

## Denise Laberge

### *Preparation*

Let's take a deep breath and focus on our Sacred Heart. Imagine yourself going down the crystal staircase that leads to the Cathedral of Light in your heart. With each step you take, you approach the Sacred of the Sacred, which is the Divine Sacred Life of your Being, of who you are, of your true identity. Feel this light, this love surrounding you.

As you get closer to the front door of the Cathedral of Light, already you can feel, through the closed door, a Love of great purity, of great power. It is an endless Love, an infinite Love, a Love that no words can describe, a Love that has no beginning and no end. It is the Love of the Source for you. Bathe in this light, this vibration. Feel it approaching, surrounding you and affecting every cell in your body, every cell of your visible and invisible bodies.

Visualize that the large door opens gently and that you enter into this Sacred Cathedral, this place where you can really feel the essence of who you really are, this eternal Love, this Love that knows no judgement, no criticism, no comparison, a total endless Love, a Love without a name.

Then position yourself in this Cathedral of Light and fill yourself with this Love, this vibration, this Life, because the life that you use every second is the Almighty Love that you are, that you manifest with all that you are now.

(Silence .....)

### Paul the Venetian

*You are already working and serving the great Plan where you are now.*

My dear children, I salute you. I salute the glory that resides in you. I salute the Life that you are and that you manifest in this dimension. I am Paul the Venetian, the one who has known you personally for a very long time. Indeed, when we left the Light dimensions, we all arrived at the same time in this dimension.

Do you know yourself my children? Do you know this heart inside of you, this living eternal heart? The heart that knows only love because really it is your nature, it is your identity. It is with joy that you chose once again to incarnate in order to vibrate this frequency among your brothers and sisters.

The words you have heard are true. You have heard "*Unconditional Love*", "*Endless Love*," "*Love whose name does not exist*." Yes! You are that frequency, my children. You really, truly are that frequency in your heart. Everything else is just storytelling, is just a cosmic game in which you have taken part in order to savour life in other frequencies, with other colours. Do you understand the depth of these words, my children?

I invite you to meditate on this to free yourself from all the heavy weights that you drag from life to life, these judgements, criticisms, and this unnecessary suffering. Life is a movement, an energy that experiments to create more forms, more frequencies, more beauty. The environment in which you currently evolve is a great school, the school of great learning, of creation. Enjoy this privilege you have chosen and committed yourself to.

So today, choose freedom. I invite you to choose freeing yourself from all these weights and beliefs you have been dragging for too long. I invite you to focus on the vibration of your heart, the Love vibration that is in you. I invite you to discover it inside you, to venture on this path again, to live according to your heart. This heart within you is a precious treasure. It is a portal that allows you to travel between dimensions in all of creation, that is currently anchored in this body, this heart, this dimension on this planet, just to learn, grow, and enrich itself. All that you live in this dimension is enrichment. Nothing else! Do you understand?

All these experiences, frequencies and vibrations that you store inside you in your astral and emotional bodies, in your thoughts, in your physical body are merely enriching experiences. Yes, they are treasures that help you build wisdom, foolproof discernment to become more perfect than perfection itself, because Life moves towards perfection. Everything that exists in all creation, in every universe has only one purpose: to create more and more perfection. But how could one know perfection, if not by the experiences of life itself and the different frequencies experimented?

A child learning to walk does not run on his first step. He first walks unsteadily, falling, picking himself up. He gets more assurance and then he can finally run. You are going through the same experience in this dimension so that one day you will be able to run on the waves of love. So, all those experiences that you are living are used to build your Cathedral of Light, used to build integrity, honesty, courage, peace, love, and harmony in your heart. All these qualities are already within you, but you will become more aware of their presence. Do you understand these words?

You mentioned the word *suffering*, the word *healing*; what if they were nothing other than vibrations, frequencies that you experience, that you store inside you to see more clearly, and to develop wisdom in the choices you have to make. I invite you, my dear children to change glasses and put on the glasses of eternal Love. The Love that accepts everything without denying anything, and appreciates everything at its true value, and sees each experiment as a precious treasure on which one can build more discernment, more judgement, more fairness, more Love.

It is the separation in which you have lived for so many years in this dimension that has veiled your understanding of the whole, of unity. You are now walking towards unity, towards the reunification of all that is in you, everything you carry.

Then the word *acceptance* becomes very useful before this surgical operation that awaits you of welcoming, accepting all these frequencies that will resurface in you, that will make themselves known to your consciousness. *Acceptance* in total love and with absolute confidence because you have chosen all these experiences. You have meticulously prepared them so that you could feel and live them in order to transform them in a treasure that you carry inside you. Everything is a

treasure my children! A treasure of high frequencies! A treasure of lesser frequencies! But a treasure all the same! Everything is a sacred, divine, eternal experience that serves you, that serves as a tool to create in you the wisdom of discernment.

We speak of Love today. We speak of experiences. We speak of deeply felt events and situations. I invite you to open wide your heart to welcome all that life presents to you; to welcome all these experiences, these treasures with joy in your heart, gratitude, and thankfulness. Do you understand these words, my children?

There is nothing negative in all that you live in this dimension. The word *negative* was invented by the ego, this part of you that has detached itself from the unity, the whole, the eternity. In eternity everything is positive, everything is experience, everything serves as a foundation to build more beauty, more grandeur, more power for yourself, for that heart in you.

So I ask you to choose your freedom, to choose the true Life. The Life that accepts what you are now with unconditional and eternal Love. Are you ready to do this? Are you ready to welcome yourself, as the creator that you are, without judgement, without comparison, without finger pointing against yourself? This is the definition of true Love, my children: to welcome yourself with all that is inside of you, as you are now, recognizing that everything is part of the Light foundation that you are allowing you to become a perfect creator. You only have to change the point of view, the perception you have of yourself. By changing the perception you have of yourself, of these experiences, you get your freedom. You break all the chains that bind you to this dimension, that maintain you in separation.

Well, take a deep breath and welcome yourselves in all that you are now. Acknowledge, accept that you are God now. You are a heart that learns and evolves, becomes aware, develops, marvels, welcomes, and is filled with gratitude. I invite you to adopt this way of looking at yourself and at Life because you are the Life in action. You are part of a great plan of the consciousness One. You are not separated from it. As long as you keep judgements against yourself, against the divinity that you do not think you are, you cannot enter in the unity. You cannot feel that yes, you are part of Life, that everything is part of Life, that you are not separated from it. This judgement against yourselves, my children, is a judgement against Life, against the spark of Light that you are. It prevents you from feeling that you are one with Life, that you are part of the great All.

So today when you walk through that door, the door of your Cathedral of Light, leave everything behind, drop all these chains. There is a Telosian team, composed of brothers and sisters from Telos and from the planets of origin on which you lived in several incarnations. This team is waiting at the door, ready to welcome your chains, ready to welcome all these beliefs that keep you in the 3<sup>rd</sup> dimension. So I invite you to choose letting go of these chains, these beliefs as you leave the house. Give them to the team so that you can walk every day, more and more towards your true freedom, and learn to live as a master, as a God in this dimension with all that you are. Everything that you are serves the great Plan now, not in 10 years, not in three months but NOW! Now you are already at work and you serve the great Plan where you are. Now, you are God in action. You are God's tool in action and through you, Love and Light are brought in this dimension, NOW! Etch these words, my children! Engrave these words in your heart, in every

cell of your body. And once and for all decide to welcome this heart of yours and learn to live according to your own heart. This is a great adventure! This is a wonderful undertaking that will only bring miracles in your lives, for each one of you. Finally learn to live within your heart, to live your life, the life for which you have taken the time to incarnate. For each of you, without exception, a wonderful life is coming. It is up to you to choose, to believe, and to dare.

I am the one who knows each of your souls. I am Paul the Venetian, the one who knows very well how to choose his words. See you soon!

## **Sananda**

***You have all the powers!***

***Nothing limits you except your own imagination and your own beliefs.***

I salute you from the Light of my living heart. I salute the Life that is in you, my children. I am Sananda, your brother. Today, I come to share with you some of this love that lives in my heart, to share some of that love that lives in your heart because, in reality, it is the same heart. We walked together on the surface of this planet some hundred years ago and during all these incarnations, you always carried the torch of Love in your heart.

Today, since we have once again gathered together through these words, this voice, I would like to bring to humanity, with your cooperation, a little more love, a little more peace, a little more light. So visualize the planet at the centre of this magic circle. I invite you to wear the *power mantle* that is being placed upon your shoulders now. This *power cape* represents all the sacred divine attributes you carry. It represents your *eternal sacred divine essence*. Take a moment to feel this *power cape*, my children. Feel it touching your shoulders and enveloping you. It aligns your heart. It brings adjustment to this heart inside you to help it find its proper place, the place of the *sacred divine authority* that you came to radiate in this dimension. Feel the heart that takes its place, my children. (Silence ..... ..)

See yourselves as creators, as masters, as sacred divine forces filled with the Love Heart, filled with the power of this Love you carry. Feel the Light of the Great Central Sun flowing in through your crown chakra.

Feel the Light of the heart of Mother Earth flowing in through your feet. It touches your heart creating a current in perfect balance: matter united with the Light, the masculine and feminine sides in perfect balance in your heart. This heart is boundless my children. In this heart, within you, you carry all this humanity because you are all connected to each other. Not a single human being is separated from his brothers and sisters of this humanity, as you are connected to each other. Feel this energy flow from the Light of the Earth and from the Sun coming together in perfect balance in your heart.

Now visualize, originating from your heart, a Golden beam of Light surrounding planet Earth, which we still imagine is in the centre of our circle. Each of us brings to the planet, to the Life in this dimension the colour of our heart, of our conscious life, of the Love that we are. Not the

human love that we believe to be, but the sacred eternal Divine Love that you really are. This Light ray represents you and carries your signature. It dazzles, wraps and illuminates the entire planet. We ask the Life Source to surround every human heart on Earth with the vibrations of your hearts, with the vibrations of Love to create an opening for the Light, the Love and the Peace.

So, my children, feel that your brothers and sisters of the earth opening themselves and welcoming Peace, Love, and Light. Feel the Life frequency changing on the planet. It is opening to welcome the Love frequency of the whole universe. Our planet is coming home. This planet is reuniting with the great Life movement of creation. This planet is opening to Love, reintegrating the vibration, the frequency of the Heart of Lemuria, of the eternal Love Heart, of the Love Heart without a name.

(Silence .....

With our intention, we declare, we command the Eternal Love frequency to soothe the heart of every human being, bringing back hope and courage, wrapping it in softness, grace, and peace. We declare as a creator, that these sacred divine attributes grow in this dimension, flourish and surround the whole planet. That these sacred divine attributes change the planetary frequency, elevate and allow the Universe to welcome and harmonize itself with the Earth so that this planet may return to the Love frequency.

From now on, my dear children, you walk in a world of Love, a world of light; a world that you create every second, every minute by what you are, by who you are, as conscious beings assisting the rise of consciousness in this dimension. Choose to receive this truth, this reality and to live it, my children. If you do not believe it, if you do not welcome it, it cannot be. All you have to do, each of you, is to accept with your heart this new reality, to choose, welcome, and live it every second, every minute of your life, allowing it to flourish within you. Do you understand these words, my children?

You have all the powers! Nothing limits you except your own imagination, your own beliefs! Change your beliefs and you change the dimension in which you live. Change your beliefs and you change how Life interacts with you, around you and within you. Welcome the *Unlimited* and allow the *Unlimited* to touch and transform your life. Open up to the *Unlimited*, my children. Open up to eternity, to the infinite, to miracles. Open up to the great Life and let it teach you. Let it live through you and then watch the miracles.

These are the words I wanted to share with you today, my dear children. These words I have repeated to you today are the same words I have spoken to you more than 2,000 years ago.

Thank you!