

Msg from: One from The Great Silence

Listen! Listen to what is going on inside you in this now moment. Listen! (Silence)

I am One of those you call The Great Silence. I am One of these Consciousnesses coming from the Great Silence; and that Great Silence, what is it? It is the Pure Love of God, of the Source in all its Beauty, in all its Infinity, all its Possibilities. It is this place that has a special connexion with your heart.

This place which has all the knowledge, all the wisdom, all the Love that you need in this present lifetime, all that you need to support your own dreams. It is the trust in yourself, the trust in the Life Power inside you that is supporting you in all aspects of your life. It is that place in your heart where you can connect to the world of all possibilities, where you can connect with the Unconditional Trust of the Life Power inside you and around you because all is alive, all is part of the Consciousness.

This place in your heart called the "*Secret Chamber*" is where your dreams can be fulfilled because, when you decide to go in this place in your heart with intention, you indicate to the Source, to the Consciousness One that you want to contact this Energy. You want a privileged contact with Consciousness. You recognize that Consciousness is a part of you that will listen to you and, as it hears you, it will start to work with you. As soon as you have an intention and you share it in the Great Silence of your heart in that Secret Chamber, you are sure, more than sure, that this Universe is hearing and is already preparing all that you need to support your creation.

You cannot go in the Great Silence and be in contact with the Great Silence if you have any doubt inside you. Doubt is not in harmony with the Great Silence. Doubt is a door that keeps you out of the Great Silence. The Great Silence is that place inside you which is in contact with all the possibilities available to you in this lifetime.

How can you approach the magic of life with a question mark in your heart, with a question mark in your head, with a question mark on Life itself? It is impossible! Would you ask somebody to prepare a cake if you knew that this person had none of the elements to make a cake? Would you do this? No, you would go and see somebody specialized in making cakes because you know that this person would have all that is needed: the flour, the eggs and the sugar. It is exactly the same thing.

When you ask something to the Universe and a doubt exists, it is as if you are knocking at the door of "emptiness", you are knocking at the door of "doubt" which is not connected to anything. So, the advice I have for you in this now moment is that when you go in your heart, in your "*Secret Chamber*" to connect, to contact the Great Silence that is the Consciousness One where everything is possible, just be sure to be in a state of mind: of your power, of feeling that you belong to the Consciousness, that you are part of it, that your desire, your wish is already known by this Consciousness because it is this Consciousness that has placed this wish, this dream in your own heart. And since it has placed this dream in your own heart, it has already prepared everything you need to fulfill that wish, that dream of yours. It is that simple! It does not require a PHD from you.

It only requires your love, your trust, unconditional trust, unconditional Love for the Power of Life inside you and around you, recognizing that you belong to this Life, you belong to the Universe. You are a part of it. And if you are a part of it, all the Power of this Universe is inside you. You are not separated!

Like a drop of water is not separated from the ocean, it is part of the ocean. The drop of water is aware of itself and, at the same time, is aware of all the ocean. Keep this image inside you. Keep the feeling of belonging to this Universe, to the Consciousness One which is all wisdom, all knowledge, all possibilities, all dreams and you will feel that you are walking on a path of magic. You will open new eyes and you will see the connexions between you and all that is around you. You will feel the messages that the Universe is sending you, is telling you because how do you think this Universe communicates with you, talks to you?

Have you seen the Universe standing in front of you talking and answering you in your own language? Not yet! The Universe is all that is around you. The Universe is using all that is around you to talk with you, to communicate with you. It talks all day long with you; even the song of a bird next to you has its own reason to be there, to sing in your ears at that precious moment of this day. There is a reason, nothing is a coincidence in this world.

The Intelligence of the Consciousness One is so great. You cannot imagine the Intelligence, the complexity of this Intelligence around you. It uses everything: each kingdom, each colour, each frequency around you and inside you. How do you perceive intuition? It is a language. Which language? The language between you and the Universe, you and your soul and that soul is part of the Universe, you and your Higher Self and that Higher Self that is you is part of the Universe. So, your intuition is one of the channels that is being used to talk with you and to tell you: *"Hey, think about this. Why don't you do this? Oh, choose that path instead of this one"*.

Do you realize, beloved ones, that this Universe is trying to help you second by second; trying to guide you second by second using everything that is around you, including the people, the animal kingdom, the plant kingdom. Everything around is talking to you, and you will say: *"Yes, but wait a minute, I cannot check each tree around me in order to see if there is a message"*. No, it is much easier. The tree that wants to talk to you is calling you and naturally, you will just look at this tree and you will say: *"Oh, this tree is so nice"*. But why are you looking at this specific tree instead of the other one on the right side? Just observe how your body is reacting to the environment. Why are you looking at this tree in this now moment? Why are you looking at this bird? Why are you stopping and listening to the song of this bird?

Observe your body: the cells of your physical body acknowledge and recognize the Life Intelligence around you. Just observe your body.

- Why are you looking into this direction?
- Why are you looking at this cat?
- What is the message?

So, the first rule is to observe your reactions and the second rule is to ask yourself: "why am I looking at this? Why is this person talking to me this way? Why is this movie affecting me like this?" The Universe is talking to you each second, each minute in order to guide you towards your happiness, your joy. That is a truth. That is a sacred truth.

That is one of the truths that the forerunners of humanity have. They are aware of this reality, they are aware of these communication laws between the kingdoms and the human race and, how they work.

I am inviting you beloved ones, to observe your eyes. Where is your attention? You are never looking at something for nothing, there is always a reason, always a message, always a word attached to the picture. But there is a third action required. It is to ask: "*What is the message*" To observe is something and to be conscious that there is a message is another thing, but to ask: "*What is the message*" is the most important part of this action. Because if you do not ask: "*What is the message?*" The consciousness that is waiting to give you the message cannot give it to you because you are not connecting, you are not building the bridge between your consciousness and the Consciousness that wants to tell you something.

You need to ask because when you say: "*What is the message?*" you are inviting the Consciousness to answer you back. Consciousness will never interfere in your life! Will never control you! It is waiting for you to invite It to answer back because there is a law! When you say: "*What is the message?*" It indicates to the Consciousness that you are ready to accept an answer. Otherwise Consciousness would try to give you the message and it would just go over you; it would not even be noticeable to your attention. When you are not ready to accept an answer, you do not even think to ask: "*What is the message?*"

So, do you realize beloved children how easy it is to communicate with the Universe using this physical body as a tool to guide you: by what you are hearing, by what you are looking at, what you are touching, what you are feeling, your physical body, your mental body, your emotional body? All of that is an indication: look at this.

"Why am I feeling sadness now?" Because sadness is also something that is inside, it is a feeling, it is an energy. It is not quite the same as when you look at a tree. When you look at a tree, you can feel admiration, you can feel peacefulness using the eyes as a starting point but when you feel sadness, often sadness is in your heart. It has been triggered maybe by a word, by somebody looking at you, somebody talking to you, by somebody you looked at and there is sadness in your heart. When the sadness comes it is an indication that the Universe is telling you: "*Look at this! Sadness energy has something to tell you: I have a message about this, about you, to help you.*" But if you do not ask: "*Ok, why is there sadness? What do I need to change? What is the problem? Why am I sad?*" If you do not ask, no answer will come to you. If no answer is coming, no change is possible! No change is possible! Does this ring a bell?

Change! You have heard this word this morning, haven't you? Somebody came and spoke about "change". You are invited to the world of changes.

Do you feel that your world needs to be changed?
 Do you feel that you need to make some changes in your life?
 Do you feel that changes are in the air?
 Do you feel that changes are in the political world?
 Do you feel that this Planet is changing?

You are invited to say *Yes* beloved ones, yes to change (we can hear some people saying "yes"); yes to acquire new habits; a new way of looking, of thinking, of asking, a new way of feeling who you are, a new way of experimenting, experiencing life in your physical body. It is so important! So important! That is why I am here today with you.

Participant: When we take the energy out, what do we need to put in its place?

One: There is no emptiness in this Universe beloved child and thank you for the question. There is no emptiness. You cannot remove something and leave an empty place. There will always be something, there is energy all over the place. This Universe is filled with energy.

When, by intention, you want to remove an energy from the physical body: let's say you want to remove pain, because pain is an energy. You focus your intention on removing this pain. You focalize that you are taking the pain energy into your hands and you are removing it from the body. You are creating this reality. You physically create in the multiple dimensions. You regroup this pain energy in one focal point and you can process this pain. You remove this energy but there is always other energy there. There is always an energy there that needs to be requalified, because the pain energy was busy doing a service. You remove it, you create the removal of the energy, but there is still energy there and you need to qualify this energy.

You say: *"This energy now is filled with the Energy of Love, it is in full harmony with the energy of this knee"* (let say you take the knee). You need to requalify it, because there is already an energy there; there is no emptiness in the Universe. And if you do not qualify it, the memory of this pain in the knee, the memory will qualify this new energy in the *"pain mode"*, because all energy is consciousness and there was pain in this area and the memory of the pain remains. So, this new energy that comes will catch: "oh, this is supposed to be painful here. OK! Qualification of pain!"

So, there are two actions to be made: taking the pain and transmuting it in Love or depolarizing it; and requalifying the new energy that is there to be in full harmony with the knee, the people, the person, the etherical body, the physical body, the mental body: all the bodies in connection with this place.

Participant: Sometimes it is difficult to say what we want. We are used to say what we do not want. So the qualification that I am hearing is: *"I do not want the pain"* in order to say: *"I want Peace"*. And I repeat *"I don't want sorrow, I want Love."* This pain is not just what you do not want, but also what you want..."

One: You know, as a Creator everything is possible to you. In fact, you do not need to remove the pain. It is one way of doing, one way of working with energy. You can just qualify: *"perfection is in this knee, perfection is resting in all the cells, in all the atoms of this knee, of this body and perfection is now manifesting!"*

If you really believe and you are one with your power, the cells of your knee will obey and there will be no pain anymore. Do you understand what I mean?

Participant: I do.

And this is one way of doing. For another person, there could be another recipe to use. The person could say: *"I will sing a song to my knee and the pain will disappear because my song is a song of Love and the cells of my knee will listen to the sound of my Love and they will heal."*

Everybody has its own way of looking and perceiving. And each way is good providing it is done with Love and is in harmony with the Love Energy and the Life Power inside you. Because the Life Power inside you is in full harmony with Love Energy and it cannot hurt. It just brings Peace, it brings Harmony, it brings Perfection into balance. Does it answer your question?

Participant: May I ask another question?

One: Yes.

Participant: (about how to maintain a good energy when facing daily life)

One: It is a very good question. It is a question that each human being is facing on the Planet Earth. Very good question. It requires patience. I do not know if you realize that you are evolving in a world of consciousness, which means everything around you is alive. It has memories, it has frequencies, it is alive! Your own physical body is alive. Your thoughts are alive, your feelings are alive because all energy is part of Consciousness and consciousness is alive everywhere and is in expansion, is growing, is evolving. Each one of your thoughts is evolving because it is alive; it is made of consciousness. Once you understand this, you start to understand the path you are walking on. Each cell in your physical body is alive and has its own memory, has its own consciousness like you as an individual being.

It is a matter of focusing an intention. You have to reprogram. I will give you an example. You are swimming in a pool where the water is blue but now you want to swim in a pool of pink water. So how would you change this? You will change the colour of the water by introducing pink water and removing blue water. And slowly, slowly all the pink water will take all the place and the blue water will fade away. In a couple of days your blue water will have become pink. Do you understand?

It takes focus, it takes faith, it takes determination because it is not only your willpower that is in action now. Each cell is in action, each thought, each memory is alive inside you and it is all the Universe that you are refocusing on something else: "this is the new me! This is my new life!" And it takes determination, understanding, compassion and Love.

With these ingredients you will get the pink pool very easily. Do you understand? It takes focus, it takes faith, it takes determination and patience and Love.

You have to bring each one of your consciousnesses that is part of you into this new vision by repeating *"My new life now is to feel the connection with All That Is. I now feel the connection with All That Is. I am connected to the wisdom of this Universe and this is my truth"*. If you anchor this inside you, for sure it will happen. Because each time you say it, you reprogram your physical cells. Each time they are listening: this is the new role, the new path. Do you understand?

It can be magical like this for the one who has accumulated the Life Power Energy inside his own body from many past lifetimes, when you have accumulated the Life power Energy by your faith, your trust. As soon as you command, it is there because you have the power to realign all the energy consciousness of all your bodies all at once. It is like a big tide, like a tsunami; and it transforms and realigns all the cells and the consciousness in one way. If you do not have this power inside of you; this power, this confidence, this unconditional trust, unconditional faith in the Power of Life inside you, you need to build that by your willpower, by focusing; **but it can be much easier if you believe it is being made.**

If you believe that the anchoring of this connection with the Universe grows stronger and stronger each day, it is like you are on the automatic mode. You are decreeing: *"Today, I feel that my connection with the Universe is powerful. Today, my connection with Joy Frequency is powerful."* When you say these words with confidence and trust and with consciousness that you are building this power and that this power is connecting you, it will act by itself. You command so that you realign the forces inside you. Throughout your day, they will work on automatic mode and one day, you will truly feel your connection with the Joy Frequency or the Power of Source through you.

But it needs faith. It is a work in progress because one of the reasons why it is this situation on the planet now, the frequency is too low, the density is very strong. So, playing with the energy requires a bit more effort, a little bit more faith, a little bit more power from you.

But everything is possible: if you believe it is easy. *"My connection with the Universe is powerful and thank you to the Life"* and you believe it, you nurture it, you give more power to this connection. The connection will be faster because you are giving it energy. Do you understand? It is your creation! You are creating your connection with Source, with Joy. And the creating of the connection comes from you, the power comes from you, you direct the power!

Those who are very high in the hierarchy, in the manipulation and the working with energy - which requires much wisdom and much Love- can take the Force and the Power of something else in another Universe, repolarise it and bring it into service here. But that is another story. When you play with energy, you play with the Light, you play with the Love Energy and you have to know the Law, you have to know the rules. You have to know your power and the impact of this power.

Participant: Is it possible as we go in Light to pick up energy from our surroundings that we may not be supposed to carry with us?

One: There is no emptiness and you are all interconnected. So, if you are very strong in your faith in the way that you feel the Life Power inside of you, you become something that is giving energy. You are sending forward Love Energy, it is flowing, you become a flowing energy towards the others. But if you are doubtful, if you are afraid, there are openings in your protection field and when there are openings. Let say you have doubt about yourself; it creates an opening in your subtle field, your invisible bodies. Then if you pass beside somebody who hates everybody, you will receive this feeling and it will make you doubt even more about yourself, about your capacities: *"Oh! Maybe I am wrong, maybe I did something wrong. I feel this thing in me. I feel bad."*

The more you are in the power of your own life, the more you feel the Life Power inside you. You create an energy field of protection around you because it is the Life Power that is surrounding you and nothing can cross this Life Power except what is in affinity with your own heart. If you are full of Love, you are attracting Love and it is empowering you. You become a magnet for Love and you send more Love; it is like an amplification of your own Love. You receive Love and you send more Love and it is a rolling ball.

It is very important to be joyful about yourself, to love yourself. Do you understand how important it is to love yourself and appreciate yourself? It is your biggest protection. It is the best protection that you can have. But when I say "protection", it implies something "bad". You know, everything has a purpose in life, everything is in a mission. Your fears are in a mission, they are in a mission for you to detect what you have accepted as a distorted truth or a distorted belief or a distorted emotion: something not in balance with the Law of Love. So, a fear is very useful, it is an indicator for you *"Oh, there is a little something to look at here or there. Oh, this way of looking at myself might not be the best way?"* Or: *"This way of looking at life might not be the best way, the way in alignment with the Perfection of Life, the Perfection of Life inside me and around me"*.

You know this *"good and bad story"*, it is just a way of learning, to experience different frequencies to develop discernment of what brings you joy and what brings you less joy. It is just that! Nothing else! Simply said!

Participant: So there is no such thing as a negative polarity versus a positive polarity?

One: It is like night and day but it...

Participant: But, there is no negative connotation.

One: Exactly! It's a different frequency that helps identify the other frequencies, different frequencies. You know that speaking in terms of energy removes the bad and the good: it is all energy. Energy that brings you joy, energy that helps you feel free or energy that brings you less joy and that does not make you feel so free, so full of unlimited capacities.

Participant: When people with the same high frequencies, get together for a purpose, let's say healing or for the planet, is there extra power?

The One: Very good question. If you think like a 3D person, adding 1 + 1 gives you 2, doesn't it? So, you would say: *"Three persons are more powerful than two"*. This is the 3D way of thinking but in the world of *"all possible"* -that is the "world of creation"- it is your intention that is creating. One person with a high level of Love and a high level of feeling the Life Power in himself or herself can create a planet or can dissolve a war. One person with a high level of Love!

What did Gandhi do in this country? A big country, one person! He brought independence to India -one person charged with lots of Love, lots of faith, lots of determination- because Gandhi was anchoring the Power of Life and focusing on freeing his country from the British Empire. So, it is not the number of people. For sure, if ten people are together and they focus on amplifying the Love Energy on the Planet, they can multiply by one thousand. But, at the same, they could say: *"Well, we will just send a little bit of Love to the Planet"*. It is their intentions. The Power of Life is there to be used. But, how do they want to use it? How can they use it? It is another story. Is it clear enough for you? (We hear a yes from a participant)

One: *"This yes is not quite sure."* (Then, we hear multiple "yes" in the audience). OK, better!

Participant: "Sometimes we get together trying to be stronger but, at the same time, ...we are not at the right place or not in the right vibration and the doubt can get worse instead of getting better. So, how would be the best way to empower ourselves? (and question about how to help others)"

One: Well, that is a very long question. But you know, you were listening to a song earlier *"All you need is love"*. When in doubt, call in the Love vibration and ask Life to guide you. One thing you have to realize: consciousness is in each human heart. Consciousness uses each human being to expand perfection and beauty in this world regardless of what you are observing right now. Consciousness knows each one her/his children with so much Love! Everybody is the child of Consciousness. If you look at each one of the people around you, knowing that it is Consciousness in expansion, automatically your heart will be in the Love Vibration because you stopped looking at the physical human being, you see much more than that, you recognize *Life in action*, you recognize that Life is growing, teaching, guiding each one of his/her children. It brings compassion to you.

So, what can you do? Love them all, love yourself, love to be with people, love to have this very special sacred occasion to be in a group in order to be able to exchange. Maybe the exchange is not at the level that you want, but still it is an exchange. And if, with your heart, you pour Love to this group, to the people you are with, you amplify the frequency of their heart. By amplifying the frequency of their heart, you help them to be more compassionate with themselves, more compassionate with the other people around them and together you are creating something magnificent: a place where everybody is growing, where everybody can expand. You are creating a Love nest and, in a Love nest only Love can grow stronger and Love is the Ultimate Connecting Energy in this Universe.

Where there is Love, there is connection. Where there is connection, there is synergy. Where there is synergy, creation becomes possible. Creation at a higher level becomes possible. So, everything is magnificent! Let Life guide you!

Let Life Consciousness guide the people in a group and observe the magic. You are just there to shine your love, pour your love and contemplate love. And when you are in this frequency mode, magic is possible, miracles are possible! Do you understand? (We hear many “yes” in the audience.) And this is good for each one of you.

When you are with your family, when you are at work, when you are with your friends, look at them as children of the Life, children who are part of the expansion of Consciousness in this time frame of the Planet Earth, children of the New Earth.

You, by looking at the people around you with these eyes, this compassion in your heart, you allow their soul to open new doors inside of them. You help them believe in Love. You help them believe in a world that can be beauty, peace, harmony, abundance and respect. You open a door of hope for them. That is one of your most important missions right now on Planet Earth. Opening a door of Hope for your brothers and sisters, not by big discourse, not by big opinions and trying to control the way they think and what they believe. No! No! No! Just look at them and love them as they are. Encourage them and support them in their dreams.

Nobody is asking you to convince them to believe in something else. Your biggest mission is to love them, support them and look at them as somebody that is growing in their own perfection by trying different types of frequency, exercising their choices, exercising their emotions, exercising some situations, relationships. They are striving in this world so your best thing to do: is to love them. Is it clear enough? (We hear many “yes” in the audience.)

So, feel the energy. It is a blessed moment where we are all together, feeling each other, feeling our own heart in harmony, blessing the Power of Life inside us, blessing this day where we chose to stop everything in our daily life and sit and feel our heart, open our heart to the change, to a new way of perceiving who we are, perceiving this life, perceiving this physical body that is a magnificent, marvellous tool to discover who you are, to discover how you are guided by this Universe in order to detect all the hints that the Universe is placing around you, above you, under you, all over you, inside of you. These emotions are also hints about yourself, aren't they marvellous?

It is one of the most incredible adventures that is happening for each one of you, in this era, on this planet right now. As I am talking in this now moment, you are surrounded by seven of the Consciousnesses of The Great Silence. They want to touch your heart in this now moment in a very special way to bless each one of your dreams, to bless your life. Take a few moments to connect with this Energy, this blessing from the World of Pure Love.

Thank you!

Note * Please take note that many parts of the questions by the participants are inaudible.