can rejoice, your Soul can feel free as you breathe in those places where everything is mutating and always new.

Where there are trees, water flows and flowers grow, everyday is new because there will always be a new flower and the flower of yesterday will cease to be, and water as it flows will be a different one as well.

There lays the enchantment: everything looks the same but everything continues to change.

As you observe all this, as you discover all this with your heart, not with your eyes but with your heart, you will understand life, the essence of life, you will understand Ancient Wisdom, the reason for this journey. You will experience life.

You will awaken within yourself a new kind of sensibility, a new kind of sensitivity, a new perception, new intuition, though you already have them inside you.

You will discover, feel, know, without the need for books and words.

I, in those places, play with the flowers, the leaves, the water, talk to the trees, sing with the birds, and let everything enter your being as you open up completely, as you listen carefully.

Everything that vibrates in these places, everything that from Ancient Wisdom returns to vibrate in these places will also vibrate within you, it will help you merge with Ancient

Wisdom, it will explain the new, it will help you merge with Us because there it is easier to perceive Us.

There We will vibrate intensely, intensely, and you will feel Us.

Many Hearts are ready for this contact with Nature, others less because of their story but nevertheless these places can be of great help.

Smell the scent of flowers as well as that of water and air for they also possess a scent. Those scents will allow you to remember, allowing your beauties to emerge from the depth of your being.”

Question:

*How can I learn from Nature?*

Answer:

“Among the trees you can find how you are a tree as well, how you can transform like a tree, walk in the world like a tree, love like a tree, protect like a tree, and welcome any by passer like a tree.

Go to the forest and stay there, go to the sea and stay there, feel their strength, feel Our strength, feel their Love and Our Love.

Go with confidence and you will be a strong tree. Do not fear, turn your branches towards the sky and smile at it, you will then feel your lymph run through you as Our lymph as well.

Observe the trees to learn how to give and receive.

Take that little girl along, she is in you when in the forest, let her play with the leaves, let her talk to the flowers, and I, like a small Girl, I will take you there.

Move the leaves aside to see what is growing underneath them, what is germinating and you will find out what is germinating in you.

So let your little girl play so she may rejoice in discovering so she may feel with this game all the emotions that discovery allows.

There, talk to your little Girl and like a little Girl talk to the flowers.

Feel the joy of this game, the joy to live the experience of a little Girl that plays with and talks to flowers.

You will feel you are a woman who can teach a little Girl but that also know how to play like a little Girl.

It will then be even easier to return like a little Girl and immerse your hands in the soil, touch the grass with your face so that all the memories of the great union between The Earth and the Heavens may awaken with the scents of the grass and the soil.

Play and let play, take that little Girl that is in you along, and allow Me to take you along.

Smile and play with water and butterflies. The water will teach you to flow through life while butterflies will teach you to let your heart and Soul fly.

Be a little Girl, a butterfly, a flower, water, love the soil and the sky.

These games can appear simple but not everyone is capable of immersing their hands in the soil or smear their face on the grass, not everyone can play with water and flowers.

These games will help you find true simplicity, they will help you taste the new nourishments, new sources of comfort. They



will help you become like the soil, the tree, the flower, the water, the sky, and then you will merge to the Sky and the Universe.

Go to the fields, to the forests, along the creeks or near the sea to learn how we can only learn at a great school.

There will be many melodies cheering your heart, new notes and new melodies because in those places birds will not be the only things that will sing.

To learn and to rejoice empty your heart, keep it free from all that is not Love, Light, or Joy.”

Question:

*I feel that going into the forest helps me go through my routine.*

Answer:

“There are forests that regenerate the heart, nourish the Soul, strengthen the body. These forests help us reconnect to the Essence and teach us the language of the Soul.

There are also the so called ‘forests’ of life that you can meet and these are those difficult situations, painful circumstances, obstacles, and challenges.

It is thanks to those forests that you become stronger, they nourish you, they regenerate you, they help you return to your little special girl who knows the language of the Soul, you then find the strength to walk through the ‘forests’ that life brings to you where you may cry tears, feel your fears, and lose sight of the Light.

These places represent great growth opportunities to help you evolve and prepare. That is why we encourage you to go through them.

You will get stronger holding a tree as it awakens to the Spring time call and you will feel like a tree that is awakening to the great Spring of her life.

To live among the forests that real life presents and among the essence that life manifests, you will gain more strength to live your life.”

Question:

*When in Nature I can feel a particularly intense force...*

Answer:

“Among the Nature there is a special force.

Know how to seize awareness from all it has to offer because it is the awareness of being there that helps you take advantage of it. It is by connecting with awareness that helps you learn and perceive all of its expressions.

Walk bare feet, feel the energy, the Love, feel the strength, its support.

Embrace a tree and feel it enter inside you the energy that allows it to grow so big and tall, that makes it strong and gives it its intense colours.

Taste the water and feel how it doesn't just quench your thirst but it nourishes you with everything that it contains and cleanses your Being.

When you take the food the soil has to offer, pay attention to what you taste, feel with your heart all that Nature has to offer. Many things will begin to awaken within you and you will understand that you already have everything inside of you, and you do not need anything, really you do not.

Therefore, you will detach from all that is illusion, without thinking you are losing something. You will feel the joy to rediscover and find anew.

Be aware each moment you spend in Nature, do not be there without your deepest aspects or else you will not learn its lessons and you will miss out on the benefits, and you will not receive its gifts.”

Question:

*Sometimes I believe I am hearing music among the trees and I feel like dancing...*

Answer:

“Dance is the expression of feelings, sensations, and knowledge.

Music can awaken in you the impulse of dancing because real dance begins on the inside, it is inside of you.

It is something dozing off that with the sound of music wakes up, begins to move, it stretches out, it get up, it first begins to dance on the inside and then the body follows.

The wind has its notes, fire has its notes, water has its notes as well.

Everything under the Sky has a sound, a melody.

It is that melody you are able to perceive and remember, and it makes you feel like dancing the dance of Life.

As you stand listen to the wind, let it get inside you: it will teach you a melody.

Get close to the water, listen to its chatter, discover its melody, let it in, take it in deep so that it may awaken your intimate self.

Get close to the fire, listen to its sound, to the music that comes out of its flames, let it into your depth, and your body will begin to dance.

Even the silence of Nature has its own melody, it is an ancient melody, the melody of Life... and then the body resumes the dance.

Use the dance as an expression, as a language.

These melodies can take you beyond the dance, they can take you to the Love, to becoming one with the Universe.

Once again Nature becomes a teacher, a source of joy and growth.

Pay attention to the details with which Nature expresses itself, moves, and lives.

Savour what it has to offer, what a flower can give you, how an herb can heal you, and how a fruit can nourish you.

Keep inside yourself the scents of Nature and they will awaken your treasures, memories, intuitions, and talents.

Touch the soil, the tree, and the flowers to remember ancient arts.

Dance with their sounds, with their music, and everything will contribute to help you merge the Whole.”

Question:

*In the forest I feel like a baby-girl.*

Answer:

“All of Nature can make you feel like a little girl that I Love and protect. The forest and Nature help you understand the languages that the heart of a child knows well.

Talk to the birds, to the flowers, to the plants, to the butterflies, to all the Creatures of the forest. Love them, caress them, and listen to them.

Feel yourself part of the forest as if you were inside a house and listen to what speaks to you in the silence.

The same happens on a beach at the sea front or on a field in a valley.

All of Nature is a home, and a school.”

Question:

*I especially love to get into Nature by myself.*

Answer:

“There are different moments for different necessities, and different emotions.

There are moments when you can create an intense connection with those who are close to you in this beautiful ‘Home’, you can learn with those who are by your side in this big ‘School’, and you can savour the strength that comes from being together.

Those moments during which you are by yourself when you enter the rooms of ancient wisdom are also indispensable, these rooms prepare you, purify, regenerate in silence so that you may feel one with Whole, with the Universe, you can feel Our Strength within the great Strength of the Whole, you can feel the wave of Love coming from the heart that is connected to all the Creatures, to all the friends that are there.

You will be ready for everything, you will feel that your journey is about connections but also walking in solitude sometimes each with our own story.”

Question:

*I feel Nature as my own refuge.*

Answer:

“Nature is a ‘Home’ whose doors are always wide open, there would be fresh water to drink, food to nourish, a bed to restore, a ‘Home’ where one can get their strength back to go back into the world much stronger, much more prepared to live our daily lives peacefully.

There we can strengthen the body, fulfill the heart, lift up the Soul.

That’s why in those moments of silence where we can merge with the soil, the sky, the trees, with ‘Whoever’ lives there, we feel at ‘Home’.

The more you quench your thirst and nourish yourself in that ‘Home’, the more strength you will gain to give, help, and never tire of it.

The longer you stay in that ‘Home’, the more you will find your Essence.”

Question:

*While I was in Nature, I felt a new kind of Love.*

Answer:

“You were perceiving the Love of that invisible world that you can find in Nature. It is invisible but real.

You were perceiving the Love of the Light from which you began your journey and to which you are returning.

You now understand that everything you believe to be life was just a small part of the greater reality that exists around you.

In those moments you can feel the Soul, and in doing so you can feel the world of the Soul, a world of peace, Love, and Light; you feel that that world really exists, and vibrates intensely.

Walk bare feet on the grass, on the beach, on the soil and your body will get stronger, it will receive the energy that the earth can give, that ‘Whoever’ lives there can give you.

All of this will awaken emotions that you could not imagine now.

Love the earth, love the sky, the sea, the stars, love the flowers, the trees and all the Creatures of the earth, of the sky, of the sea, and you will feel loves by the Universe.

You will recognize subtle vibrations, you will perceive a world unknown to you.”

## *Comment*

*In Nature I have felt great emotions and great joy that I wish to share with you.*

*I have experienced them when I laid down on the grass and I have felt the womb of Mother Earth;*

*when I laid my face on the grass and I smelled the scents of the earth;*

*when I created a beautiful cover with dry leaves under which I hid for fun.*

*I felt them when I allowed to the waves of the sea to let me somersault, and then as I laid on the sand, I let the Sun caress me;*

*when I embraced a tree so intensely and I felt its embrace as well;*

*when I walked up the creek;*

*when I walked bare feet on the fields, on the walkways, in the forest, in the mud, and on the beach;*

*when I savoured the sprouts covered by dry leaves;*

*when I let the ants get on my feet, when I let the butterflies come into my palms, and a ladybug walk among my fingers,*

*when I let a bee rest on my body, and let the dogs lick my hands and face.*

*I felt them when I slept under the stars, and stayed vigil until sunrise. I missed the sunset and smiled at a rainbow. I dreamt among the clouds and dreamt with a falling star;*

*when I dances around a campfire;*

*when I listened to all the melodies of this beautiful 'Home' and I learned the teachings of this amazing 'School'.*



*These are but a few moments of an infinite list...*

*Thank you Great Light for giving me this beautiful world, that of Nature.*

*Thank you Angels for helping me rediscover it as a 'Home' and a 'School'.*

*Thank you because you take me to play in this magical world, this world of Love, like a baby-girl.*

VI

*The Love*

## *Comment*

*Beloved Luminous Soul, I will not speak of Love, but I choose to give you the Love I have in my heart because Love can be known only when given.*

*When a mother takes her child in her arms, she brings him closer to her heart, she holds him tight, she nourishes him and grows him with Love. She comforts and reassures him with her Love. That child never heard speaking about Love, but he has known and experience the Love of his mother. He will never forget it. That Love represents the foundations of his life.*

*When a child feels the tender look of a father that watches over him, he can feel the strong hold of his hand that takes him along his steps. That child never heard a word about Love, but he has known and experienced the Love of his father. That child will grow strong and confident.*

*When a son feel the arm of his father rest on his shoulders as he teaches him about life, and once ready, lets him be free to live his own life. That child never heard speaking about Love, but he has knows and felt the Love of his father. That child will walk peacefully through life, he will walk with confidence on his path.*

*When you look in the eyes the person you love, you allow his gaze to enter inside of you, perceive your heartbeat, your feelings and emotions when you welcome the feelings and the emotions of the person you love. Love creates the union of hearts, the merging of Souls. No word was pronounced: only they allowed Love to vibrate from heart to heart, from Soul to Soul.*

*When you welcome sunrise, go along the sunset, warm up with the Sun rays, allow the wind to caress you, embrace the sea, support the earth, embrace a tree, dream with the stars and thus enter the beat of the Universe, in so doing you have not heard one word: you have just allowed the Love of the Universe to permeate and surround you.*

*When you look up to the sky and feel your heart overflow with Love for the Divine, for your Angel, you feel that from your Angel, the Sky, the Great Light, the highest form of Love reaches you: more than ever in that place there are no words.*

## *Message of Love from the Angels*

“There are many of us protecting you, there are many of us who love you, there are many of us who are waiting to take you towards the Light, towards the Love.

Feel Our wings protecting you, feel Our arms taking you up, Our hearts loving you, look at Our Light guiding you to the Great Light, feel Our Love that will take you towards the Love, and into the Love.

You are to Us a precious ‘Gift’, to us you are a free Soul that is able to rise up to the Sky.

Surrender to the Great Light, open you heart to Us, discover your Light, the beauty of your heart, the language of your Sol.

Let your heart speak because it knows the language of Love, let you Soul speak because it knows the language of the Light.

It is the Love of the Light that we are expressing to you, it is the Love that all encompasses, and the sweetness and tenderness that We carry for you because like a little girl you may feel taken along tenderly, sweetly loved, continuously helped, and totally protected.

And it is joy for Us, when so sweetly We can come closer to you to walk with you, hand in hand, and simply love you because this is what you ask and allow Us to do.

In the morning, upon waking up, imagine Me to be in front of you smiling with my hand stretched out to you and surrounded by the Light, then unite your Light to it so that it will get

stronger and those who will meet you that that will be able to notice it.

Awaken in you the Sun as well because those who meet you may feel the warmth and joy so that you may feel the warmth and joy even when the Sun is not shining.

Feel the heat of My Sun as you are merged to My Light and happily take your steps knowing that this Light will warm you up, it will protect you and an infinite Love will surround you as you walk in the Love.

When you merge your Light to Ours, ask that the Light may brighten your path.

During those moments when you do not know how to get rid of heaviness in your heart, how to heal your wounds, how to transform your past, ask Me to help you and you will see that it will be easy to discover how and it will be easy to act with Me. Remember that to help you completely, your request is necessary because true Love sets us free.

All the past can always turn into a pearl to put away in the jewelry box if you transform it with the Light and the Love.

Do not feel alone when you take action, we will do everything together, we will live everything together, but every day must be lived to honour your evolution.

Remember that anything that shifts your thought to tomorrow or to the past is just a loss of time and energy, you lose what you could feel, live, conquer in that moment, it could deprive you of the joy to live totally surrendered to the Light and surrounded by Love.

I understand the journeys of your thoughts towards the past or on the anxiety about the future, however, if you ask for My help right now, I will help you hear the voice of your Soul so that you may get back to your present moment and live it fully to seize its essence and deepest meaning.

And everything will be accomplished when you stay connected with the Light, when you hold My hand tight, and when you will understand how much you can do with the power of joy and enthusiasm of those who choose to live in the Light and the Love. Joy will give you the strength to do anything, and to live through anything.

Invest your courage in everything you experience, invest all of your commitment and I will instill all My Strength in you. Together we will act, walk, live, and conquer.

Remember that Love will always be your greatest support, that is true, strong, and simple Love, which I will help you know and experience.

Love with the Love you now know because through this Love you will learn to know the Love of the Light.

Walk peacefully; do not fear the obstacles or the challenges that you may encounter along your journey.

They might seem greater than the greatness of your heart, stronger than the strength of your body, but they will never be greater than the greatness of your Soul, stronger than the Strength of your Soul.

You can constantly learn the art of loving because you will learn it through loving.

Support and help with Love. Reassure and warm up with Love: Love will support, help, reassure, and warm you up.

When your heart suffers, when it feels cold, when it feels lost, hold on to Me even more, then you will feel my embraces, you will feel surrounded by My Love.

When you meet a heart in pain, or that feels cold, a heart that feels lost, embrace it, embrace it tenderly as you keep yours open. Free your Soul so that your Souls will embrace. Souls do not how to express true Love.

Embrace it knowing that through you, We can also embrace that Heart to help and warm it up, to light up its Soul.”

Question:

*What is true Love?*

Answer:

“True Love is joy, peace, stillness, serenity, harmony, it is a connection with everyone, with Whole, with the Universe.

Very often the love you experience is polluted by needs, possession, desires that stirs your sight below rather than to the sky, and therefore, you suffer.

Pure Love, true Love stirs your sight up high, it pushes you up. It you doubt this Love really exists, look at a baby, and see how he experiences Love.

It is our story that pollutes Love, but pure Love does exist.

Progressively, we must learn to love in a new way, it must be free, fearless, unattached to expectations.

Each of us needs to fill their vase with this kind of Love and then it will begin to overflow from our heart and we will be able to gift it.

Imagine, dream, wish this kind of Love because when you imagine, dream, wish, you step closer to it.”



Question:

*I have a great desire to have a partner and this thought deprives me of serenity and peacefulness. Can you help me?*

Answer:

“Open up to this possibility. Love this wish of yours and go a step further with your strength and say:

*- I can be Love, love everything, love everyone, receive Love from everything, and everyone. -*

There will come a time when there will be no difference between the love you give to another ‘Heart’ or a flower, a tree, the earth, the sky, the water, the fire, and there will be no difference in the kind of Love you receive from them all.

It is an illusion that the love of a partner can fulfil your heart and Soul.

Though it can warm you, though it can make you grow, it certainly cannot fulfil you completely because it is just one expression of Love, not the totality of it.

It is just a small part, a small source, a little vase.

You will understand this only when you are able to love everything and everyone, then you will receive Love from everything and everyone, savour the Whole more intensely, without feeling any need because the Whole will fulfil you entirely.

Love all the ‘Hearts’ that you meet, let them love you in a simple, candid way, let the river of Love flow and allow to all the Love surrounding you to reach you, all My immense Love, the Love of the Great Light.

Imagine what could happen if your heart merges with Mine, within a big, total, and pure falling in love.

You will discover your Luminous, great, and rich Essence, you will learn this essence from life, you will know the light from your Soul.

When you recognize you Essence, you will see the Light of your Soul. Once you savour this pure kind of Love, there will only be joy, peace, Love, inside and outside of you.

It is an advantage to overcome this need, but it is not necessary to overcome the desire, because desire creates, it doesn't limit, it doesn't imprison, while need does.

It is always beautiful to express Love, affection, tenderness, sweetness, the more you contact pure Love, the more these expressions will warm and fill your heart.

Do not try to deny or reject these desires, but do overcome your needs.

All of this will come as you give and receive hugs, as you give your Love and receive Mine.

Question:

*When someone hugs me, despite I strongly wish to return the hug, I feel like running away...*

Answer:

“In that moment you awaken what you want to put to sleep again while true growth is to be at peace with everything and be fully awoken in every situation.

That embrace fulfils many aspects of you but it also recalls those that are unfulfilled and hurt for which the shortest route is to repress them and run.

Look at them with courage and that will allow you to experience them.

It is not easy, of course, however, with the kind of healing you can put your heart through, with the transparency of your behavior, and with trust in yourself, you will be able to overcome your difficulties.

Don't forget that even those who have a partner can be troubled by another 'Hearts' embrace when in their heart there is something that has yet to heal, understand, or find out.

Do not fear these things, but simply observe and become more aware before acting.

Transform your need in desire, do not say: "I need to hug you", but:

*- I wish to hug you, I wish you would hug me. -*

This is how you should always express yourself to take away energy from your needs and give energy to your desires.

While needs must be healed, transformed, while desires create realities to experience. These are small details, but very important ones.

Question:

*I desire Love, but at the same time I am afraid to receive it because I know I could suffer. What can I do?*

Answer:

“Imagine a beautiful, precious, colorful vase, but that is empty. It is only natural we are afraid to fill it up if in the past as we filled another vase it broke down, therefore, we try to protect the new vase by not filling it.

By doing this we risk not using it, and it becomes useless or ugly. Now you will feel this fear as long as you hold the peaces of the old broken vase.

There are those who hold done to those broken pieces hoping they can put them back together, and is so doing they loose all the Love they could have used to fill up many other vases.

There are those who look at a new vase and don't dare to use it. There are those who have the courage to take risks, and when they do, they discover beautiful new colours and a balm to their heart, a precious elixir that will make them shine brighter, making them more precious.

And that vase is your heart.

If you leave it empty, fear will fill it up and it will never leave, however, if you find the courage to fill it up with Love, there will be no room left for fear.

You have that courage within yourself; all you need to do is use it.

There are ‘Hearts’ who fight against their fears; they think they must walk with those fears, they do not know how to leave them behind.

It is very simple: simply replace them with Love.

Those who love fear not. Those who experience Love with fears do not truly love.

You can find out if you truly love, and those who truly love, can recognize true Love.

Now you understand and can help others understand how Love can replace fears for fears take room away from Love.

And when someone tells you: “I love but I fear that...” or: “I love but I’m afraid that...”, you can answer gracefully:-

*It cannot be that way, because when you love you are not afraid, Love and fear cannot exist in the same space, it is not possible. -*

It is like pouring a dark liquid into clear water: water cannot stay pure. That dark liquid is fear for the water is Love.

When you allow fear to enter Love’s space, Love is not Love anymore.

Fill your vase with the new Love I will help you discover, receive, give, and you will witness fear vanish, your vase will shine brighter, you will witness that with your heart filled with Love, your Soul rises free and light, it soars towards the Light for it is Love that makes it fly, it is Love that elevates it.

Throw away all the broken pieces with great joy, with gratitude because that experience has taught you something, because those broken pieces will push you forward, if you allow them, towards this new, colourful, luminous vase.

Enveloped within the Love, you will be able to heal your injuries that need attention but you will not suffer, and if you let your tears flow, they will be healing tears, transformational tears, tears of Love.”

Question:

*I find it difficult to love everything and everyone...*

Answer:

“Begin by loving those ‘Hearts’ you know you are able to love and feel can love you back with the Love you wish to receive. Begin by loving what surrounds you because Love can come from many sources.

Then it will become natural to love everything and everyone, however you need to take that first step to know you can trust, to reassure yourself.

Embrace, love, offer sweetness, let other embrace you, let them love you, ask for acts of sweetness, and all of this will dry your wings that were once wet, and know dried up by Love, they will elevate your Soul free towards the Sky.

Completely free in the Sky your Soul will teach your heart the understanding that will allow you to love everything and everyone.”

Question:

*Which are these sources you talk about?*

Answer:

“When you are next to a ‘Heart’ you can express one way, one type of Love and receive from that heart one type of Love.

When you stand next to a tree you love in a different way and from that tree you receive a different kind of Love.

This is what is, when you sit next to a flower, when you love the earth, the sky, the sunrise, the sunset, the stars, the sea, and when you love the Creatures of the sky and the Earth.

Fill your heart up with all these different kinds of Love, discover these never ending sources of Love and express Love in any way you can.

Only in the end you will find out that in reality there is only one way to love, there is only one Love.

But this will take place later on, after you learn to love with the same intensity a 'Heart', a tree, a flower, the sky, the earth, and all the Creatures of the sky and the earth.

Love with the same intensity everything, every Creature because it is the intensity with which you love that will show you true Love.

When you choose to live Love for Love, you will not be able any longer to love something or someone more or less intensely, but you will love everything intensely.

It may look hard to do, in truth it is the way you love currently that is difficult because it has limits and veils.

This new way of love that we are introducing you to is simple, you will not fear it because you will feel that it will cause no arm.

This kind of love makes no difference between a man and a woman, you will feel that they are all Souls, Luminous Souls, and this means going beyond a big barrier.

You see everyone as a Soul that can receive Love in a new way, that can give Love in a new way, keeping in mind that what one gives, what we share, is received by a Soul, what we receive is given to us by a Soul.”

Question:

*Dear Angel, I wish I could hold you...*

Answer:

“And I am holding you within My Love, holding you tight in my arms to thank you for this dialogue that you keep open with Me, for the chance that you give Me to show you My Love, and hold you tenderly.

While you rest, it is easy for Me to do this because you are again a little girl that dreams Love only.

Together we will show this little girl how she can be held that way also when vigil and awake because she will fear Love no more.

When you wish, tell Me:

*- I want Your embrace, embrace me -*

That will allow me to hold you in that moment, it will allow me to make Myself manifest even more intensely, to help you more because while you ask Me to hold you, you will open up to My embraces, you will allow many cures, healing, and transformations.

Alternate this game with another, a game where you visualize the little girl in you asking to be held, then bring your arms around your body and feel as if you are embracing her.

These two games that we can do together if you wish, will create ripples, ripples capable of bring ever more closer to joy, and Love.

Should these games cause some tears in the beginning, do them more often and they will make you smile.



They can heal your heart. Deep healing can cause tears, however, they then bring more smiles.

When you give someone a hug, remember that if you wish, right then and there, you can be Our mean because We can, too, hold and warm that 'Heart' you are hugging.

When you hold a 'Heart' so tight, keep in mind you are giving me your hands, body, arms, and heart.

Remember that a heart can be healed with embraces, and with expressions of Love and sweetness.”

Question:

*There are times when I feel so much Love in my heart I have a hard time breathing...*

Answer:

“Let it out, dispense it because Love makes the heart overflow. When your heart overflows, then caress someone, hold someone close to your heart, and smile with Love to the hearts that surround you and do not speak a word, simply love.

As you let out the Love you hold in your heart, your heart will refill with more Love; as you let your Let shine out of your Soul, your Soul will refill with more Light.”

Question:

*They have been telling me for some time that the light in my eyes has changed.*

Answer:

“That is because you have had the courage to take off what was blurring your Light: those are veils that our past experiences create.

When we get rid of them, we are able to manifest our Essence, the Light’s Essence becomes manifest, we can feel the Light, we can see it, and it comes through.

That is why this kind of Light in your eyes has now been recognized.”

Question:

*Why is it so hard for me to say “I love you”?*

Answer:

“If you tell that often to those ‘Hearts’ you love, this difficulty will vanish very soon. It is a big expression, the kind that entails much more than you now know. It is an expression that opens up to Love.

Sometimes we feel that as we open up to Love we expose ourselves to fragility and vulnerability.

Feel the greatness of this expression, however, do not fear to express your Love if your Soul is a loving one.

Love is natural, remember that you are made to love.”

Question:

*While I wish to experience affection, I find it difficult to give and receive it.*

Answer:

“If this is what you feel, consider how much you have distanced from your heart because of all the injuries your heart suffered during all your journeys, this heart so unknown and so beautiful.

There have been many beautiful experiences that are now calling you to Love and there have been many painful ones that have created suffering, that have blurred your Light.

If you stay vigil, you are able to perceive that the Love you know and that you also fear is not what you wish, however, the more you express your feelings, the closer you get to the Love that does not hurt, does not create suffering for true Love, pure Love only causes you joys.”

Question:

*When I love, I feel within me a new melody.*

Answer:

“Because it is only Love that allows you to hear new melodies. You will increasingly find out that life is a great symphony which accompanies the Soul as it unfolds always more luminous, always more beautiful. It is a great change that can take place within you, deep-seated, as you change music, live simply with candor, as you stay open with a smile. This music you will get to know more and more will fulfil your heart.”

Question:

*Is it true that Love protects and distances difficulties?  
I feel a great need to be loved.*

Answer:

“Love, Light, and joy keep away high waves and strong winds. Whenever your heart is sad, take it to a state of joy immediately, surround it with Light and express Love because that moment of sadness could attract high waves and strong winds. Do not fear anything and bring a smile back quickly because this will melt, with Our help, any difficulty. Transform as you love every moment of sadness, of fear and struggle.

When you need Love, give more Love.

When your heart is saddened, smile more, and smile will return to you.

When you are tired to continue on your journey, of acting on, keep walking and acting on and My Strength will come to you. As you can see it works opposite to what you have know so far.

When you are thirsty, you ask for water while with Us you will learn to offer water to quench your thirst.

When hungry and you offer a piece of bread, maybe the only one you have, you will be nourished completely.

Give your smile, speak of peace, Love, light. Cast peace, Love and Light: everything around you will vibrate with Love, at peace, and you will be surrounded by Light.

Build your shelter with your smile, with serenity.

Do not fear anything because when you do that you will learn to smile through anything, and everything can change.

Give out your smiles, Light, Love and peace with all that you have, therefore, building the strongest shelter, the biggest one, and everything else will not affect you.”

Question:

*How can I give Love?*

Answer:

“Imagine you are a strong tree loaded with an abundance of fruits. Give these fruits to all the heart that walk by you without

paying attention if they keep them or taste them or leave them in a corner.

If you can imagine to be a tree with many fruits and you wish to donate these fruits, you will encounter many outstretched hands ready to receive them.

If they refuse these fruits, smile and continue offering them.

When you do that, you become a special tree. You will learn detachment in Love.

you will know forgiveness because if is through forgiving everything and everyone that you can then give everything to everyone.

As you become such a special tree, you will understand and experience compassion for compassion is part of true Love.

You will be able to give love freely, to love and to let free, to love and remain free. A free Soul makes you sing and rejoice.

Dream of the time when you will love everything and everyone with this Love.

Dream of the time when with the Light of your own rays, and Our rays, you will surround everything and everyone.

You will feel you belong to Whole, you will receive Whole.”

Question:

*I love very much to hug trees, but why do I sometimes feel pain?*

Answer:

“Because in that moment you feel the tree is pure, it is giving you pure Love, and now you wish that only.

When you get in touch with pure Love, nostalgic tears fall down because the Soul in that moment is whispering to you: “Pure Love does exist, return to Source and you will find it.”

Intense emotions such as severe weeping are born through the process of feeling with the Soul that this Source exists; it is the Soul touching this Love that is already there. This is one emotion that cannot be defined by words.

And when you will reach this Source, there will only be joy, only tears of joy and you will know ecstasy.”

Question:

*I love those next to me, however, I prefer to be in Nature.*

Answer:

“Love the Sun always more so you will wish to become a Sun yourself.

Love the rain like the best of friends so you will wish to become water to restore.

Love the wind like a companion that is lovingly pushing you higher.

Love the fire so that the fire of life will be awakened within you even more.

Love the day as much as the night, the sunset as much as dawn. By loving everything more intensely, you will get closer to true Love, the Love of the Universe, you will vibrate with the Love of the Universe and you will love even more those around you, next to you.

Ask the one you love to spend a few moments of silence with you, so that in the silence your Souls can establish a dialogue, so that you can better express to each other what words cannot convey.

When expressing love, often words do not convey what we feel, but when you stay within the silence, heart can talk to each other, they understand, you are speaking the language of the Soul. But you must be present, together.

You cannot tell someone you love: “I love you deeply” and remain distant from him.

You cannot say: “I dream of you, I want you”, and not be with him. Those that are next to you are there for their own contract, for their own evolution, but their presence is reason for growth and evolution for you as well.

The one you love needs to be reassured with your presence as well, receive your attention, caresses, sweetness, he needs to feel your vibrations of Love.

In Nature you find yourself more easily, however love everything and everyone with the same intensity, with the same pleasure, only then you will love with the one kind of Love. You give one kind of Love, you become Love, and you enter into the realm of great Universal Love.

Ask the person next to you to sit down with you and breathe Love in together, choose to feel what is pulsing inside, what is moving within just by sitting there together, in silence, without getting distracted by words.

To do that you need courage, you need to make a choice, the choice to love truly, profoundly, totally, without conditions.

One needs courage to find out what lays in the most intimate part of ourselves and look at it, give it to the one close to us without fear with the joy to share our intimate self, discover that maybe it remained hidden for too long and went forgotten.



Often what was hidden creates disturbance, prevents real joy, prevents merging with the person you love, with Everything, because maybe what is left deep down is painful, hurtful, and scary.

In order to live fully, intensely, to be able to enjoy Whole, love Whole, merge with Whole, love anyone, your heart needs to be emptied of every emotion that is not Love, anything that is not Light.

Often we fear to remain in silence next to our loved one or other people and river of words start flowing in to conceal emotions and sensations, out of fear of being exposed.

Remember: only Love matters, only Love will ever matter.

Get closer to Nature, let the Sun, the wind, the rain, the leaves, the earth, the tree, the sea, anything that lives of this one kind of Love touch you, this great, pure Love, allow It to love you.

To do that you need to stop, sit down, surrender, allow the heart to open up wide, and allow the Soul to speak within the most profound silence.

The same thing is true for your companions on this journey with whom you can have different kinds of relationships, and feel different kind of love.

To receive their Love, to make them feel your Love, you need to stop, sit next to them, in silence, and in that silence allow their heart to open up wide, allow their Souls to speak, merge, become acquainted, and become one.

Pay attention to what prevents these moments as to allow you to understand, that which inside you needs to be transformed, healed, released, and let go.

Feel and love bother wind that is speaking to you, it is caressing, understanding, and accompanying you.

Feel and love bother Sun that is warming you up, feel and love mother earth that is welcoming you.

Be with joy with these special companions, among them there are other special companions, and among them, too, there are other special invisible companions. They are there for you now, but then, with the same joy, be with the companions you meet along your journey, to exchange caresses, to warm up your heart with tenderness, to allow your Souls to recognize one another, grow together, and ascend together.

It will always be Love that makes everything happen, within and around you.

Be close to everything, everyone, first to learn what true, pure Love is, and then to become Love.

Believe in that one Love that will fulfil you, that will fulfil everything about you, it will create everything, it will allow everything, the kind of Love that to Me is impossible to convey to you with mere words because this kind of Love cannot be explained, it cannot be understood, it can only be experienced, it can only be given.

Breathe it within you, feel it around you, dream about it and in so doing Whole will come which Love creates and gives.

Play this game with the heart of the little girl within you, with a distant mind, with the joy to discover everything.

Remember that if you decide to live intensely a relationship with nature, you will understand and learn so many things, you will rejoice for so much.

There are no books that contain the ancient wisdom that Nature can bestow; there is no greater school than that of life where you are all simultaneously teachers and students.

However, to learn these lessons, to comprehend this wisdom, all you need is your heart, a simple, candid, humble heart.”

Question:

*I can feel great enthusiasm when loving the Light, so much that I feel in love.*

Answer:

“Enthusiasm is the key to live life, it is a cure for the whole Being, it is an indispensable weapon on the battle fields of life. Use this weapon thinking it is also healing you as you conquer everything.

Feel this enthusiasm in your hands and give it away, give it to every ‘Heart’ you encounter.

Into each experience bring enthusiasm, enthusiasm, and enthusiasm and you will understand how useless is everything that prevents enthusiasm, you will comprehend how much that which prevents enthusiasm and joy slows down your progress, tires the heart, and imprisons the Soul.

Joy will make you light, enthusiasm will elevate you really high.

Those who love heart filled with joy, those who love deeply live each moment with great enthusiasm to meet the beloved.

Here, where the great beloved is Love itself, the great beloved is the Light, there can only be enthusiasm, joy, excitement for this great encounter.

Be the lover of your Essence, lover of the Light, lover of Love. Be a lover, everything you will do for your loved one will be source of joy, it will be the ignition to express your creativity and you will be constantly thinking what to do, how to do it, where to go to make the other happy.

That who is in love gives himself totally and in so doing will give himself to the Light, to Love, to whoever he meets on his path.”

Question:

*Is it true that loving words possess a healing sound wave?*

Answer:

“Remember that they will recognize the Light within you, the Love through your expressions, coming from your words, your gestures, and, therefore, pay attention to all of this.

A caress given with the heart, given with a smile, can transform into an awakening or a healing balm.

A tender loving look can tell what words cannot get across. Vibrations of Love shall follow words; therefore there is a sound to them.

Even those words that must communicate, or not, firmness or clarity, shall have a sound of Love to them.

Sounds penetrates profoundly, sounds create, and if they are sounds of Love, they become a cure, they become a balm.

Therefore, Love cures, Love quenches the thirst, it restores, and fulfils.”

Question:

*How can I develop the ability to express this new Love?*

Answer:

“I can instil this Love in you so that before you give it your heart is filled up with it.

This can only happen when you ask Me to, when you allow Me, as you empty out your heart from all that is not Love, or Light, or joy, as you dispense Love around you.

None of what we give stays the same, it returns multiplied, though you cannot know how it happened, from where, when and why.

Giving must be a pure act, without expectations, without programs, only with the knowing in your heart that it will be returned.

It is by giving in every way known to us, in every possible way, continuously, that you create so much room in your heart, the kind of room that I will fill with new Love.

As you create this river that flows in and out without obstacles, without barriers, you become Love and as you become Love you will merge with the Source of Love, you will not know thirst anymore, you will not know needs, or wishes.

Nobody can say they do not know how to manifest Love because you are made for this Love, you have chosen Love.

All you need to do is consider all the attentions you would like to receive, all the expressions that would bring joy to your heart.

When you meet someone offering his hand, ask how you can fill it up, when you meet a broken heart, ask how you can heal it, when you are next to a tree or a flower, ask how you can express all your gratitude for that beauty that they offer, for the gifts, the scents, the colours that they offer selflessly. When you hear birds sing, may your heart sing with them.

And so it does with the water, the fire, and so it does with everything.

Feel gratitude for all that surrounds you, in the sky on earth, this is a higher form of Love, because so little you can give to the Sun, to a star, however you can give your Love as a form of gratitude for what they have given you.

And you will learn to live even more with compassion, you will know how to be peacefully clear, strong, you will also know how to detach from those you are not interested in your Love, your help, without judgement, only with understanding.

That is all, this is all your commitment, this is the great source of constant joy with uninterrupted tranquillity.

You will be surprised how simply it is to navigate this sea, how much Love will create.

Should your heart become sad at times, look around you and say:

*- Who can I love now? -*

and your heart will resume singing and feeling joyful.”

Question:

*Is it true that Love is a choice?*

Answer:

“In life it is always the case that there is choice followed by many others.

Love is a choice.

Often, as we look for Love throughout life, we do not really choose it either because we are afraid of it or because we are afraid to open up to it completely.

If you feel this choice in your heart, remember that you are always free to choose to live it or not.

Open up completely like a flower in full blossom which opens its petals to the Sun, it does not fear its intensity, it does not fear its rays though it can feel they penetrate deeply.

If you make this choice, be aware and pay attention to the fears that you will discover because only identifying, accepting, and loving them you can transform them.

When you choose Love, be aware that your mind will want to speak louder, it will try to have you listen to it more and it will play subtle tricks because it does not want that silence in your heart that Love requires, because there in your heart the mind has no room.

This is being aware, this is having a clear vision.

Through awareness, you can accept anything, let everything flow and remain vigilant.

This Love allows for a profound wisdom to emerge within you. It is the kind of wisdom that the mind does not comprehend and, therefore, fears because it is not the mind talking but your heart, it is not the mind manifesting but your heart is.

To open up to this Love takes room and time away from the mind, and it knows it, therefore it becomes much more operative.

However, with Me you will discern when it is the mind talking or your heart and you will decide whether you should listen or not.

With Me you will let go what you have learned from the mind, to experience the new that you will learn from your heart.

If you choose this Love that you feel in My heart, be aware of your fears, of the greatness of mind's strength and you will know how to smile at its tricks, at its words, you will accept them and then you will learn with your heart.

It is through finding out your fears that that you will discover your beauty.

When you will have spoken to the mind, and you will have spoken to your fears, you will feel free to choose this new Love; you will feel strong in choosing to live it fully.

With this total freedom, call on Me and express your choice.

If you do not choose this Love, you will nevertheless feel My Love accompanying you; if you choose it, you will feel My Love with a new emotion.”

Question:

*Towards the people I love I feel different loves.*

Answer:

“For you now are different loves but they will no longer feel that way the moment you experience this new Love and you become Love.

There will come a time when you will feel the same kind of Love for every expression of life.

Visualize your hear as a river, as a great river flowing out of you and which always makes room for other rivers that can fuel its source for these little rivers that enter now will create the great river of new Love.

Allow these different kinds of love enter inside of you.”



Question:

*Can I avoid suffering by loving intensely?*

Answer:

“Everything you do for the Light and only the Light will exclude suffering.

As you learn to live with Love alone, you will experience increasingly more joy.

And this joy will be a great one, uninterrupted, the moment you will merge with Me to act for the Light only, and only for Love.

Question:

*I have chosen to love everything and everyone, do I still have the chance to experience Love with a partner?*

Answer:

“Begin by looking around you, always, in order for you to give Love, to be able to give yourself with Love, to be able to warm up like the Sun.

This is the only way to express your Essence, this is the only way to fulfil your heart.

Do not think that by loving everything and everyone, uninterruptedly, you will not have the possibility to experience Love especial with a ‘Heart’.

It is easy to fear that by giving yourself fully, by loving everyone indistinctly, prevents you from having a relationship with a partner, rather you can live a relationship more fully with more growth, a special Love relationship.

It is about changing ways, changing vision.

If you cannot be your true self in relationships, if you do not express your Essence completely, if you do not choose to live first and foremost your Soul's purpose, relationships will continue to create suffering.

What matters is you do not stop looking for a relationship to experience with a companion, but keeping your sight high in the sky, feeling the Essence of life is about walking towards the Light, the Love.

Open up wide to Love, you will experience it if it is meant for your Soul, if you merge completely with the Essence.

Accept natural desires like the air you breathe, however, transcend it as you move towards true Love, the pure Love that your Soul has chosen and you will make room for anything the Soul has chosen.

If you listen to your heart, you will not hear the mind, which can create doubts or uncertainties because sometimes we look for Love with our eyes, and when we meet it we cannot see it because it is the kind of Love only Love sees.

It will be the new kind of Love that will transform any other kind of Love that you have known, it will immerse you into the river of joy and uninterrupted peace towards which Love takes us.

Then all the kinds of love you know will merge into one Love that will manifest in many ways.

This love is a combination of many little rivers which can create an ocean but still remain rivers manifesting the ocean to take it everywhere, and to everyone.”

Question:

*What is Souls' Love?*

Answer:

“It is the kind of Love that goes beyond a face, it goes beyond personality, it sees and feels the Essence of the loved one.

It is loving like children love, in the simplest way, most candid, purest way.

It is seeing the loved one always as a child and love him as you love a child.

It is accepting the loved one completely and going beyond what is blurring his Light, it is observing the beauty of his Soul alone.

It is seeing the loved one as a Soul first of all.

It is doing everything it takes to help the loved one find himself, his Essence, his beauty, his treasures, helping him to express his talents, the Essence, and rejoice when that happens.

It is feeling solely as a Soul with the task to help another Soul walk freely on his Path, live his purpose, and reach his destination.

It is doing everything it takes to help a Soul shine in all his Light.

It is going beyond the needs of your heart, beyond what the heart wishes to do, give, say, in order to give and say what can help the loved one live like a free Soul.

This Love is possible and can be given only if you feel like a Soul with the task to help and love other Souls, if you have the courage to do everything is necessary to be a free Soul.”

Question:

*How should Souls express their affection?*

Answer:

“Natural, spontaneous, pure, just like children express affection.

It is about giving each other tenderness, sweetness, without thinking about our own advantages, our own wishes, our own needs, and our own fulfilment.

It is the kind of Love that makes you feel fulfilled, merged, even when the two bodies are apart and are not merged.

Within the new, pure, kind of Love, affection does not exist, there is only and intense expression of Love.”

Question:

*How can I access this pure, new, great Love?*

Answer:

“By attuning with Love.

The more you feel the intensity, the greatness of My Love, the Love of the Great Light, the more you will access the new Love, the more you will experience it, the more you will give it.

The more you will be lovingly attuned with Me, the more you will ascend, the more you will rise.

You might be able to see the invisible, hear the invisible, speak the language of silence, be able to perceive what you cannot perceive now, and still remain afar from the new Love, pure Love, great Love, because you cannot access it with your talents but only by being Love, and vibrating Love.

Remember it will always be your choice to love, to become Love, and you will come closer to this new Love.

With a smile, laughter, and candour keep the door to your heart wide open so you can receive the Love I will instil in you, it will put you in contact with the new Love.

Imagine a wave of Love, you can reach the peak of this wave, you can go higher and from there see so much, perceive, hear a lot but if you do not go into the wave, you will not experience this Love.

To access the wave one needs to smile, be happy, love so much everyone and everything, uninterruptedly, and become Love.

Smiling, joy, and Love to and for everyone, enthusiasm of loving with intensity. You will totally understand this only when you become Love because this Essence is so great that the mind does not comprehend. Welcome it in your heart, believe it, and act on this amazing Essence.

It will make the unimaginable happen, it will bring everything that is necessary for you, your heart, and your Soul.”

Question:

*How to live Love within the couple?*

Answer:

“Together prepare for moments of growth while showering each other with Love always more because when your heart are filled with Love, the mind will not fear those situations that sometimes happen during which love is absent. You will be ready to go through moments of misunderstanding and difficult situations.

During those moments of misunderstanding and tension, the mind could say: “This is not Love”, but if your heart are already filled with Love, they will not get confused because they will feel that within that situation of growth there is nevertheless Love and they will be able to express it.

Always more do express love, sweetness, tenderness so that they constantly flow between the two of you because these expressions reassure the child within you that are loved, they will always be, whatever may happen.

When a moment of misunderstanding arises, it will be temporary because you both feel safe knowing your Love is immense because your heart are so filled with Love that could not get cold for just that one frosty moment of misunderstanding.

This way you will immediately recognize those moments as growth opportunities to overcome personal hitches and see them as promise to evolve.

If you comprehend this, there will be no blaming, nor criticism, nor judgement, nor accusations, nor reprimanding but only support to understand what yet needs be transformed of your personalities, what lesson yet to learn, what injury yet to heal, together with Love.

The purpose of a union is not only that of filling each other's heart, they should be overflowing with Love because when they overflow they can flood other heart with Love.

If you only fill up your heart, that Love would eventually stagnate but if they overflow with what you give each other, there will be room for an ever greater Love.

It is within this flowing, in this letting in and letting out that together you get closer to this pure, new Love.

When you fill your heart filled to the brim, look for more Love, when you see the heart of your partner filled to the brim, give him even more Love so that his heart may overflow with Love. Then look around and you will see many heart in need of Love, heart that have room to receive your love, heart that were looking for you to receive your Love.

When the Sun is high in the sky it doesn't just lit one part only, it doesn't just warms one heart but all of them.

Stay high in the sky like a Sun to lit up and warm up everything.

When you give what you have, you make room for what We have ready for you.

That is why what obscures and distances Love should never remain within a heart, nor within you, nor among other heart because all the space within a heart must remain free for Love, joy, and Light.

Do remember that you are first and foremost Souls that have merged their heart but still retain your freedom, each with its story. Then your Souls can merge, illuminate other Souls and fill up other heart.

Do not fear to merge your heart, merge your Souls because the more you merge the more you will create one heart and one Soul which will beat in unison with the Universe, and the more you will remain free Souls, the more you will respect the

other's freedom, the more you will understand the other's need to have personal space and time.

The mind cannot understand how what has merged can still remain separate but this is the reality of true Love.

It is through merging, merging your heart together, merging your Souls that your individuality will have the possibility and the necessary space to manifest fully.

Spent a lot of time in Nature to learn from this 'Great School' together, to enjoy this amazing 'Home' together, to perceive together the Love of the Sky, the Earth, the Sun, the stars, the trees, the flowers, so that your heart can hear the melody of the wind, the chanting of birds, that chirp to express joy and gratitude.

Experience together long silences in these places that help establishing contact with all Creatures, the union with the Sky and with the Earth, with the invisible world, with Us.

Your heart will fill up with sweetness, tenderness, which you will share as you live moments of joy, enthusiasm, ecstasy.

When this is done, each of you should have alone moments of silence, to establish a more intimate contact with Us, with all of Creation, for a more profound dialogue, more intense, for a personal prayer with your own abilities, with your own preparation, with your own story, and with your own evolution. And then when you are together again, you will have new pearls to gift each other that can bring new understandings, new awareness, new intuitions.

It will be an exchange of emotions, sensations, feelings, it will be a Love exchange.

You will then feel like a teachers and students to each other.

And you will have experienced the purpose of your union: to evolve together, help each other through the evolution, help illuminate the Soul of your companion always more, help him



on his Path, help him live his purpose, help other Souls evolve, fill other heart with Love and Light, live together within Love and the Light to give others Love and bring them Light. Be like the Sun, high in the sky, to shed light on and warm everything and everyone.”

Question:

*If someone does not want to be loved, does not choose to grow together, open his heart, look at himself as a Soul, what shall I do then?*

Answer:

“Firstly make sure that when you see and feel a difficulty in the person you would like to help and love, if his reaction is due to the injuries received or comes from his fears because in this cases a ‘Heart’ can have difficulties receiving and giving Love but can choose to receive help.

Then be completely available, open, compassionate, but very sweet and loving.

When a ‘Heart’ chooses not to receive help, it does not want to be loved and give Love, in that moment, it is best to be quiet and detach because that is also a Soul and it must be respected.

You cannot push anyone, you cannot force anything, you cannot oblige to anything, for as much as you would like to help, love, because each is free, remains free, and to love is to let free.

True Love is shown that way, too: respect freedom, knowing when to be quiet and walk towards other ‘Hearts’, towards

other Souls, without bitterness, without judgement, without regrets, simply with compassion, with a smile, with a light and peaceful heart.”

Question:

*In addition to seeing him as a Soul, how can I look at my partner?*

Answer:

“Relate and feel each other as one the teacher of the other.

See him as a source and make sure he allows all his Love, all his Light, all his warmth to emerge from deep within.

See him as a ‘heart’ you have met to train yourself to give and give yourself totally and interruptedly.

See him as a means to grow.

These are simple words, but, when lived through, they make sure that everyone gives everything; they create a way to receive everything. Remember that these words should not just be understood, but also lived.

If you look at your own partner as a source of water, the kind that contains nourishment, Light, Love, you will look for it continuously, and you would be grateful to this source.

If you look at your companion as a mean to grow and a way to train towards your task, you will be grateful to him for it.

If you look at your partner as a bowl to fill, you will give him everything; you will give yourself totally to him.

And there you will understand his own steps, his accomplishments and defeats.

In victory we celebrate, when defeated we love each other because during the training it is natural not to have perfection, though we are always aiming for it.

Question:

*How is the true life partner?*

Answer:

“The word companion means to accompany, experience everything together, and it is so much more than choosing to love, and choosing to accept Love.

That is when words are not necessary any longer, heart merge while they remain free, and Souls merge with the Light and fly free.

All this nevertheless does not eliminate individuality, rather it makes it stronger, it light it up, it gives it the necessary space.”

Question:

*How can I bring more love into my family?*

Answer:

“Think how you can make those kids happy because that is how you need to seem them. Think of what you can express to make them cheerful, to make them feel loved.

With your inner child's heart you will intuit what needs to be done, said, and created.

Do not fear if sometimes you perceive the doors to their heart a bit closed.

When we have not received attention and Love, it is only natural to vibrate in a certain way, to feel certain emotions or to leave ajar the door to our heart, while we do not understand that that distances love further.

Right there and effort is required.

Where you are not receiving Love, where you feel you are being distanced from the caress you wanted to bestow, where you are not given attention, give Love anyway and you will create the possibility to a new harmony.

Do everything it takes to make every child happy. All you need do are little things.

This great Love that encompasses everything, that has compassion, that helps dispensing, will make their heart open up, overcome difficulties, heal their injuries, it will teach the beauty of loving and giving, of making others happy, it will make you feel that the most important and beautiful thing in life is exchanging Love, it is living sweetly, tenderly, lovingly. Remember that, it is not a coincidence that you have chosen as Souls to reconnect in that place.

If after all you have tried, there is no understanding, no acceptance, no opening up and rejection remains, let everyone free to love or not to, to give or not to give, to receive your Love or reject it.

In that moment you will be able to peacefully turn your sight onto other heart, other Souls, to help, to give Love and Light.

Question:

*I am very much attached to my animals.*

Answer:

“Up to this moment they have helped you loving a great deal because all the Creatures can help us open up to Love, and understand the art of loving.

Love all Creatures, but always be watchful for attachment because when you perceive this Love of theirs that never causes harm, you risk attaching to them, you can turn your sight from everything and everyone and love them only.

Be aware that often we tie too much to these Creatures because they love unconditionally, they don't make us suffer, however, this can become a way to run from Love towards everything, towards everyone.

When you have doubts whether you are running from Love or not, ask yourself:

*- Do I love a tree and a flower this much? Is this how much I love the wind, the rain, the sun, the earth? Is this how I love each 'Heart' I meet? -*

In your answer you will understand if the Love you feel for that Creature is unconditional Love, if you are running away from Love or not.

As you can see every experience can turn into a gift, a teaching that makes room for new understanding.”

Question:

*When I love intensely, everything is simpler.*

Answer:

“Dive into Love towards everything that surrounds you and when you find yourself before a challenge ask Me to help you experience it, ask Me to help you win that battle, but then go on as child and express your Love to those close to you.

This attitude will help you live peacefully, overcome anything, win the battles of life...and it will teach you how to protect yourself, too.”

Question:

*Are you saying that if I dive into Love I can learn to protect myself?*

Answer:

“That, too. First you need to have reached a certain level of awareness, the full understanding of your feelings because you cannot protect yourself from something that you do not know, it would only be shutting down.

When there is a lesson to learn, a challenge to overcome, remember that most importantly it is necessary the understanding of what is going on, of your own emotions, of yourself, remember that you are a Divine Spark that will

prevail over anything, feel that little Girl within you rejoice for the opportunity to learn something new, then dive into Love, express Love towards everything, towards everyone. And as you love deeply you can detach from your struggles, whichever they might be.”

Question:

*Why are so many rejecting Love? Maybe they cannot feel it?*

Answer:

“We are all capable of feeling Love, but some run away, put up barriers, fortresses, use their weapons to fight it because they feel that if they allow Love to enter their heart, their walls would come down, their fortresses as well.

Some are afraid to express what they feel, but Love given from the ‘heart’ is always felt.

Even if it was rejected, do not think that Love given is gone wasted: Love is like a drop of water, like a seed, a balm, a gift that someday will be comprehended.”

Question:

*Will you teach me to love everything that surrounds me?*

Answer:

“Fall in love with Love and you will achieve loving everything and everyone with the same intensity. You will see every Creature, every person not as a source to tap from or a vase to fill up, but simply as a mean to get pleasure from the joy of Love.

I used the word ‘pleasure’ because really true Love creates what you call pleasure; it takes you to experience the ecstasy.

Love each expression of Nature: you will enter the river of new Love, you will allow it to flow, and it will flow.

When you stand by a tree, a flower, feel them as means to express Love, as well when you are held by the arms of the Earth, when you allow the sea waves to rock you, when you let the wind caress you, and when you let the Sun warm you up.

You will no longer feel the need to have a ‘heart’ by your side in order to receive and give Love because you will know how to experience it with any Creature.

If a ‘Heart’ is next to you, you will feel the joy to be able to experience Love with him, however, if that ‘Heart’ chooses not to give you Love and not to receive your Love, your heart will not be troubled by that.

You will feel the flower, the tree, the Earth pulsing with Love.

You will hear the wind, the sea, and the fire talk about Love.

You feel the stars and the Sky look at you through the eyes of Love.

As much as you now receive these words within your heart, you cannot imagine what you will be able to experience.”



## *More messages of Love from the Angels*

“There is nothing more important than allowing true Love, then new Love, to touch you and dive into it.

There is nothing more urgent than knowing this Love and experience it, while We reassure you, and you feel you are a Soul that has chosen Love that will know Love and will experience it.

There is nothing more important than that because Love will bring everything to you, it will help you walk on this world, among many ‘Hearts’, keeping your gaze towards the Sky, while you remain detached from everything.”

“True Love opens your eyes while at times what you call Love or you hold the illusion it is Love, closes your eyes.

True Love allows you to intuit what cannot yet be seen, while sometimes you deceive yourself or create the invisible, precisely because of the non love, both with positive and negative expressions.

True Love discovers what words attempt to cover up without leaving you disappointed and brings you the level of detachment that is necessary to give even more freedom.

True Love makes you smile no matter what, whatever happens.

Learn about this new Love so you can be free, so can let others free, so you can be peaceful despite everything, so you can dispense peace nevertheless.

Discover within yourself the note that will make you resonate with Love and it will be a melody of Love.

If you vibrate with Love, you will love your task to bring Love and Light to and around you so much that your heart will be fulfilled, and your Soul will exult.

Then tiredness, difficulties, heaviness, bitterness, and disappointment will be gone.

This can seem so far away now but it is not so, it is already right next to you.

Chose to come closer to this Love, out of Faith, by going beyond what it is now comprehensible to you.

It will remain your choice whether to love, receive Love, believe in the “beyond the visible, and unknown’.”

“Be compassionate, understand other people’s ways, others’ choices because compassionate Love does not judge, does not tie, and does not withhold.

It is not easy to live this way, however step by step, if you purify your heart, if you listen to your Soul, you will get to know the compassionate kind of Love that give everything and allows you to be everything.

Imagine an ocean that can dispense its water throughout the earth, but while it does so, it retains all its qualities: this is how you will be.

Nourish yourself with Nature, restore yourself within the Universe and you will recognize true Love, the compassionate

kind, because the moment you experience it, you will need nothing else.

And when there is no need to fulfil, you can give anything with unconditional Love.

May this be a destination for you, and do have compassion for yourself, your timing, your steps because destinations are reached day after day as you live and love everything about each day.

When you will not express true Love, you will hear your Soul whisper: "This is not Love".

In that moment, be compassionate with yourself and be happy nevertheless: the voice of your Soul will guide you towards true Love.

Release all that makes your heart heavy, the more you will empty it from this heaviness the more I will fill it up with lightness.

Therefore remember: comprehension, compassion and new Love.

Compassion allow you to see everything from above, it brings full vision, infinite patience, total acceptance, but it also teaches to detach when necessary, with serenity."

## *Comment*

*Luminous Soul, you understand how none of my words could possibly match these amazing teachings. This is how I can only express my Love to you, by sharing with you this short meditation to be done when possible in Nature and in silence.*

*There are five steps to it.*

*Sit down in comfortable position; you can also lean on a tree or a stone. Close your eyes and breathe sweetly.*

*1<sup>st</sup> step: breathing Love.*

*Feel the Love before you.*

*Inhale, exhale Love;*

*Exhale, exhale Love.*

*Inhale Love...*

*Exhale Love...*

*Continue inhaling and exhaling Love...*

*feel how you are filling up with Love...*

*feel how you are slowly becoming Love.*

2<sup>nd</sup> Step: *listening to Love.*

*Feel how Love is there  
and it speaks to you: listen to it.  
Simply listen to what it is whispering to you.*

3<sup>rd</sup> Step: *perceiving Love.*

*Feel the Love next to you...  
Feel how it caresses your face, your hair, your entire body...  
Feel the Love enveloping you.*

4<sup>th</sup> Step: *seeing the Love.*

*Open your eyes and look at the Love manifesting:  
a flower,  
a leaf,  
a tree,  
a colour,  
on earth,  
in the sky,  
in a Creature of the earth and the sky,  
in 'Who' is next to you.  
Observe everything that surrounds you: recognize the  
expression of Love in everything and everyone, this is Love  
manifested.*

5<sup>th</sup> Step: *feel loved by Love.*

*Be next to what expresses Love:  
the Sun, the wind, the rain,  
the flowers, the trees, the earth,  
the water, the fire, the sky,  
all of Nature,  
the Creature of the sky, the Creatures of the earth,  
the heart you encounter,  
your Angel, the Great Light.*

*Be next to then like someone who is in love, like a child, to get  
acquainted with Love as soon as possible,  
to then become Love,  
to then feel their Love.*

## *Summary of expressions suggested by the Angels*

*- I can be Love, love everything, love everyone, receive Love from everything, and everyone. -*

*- I wish to hug you, I wish you would hug me. -*

*- It cannot be that way, because when you love you are not afraid, Love and fear cannot exist in the same space, it is not possible. -*

*- I wish for you to hold me, hold me. -*

*- Who can I love now? -*

*- Do I love a tree and a flower this much? Is this how much I love the wind, the rain, the sun, the earth? Is this how I love each 'Heart' I meet? -*

VII

*The joy and the smile*



## *Comment*

*Dear Luminous Soul, as I smile I give you joy as an expression of the Love I feel for you.*

*There was a time when I did not express sad feelings, I kept doubts and uncertainties within my heart, I never cried because I was taught that it would upset those next to me, the loved ones, and that feelings, and emotions must be kept in my heart.*

*But there has always been something I could never withhold for whatever reason: joy.*

*I had to share it, express it, and dispense it.*

*I could tell how it affected heart and that made me happy.*

*But I often asked myself: "There are many things around me, and within me to be happy about, why isn't joy always present in my life without interruption?"*

*Why, during hardships, am I not able to feel the joy anyway for all those things I am infinitely grateful for?"*

*Only when I started my journey of growth I understood that we should first empty our heart from any emotion that makes it heavy only then there can be room for joy and Love.*

*When joy and Love find their necessary space, they remain in my heart regardless of the situation I might be going through whether there is someone by my side or not.*

*It is not possible to manifest and dispense Love without the expression of joy paired to it because Love is joy and to love makes us happy.*

*When we love deeply, expressing joy is a consequence of it.*

*Love brings us joy, being happy makes us love and therefore we experience the magic of Love.*

*Once someone told me: "I can see a lot of joy in your eyes". I wondered why she could only see that in my eyes and I realized I was not smiling.*

*That was also a consequence of what I was taught, that is that once we grow up we must be 'serious'.*

*And to confirm that I noticed there were not many smiles around me.*

*As I looked at the faces of those I met, as well as those I related to, I noticed that, some had problems some did not, they were not smiling.*

*It is normal to hold worried expressions when we are preoccupied, cry when sad, but it seems it is not so natural to smile when everything goes well, when we are peaceful.*

*It is easier to see a smile on someone that has nothing but lives his life in total freedom, free from educational teachings, and conquers of a wealthy society.*

*I saw the biggest smiles on poor people's faces that lived their lives in a humble and simple way.*

*The easy inclination to smile I found it mostly in poor countries where life is uncertain and often people do not have a roof or food.*

*These facts gave me something to think about and reminded me to smile more often.*

*As I learned to smile more, I have received great gifts; I realized how a smile can change a heart and what's around it, and what a smile can bring to the heart and the body.*

*I try to remember to smile always more, especially during challenging times, while I understand and experiment how much a smile and joy can transform everything, within and without because they create alchemies.*

*During travel I have seen that despite I don't speak foreign languages, when I smile I receive understanding and unexpected help and acts of kindness.*

*Daily I receive continuous confirmations that when I smile I receive help for both big and small challenges, with a smile so much can be released and many difficulties disappear, with a smile any relationship becomes easier.*

*When I notice that my smile is not reciprocated or annoys someone, I feel a deep sense of tenderness for that 'Heart' that does not know the beauty of a smile and joy, and I wish for him or her to find it soon.*

*Joy attracts Love, abundance, harmony, intuitions, because in a state of joy we are attuned to the forces of the Universe.*

*It gives energy to all the beautiful things that exists and therefore they manifest with more intensity.*

*It gives energy to talents, to the treasures of the heart that can come to surface and manifest naturally and spontaneously.*

*Joy brings infinite patience, it gives the necessary strength and resilience to overcome life's difficulties; joy regenerates the body, it purifies the aura, it transforms, and harmonizes.*

*Joy is not just a feeling, a sensation, it is energy that creates.*

*Joy makes us smile and a smile is a beautiful gift that we can give to those we encounter and those we love.*

*When we smile, life changes because a smile is a gift, and those who give receive multiple gifts in return.*

*We can all give, always and despite anything, these gifts: joy, Love, Light, and a smile.*

*Through joy we can establish a contact with the invisible world, our divine self, we can attune to the Divine, we enter Universal Love and this will take us to experience bliss.*

*If you cannot see a reason to feel happy, consider that you are a Divine Spark, Daughter of the Great Light, feel that you are*

*deeply loved by the Great Light, by your Angel, think that your heart contains precious treasures, talents to express, remember that out there in the world many Souls are waiting for you to feel your Love, help, and to awaken.*

*As you think, and feel all of this, you can only rejoice and love.*

Question:

*When I love I am filled with joy, however, I would love to be able to always feel happy.*

Answer:

“Invest Love and joy in every gesture and in every word you speak: everything will flow much more easily.

Make sure there is always a smile on your face.

If at times you become depressed, when you become aware of it, do smile immediately, smile to Me and I will bring joy to release the darkness of that moment.

May a smile be the good morning you show Me and those you meet in that morning.

The smile is the greatest mean to enter the heart of people and many of them need to feel it penetrate their heart by a smile, they need to receive help to feel their heart more consciously, and more luminous.

The smile will bring therapeutic joy into their heart.

When you choose to help someone, everything that you can do for that person has its own value, but remember that Love, joy, and the smile already are therapy, Love and joy will have already done half of what you could do.

Joy makes it happen faster, simpler because joy has the power to attract anything.

The way can vary from ‘Heart’ to ‘Heart’, but to allow everything, to manifest anything, to consent that all becomes evident, there is only one way: joy, and Love.

The power of Love will have its course, will manifest through joy just as the power of joy has its course through the power of Love.

Be a witness of Me, Us, the Great Light, when you express joy and dispense Love.

Joy can be expressed even when your heart is troubled by something, all you need to do is allow that trouble to manifest, and then let it go, and there is joy coming back.

It is the joy of feeling protected, guided, and loved.

It is the joy of knowing to be Light moving towards the Light.

It is the certainty to be on the Journey to return Home.”

Question:

*I am not always able to express joy in every situation.*

Answer:

“I will take your hand and walk you to a new spring, the spring of true joy.

Feel like a child of the Light, be happy for it and give Me your hand.

Do not ask Me where this spring is located, how we are going to get there, do not ask Me anything, simply sing, be happy and smile, and as you sing, as you smile and feel happy, you will find yourself already there before this spring.

Do not stop at those springs you are already familiar with: many of them are illusions, they waste your time and I cannot push nor can I drag you away because you are a free Soul.

We are all free to not walk the way of the joy and of the Love and never come to the spring of true joy.

Some, while they are fully aware, wish to live the illusion they can find that joy at other springs, some is afraid to suffer thirst and is not able to detach from those familiar springs, some get lost in those arid deserts.

If there are times when you cannot feel the joy, act it out.

Do not be surprised I am asking you to pretend, I do so because you already possess all the reasons to live joyfully.

If you remember who you are, and look at what is within and around you, you can only say:

*- I am lucky, I choose to be happy, to express joy for all of this.-*

Sing, recite joy, this way you will enter into its wave and you will reach the spring of true joy.

Nothing will happen of all the things you were afraid of, if you melt your fears with the joy and the Love.

You will receive confirmations that when you love, when you are happy about everything, everything comes to you, including the unimaginable.

You will be aware of the many reasons you possess to be always joyful, always grateful, and therefore always happy. This, like anything else, is a choice.

There will be many reasons and many forces that will attempt to interrupt your recital, then be aware and vigilant, and ask for My help.

Soon there will come a time when you will no longer need to recite, they joy will be real, and your happiness will be complete.

When you are not feeling joyous, do play this game with all that you have got, all the intensity, sacredness, commitment,

perseverance, with all your responsibility, and when acting this way you will give Me every possibility to walk with you to the spring of real joy.

If tears show up, let them be to release and let go, let them be to empty out, to transform, then resume your recital of joy and all your tears will be transformed into pearls.

If you express Love and joy in all that you do, in all those things the daily routine demands, the many obstacles, the many difficulties will suddenly melt, your tiredness will increasingly decrease until completely melted because joy is like the lymph to the tree, and as long as the lymph runs through the tree, the tree never tires to go through the seasons, to see its leaves appear, and let them fall, dispense its fruits, welcome and restore wanderers, and live its purpose as a tree.

The expression of joy will bring a new gust of wind into your life.

Do go through this all and you will receive confirmation that each challenge will be experienced as a mere mean, an opportunity, a lesson, and then you will see the alchemy take place within and around you.”

Question:

*When reciting the joy, will I be able to experience it uninterruptedly?*

Answer:

“Joy is a conquest, to live uninterruptedly with joy is a consequence.



It is a conquest that requires the awareness that you are a Child of the Light, a luminous Soul who is walking towards the Light.

Love given to everything and everyone requires gratitude towards the Great Light, which dispenses everything, towards all of Creation, which everything offers, towards those who walk with you with unconditional Love and uninterrupted help, towards all human beings that you meet on your path.

Joy in each step you take, will make your actions a conquest that will create new joy.

As you invest more joy in your second step, your second conquest will give you again joy and your joy will increase.

And so it will be for all the following steps.

Joy in each of your thoughts will cause you to stop thinking and just be happy about what you see.

Joy is a lens that allows to see everything luminous and, if it is intense, it will help you see what is now invisible to you, it will make you savour the essence of life.

It doesn't matter if during the day nothing particular happens to be happy about, simply be happy for who you are, for what you have chosen to experience, to express, for the destination you have set to reach.

To recite happiness, joy, is not to suffocate everything else, it is simply about learning a new language, it is acting, walking, feeling, seeing in a new way.”

Question:

*I do not wish to suffer anymore, I just want to be happy.*

Answer:

“Then sing, then dance, than smile, then express gratitude for all that you experience, for all that you posses.

I am not asking of you anything that requires great effort, just to smile, just to sing, and dance.

In the beginning recite joy, happiness, and remember that everything you recite will create what you recite.

You were born for the joy and the Love.

Love all of Creation, walk through the world with enthusiasm, as you love everything and everyone, and keep your gaze towards the Sky.”

Question:

*To savour the joy of walking my Path of growth, should I let go of all the other things that so far made me happy?*

Answer:

“Live each day as an adventure to savour all that that day will bring to you.

I will never ask you to give up what brings you joy in the now, but I will help you gather more joy, as I teach you to detach correctly, you will therefore savour everything, but will never depend on it, you will then discover the great joys you still don't know.

As long as there is attachment and need, you will never be able to enjoy fully.

Go peaceful in each adventure, grow stronger in the joy, in the Love and it will be easier to live your life.”

Question:

*If I don't feel like smiling, should I recite to smile as well?*

Answer:

“In everything that you experience, make sure your essence resonates with joy.

I come closer to you with joy, so that it may transpire from your face, your eyes, uninterruptedly, through a smile.

It takes training to also maintain a smile, because you are not used to smiling.

It takes awareness, attention, practice, though to smile, should come naturally simply by remembering who you are, the Light you carry within, as you feel My Love, and the Love of the Great Light.

To experience the act of smiling uninterruptedly, you will need to remember to smile all the time, until it becomes natural, a habit, and the time will come when smiling, you will come very close to the imperceptibility, that will make you smile all the time, anywhere, whatever happens, whatever situation you experience.

If you could see how everything changes in your face when you smile, you would never stop smiling, because when you do, you emanate a vibration that attracts, it fascinates, and lifts you higher, very high.

On the other hand, when you do not smile, something insinuates, which keeps ‘Hearts’ away.

I am speaking of insinuation, because often you are not aware of it. As much as smiling attracts, in the same way that non smiling repels, as much as smiling is a gift, in the same way that non smiling takes away.

Be aware of this, and responsible about it.

And you will realize how much you are giving and if you are giving it with a smile, observe those before you, how they react to you, how they vibrate.

Try looking at yourself in the mirror, listen to how you vibrate when smiling and when not and consider that on the other side, what comes through, is a hundred times more intense.

You will like yourself so much more when smiling, you will feel so good, that smiling will become a constant thought and then it will become a constant attitude and then it will become natural, to present yourself with a smile.

Remember, that smiling can become a cure, food, water, smiling is a pearl.”

Question:

*When I need to be firm and determined with someone I cannot smile, otherwise this person will not perceive the firmness, the clarity, the determination.*

Answer:

“With a smile you can also put up invisible walls when necessary; you can dispense Light while remaining detached.

It should, however, remain loving communication, even when it is necessary to shed clarity, assert oneself firmly, close doors, and leave.

Smiling can be paired to assertiveness.

Smiling can express many things, it therefore can vary greatly from one situation to another.

Naturally, there are moments when a smile should make room for peace on your face.”

Question:

*Would you help me once more so that I may learn to live life with a smile?*

Answer:

“Think of Me and imagine Me smiling, smiling to you, for you, inviting you to smile with me, and then you will be able to reply by smiling to Me.

Your smile will increasingly light up, within your smile, there lays something about you that will burst through.

A smile is an expression of life, the joy of life; it allows you to experience the game of life with joy, enthusiasm, strength, you will experience the magic that cannot be conveyed in the word ‘Life’.

When your heart sings, it will fly light as air.

There are many reasons to sing, smile, be happy, even though it is easy to forget about them when we focus on what doesn’t make us smile.

If you keep your attention focused on the infinite sources of joy and smile, the challenges, the lack, the emptiness that you might still experience for a short while, will not create any heaviness, it will not distract your gaze from your Soul and the Sky.

You will conduct ‘Hearts’ towards the act of smiling while you dispense your own, you will make other ‘Hearts’ happy and strong, you will help others ‘Hearts’ to live the game of life with a smile.”

Question:

*Can you tell me more about smiling?*

Answer:

“Your smile will be the great light that you will radiate, it will nourish your heart and the Souls that you will encounter.

Smiling will help you live the great explosion of your Essence, because when smiling, you will fear nothing, you will feel the kind of detachment that makes you untouchable.

When smiling, you will remember more easily you are a Soul that is walking towards peace, Love, and Light, while you will forget you are a strained ‘Heart’.

Smiling will create an indispensable shield for all the challenges, you will feel it protecting you.

If your face will smile, if you will have Faith engraved in your heart, events will not touch you and those who could hurt you

will recognize your Light, they will perceive you are untouchable.

Wherever you can, do help, extend your hand, bring a new seed, support, and heal.

When you cannot do any of that, just smile because smiling in itself is a gift; it is help, healing, and a pearl.

That 'Heart' will be so touched by your smile and will have in turn, great opportunities to learn the importance of smiling.

This is true teaching, true giving, by being a witness and an awakening facilitator.”

## *Comment*

*I have received the advice of my Angel to make up a game with a mirror and additional games to experiment His messages.*

### *Game no. 1*

- Stand before a mirror in bright light.
- Look at yourself.
- Hold a neutral expression: look at yourself and observe what happens within you.
- Frown your face a bit: look at yourself and observe what happens within you.
- Frown your face a bit more: look at yourself and observe what happens within you.
- Now attempt to make all those expressions you hold when going through all kinds of difficulties: harshness, firmness, authority, rage, feeling offended, sad, disheartened etc, and



with each one, look at yourself and observe what happens within you.

- Now hold again a neutral expression.

- And now start smiling a bit, then more, until you are completely smiling, until your eyes are smiling too: look at yourself and observe what happens within you.

*You will have to rejoice for the beauty that you'll notice on your face when you smile, for the charm that you emanate, and for the Light that your eyes reflect.*

## *Game no. 2*

- Sit comfortably, close your eyes and repeat this game in all its phases, as you pay attention to what happens within you and to what vibrates inside of you.

*You will realize how much suffering sadness causes and how much joy smiling dispenses; how, when we are sad, we carry weight in our heart and when we smile, we light it up.*

### *Game no. 3*

Ask a friend to play this game with you. Sit down in front of him and ask him to change his expressions, so that you may notice in him, how much the absence of a smile, makes him/her look uglier, while when smiling, he/she looks splendid, charming, and luminous.

Then you will do the same for him/her, so that he/she may experience, feel, understand the necessity and indispensability of smiling.

*This is one beautiful gift one can give.*

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*If, when these games are done, you choose to always smile, help yourself with this other game you can do during the day:*

Whatever you do, sometimes stop out of the blue and ask yourself:

*- Was I smiling? -*

Do not count how many times you will have to answer 'no', do not feel discouraged...rather in that moment begin smiling...

## *S*ummary of expressions suggested by the Angels

*- I am lucky, I choose to be happy, to express joy for all of this.-*

*- Was I smiling? -*

VIII

*The Gratitude*

## *Comment*

*Dear Luminous Soul, as you will recognize your beauty and the beauty surrounding you, you will feel an immense gratitude and the desire to express it constantly.*

*It often happens that we spend years attempting to survive all those things that suffocate the voice of our Soul and shrink the space in our heart.*

*So much of what is around us represents challenge, suffering, lack of freedom and we don't know how to get out of it while our gaze is solely focused on what is disturbing us, what limits us, makes us sad, or what is still missing.*

*We loose connection with ourselves and we give room in our heart for those feelings, those sensations that just like a vortex distance us from joy, Love, enthusiasm, and gratitude.*

*We often have what we don't want and wish for what we don't have.*

*However, if we look at ourselves and all those things we take for granted, then we can feel gratitude.*

*Even when our heart is sad, or not free, or it feels troubled or anxious, nevertheless you should look at who you are, look at your Light and your beauty.*

*Look around you and see the beauty that surrounds you.*

*Look up and remember there is a 'Home' waiting for you, and your Angel loves, helps, and protects you.*

*Get in touch with Nature to savour the amazing expressions of Love that it has to offer.*

*Remember you posses a body that 'works' perfectly.*

*Listen to your breathing, your blood circulation, listen to every organ, notice your ability to walk and go anywhere you wish to, notice the ability to see, the possibility to touch, caress, and take someone up in your arms.*

*This way you will be able to feel gratitude for your body, for 'Those who gave it to you: it accompanies the Soul in its amazing journey.*

*When immersed in Nature it is even easier to feel grateful: for the tree that dispenses the lymph, the oxygen, for the sky that makes us dream and allows us to drift with its clouds, and for the earth that sustains us.*

*You will feel gratitude for the flower that dispenses its scent, for the grass that creates a soft carpet, for the beach, and for the sea that always produces new music.*

*When you return home, be grateful for the possibility to have shelter, rest, warmth, wash yourself, and welcome those you love.*

*As you pay attention to these things, you will realize there is an infinite amount of reasons to be grateful.*

*Often we 'discover' our body and what it can offer only after a disease: we then appreciate what our home has to offer only after we have experienced a place where people have no such place, where they have nothing, and have learned to survive in precarious ways.*

*We then appreciate what we have when we sleep in the open, when we cannot take a shower, when we cannot do the laundry and we just have what we are wearing in that moment.*

*The more we experience deprivation, the more we realize the great gifts we always had.*

*I have, too, experienced disease and now, each morning, I give thanks to my body and express gratitude to the Great Light to*

*be given the possibility to get up in the morning and do all those things I used to take for granted.*

*I have lived very close to those who despite having nothing, always had a radiant face and a heart filled with love to give.*

*As simple as my house is now, to me it is a mansion because it shelters me, because I can turn the light on, I have water to wash myself with, a bed to rest on, and because there I can enjoy my intimacy.*

*I call myself lucky to have had a lot, but my biggest luck was that of losing everything, and having to live with nothing, even without the basic needs.*

*I am infinitely grateful for these experiences because even if I have always given my thanks to things (my parents taught me gratitude) now I live in gratitude and this is quite different.*

*I hope that as many hearts and souls as possible may live in gratitude without having to experience suffering and deprivation.*

*If deprivations and suffering should arise, be grateful for them because they will not only teach you the importance of gratitude but also to live in gratitude. Your heart will learn to be happy without interruption; it will feel in love with everything that surrounds it.*

*Feel how you will never be deprived of what is truly necessary to you. Be happy about that, and be grateful for it.*

Question:

*I have a hard time expressing gratitude because there are many things I still don't have.*

Answer:

“The key is gratitude itself.

Begin by expressing it, begin by using this key and watch doors open.

Each day express your gratitude out loud for who you are, for being a Soul on its journey, for being able to live an amazing adventure during which you can collect so many, many gifts, and many treasures.

Express your gratitude out loud for anything that happens to you, for everything that you receive, for each situations you experience, wherever you are, whoever you are with, because everything is collaborating in helping you reach your chosen destination.

If at times you feel you lack the strength, express gratitude out loud, it will help you stay humble, it will give you the chance to feel the strength I will instil in you, should you ask Me to.

If at times you feel thirsty, express gratitude out loud so that you may comprehend what an amazing gift water is.

And so it is for everything else.

Be grateful for your body, for your Luminous Essence, and for your journey of Light.

Be increasingly grateful, and even more, express gratitude out loud, even when you do not receive what you have asked for, when what you have wished for, does not take place, when



your heart or your body are in pain, when you do not feel the Love or see the Light or have lost your peace.

Do not ask why it all happens; simply first and foremost, express your gratitude out loud.

Alchemies will take place, you will gather new understandings, and you will give more room to Us and Our gifts.

However, the gratitude shall be the gratitude of the heart, of the Soul, and of Love, not that of the mind, not only by words, even when it is through words, that it's been expressed.

Nothing and no one should prevent you from expressing gratitude out loud: this is also transformation, this is also creation, and this is help as well.”

## *Comment*

*During the course of my life I have had many dreams, I have wished a lot and the majority of them have remained as such. But now I can give thanks to those unfulfilled dreams, for what I asked that I haven't received, and for what I have wished that has never come.*

*It may seem impossible, but to me it is simply realizing that all of those things would have prevented me to be as I am today, and to live as I live today.*

*Had my dreams come true, had my dreams been fulfilled, maybe I would not have found out who I am, I would not have met the many 'Teachers' that life had me meet (and they were not just people...), I would not be able to live continuous gratitude, I would not be able to appreciate, as I do, Everything including small things that each day brings and I am able to experience.*

*I would not feel as lucky as I do to get up in the morning, to be able to walk, look around, hear, feel, be happy, and love.*

*Along the way I have been able to realize how, what I thought was right and needed for me, it really wasn't at all, actually quite the opposite.*

*Hence, I learned to always give thanks despite anything, knowing that everything is working out for me, even though the moment I am experiencing a particular situation, I do not always understand it.*

*Whatever happens, I know it will make me grow, it will bring a conquest, it will teach me something, or bring me a gift.*

*In the beginning it is not easy learning to use this key, live in constant gratitude for all that happens or not, for all that we have or have not, and for all the we live for or are not allowed to.*

*To begin, it is all it takes and immediately we receive confirmations until it becomes natural and spontaneous.*

*I love joy, each day I choose to live with joy, to be around those heart that allow me to be happy, and to be in those places that bring me joy.*

*However, if I look to my past, I can only feel grateful, even when it was mostly painful, when it was filled with deprivation, diseases, solitude, scarcity, mourning, and pain.*

*Through disease I have learned to appreciate health.*

*Through lack of Love, I have learned to love first.*

*Through suffering, I have learned to understand, intuit, feel the depth of the heart of those I meet.*

*Through mourning, I have learned that each relationship should be experienced intensely.*

*Through material scarcity, I have learned to constantly feel grateful for those things I used to take for granted, or considered necessary, I can now see how nothing is necessary.*

*Through solitude, I have learned to live by myself without feeling lonely.*

*Through ungratefulness, I have learned to love and give unconditionally.*

*I can only say this:*

*“Thank you stormy life for teaching me to:*

*find my way back to the Light;*

*find peace within the Love, and the joy along my Journey;*

*feeling immensely grateful for what I have, for what is around me, and for those who come near me;*

*thank you, because you have confirmed to me how deeply loved I am, how totally protected, how continuously helped by the Great Light and the Angels;*

*thank you for showing me, that I will always be taken care of with those things that are truly necessary to my heart and my Soul,*

*thank you, because you have given me so many experiences that I can now share.*

*Thank you to the strong waves, for they have taught me to navigate and take the rudder of life, as well as let it go, so that the Angels could blow on my sail and push me in the right direction.*

*Thank you strong winds for bending me, because you have turned me into a tree that will never be eradicated, for my roots are deeply rooted in Love and my branches stretch towards the Light.*

*I have no doubt that the Love and the Light will always give me the necessary strength to continue on my journey, they will give me what is needed to my Soul.”*

## IX

*Recognizing who you are,  
recognizing your Essence*

## *Comment*

*If we live our lives in full awareness as we do our best to figure out its meaning, sooner or later there comes a time when we ask ourselves:*

*“Who am I, and, why am I here, where am I going?”*

*The Angels have replied like this:*

“You are a child of the Great Light: feel your magnificence.

You are a Divine Spark: manifest your Light.

You are a Free Soul: spread your wings free.

You are a Child of the Sky: generate its gifts here on Earth.

You are a Child of the Earth: love it as you keep you gaze at the Sky.

You are a Child of the Universe: live with simplicity, candour, and purity.

You are a ‘Heart’ is very much loved: dispense Love.

You are a Gift of Love: feel yourself as a Gift, and give yourself.

You are a flower of the Divine: expand your scent.

You are a strong Tree: deepen your roots into Mother Earth, and spread your branches towards the Sky.

You are a wanderer on your way towards the Light: walk on your luminous Path with enthusiasm and joy.

You are a Student of the School of Life: learn humbly and simply.

You are a Teacher of the Light: spread the wisdom of the Light with Love.

You are a Warrior of the Light: live through life's battles with Strength of the Light and Love.

*Luminous Soul, your Angel will help you rediscover, express, and manifest your Essence.*

*If we recognize who we are and we express our Essence, we can become lighthouses that shed light, and sources that restore.*

Question:

*What does it mean to be a free Soul?*

Answer:

“You are not just the body you see, the heart you feel, know that within you there is a luminous Essence: your Soul.

It has chosen this body that sometimes limits its freedom but that is functional to your story, your growth, and your evolution.

If we cannot remember that we are free Souls, we tend to accept impositions, limitations, and compromises or we end up imposing ourselves on others, forgetting that those who are free shall remain so, in order to create joy and harmony around them.

Naturally this kind of freedom must be clear at a deep level, more luminous and with your heart not your mind.

When we live a relationship with other heart, our freedom must be protected and completely respected, the same way we must respect and protect the freedom of those next to us.

Even if sometimes some choices require sacrifices, they do not strip us of our freedom when we are aware of those choices, because those who can choose, are free.

Freedom is not about doing what we want anywhere and with whomever, but it is feeling free to choose our own life and ways to express it.

We can experience that our body is not free because it has limitations, but truly it is, because it is possible to overcome its limits.

We can feel that our heart is not free because it has been hurt, because it has not been filled with Love, but the heart can heal, it can be filled with Love and Light.”



Question:

*How can I feel like a Child of the Sky?*

Answer:

“Observe within your heart the flame that burns in you to recognize your Light, to give it all the room it needs so you can then protect it and love it.

If you wish, you can play this game with Me:

sit down in front of a candle light, stay there and listen as you look at it.

Then close your eyes and imagine your heart as a flower that is bursting open to show the flame what it contains; fix your gaze on this wide open flower, on the flame within it and say to it: “This is my Light, because I am a Child of the Light”.

Then watch if this flame has enough room to expand, to grow or if you can give it some more, feel if your heart is completely open like that flower, or if some petals have remained closed.

Fall in love with your Light, with this flame, because this is how you will choose everything else for your Soul, how you will live for it.

As you love deeply your Light, you will give it all the space it needs.

You will find out if your heart can open up further, you will find out what is in it, how you can light it up, heal it, quench its thirst, nourish it, until just like a flower, you can open up wide all its petals to make room for its flame, for the Light that it contains:

If you can fall in love with your Light, it will be easier to act, everything that takes place will not make your heart heavier, it will not turn your Light and flame off.

Pay attention if you let it free to shine completely, always and no matter what.

Fall in love with your Soul, with your Light, and the Path you have chosen will seem sweet even when it heads upwards, even when you meet obstacles, even if you might have to put up a fight, you will know you will win it, because the Light always wins.

Be proud of your Light and love it intensely.

When you meet someone on your journey, do see in him the light he has within first and foremost; see him as a Luminous Soul, as a free Soul, when you do that, you will relate to him with Love.

It will be natural to dispense Love, and help, and your help will be of a loving kind, and sweet, and should firmness be necessary, it will come with an equal amount of Love.

When you meet someone that has not chosen the Light, you will know how to distance yourself without judgement, knowing that even within that person there is a flame.

As you recognize your Light, as you love your Light, as you love the Light, you will know well those who chose darkness even when they speak of the Light and they blind with an unreal light.

Remember the feelings when you first perceived My presence, when you first received confirmation of My presence, keep them in mind as you pay attention to your own evolution; do not forget those beats you felt in your heart as you felt the Love I have for you.

The moment you have opened your heart and allowed My Love to come inside you, your heart has truly started to beat with a new intensity to it, and with new emotions to it.

Be happy about these memories, about those next to you, about where you are, about who you are, and what you feel.

Be happy about your Light, for it lights everything up, it transforms everything, it creates everything, and it dispenses everything.

Be happy about the Love that always surrounds, accompanies, and fulfils all.

If in these moments your Essence would remain connected to the Love and the Light, you could experience what you call ecstasy, where everything that usually surrounds you disappears and limitations disappear, then you feel one with Whole, and you feel Whole within yourself.

If you fall in love with your Essence, you will eliminate in an instant, everything that limits you to expand it completely.

Find the room and the time to stay with me, within the Love and the Light, to be next to your Light and your Soul, to listen to My words, and listen to the language of the Soul.

This is as indispensable, as the air you breathe.”

Question:

*How can I merge with You and the Light?*

Answer:

“Take your heart and give it to the Light, leave it to the Love and the Light and you will love everything and every Soul.

The moment there is nothing and no one around you, you will continue to love anyways, you will be joyous and you will feel fulfilled.

When you leave your heart to the Light, you will light up what you experience, every place you visit, what you feel, what you sense and think.

Find space and time to come to Me, to merge with Me.”

Question:

*How can I feel as a Child of the Earth?*

Answer:

“You are a Child of the Earth.

Feel how everyone who belongs to the Earth is your sibling, feel those who live on Earth and you will feel the Earth as a sweet and great Mother.

And, like a tree, sink your roots inside Mother Earth’s heart, but also stretch your branches towards the Sky.

From the Earth, you will feel its love nourish you, its womb welcoming you, you will feel its strength helping you walk on, you will feel it taking you up in its arms, so that you may look up at the Sky.

Feel how you are a child of the Earth, that is able to dispense gifts that from the Sky has brought, a child who walks on Earth to offer those gifts the Sky will give her.”

Question:

*How can I return as a child?*

Answer:

“With Love I will take you along until your steps are confident again.

If you feel your steps becoming insecure, or a tear run down your face, it will only be for a moment, because with My Love, you will live without fear anywhere you go, at every hour of the day and the night.

You must look at the little child that moves with confidence, that is who you need to look up to, that is who you need to smile to.

Let this knowing come out of your Soul, it knows well that with Us you can return as special children that know how to run free and happy over the fields, through the woods and bare foot.

If you let this knowing come out of your Soul, you will not be afraid to let go of your female expression.

Many fear to let go of their role as a man or woman in order to express the Essence of the child, so they keep hanging on these expressions, they feel them as safe, they believe they are the only way to express themselves.

But it is only by returning as children that the Soul shines bright...”

“It is through a reassuring and protective smile that I come near your heart, so that you may do the same with the Child within you.

I am reassuring it with My Love, you should reassure it with yours. Imagine your child standing in front of you, talk to her extensively and listen to her words, reassure her with Love and invite her to come out with a smile. Invite her to play with you.

You can do all this as if it were a game, while it is also very healing for you, and a great way to express your Essence.

Play this game as often as possible, with the same importance you give to a therapy and your eyes will shine with an intense light, you will feel a new kind of freedom increasing day by day, you will savour day by day, and you will live with the joy that freedom can instil.

Do not worry now that you may have kept your inner child closed in for too long, it is not easy to let this aspect out.

Imagine it to be in front of you when you talk to her, reassure her, invite her, support her, see how I am, too, right there next to her, together with you, I am talking to her and I take her hand.

Your inner child will then express great wisdom because children are able to remember the wisdom of the Light, the wisdom of Love...

And just like a child, hop on Our swing, because it will be easier to feel happy and sing like a child, it will be easier to feel the inebriation of being swung up high.

Please know how it is impossible to fall from Our swings, but only get off with a hug.

In the beginning you might feel anxious when your feet are off the ground, you might fear falling down, but then all of it will disappear and there will only be the joy to play and lightness in your heart.

And when we rejoice on the swing like children do, other children hear the call as well and join us, pushing us higher, then those children will take their turn on the swing, to be pushed very high as well.

Do welcome Our games with enthusiasm and joy, just like a child can happily play with Us.”

Question:

*Why is it necessary to return as children?*

Answer:

“To live life happily and to allow life to flow in each day. Children can smile because they do not think about tomorrow, they do not cry about the past because they have forgotten it, they live in the present with all their intensity, they express joy in all that they do.

And if something happens and makes them cry, they express it and then resume smiling, they do not allow sadness to ruin the smile that makes life beautiful.

Children love to play, run, be happy, express everything and do it intensely.

Give room to your inner child for she can express anything.”

Question:

*I have chosen to be a therapist. How can I express my inner child in it?*

Answer:

“Listen to your Soul and you will feel it has chosen to be great through simplicity and child like happiness.

That luminous child is a destination, the beginning of greatness, a manifestation that knows no limits in loving and helping.

Of course your world does not make room for inner children, it does not give any importance to the Essence of the inner child, however, do choose to express simplicity, peace, child like happiness and many will be attracted by the Essence of your inner child.

If you achieve this Essence, your hand will be able to create alchemies because they will know how to heal with the Light, with Love and with great simplicity.”

Question:

*What does it mean to have a pure heart?*

Answer:

“It is a heart able to manifest pure Love and transform everything, it transforms you, it helps you let go of the mind. A pure heart transforms every love in a single Love, joy into a new joy, and with new enthusiasm.

Candour makes way for Love, joy and the Light.

A child’s pure heart recognizes life as a game and an amazing adventure.”

Question:

*I feel the need to heal my child’s heart.*



Answer:

“It is the healthy child’s heart that is able to conquer freedom because it is no longer afraid to do what freedom requires of it, it allows it to love completely because it fears nothing.

It is the healthy inner child’s heart that allows you to experience the Essence that you now wish to express, to be a New co-worker for children to cooperate with Us naturally as they are able to live Souls Love.”

Question:

*Can I really become a Gift to someone?*

Answer:

“You already are a Gift, you are a Gift of Love.

When in your heart you feel feelings that are other than Love, or joy or enthusiasm, remember who you are.

May there be the joy that you are a Gift in your eyes, may there be in your expression the Love of giving yourself, and may there be enthusiasm in giving yourself.

Gifts warm up and bring joy to the heart, well then, be happy and bring joy.

I am not asking you anything specific, a particular course of actions, but only to live your steps and actions with joy, enthusiasm, Light, and Love.

I am not asking you to become someone, but simply to be a Gift and to manifest your Essence.”

Question:

*Would you help me understand further this 'Gift' aspect of my Essence?*

Answer:

“As much as I can talk to you about your Essence, I am not able to make you feel it with the use of words: through living you will discover it.

Feel certain that you are a Gift, feel happy you have chosen to be it and whatever life will ask of you, you will experience it with joy.

It is so beautiful to know you are a Gift that your luminous hands can bring to so many heart.

You will discover the beauty of being of ‘Service to the Light’, which does not mean to be of service to something abstract and invisible but to those you meet on your path.

Sometimes to be of ‘Service to the Light’ does not require actions nor gestures nor words but only the happy expression of those who have peace.

Do not see it as having to give something up, or that you have to change your plans to be of ‘Service to the Light’ and to the Love: nothing and no one can fill up and fulfil your heart as much as knowing you are a Gift, and offering yourself as such.”

Question:

*I feel I can do more but I don't know how.*

Answer:

“By putting before anything else your choice of being a ‘Gift’. This choice might even ask you to not do but simply express and manifest.

This desire you have to do more is real, because it is requested by your Soul, but do not confuse it with the actions you are familiar with, because you can also do what is needed by staying still, simply by being alive and manifesting your Essence as a ‘Gift’.

Observe your daily life and understand where you can express it, look at each situations and you will know what they are asking for.”

Question:

*How can I live my Essence of Flower?*

Answer:

“Open up like a flower because you are it. The magic will take place during the act of opening. A flower opens up, it emanates its scent, it allows butterflies to rest on its petals, and bees to take its nectar, it gives birth to smiling.

To open up is to allow everything.

Open up like a flower, emanate your scent, give your nectar, show your colours and then live your day and everything will happen accordingly.

Experience the Essence of being a flower to show to those you meet that they are a flower with beautiful colours, with a particular scent and the sweetest of nectars.

To Us, you are all colourful, beautiful flowers with a scent of your own.

Observe each of your petals and when you can see them as totally pure and luminous, so that nothing can make them look blurry or less beautiful, then you will be able to turn away and feel proud, and confident because each petal has asked a lot of you to be as such.

With Love make all your petals be pure, then you will emanate your scent and dispense your treasures.

Don't ever forget you have a very intense scent that can be perceived by far away.

If anyone comes by you and does not smell your scent, do not doubt of it, maybe he does not want to perceive it or he wants to instil doubt in you.

There can always come challenges that cause you to feel insecure about who you are, how you are, and what awaits you. Believe in yourself; believe in your Essence, while you keep humble. You will realize how these experiences made you stronger, because it is in these moments that who you are, shows up.”

Question:

*Can my Essence blossom?*

Answer:

“Since a long time there is a seed in you that is ready, I have protected it.

However, We cannot turn seeds into flowers unless you germinate it first, unless you water it with the right water first, unless you give it the right warmth and the right light.

Many journeys might be necessary for a seed to blossom, sometimes it could have blossomed in a particular journey but then it didn't happen because it did not receive what it needed, and therefore more journeys are undertaken.

If you could see the flower that can blossom from this seed, if you could see the Essence that you have chosen to manifest, nothing would withhold you from that.

However, if you cannot yet see your flower Essence you can nevertheless sense it.

Believe in your splendid flower Essence, believe in the flower that your Soul has chosen to see blossom in this existence.

No other flower or seed for however beautiful, can fulfil you as much as your flower can, or as much as your flower Essence manifestation.

Embrace your seed, take care of it, warm it up, bring it water, Light, Love and attention.

Smile to the beauty of your flower, proudly smile to your flower Essence that you can manifest and see radiate.

Everything has been ready for a long time for you. There are no obstacles or difficulties, apart from those you create yourself as you hold on to your past.”

Question:

*Can you talk to me about my Tree Essence?*

Answer:

“It is about opening up, blossoming, and flowering.

Pay attention to a peach tree, in Winter, it looks like a lifeless tree, but at the first sun rays one can see a big awakening, first the buds burst, then the flowers follow, and that same tree that used to be naked, makes one smile, rejoice the heart, because it announces the arrival of Spring.

The peach tree does not think about the upcoming fruits, because its flower are already a gift and so is their scent.

Even if one wanderer is already happy to see the flowers and smell their scent, the tree nevertheless turns them into fruits to restore the next wanderer.

Who, when not knowing about the four seasons, could possibly imagine that the tree which looked naked and dead could blossom so beautifully and produce such tasty fruits?

In the same way, humbly look at your naked branches and be happy because on those branches you will see buds burst, new flowers and after them there will be fruits you can give away.

It is time to bloom, see your branch already transformed and smile to its fruits you have yet to know and cannot even imagine now, even though they have already been assigned to someone.

Smile and be happy that you have allow the sun rays to warm up your branch so the buds could burst out.

With joy, look at their flowers, be ready to discover their fruits and be happy of all your changes, just like the tree is happy to change and transform itself during the four seasons.

Emanate your scent like the peach tree in full bloom without thinking about the peaches, because truly you are the kind of tree that can produce many different fruits during the same season.

Stretch your branches out, show your flowers, give your scent, be proud of your branches blossoming and notice your fruits with joy that you don't know yet, but that will come from each flower.

For this reason close the door to the winter which just passed, close it well so that none of the cold wind from the past may trouble your flowers' blooming, or may trouble the birth of your fruits that are different, unique, and very delicious.

I will keep you warm, I will help you blossom like a tree because you may soon get to know your fruits and give them away.

Live in the present, it will bring you new awareness, allow yourself to bloom, prepare to collect your fruits, and to then give them out.

You can choose to simultaneously be a tree with flowers, with fruits or with big leaves.

If this is what you choose and live out in your daily life, you will manifest the Essence of a blossomed tree.

This will prevent Winter from coming back, you will keep your leaves, your flowers, and your fruits happy to feel the heat of the Sun, nourished by the Earth, and protected by the Sky.

Pay attention to a great tree, feel like a great tree and I will help you become one.

Often you forget that the teachers are right in front of you, the examples are right before you, they are all around you.

You work hard to acquire knowledge, to understand, and think, and when thinking, you work even harder and then it is much more difficult to even see the sources, from where you can learn true knowledge.

Instead if you stop and look up at the sky and at the birds flying, then pay attention to the tree, Nature's expression of life, you would understand what life is and how to live your life.

If there is a place where you can get lost, that would be the way a child looks at things, everything else is a distraction from true sources.

Pay attention to how a tree is able to grow tall simply by reaching for the light, following the light, turning towards the sky, loving the earth that has welcomed it, deepening its roots into the earth that will continue to nourish it.

It does not ask for anything, it does not need to learn, it does not get stressed, it simply allows everything around it to happen.

It knows how to forgive those who hurt its branches, those who tear a leaf and then after that injury, it is still able to shelter a wanderer with its branches.

I will help you be just like that, to feel and live like that, to forgive like that, and continue to give like that.

That's when the giving will take nothing away from you because you will keep moving towards others, the Earth will nourish you and forgiveness will become natural to you.

You will live your life giving to others just like the tree gives with no end to every wanderer.

The tree never gets lost, it grows straight, it does not go looking for wanderers but it shelters everyone, it doesn't look for anyone but it doesn't reject anyone: it is there, ready to give



everything, ready to give itself as it follows the Light and as it looks up at the Sky.

Live the way of the tree and you will become a tree, you will discover your pure lymph, your flowers, and you will dispense your fruit.”

Question:

*How can I express my wanderer Essence?*

Answer:

“Feel as if you already were a wanderer because that is what you already are.

You will always be ready to bring the Light wherever you will go, in each moment of your life.

Feel as if you were a wanderer, that is how you will know how to walk without baggage and without effort over a long distance; it will help you know how to detach from anything, knowing you cannot take any of it with you.

Feel as if you were a wanderer without a dwelling, to be ready to enjoy each shelter but also to be able to leave any shelter and continue on your journey in total freedom.

Feel as if you were a wanderer with a wood stick to support you uphill: it will be the wood stick of the Light.

Feel as if you were a wanderer with a single cup to collect water and quench your body.

Feel as if you were a wanderer with a beautiful Path to walk because yours is a luminous one, a Path that will take you towards the Light, during which you will be surrounded by Love.

Feel as if you were a wanderer and you will sense and Love even more the task of spreading Light everywhere, in every moment with the modesty of a wanderer that has no baggage, if not what is in her heart, without any desire if not that of drinking the Light, without any purpose if not that of giving Love and Light.

Remember: the more you let go, the more you will gain; the more you detach, the more unity you will find.

Walk on fields, rest under the trees, listen to your wanderer's Essence and you will know that you are it.

However many steps you might have already taken, as long as your journey might have been, there are more steps to take still for no wanderer ever wishes to take long breaks or ever stop.

When you feel the Essence of the wanderer, it is a great joy to know you have more steps to take.

Wanderers rejoice when they find shelters, food, and water along their way, but once their body is restored the desire to continue on their journey lights them up again.

And it will be always easier to progress on your path, you will feel always more joy to be with Us because you will be walking for your Soul.

When you sense that a specific action is required, pay attention to your wanderer's Essence and you will immediately feel the joy for that opportunity, and when you express gratitude for it, you will receive my help to take those steps.

I cannot guarantee your body will not feel tired, however, if you accept that condition, you will know how to overcome it with my help.

No wanderer should have the illusion that in order to reach the highest peaks one will not face fatigue, however this shall not trouble him when he is happy about his destination, about what is waiting for him there, about what he will see and learn there.

Open up to this wanderer's Essence, because you see that those who are happy to walk this way and continue on their journey, love intensely the moments of respite and rest, as they also love intensely to resume walking, they love intensely to keep moving and the plan of their Soul.

There is no greater joy than being a wonderer of the Light, than bringing the Light and the Love so that the Light may touch everything and Love may encompass everything.

Do let go with joy, of all the walking sticks you have used for support until now and give Me the possibility to take their place with the stick of Light, and this stick will not be to support you, but to bring you strength, so that you may feel the strength of the Great Light.

Truly your walking sticks are not that useful, they don't take your fatigue away, they don't give you any additional strength and sometimes they break in half.

Therefore, you will no longer need any walking sticks, if not Our kind, to lean on, because with Us along on your journey, you will no longer need additional support.”

Question:

*I feel like a student who still has a lot to learn.*

Answer:

“More than ever then, feel happy to be like a child at school, in a very special school where one can play a lot and learn everything through play.

Always give room to your inner child, everywhere and whomever you are with.

Give room to simplicity, purity, clarity, limpidity, spontaneity, and add the total compassion I will help you learn as I take your hand and walk you along with My Love.”

Question:

*If I still have to learn a lot, how can I feel like a Teacher of the Light?*

Answer:

“You can because you are not going to teach anything, simply need be, simply manifest your Light, your Essence, and share your experiences.

Words will be increasingly less important, it will be your experience that will be of help to those that will go through the same, your Essence will be a gift, and your example will be the teaching.

What matters is to live ones experiences according to the predetermined plan with the aim to evolve and not teach.

So we truly prepare to teach in the most appropriate way, where our intervention is need based and only if it is needed.

Feel as if you were still a child that still needed guidance while her hand is being held and she is being prepared for her mission, however, do not try to figure out now where and how it will be, so you will be able to experience it with humility.

Prepare yourself as if you were still attending the first years of school when you have no idea what your purpose and your self

expression will be, though you can dream about it and wish for it.

Let the Soul conduct you and let Me take your hand.

In the great school of life learn as much as you can.

This is the Essence of the Master of the Light:

Be so that others may be,

act so that others may act,

walk so that others may walk,

learn so that others may learn,

vibrate so that others may vibrate,

become Light so that others may receive, recognize, and love the Light,

give Love so that others may know what Love is, so they may live in the new Love, and give Love.”

Question:

*When I cannot share what I have learned and what I feel, then I feel lonely.*

Answer:

“This is also natural, if you have chose to help other Souls.

When a teacher comes into her class, she will always feel the distance between her and the pupils she teaches, therefore, in a ways she can also feel lonely.

Only when she meets another teacher, she can feel something in common, she feel something that allows her to open her heart.

Then when she returns to her class, she knows that there she will not be completely understood, because she is among children that have yet to learn.

However, she is not alone: she is with Us because we are always by her side.

If you can remember that, you, too, will never feel lonely.

You can always meet other teachers, that like you, have their classes to learn and teach, like you, they will know a certain solitude, but they have also learned that to teach, is the choice of their Soul to help other Souls awaken and ascend, it is a way to continue to learn.

This is the expression of the Master of the Light: be detached, luminous, loving, smiling, assertive, totally and always available, testify your Belief not with words but with your vibration and with your appearance.

May your language be a language of Love, simple and clear: few words, clear words with a tone and a sound.

The tone is necessary in expressing your Belief, your Light, the Light you have chosen to carry, the awakening you have chosen to dispense.

The tone is necessary when words must at all cost be ‘vibrant strength’.

The tone is meant for words of wisdom, the sound for words of Love, support, joy, and happiness.

May your vibration be the vibration of Love, joy, happiness, strength, evanescence, and pride.

May your expression be that of a Master of the Light that can turn everything into sacredness, every word, every action, every look, every vibration, every sound that comes out of your heart, your mouth, while this is all done with simplicity and complete modesty.

May your smile be a guarantee of your ever present modesty as well as your protective shield.

May your image be radiant, your vibration intense, as well as your expression, may your style be fierce but humble.

You might never teach anything, do anything, but simply walk your Path.

Many Souls will be awakened this way just by passing by with your Light, your smile, your vibration, the happiness shown on your face, your humble but fierce expression, the Love you always dispense.

Remember that the Masters of Light never give out of a personal need, but they give themselves totally, to be of means to the Great Light.

This is what it means to come down to this world while you continue to live up high with Us. You come down as ‘instruments’ but continue to live high up as Souls.”

Question:

*I know the importance of living my Inner Child Essence but when I express it how can I also be a warrior of the Light?*

Answer:

“I will hold tight the hand of your inner Child so that you may recognize her, reassure her, and help her.

If you take her on your lap you will learn to reassure her.

That is how you will become a warrior of the Light that knows how to take someone in her lap, how to make someone fall

asleep, how to protect, how to caress, and how to play with children.

This is all very far from what the mind can understand, but it is very close to what the heart knows.

To the mind it is very difficult to understand how one grows up strong and becomes a warrior of the Light, knowing their own inner child well, taking him in their lap and returning Children, but that is how it really is.

That's how opposites experience each other.

The war of the Light can be so strong, enough to face the battles it encounters on its path, but also so sweet to make her inner Child sleep, as well as all other Children it meets.

The mind refuses these opposites, it does not know them, but the Soul has chosen to learn and live them.

It requires full humility to become a play companion to your inner Child, it requires you to let go of your warrior's armour and know how to play without any protective gear.

Often we are afraid to stop before our inner Child and take her on our lap while we continue to be warriors who fight their fights, because we are afraid to hear her voice, because in order to hear it, we also need to set down our armour and all our weapons, our shoes need to come off as well, so we can run with her over the fields.

Many warriors come to a stop even after they have taken their inner Child on their lap because they do not want to allow the child to play with other Children and they do not have the modesty to allow that, at times, their Child is guided and loved by other heart.

On the contrary, a warrior of the Light knows that sometimes her inner Child needs to play with other Children, to be fed on food she does not have to offer, and to be guided by someone 'Who' from above sees everything.



And as we learn to take her on our lap and also let her go, protecting her but also allowing others to protect her, nourishing her but also allowing others to nourish her, she can be that Child and at the same time become a warrior of the Light. Now you understand how much practice one needs.

But do not fear. Begin by laying down your ‘weapons’, your ‘armours’ away from the field where you will meet up with your inner Child so you will not frighten her.

Then come closer and do not look back at your vests because We might even take them away, however before you come back, We will lay down Our ‘weapons’, Our ‘vests’, Our ‘armours’ as to protect you with Love and with the Light.

It is only natural to fear laying down ones ‘armours’, ones ‘weapons’, ones ‘vests’ knowing that there are and will be battles in life, but those who have the courage to do it without looking back, deep down know they have everything they need to face their battles...

It will be your warrior’s Essence to open the ways, to protect and defend the inner Child, that is urging her to take confident steps without fear of sorts, however, it will always be the inner Child who teaches the biggest truths to the warrior of the Light, to teach the way of modesty, truth, simplicity, and deep Love.

The two Essences cannot exist apart from each other.

To allow our inner Children to guide us is the kind of awareness the mind finds incomprehensible, it is the kind of awareness that requires an immense Creed, and immense modesty.

Inner Children surrender completely and allow Us to take them along, they are as crystal clear as the water that just sprang from its well, they do not withhold thoughts, words, but express everything with simplicity and limpidity.

They know how to say anything with such simplicity it's sometimes shocking, but that makes one smile and does not cause any trouble.

We often try to suffocate this limpidity in this world.

Pay attention to how a child is always allowed to express himself without limitations, his limpidity and those spontaneous expressions that make us smile, but as soon as he grows up a bit, the 'no' begins, the teachings on how he should talk carefully, on how to express himself, and on all that is considered education.

It is rare that an adult is allowed such spontaneity, such limpidity, the same freedom children have.

Those adults who believe to be warriors because they fight, they truly are losing far more than they realize.

It is the inner Child who should go along as the warrior of the Light, it is the only way to be invincible.

Do allow your inner Child to guide you increasingly more.

When you express something, ask yourself if a child would say it that way; when you act on something, ask yourself if a child would act the same way; when you have an intent, ask yourself if a child would have the same intent and immediately you will hear a voice tell you: "Children have no intents, they live in the here and now."

Live through this all with great balance because, naturally, when the presence of a strong and courageous warrior of the Light is requested, it is not possible to ask such a question and act like a child.

Merge these two Essences together, one with the other, and you will know the full Essence of the warrior of the Light, you will feel the beauty of living like a child.

You cannot ever remain separate because you have chosen unity, because you have chosen to merge with Everything,

because you have chosen to allow Everything to come inside you.

I will help you merge together all the expressions of your Essence and merge with Everything, within the Light, in the Love.

When you are unsure how a child, or a warrior of the Light, would behave, in that situation try wondering what an Angel would do: your doubts will disappear and I will help you understand.”

Question:

*How can I overcome the difficulties in expressing myself and in listening?*

Answer:

“When you are about to say something, take a deep breath and merge with the Essence of your inner Child:

as you exhale, detach from your mind; inhale and merge with the Love and open your heart wide.

What you will now say, your heart will say it for you.

There should not be intents, or else they will be perceived and will create confusion.

Do the same when someone says something about you: open your heart wide and listen with it.

This will help you protect yourself, because it will teach you to look over the face, the body, the tears, the words in order to recognize the truth by listening to vibrations.

If someone comes close to you to share a thought, a feeling, an emotion, do this: open your heart wide, inhale with Love to welcome everything with Love, and exhale to let go of the mind.

You will then be open to true understanding, to true learning, you will feel if what is been told to you is the truth or not, if it is an act of Love, if it is a lesson that you must learn, if it is a gift you shall receive or if it really is an illusion, a way to distract you from looking at your Soul, at your centre, a danger that can blur your Light.

If the moment you wish to express something you realize that behind it there is an intent, smile and don't say it because intents are risks.

May there only be a desire within you to dispense words of Love, help, comprehension, compassion, to receive Love, help, comprehension, and compassion.

If you think that who is listening to you cannot understand you, inevitably your words will not go through your heart and certainly you will not be understood.

If you feel that the person who is listening to you does not want to understand you or is lying to you, smile and be quiet.

Sometimes later you will without a doubt meet a 'Heart' that will understand you completely and will want to help you with Love."

Question:

*I cannot always understand negative intents in other people, what can I do then?*

Answer:

“Always stay open to everyone with a smile, with Love, and as you open you will be able to perceive real intents increasingly more and increasingly more you will know how to protect yourself.

It is not through closing one’s heart that we protect ourselves, even less when we think we are looking at someone we need to protect ourselves from, because that’s how you will attract that kind of people.

Remember you are learning to become a warrior of the Light that fights for truth and that protects, your are practicing returning as a child that can smile and sing.

You child and your warrior of the Light will help each other during life’s battles and during playtime as well.

Then ask Me to help you, to protect you, but stay awake or you will not even hear My words and you will not know how to allow Me to protect you.”

Question:

*How can I be balanced in my choices?*

Answer:

“By feeling as a warrior of the Light that is willing to replace her ‘weapons’ any time, change her battle fields and feel that you are like a child who can find a reason to play in any situation.

Then it will be easy, because when something will trouble you, your inner child will say to you: “Let's play the game where you perform opposite feelings.”

When you will live an unexpected situation, your inner child will tell you: “How nice, there is something new, there is a new game to play.”

With joy, feel how everything you experience and feel is yet another chance to live your Essence as a warrior of the Light and as a Child.”

Question:

*Can my Creed help me live my warrior of the Light Essence?*

Answer:

“Through the various life’s situations, imagine you are alone at the centre of a battle field, with around you, the entire army cheering for you to instil in you the Creed that you will win.

Create this image to feel that encouragement, you will feel that Love, that Creed and you will feel the victory during the fight, you will feel Our Love and the Strength of the Light.

Express your Creed through the invincibility of the Light and Love, do not allow any doubt to arise, do not fear.

Say out loud:

*- I believe I can go through this, I believe I am a winner. -*

Remember that fear makes you fragile, takes your strength away, distracts you, and therefore is dangerous.

I will help you become a warrior of the Light that does not find shelter behind Me, but that faces life's battles with her own strength, her own Light, and knows how defend the truth.

Before walking towards your battle field, ask Me for a hug, and you will feel how it will instil strength, confidence, firmness, determination, encouragement, and the certainty of victory in you. When you return from your battle field, come to Me and let me hug you and you will feel an embrace that nourishes you, it will replenish your strength, it will show you how well you have done.

My embrace will welcome you after the victory, to regenerate your body, your heart, and your Soul.

That is how you will go through any situation with peace in life.”

Question:

*Can you explain to me how the Essence of the warrior of the Light is?*

Answer:

“A warrior of the Light carries the truth, protects those who look for truth, and lives within the truth.

The warrior of the Light fights for the truth, while it practices with Love.

The warrior of the Light holds an attitude of and manifests with Love, Light and firmness paired with modesty.

The warrior of the Light can fight, but can also pick someone up in her arms, she can protect, and she can smile sweetly.

She know she can be a true warrior of the Light only if she fully becomes a pure and simple child.

She knows she is the daughter of the Earth, the daughter of the Sky, a child that runs on the fields, that lives in the Light protected by the Light, and nourished by Love.

The warrior of the Light knows how to express herself with firmness, with calmness, with a smile.

The warrior of the Light also knows when to be quiet and just smile, she knows how to take distance with Love while smiling.

She goes through life's battles with Us, she lets us take her up in Our arms like a happy child.”



## *Comment*

*Luminous Soul, be happy about your Essence, for all the manifestations of you that you can give others because you are all those manifestations.*

*Your Essence is the expression of the Light that encompasses everything, and of Love that manifests everything.*

*Never hold the thought that you are not all of this, otherwise you will not live your Essence and this will distance you from joy, peace and the kind of fulfilment that comes from expressing ones Essence.*

*Be modest and with humility recognize that there is still so much you have yet to learn, many steps yet to take in order to know how to express your Essence, however, with joy do recognize it and as you do, you will feel it within you, and you will experience it.*

*With the joy, the Love, and the Light help other heart rediscover who they are, help them recognize their Essence and what they can give.*

*The Angels will be there with you, the Great Light will reward you, and the Universe will thank you for it.*

*S*ummary of expressions suggested by the Angels

*- I believe I can go through this, I believe I am a winner. -*

X

*Expressing your Essence*

## *Comment*

*It can be difficult to express your Essence when you try to understand how to express it, where and when with your mind. It will be easy, rather, if you open your heart, if you let your Soul free.*

*Your heart will show its flowers, it will dispense their scent, your heart will manifest its Light and Love.*

*The Soul already knows your Essence, your Angel will help you express it.*

*Experience it with enthusiasm, be happy you can be a means of the Great Light to help those you meet rediscover their Light and express it.*

*Do not fear to fall pray of the ego as you recognize and express your Essence.*

*This danger does not exist if you will manifest it to live out the purpose of your Soul and to be of 'Service to the Light'.*

Question:

*How can I find my Essence?*

Answer:

“Become a researcher.

A researcher never stops, she never dwells in the illusion she has found everything.

She can find many precious pearls, many precious stones, but she knows that is not what she was looking for.

So she continues on her journey, she experiences many adventures and she goes beyond, and beyond she goes again.

Someone could tell her: stop, you are rich now, you have found precious pearls and stones”, but she knows that among those stones and pearls her stone is not there, her jewel is not there.

So she continues to search, letting go the other precious pearls and stones, she may even loose all her vests when instead with those precious pearls and stones she could have more and more beautiful vests. But that to her means nothing, it cannot warm her up or even shelter her.

The way of the researcher is not an easy one, it is often incomprehensible, however, this is the way of the Soul.”

Question:

*How can I dispense my Essence?*

Answer:

“Simply by emanating your Essence, with all its intensity, its strength, sweetness, by simply letting your flame shine, by walking through the world smiling and loving.

Those who will want to warm up by your Flame, will come close to you, they will receive your Love, your Light and your help.

Manifest with confidence paired with sweetness, and with confidence paired with Love.

Make it transpire you are a warrior of the Light who fears nothing, show you are a source for restoration and a fire that warms up.

Do not express your Essence with words but let it erupt from your entire Being.

Go simply, humbly, with a smile, with the Light, with the Love and the joy.

Those who walk this way will not invade other heart and will be ready to welcome them.

I will give you My strength so that you may find your own and with it express your Essence.

I will give you sweetness so that you may express your Essence with it.

Believe in yourself, love your Essence, believe in your Essence and you will find the key to access the depth of your heart to transform your life in an opportunity for continuous growth, to make life a happy school ground, a field where you can train with enthusiasm, a garden where you can play with joy.

Do not fear: your Essence will not require sacrifice of you, it will only bring you joy, Love and peace.”

Question:

*Can you help me understand my Essence further?*

Answer:

“It is not possible to do that with words because it is through experiencing it that you will understand it further, you will feel everything that you live, as a way to help to express who you are and to arrive at your destination.

Do not fear letting go of your personality, which is nothing but a construction created by many builders but that you alone can either let it stand or tear it down.

Let it fall down with joy knowing that as you abolish this castle of illusions, you will make room for your Essence, which does not require any type of construction because our Essence is a symbol for freedom, it can only be expressed within total freedom.

As you let it free, you will merge with Everything but you will also feel that your Essence is only yours, it will distinguish you even when you are totally merged with Everything and with other Souls.”

Question:

*How can I get more in touch with my Essence?*

Answer:

“Sit in silence, open your heart, and let your Soul be free, ask Me to help you and listen.

There will come a time when you will not be able to feel your body but you will feel more alive than ever, you will feel detached from the Earth while you feel your feet on the ground.

Listen to the vibrations within you, around you, as you detach from each sound, every noise, every image, every sensation created by the external world and slowly you will be able to sense how to carry on. It is impossible for Us to explain your Essence to you with words.

I could say to you: “Be full as you become empty”, but to understand this state of being you must experience it.

Be silent and listen: you will connect to your Essence, you will love it, and you will experience it.”

Question:

*Will I become new?*

Answer:

“You will always more feel new, even when there is nothing new because the closer you get to your Essence, the more you will perceive that it is not new, it is already within you.

It may happen that during the journey you are completely renewed, that your image might change so much that you will look like a different person, but you will nevertheless perceive



something known in all of this: the union with your Soul that knows your Essence so well.

Be ready to change with joy and enthusiasm and continuously you will see your Essence renew itself because you will grow and evolve.”

Question:

*I wish to fully experience my Essence, but I feel that my personality and my ‘ego’ create obstacles.*

Answer:

“Imagine a white flower among a thornbush.

Few would pick a flower surrounded by thorns because they perceive the risk of pricking their fingers and as they continue on their path they lose sight of the flower as well.

The same happens for your Essence.

Imagine it is that white flower, so delicate, immensely scented, inside that thornbush and to be able to pick it, inevitably one has to deal with the thorns that might prick a finger, however these injuries disappear after the flower is picked, the pain gets forgotten and is replaced by its scent.

That thornbush is the ego and all that it creates.

Only your hand can touch the thornbush and get hurt. The moment you remove the thornbush you will feel the pain because those thorns are part of you and it will feel as if you are losing, suffering, and you can only give up, but truly you

are setting that white flower free, you are conquering the most valuable thing: your Essence.

Then hold on as you handle the thornbush.

Do not listen to anything except to what that white flower is telling you, do not look at anything if not at that white flower that is waiting for you.

Do not look at your hands when touching the thorns: they will become luminous when you begin touching the white flower.

If you are afraid to prick your fingers and decide to move beyond the thornbush, you will not be able to pick the white flower.

Every time you will feel you just have to give up, say this:

*- In total freedom I am choosing to have everything, to merge with Everything, and to be Everything. -*

The ‘ego’ will speak to you about giving up, losses, difficulties, fatigues, suffering, but remember that these are created by what imprisons your Essence.

Be careful, and be vigil because the ‘ego’ is able to make thorns flourish so that they may be confused, it is able to grow white flowers over the thorns so they may not be removed.

However, if you merge with the Light and you wish to pick that white flower, and you wish to become that white flower, ask for My help and you will know how to recognize the thorns that shall be removed.”

Question:

*How can I feel my Essence?*

Answer:

“Dive in it.

Imagine your Essence is a sea of blue Light, imagine you lay on a beach that has nothing else to offer, then dive without reservation into this blue sea. Dive with the single certainty that in it you will find all your treasures, manifest your beauty and be happy. You need to believe in it as you do it because no one knows how to swim in a sea of Light.”

Question:

*Are my exterior looks also important?*

Answer:

“Take care of your looks so that the beauty of your Soul can come through so that they may be the expression of your Essence and of your Light.

There could be something to improve or to let go forever, that little care for the body and too much attention on appearing: the balance is very thin.

Value your beauty so that it may show the beauty of your Soul but not to attract someone but to dispense it to everyone, not to appear, but to transform your body into a luminous temple that makes you Light shine even more.

Let go of what the world is suggesting to you, pay attention to the needs that stir you towards creating an image.

Think of your body as a vase and do everything you can so that its colours may shine and emanate the scents it contains.

The Soul has chosen to evolve while walking this way, through the body, therefore protect it.

This is how you will turn your attention from the body while you will still making it beautiful and taking care of your image because you will be focused on the Soul alone.”

Question:

*How can I live my Essence in my everyday life?*

Answer:

“Simply be aware of who you are, remember who you are all the time, and through everything you experience, pay attention to which aspect of your Essence is required.

Do this with both small and big things.

This practice will in each moment show you who you are very quickly.

It is indispensable to practice with little things, because big things can create big pushes forward but it is through continuity and perseverance that your Essence can have all the space necessary and therefore manifest fully and continuously.

Believe in yourself and love your Essence as I love you, as I Believe in you.

When you express and experience your Essence, you will understand that the hard work was being who you are not.

Therefore, say to yourself:

*- I only need to pay attention, practice and remember who I am, express the attitude of manifesting who I am. -”*

Question:

*What will help me recognize my Essence?*

Answer:

“Your essence will teach you determination, confident action, and untouchability.

It will bring you great joy, unexpected gifts, a new strength.

It will bring you a new Love, and total fulfilment.

Through expressing your Essence you will bring Light, you will dispense Love, you will live at peace, within the Love, and the harmony of the Universe.

Through expressing your Essence you will live out the purpose of your Soul.

These expressions of your Essence will bring you help, joy, strength, different emotions to live your daily routine within the joy and the Love.

Each has a different colour; each has a scent, and its own Light. They will give you treasures; they will fulfil your heart.

Live them with enthusiasm and you will learn everything with enthusiasm at the school of life, and you will walk on your luminous Path without fatigue.

Love your Essence and give it with Love to all those you meet: you will enter the harmony of the all of Creation, you will enter the beat of the Universe.”

## *S*ummary of expressions suggested by the Angels

*- In total freedom I am choosing to have everything, to merge with Everything, and to be Everything. -*

*- I only need to pay attention, practice and remember who I am, express the attitude of manifesting who I am. -*

## Conclusion

Question:

*You have spoken of the Soul and the heart, can you explain the difference between the Soul and the heart?*

Answer:

“... As far as what We can do, and as far as what you can understand, the heart is a beautiful flower, while the Soul is the Essence of that flower.

The Soul is what allows the scent to spread, and it shows the colours of the flower.

Sometimes the flower is not in full bloom, sometimes a few petals are not yet open, sometimes a few petals have been ruined by the rain, and sometimes the flower is covered in dust. When that happens, when we look at that flower, we cannot completely recognize its scent, its colours, not to mention what pulses within the flower so that the scent spreads and the colours shine.

When all the dust is washed away, the flower can fully bloom, every petal has healed, and then as we look at it, we can see the Essence of that flower, we find out what brings the flower to life.

In the same way your heart can be the expression of the Soul,

but it, too, if not completely open, if not completely clean and healed, it can become an obstacle, a prison, tarnish to the Soul. The Soul is the lymph, the heart is the flower and the plant.”

Question:

*Dear Angel, thank you for your words, for being by my side, for all the situations you help me with, through which I have the change, to grow and express my Essence.*

*Thank you for your gifts, your protection, your patience, your Love with which you walk by my side.*

*Thank you for helping me recognize my Essence and for healing my heart, for teaching me how to set my Soul free, how to feel like a free Soul only, and see myself as a Luminous Soul. I wish all of this would never come to an end.*

Answer:

“Indeed they will never come to an end, rather they will increase and you will be happier.

All of this is nothing compared to what you will experience and it will be very natural to be happy.

Fill your heart with joy and dispense joy around you, carry the Light within and around you.

Spread the Light through your smile, and dispense Love with your smile.

Live like a Soul that has chosen Love alone, the Light alone, and that has chosen to live with joy and peace.

Feel certain of my Love, walk in the Light, let Me take you up in my arms.”



## *Appointment*

*Beloved Luminous Soul, thank you for allowing me to share with you the words of the Angels and Their loving teachings, for giving me the chance to share my experiences, to offer you Love, and to express my joy to you.*

*If you wish, we will meet again soon: more messages are ready for you.*

*These are messages that have helped me rediscover what life is, how to live it, how to discover my feelings and manifest them, how to understand my emotions and live them, how to love everything and detach from it, how to recognize my needs and transcend them with joy, how to love my desires and transform them into reality.*

*They have taught me how to peacefully live my relationships with those next to me, with those I meet on my journey, feeling I am free, allowing myself to be free, allowing others freedom.*

*They have shown me the art of helping others and the joy to live at the 'Service of the Light and Love'.*

*They have taught me to walk in the Light with Love, happy to cooperate with the Angels in dispensing Love.*

*I wish you a happy journey, surrounded by Love and by the Great Light, accompanied by your Angel, and by the Angels.*

*See you again soon, sweet child, great heart, beautiful luminous Soul.*

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