

A Message from Sanat Kumara.

Remaining positive in this current global situation.

I wish to open your eyes and mind to a different way of thinking and viewing your life right now.

Start to rethink your life and how you live it. Take note of your behaviour, by that I mean your thought patterns. You have the ability within you to heal your mind and body. You have a consciousness, earthly level, and a higher consciousness, spiritual and soul level. Always try to remain at the soul level of consciousness for this is who you truly are and how you can prolong your life and remain free of viruses and illness. Yes, I know you all think you have a date out there in the universe with your time to leave this planet, but you also have, at soul level the opportunity to make changes to that so called date. It is all about having the trust and understanding that every soul is given the opportunity to learn something magical and this is it.

You think you have been given a date for you to return home, but the lesson, and it is a very big lesson, is to find a way of prolonging your life without dates coming into the equation. Your soul has free will, it can make adjustments anytime. It is about progression and understanding your journey here from a higher perspective. Yes you have been through many challenges during this incarnation so far, everyone has, it is part of the journey, but another aspect is about learning to be positive about where you are right now, how you will move forward from this challenging time, but you can do it with joy in your heart, love kindness and compassion. Let's go back to the joy aspect. No matter what you have been through in the past, rise above it, don't become a victim. Just say and recognise you have had challenges on many occasions but that was then, this is now and you can create the life you want without dragging into your future all the doom and gloom, negativity or sadness of the past. It is life – it happens. You are worth more than the negativity of the past. Love who you are now, be the soul that was originally created thousands of years ago and be happy to have this opportunity in this 21st century to be able to create a life you thought you could only dream of. Of course acknowledge your challenges but don't dwell on them, just keep telling yourself. 'Wow! I have been through a lot in this lifetime so far, but my past was for a reason – an opportunity for me to grow. I know I deserve the best and I will create what I want by first loving myself and who I truly am and second, releasing any attachment to the pains or hurts from the past for I know negative thoughts will hold me back. I no longer need them or give them energy for I now look forward with love in my heart for myself, for I know by letting go of past issues this will allow me to live longer without illness pain or suffering'.

Negative thoughts will only bring darker vibrations into the mind and body, dimming the Light within the cells, so they cannot function at optimum level, therefore this can cut down the amount of years you can live on Earth. The positive thoughts you feel daily with joy in your heart will add years to your life, for it is the positive energy vibrating through every cell of your mind and body that will create a shift at cellular level, allowing everything within your physical structure to become whole and healthy again.

No matter what age you are now as you read this, it is never too late to change or adjust at a cellular level; that is universal law. Everything is moving within your mind and body daily, so make sure you fill your day with joy, positive thought, love and compassion. You will give yourself the greatest gift ever. You are a Lightworker so send that Light to the cells of your



own mind and body. You will eventually find your immune system will strengthen, you DNA can be reprogrammed as you visualise the Light flowing daily in and around, in front, behind and within your physical, mental and emotional bodies You could live for many years than previously thought of, having a life of joy and free of disease. You have the power to create, please use this opportunity to create the life you have always wanted. You have choices, make them positive ones.

I am with you always.

Sanat Kumara.

