

## St-Germain

### *The Beautiful Ones that you are!*

My name is St-Germain, the Beautiful One. Do you like this title? In fact, I would like you to adopt this title for yourself, that is the main reason I am speaking as the “Beautiful One” today. Because it is important for you to start recognizing your beauty, your true beauty, the beauty of *who you are* inside of you: this heart, this intuitive nature that you are.

You have been playing with energies this morning and that is so marvelous seeing you apply these new rules and including these energies in your life, playing the game of manifesting, understanding and welcoming these energies in your own world, in your own universe. Truly, this is important. So today, you are invited, each one of you, to truly open your heart to the world of energies, which means starting to recognize that everything is energy.

Electricity is energy, food is energy, fire is energy and the energy inside your physical body is pure fire, the fire of life. And what can you do with the fire of life? Everything becomes possible because life is everything that is. I could say: Source is everything that is; Energy is everything that is, Light is everything that is. Your physical body, the beautiful one, the beautiful energy that you are, is energy, is Source in action in this dimension. So, who you are, is one that can play with the energies, that can use the energy at will. How do you want to manifest your life, your physical body, do you want a perfect body? Do you want to be creative? Do you want to be joyful? Do you want to be healthy? Everything is energy.

These words represent aspects of frequencies, aspects of the Love Energy. And you are masters of energy. Look at you, your life now is the sum of all the frequencies that you have experienced in this lifetime and past lifetimes and the life of your bloodline as you carry it all inside of you. Each one of you represents a very unique and specific energy frequency now. But you, the consciousness that you are, has all the power in this frequency as you can uplift it or just let it be. You have the power to regenerate, amplify this energy, this frequency, this Love Energy inside of you by choosing to do so.

Today, *I am Love in Action* in all that I am, *I am Love in Action* in my way of looking at people, looking at my job. *I am Love in Action* when I talk, when I walk, when I work, when I breathe. You know, just by saying these words and by thinking these words you change the polarity of all frequencies inside of you. They align you upwards, towards manifesting the perfection of life in all the aspects you are experimenting in this dimension. This includes even when you drive your car since it is impacting the traffic on the highway, it is impacting the way people look at you on the sidewalk, it is impacting the way you find your food in the store. Do you realize this?

If you think that perfection is all around you, when you go to the store, the perfect food will be there for you. Nobody will have bought it before you because it was reserved for you. Perfection manifested in the food that was waiting for you when you presented yourself in front of the counter to purchase it. Perfection is Life in Action: Life with the foundation of Pure Love and respect in all aspects of your life.

So, the more you want to see perfection in this physical body, the more you feel perfection in your physicality, the more you say to yourself "*This body is perfect now*". Depending on the level of love frequency you are feeling at the moment, you request this and you feel this. Your cells will get the message or they will not get the message, because it is the Love feeling, the Love frequency that carries the messages to the cells. It is the magic password that opens the door so that your cells understand the communication between your mind and your intention, as well as the mind, the intention and the intelligent consciousness of your cells.

So, the more you practice the Love frequency, the more you say "*I am Love in Action*", the more you anchor this frequency inside you, inside your thoughts, inside your feelings, inside your body; the more you become the Love frequency in action. And what does this Love frequency give you? It enables you to connect to All That Is, feeling the connection with the trees, the animals, the air, the sun, and with each one of the cells in your physical body.

How do you find the Love frequency? By imagining that you are already "*Love in Action*", believing that you are a piece of Love in Action in this universe. Your intention creates inside your body and around you. Your intention is the *Will of God in Action*, manifesting and creating for you, inside you and around you for what you intend.

If you see perfection in this physical body, and this intention becomes part of the foundation of your deep belief: perfection it will be! Because you are a creator, you are using tools to create in this dimension with your thoughts, your mind and your feelings. These components are the builders of any manifestation in this dimension and above in the Universe, in the multidimensions.

Today is a very special day where you have been a bit compelled to focus on what is important for you, because there was no electricity. You eliminated a lot of activities and concentrated on what was important to you today. Together we are adding a new Light stone to the foundation of your heart, the foundation of your True Life so that you can manifest it in this dimension, so that you can shine who you truly are with no fear, no doubt; only trust, grace, serenity, peace and harmony in the balancing action of Love in *All That Is* for yourself and all that is around you.

So, this day is blessed, this day is a very special day for each one of you, because you have chosen to stop your daily activities in order to come here to adjust yourself to your True Life, to the energy of your True Life that you came to manifest. Because the energies that are being spread on this Planet now are calling the human hearts to shine their truth, to shine their values,

to shine their Love, because this Planet will not support anything else but Love. This Planet is preparing to shine the Love frequency, and you are a part of it.

So, do not be misguided by the appearance of this world now since it is in a time of transition. During such a time there are lots of things happening, lots of events, lots of changes, remodeling, restructuring, disintegrating in order to reconstruct. This is only appearance. What is important is yourself and this transition time. You, using your heart, your feelings, your thoughts to align yourself with the Beautiful One that you are, with the Beautiful Life that you have and that you came to express in this dimension.

The rest is not important, it is being taken care of by Source, by the Consciousnesses of this Planet, of this Solar System, of this whole Universe. It is being taken care of: that is a truth. So your role is to play the game of your life with Joy, Trust, Peace and Love.

So, Beautiful Ones listening in this now moment, you are blessed by my Heart, by the heart of Mother Earth, by the Planetary Hierarchy and by the True Life in Action in this world right now!

Thank you.