

## Aurelia

### *Your energy capital*

Well, here I am! I could not resist this delicious moment of being able to exchange a few little words, little words of Love with you. I am Aurelia. Well yes, it is me in all my greatness, in all my colour and courage and determination. Oh, what beautiful words I heard earlier! Oh, my God! I had to hold back not to feel my ego grow!

Yes, it's me again! You should know that I often accompany you. I know everyone, even if some of you have never met me, I know you. I know your heart because in the time of Lemuria, we walked together. We met in the streets of the town where I lived, the town of my castle. I say castle, it was a small bright house that welcomed everyone but also I would see you in your villages, in your houses. I was circulating everywhere. I was talking to all my brothers and sisters. I was talking to all those of my people who wanted to speak to me and I can tell you, um... um... I recognize every one of your hearts. Each of you spoke to me when I was in Lemuria. When we were all in Lemuria.

Well, I hope this news brings a little joy to your hearts! Oh! I feel a tremor. Oh yes! A little tremor! But you should amplify it a little. At least try to make me feel like you're happy to hear those words! No? But to discover this great truth about you, about me and you! It is something! No! (laughs...) You see, I haven't lost my sense of humour and it's this sense of humour that I would like to pass on to you because you see, when you learn to laugh, you learn to see the beautiful side of things like a child does; everything becomes extremely easy because you are in a reception mode.

The child who smiles, who discovers is always in reception. He's not in resistance. He is not in opposition to his beliefs when he discovers something, when another person presents something to him, when a situation presents itself to him. The child who discovers is in wonder because he is in reception. He's open... he goes to the other one. He goes towards the discovery, the exploration, the admiration, the exploration of a situation, a colour, a form, a speech, the exploration of knowing another person. The child marvels naturally and where there is welcome, wonder, there is no resistance. There is no opposition. It is a little heart-to-heart advice that I propose to you today because it is good, it is important to always exchange a little of the love that we carry for one another, a little of the wisdom that we bring to one another, from our hearts to our hearts, from my heart to your heart, from your heart to my heart. Because you see everything is frequency.

And when you are in the frequency of welcome, of wonder, you walk on the wave of Love. You walk on the wave that respects the other despite the difference that might exist between you and the other, or a situation and another situation. There is respect when there is wonder and welcome; you do not send a frequency of resistance. And if you do not emit a frequency of resistance, the other perceives it as a frequency of reception, a frequency of understanding, of openness. This means that conflicts cannot exist in this frequency because it is a welcome and wonder with understanding, openness, all these beautiful qualities. All these heart frequencies

that are in action can only produce more admiration, more wonder, more understanding, more creation and imagination because the two hearts unite to create something new together by exchanging, by connecting.

Do you see this way of behaving, of living, of perceiving creates only joy, openness, beauty, harmony? It does this quite simply by welcoming and wondering. Quite simply by having a welcoming perception, an open behaviour just like the young child who discovers. 6.08

So, will you be able to welcome everything that presents itself to you in your day, when you start a new day? Will you be able to be amazed at everything that will come to you in a single day?

Well, you see, if you establish these two values at the beginning of your day firmly in your heart, you say:

***"I, the perfection of Life in action in this dimension,  
marvel at everything that will happen in this day.  
I welcome everything that will happen in this day, for this day is blessed.  
This day is perfect! "***

Only by focusing your attention on these words, this intention, in the morning you are already polarizing your whole day. You make a call to the Universe that everything may be welcomed, everything be simple, everything be harmonious, everything be perfect. The Universe will precede you in everything to harmonize, to create harmony frequencies that will come to you in all forms. It can be a person, a situation, a project, an image, a word, a song, everything! Everything will be coloured by this vibration.

You will tell me: "But Aurelia, you dream in color!" Yes... I do that sometimes! I always dream in color you know, multi-colored, multidimensional. Well, there's a little secret to it all. A little divine, wonderful Telosian secret, that I will share with you.

The more energy you accumulate inside you, the more you control the Universe, the more you become a powerful magnet that controls the Universe, that controls events, situations, relationships, discussions according to the frequency you emit with the energy you carry.

And how do you measure this energy? The faster the events occur, the more magic you see happening around you and within you, the more you know that your energy is growing, is greater, strong and powerful. The longer events take to occur and transform around you, the more you know you have to work to increase that energy within you.

And how to increase this energy in you? Ask me the question.

Well! Every time your thought going to a person, a project is: "Ah! This project is going wrong!" You send your energy to this project that you already qualify. "Ah! So this project is going wrong!" You send your energy to this project and you make it go worse and worse. Do you understand that?

You think of one person: "Oh, how sad that person is! "You send your energy to this person and they get sadder and sadder. Do you understand?

Your intention, emotions, thoughts are living energies that belong to you but when you send them to a person, a situation, the behavior of another person, a television show, the neighbor, the third neighbor who does not behave properly, you decrease your energy because you care about other universes than the one that is yours. You take the energy of your inner universe and you squander it on your husband, your child, your neighbour, the hospital and at the end of the day you are tired... And at the end of the day your dream for which you have been praying for at least three years, has not yet manifested itself... ! But why...? And why...? (I took theatre courses) 12.00

You see, the control of emotions, thoughts, the control of your energies; the most important for each of you are your energies and they are your inner kingdom. That's what inhabits you! It is what you carry, and it is this energy that represents the magnet, the force that will attract to you all that your heart desires: the relationships, the situations, the perfection of Life, the patience of Life, the beauty of Life, the protection of Life, the security of Life, all that is most beautiful! The abundance of Life, the abundance of Energy, for you are the Creator! It is you who decide: *"Today, I will attract 10% of all the energetic capital that the Universe wants to offer me! 10%? Because I carry 10%. I can attract 10%!"* But if I decide to put 100% of the Energetic Capital of the Universe into me, that I am aware of it, I attract 100% of the Energy Capital of the Universe and the answer is instantaneous. It's mathematical!

So I, Aurelia your sister of Light (I give myself beautiful titles), invite you to become masters of your energy, of your inner kingdom, masters of the Energetic Capital which speaks to the Universe by controlling your thoughts, your emotions. When you squander on all and everyone, in all the relationships, all the situations, all the problems: the war in Iran, the suffering in such a country, you send your energy. Every time your energy connects with another conscious energy, you send some to it. You tell it: "Go to this country that suffers from famine. Go help all those who are hungry." And that energy goes on a mission. It no longer belongs to you and it will return to you a little later charged with those vibrations and those vibrations that were not in the abundance, in the joy brings you back even more of what you sent. They do not make your Energetic Capital grow. So, your creations take time to manifest because everything starts with you!

So that is it! Let's not drag this out! I've talked enough. I have given you certain truths so that you may mediate them because everything starts from you. It is only your own understanding of this process that can talk to you. I use my words, the words that spoke to me. The feeling I felt, but it is up to you to live this message in your own way, with your own words, with your own colour, your own understanding. It is up to you to fill out this structure, this scaffold of ideas that I present to you but to fill it out in a way that is understandable and acceptable to your heart, acceptable to the consciousnesses that inhabit you, acceptable to the unique, wonderful frequency that you are. It is up to you to transform it with your own frequency so that it harmonizes perfectly with all the Energies/Consciousnesses that inhabit you. These Energies/Consciousnesses are within you and make you the Being you are!

Well, on these words charged with warm Love, I listen to your hearts in this moment hummm... there is room for improvement... (Group: laughs.....) So, I salute you. I salute the Great Light that each of you are. I salute these brave hearts that you are. Know that you are blessed in my heart and know that you are precious to my heart. I walk with you often, I support you and I love you.

Thank you!