

It is I here from the galactic federation to welcome you, look here, I begin to look at the screen before me He is showing a map or land of some sort, what is that?

This is the place you dwell upon, with nothing on its skin but dust. What to do about it

Nothing is a process,

Regarding the path I am on. I look up and there are sixteen beings sitting observing us. We are here for wholeness of all

Why are we connected today?

Collectively we must work together to raise the collect consciousness of your species, you saw last evening prayer and faith in a innumerable quality and here all is blind to it, where is the faith, where is the connection and prayer, we hear your prayers and here your requests each and everyone of the mass has gotten so lost in the projection the programing they are just following to their own demise.

This construct is no longer serving humanity.

Go forth now pointing to the eastern sky, it is a civic duty

Wake up the species of human

It must happen faster, so drop seeds for whom

You know and perform and do. Awaken the people of earth.

Yes, but in what manner

This will open to you opens a huge book that is glowing inside. go to the eternal library I shared through each piece of paper, there is a new field

asking me to walk into the pages

There is writing that is not familiar to me like embossed on the pages.

Bring forth the constructs that of which you have learned you have been building this. For centuries on your planet earth

You are beginning to connect all that you have experienced showing you the way to move

It is the now for all

Hold your vibration for one and many

It does make a difference a change in the collective

There is a shift you are not the only one

You already to connect to the one another on another level , you can tap in and recognize that all are here in univision

Different individual comes in

Even the simplest looking seed can transform into a huge tree

The air you receive can be filled with nutrients if you just see it as such

The land, provides you all that you have ever needed

The heart this is the key when combined with the core the center that can illuminate an entire room, your light dear shines so very bright, keep working on this light strengthen it build it let it move outward, walk with it touching all around you.

Another individual.

Third chakra mediation

Your core your center the location of the inner knowingness, your light, from here your will is formed to move mountains. Breathe into the third chakra and see your light, as in the image of a flame.

Is it a candle burning brightly or a bonfire out of control, begin to adjust the fire in your belly in your solar plexus, can your fire burn steady and evenly? Once you have tamed your fire, play with the increasing and decreasing of your flame. What happens to the body as you grow the fire larger, smaller?

From the third you are the source of your own power; your ability is strong especially when connected with the heart center. From here direct your life, your creativity. When we pull creativity out of our second chakra and place it in the third, we truly can create with expansion and momentum, YOU are the CREATOR of your life, working from your core, your center of the hara line will give you more momentum to move forward!

I would love to hear how working with your inner fire felt for you!