

## Saint Germain

### Focus on the Positive

Welcome my dear ones, I Saint Germain wish to offer you a message of hope at this most challenging of times for humanity and the planet. Let me first deal with any negative aspects of your transition, for most of you understand the need for a deep cleansing of the planet and within the minds of humanity. Your planet could not sustain the never-ending negative vibrations created by humanity, in fact you have come so close to planet Earth burning itself out and that is a truth, not a thought created in some obscure moment.

The Spiritual Hierarchy has for eons of time tried to show you all the error of your ways, letting you know that if the consciousness of every human did not change soon, this would create a situation that would be irreversible. The Light on this planet was growing dim and it has been, as you say, touch and go whether planet Earth would be able to survive the amount of negativity and darkness for much longer. We, of the Hierarchy, had to step in and help save such a beautiful planet; for there is no other in the universe that offers in-coming souls so many opportunities in a very short space of time within each incarnation. Souls are queuing up to experience the wonders of life on Earth. Many humans have become very complacent and irresponsible with regards to the wondrous gifts you have been given, and have an attitude of 'life owes you a living' – it does not. You owe a debt of gratitude to this planet, to your soul to the Christ essence and the Love and Light of Source/God for allowing you to experience all the joy, love, the spiritual knowledge and wisdom that can be yours on a daily basis, if only you would begin to open your heart your mind and your eyes to all the beauty that surrounds you; you would have a better quality of life.

Most of you reading this will understand what I am trying to say, for many of you have had the 'wake-up' call and you are seeing life from a Higher perspective, and I know that you are trying to reach out to others that are at a cross-roads in their life at this most challenging time and let me tell you, you are getting there. Humanity is beginning to listen to you with your messages and healing Light you offer those that are ready to have a change in consciousness; but to progress even further and to touch others with your teachings a massive clearing had to take place and this is what is happening right now on your planet. A clearing at an unprecedented level never seen on planet Earth before.

The negativity, fear, anger, greed, judgement and pollution has all taken its toll within so many aspects of life. We have heard so many cries for help from nature, the animal kingdom and all of the elements, and of course it has been felt by you all with earthquakes, freak weather conditions, etc; lack of integrity and respect for nature and for human life. Whatever happens on Earth has a knock-on effect through-out the universe and it is down to every one of you to take responsibility and to lead by example. Most of you reading this will be doing just that, but we ask you now to become Teachers of the 'New Earth', we of the Hierarchy are asking you to step forward and turn this planet into the wondrous place that it was meant to be. 'How do you begin' I hear you ask? How can you change thousands of years of corruption, negativity, fear, greed and control? You begin with your own way of living and being. Be grateful daily, just be responsible for your own positive thoughts, for the love and compassion you offer others without judgement, then you will begin to feel the joy in your



own heart expanding daily, therefore your aura expands, this is the part of you that touches other people's auras and they will feel a difference in your vibration, this will have a positive effect on them and the way they think and feel. In a way, you offer healing without actually placing your hands on a person, it is so beautifully done. Do you see and hear what I am saying? It is no big secret or magical thing that needs to happen, it is just you living your life through the eyes, heart and minds of Source/God. Every one of you has that God essence within every cell and aspect of your being – You possibly know it as Adamantine Particles of Love and Light. This is how you exist, how you breathe, love, laugh, this is all part of your Divinity, your uniqueness. Please don't worry about what others are doing right now, just focus on you and what you want in your heart for every living thing on this planet.

It is no coincidence that you are here on this planet at this amazing time of transition, for your soul had been guided to this moment in time for you to bring forward an abundance of spiritual Love and Light helping to save this planet. You are the 'chosen ones', nothing to do with ego I can assure you, it is to do with your individual spiritual progression over thousands of years and the Light you have held within your Causal Body [please read the information on this amazing body of Light] When you have climbed your spiritual ladder and reached a certain level of attainment, you would have released the negative ego and raised your spiritual vibrations having received spiritual initiations, possibly during your sleep time, as not everyone is aware of their spiritual development. A lot goes on behind the scenes, so to speak that your earthly mind isn't aware of, but your soul is. You are fulfilling your spiritual mission at last, after thousands of incarnations over many thousands of years, this incarnation is your greatest gift to humanity, never under-estimate your reason for being here, helping humanity to have a better quality of life and to help save this planet. This is what you can do now as an individual or within a small group – please follow me now, as I guide you along a path of further enlightenment. This isn't meant to be a meditation but a deeper connection to who you truly are.

Go to a place that is comfortable for you, either in your home or outside in nature, where you will not be disturbed for a few minutes every day. Find a comfortable place, relax your shoulders and your mind, breathing gently now, just take your time there is no rush. Visualise with positive intent that you are surrounded by a large Gold and Platinum bubble of Light, you feel you are sitting in the centre of this bubble of beautiful Light and with every breath in, you can feel yourself draw in more of the Gold and Platinum vibration, you can see it flow into every cell of your body, into your lungs, your kidneys, through your central nervous system, every muscle is filling with the Gold and Platinum ray of Light, just see it continue to flow wherever you feel you require balancing, but this ray of Light is also a protection for you as it flows continuously through your 3 minds and 4 bodies. It can protect your aura and this is important, for as you come into contact with others, especially those who are negative, you will be protecting yourself from every negative aspect from other people. The beauty is, they will take positive rays of Light through your aura into their aura. This is an amazing way of healing without the hands-on approach. Continue to breathe gently now and I want you to visualise that you and the planet are surrounded by a Violet Flame, see this flame surround the planet burning off all toxins, all viruses, everything negative that is no longer needed on this planet, this New World. Keep visualising and knowing this Violet Fire will release and burn all that no longer serves the higher purpose. It is time for the beginning of the New

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World, a miracle can take place before you, for each one of you that activates this cleansing and clearing you will have played your part in the rebuilding of a positive vibration throughout the planet, nature, the animal kingdom and all of humanity. You are creating a New World for your children called the Holy Innocents they are new souls coming to this Earth for the very first time and they will need all the help they can get from those of you that understand this momentous occasion and what it means to all of life on this planet.

Just know your soul chose to be here at this moment in time to experience and be a part of a New World, this has been your soul's final journey, for those of you that have gained ascension through the Love and Light you have shared will no longer have to incarnate again on this planet, unless your soul wishes this, but you will be offered an amazing journey, to be able to travel with the Ascended Masters, Guides and Angels throughout the universe, for you would have gained recognition as a 'Pilgrim Ascended Master' for all the Love and Light you gave to this planet through your expanded heart centre, with pure unconditional love for all life on this planet. This journey has been your gift to the world. We of the Spiritual Hierarchy and the Great White Brotherhood, thank you from deep within our hearts, for we know the challenging journey you have made hasn't always been easy. Therefore, you who are ready, will be offered this opportunity to become a 'Pilgrim Ascended Master' this honour isn't given lightly, it is only offered in times of a great outpouring of Love for humanity, animals, nature spirits and the elements. This gift from the Hierarchy will arrive when you least expect it, so please don't go looking for it, as some of you will not receive the gift until your journey is complete and you arrive back home. On a positive note, this challenging time will have a lasting positive effect within your world and there will be no going back to the old ways of being and living, for many will now see life from a different perspective but in a positive way, so there will be more Love, Light and Joy in your hearts creating a world of wonder and hope for all new souls arriving here for the very first time.

Time for reflection now and time for forgiving, hold out your hand as I place my hand in yours to let you know, I am with you always, I am just a touch away.

Many Blessings to you all until we meet again.

I am Saint Germain.

