

## Great things happen in the midst of joy; huge turnabouts in the midst of sorrow

**B**oth are part of the learning curve. You have been given the gift of experience, but the length is less important. So don't forcefully stretch experiences, as it diminishes the intensity. For example, feelings of passion within your being are to be remembered and cherished but be sure to attach only your own presence to it. If you attach other people or someone else's presence, you will cling to the person rather than the happening itself.

The passion is in you.

Always remember that these feelings and emotions are available and limitless. Be open to return to these great experiences for you and only you. You people call it 'daydreaming'; we call it remembering the essence and roots of your potential. We understand that you attach certain objects or people to it. Try not to.

It's a way of attaching to your realm and the idea is to be able to reach out to both. Used correctly, the mind is a great tool for that. Your world now is a very good learning school for the people who love learning a lot and quickly. There have never been so many confusing concepts, beliefs, tools, mediums, groups, opinions, underlying processes as there have been now.

It was made up to be chaotic and the ones who can sort out some of the chaos, have a duty to bring some light for others. Don't force this on anyone though, as everyone has their own path to find and follow. But if you notice it has gone completely dark for someone and they need help, reach out to them.

Confront not with knowledge, only with wisdom.

If wisdom is your language, it's not even a confrontation. To get to a place of being a true vehicle for pure and higher wisdom, you must have mastered the skill to detach. But not too far. Too much detachment will obscure the way you deliver the message.

Time is coming to a point where people need to step back and start deleting everything that is crowding their brains. That's a lot to take on. That's what's happening with the burnouts on your planet. Having taken on too much and often having lived other people's dreams and goals is tiring. Exhausting, to the point where you only keep going on willpower, which is unsustainable in the long run.

Have you ever stopped on the road leading up to a complete meltdown?

Like the computer running programs that don't fit the hardware: the systems start to break down. And the signs are clear along the way, the computer starts to slow down, giving messages on the screen. Bugs. But you ignore them because you think you have to keep going. You click them away without even reading them properly. Do you feel like you have to continue this way? Who is it that wants you to keep going like this? And who's going to pick up the pieces when it all breaks down? You.

The hardware needs to match the software. And the plug has to fit the circuit. The plugs are like your circuit of friends. If there's one important one missing, the other plugs will handle the system, but not quite as fluently as running on a full circuit. By this we mean that in these times, it has never been more important to connect with your people. There are more of them than you think. We see some of you in despair and distress, living in disbelief. Not believing that there's even a group of people like you. Moreover, finding and connecting with them seems impossible or unattainable.

Truth is, it has never been more attainable.

The need is at its highest and the access has never been easier. Connect in the way you can and let it unfold. Be aware that many humans are now on an accelerated path. You are too. The morals, beliefs, ideas, thoughts, fears... are all coming together without structure. You will meet people that don't quite match with you in the long run. But the people in the same soul group more often temporarily meet up to share their experiences and then part ways.

A few are there to stay, because they match up extremely well and you have a shared mission. May that be having professional goals together, a union of the minds to stimulate and support each other, or whatever you decided the connection to be. Don't get lost in the 'why' or the 'what'. Know that you

decided beforehand for this connection to come to you and figure out what you can do with it.

The 'why' is simple: you two decided to meet, for whatever reason. The ones that connect in a lasting way usually have a higher purpose than just for the sake of the two. It might be for the collective, the family or the soul group. You will know, and if you forget, we will push the coming together. So there really are distinctions in connections. You needn't worry about it. At least not in the beginning. Usually, it becomes clear pretty fast. The simple rule for those who are in touch with energy and frequency is: does something feel off?

Does the person make you feel uncomfortable in how they act? Or does the thing they push you in, make you uncomfortable? There's a distinction there.

If someone has pure intentions and slightly pushes you, because they see the potential in you and it makes you uncomfortable? That's completely different to someone who gives you the chills just by being in your presence.

So always try to look at their intentions. That's not an easy thing to learn and master. But many of you are learning, some the hard way. That's how you remember.



## The members of your soul group are variations of you

The concept of soul groups does not suggest all peace and love. The members of your group can vary on a large scale. The same themes, yes, but other outlooks and therefore other ways of handling situations. If it's a complete opposite way of learning to what suits you, this specific encounter will be more of a brief meeting.

Things are speeding up, so the groups are really coming together. What we see is that many copy each other. That's fine, for a while. You can copy teachings, but if you try to make them your own, you will notice that they don't fit for very long. And you step out to step into your own teachings. The ones you've gone through. And then you pass them on. Why would you keep knowledge to yourself if there was the slightest chance you can inspire someone?

The concept of ego is one that we really need to address. You have created this idea of a part of you that wants everything and leaves no room for the rest. That's a concept you need to get rid of as soon as possible. You were never born with an ego that wants only to be satisfied.

Some were born with this, yes, and in an extended version. And they have become overruling forces that do not empower: they take power. Now, this has been so embedded in people that you tend to see the expression of a little part of this as something horrible. And as something that has to be pushed away and frowned upon. No.

It's a part of you, so if you dismiss it, you lose a part that is actually an assistant in your evolution. If you base your ego on the way some people use theirs, it will grow. But most of you have a system installed that will never let the ego become a dark force. Embrace it and let it help you. Do you think people who have done good for the world were completely free from ego? No, they just used it in a constructive way. So you see, this is a story that has been blown out of proportion. It's doing more harm than helping the people you call 'light workers'. They get stuck in the concept and question which

part of them is at play. Stop that and only contemplate on your intention and contribution. Is it a contribution? If the answer is yes, you never have to question where it comes from. So the rule is: let the ego help you instead of pushing it away.

You often ask the wrong questions. Instead ask: “*What will this bring to the world, to me, and my soul group?*”

## Learn the language someone else is speaking, especially if it's hard for you to hear

**M**any of the restricting concepts started out as ideas based on solid principles. But you make it more difficult than they are, with language. We understand the need to comprehend, and we love to see the desire of more and more people figuring out deep concepts. But sometimes things become too complicated because you lose grip of the starting point.

Let's say you want to understand the galaxies. You people often get lost in the idea of separate unions and therefore distance from its vastness. The vastness is the union of it all. You distance from the whole picture by dissecting too much for too long.

We see the same thing happening in relationships. You only dissect when a physical body has died, right? So don't dissect your partner's head all the time. The deep-rooted desire to understand someone else is merely a desire to get a grip at your own mind and beliefs. You will find that questioning your own doings will get you further than picking someone else's brain. Don't exaggerate though. Play, laugh...even if there's nothing to laugh about or when you're going through some growing pains or a loss. Try to picture the smile on your face in a near future.

**What may seem like far away now is closer than you think.**

We usually lend a helping hand during your sleeping time. You are open to help because you are detached from the earthly situation. That's why in a troublesome time you need more sleep. To allow more help behind the scenes. It's not conscious, but helpful in ways you would not understand if it was explained to you.

Times of deep loss and grief close up the access, because the emotions run too high. So there's no access in the daytime, in the midst of it. In time this settles, and you will need less sleep. Often, we see people asking for

signs in the heat of the struggle; that's okay, but ask us once a day. And we will step in at night. When you are in a state of allowance, not expecting or hoping, you will start to differentiate colours. Everyone has a basic pallet of colours available to them but imagine you could see more detailed and more variations of the pallet.

### Life is both coloured and shaded.

That's how life is supposed to unfold. Situations may not change all that much, seemingly. But with a broader spectrum of colours, there's much more to unravel because you have the options now. We talked about opening your mind to inquiry and questions. The deeper questions. But one at a time. We don't want to see you get lost in the maze. It starts with the mind and the eyes will follow. The more brain capacity is being used, the bigger your pallet becomes. Be happy with your findings and make it even more fun by revisiting them after a while.

The best use of the brain is to give it something new to chew on after a while. Just like you, the ideas in your mind cannot stay stagnant for too long. Like that, you're not allowing your mind to expand to its fullest potential. How you inquire is up to you. Many read a lot and that's beautiful, but what about being silent from time to time? Don't get frustrated if we stay silent. We don't, really. Ask some simple questions and the answers will make themselves clear in ways we know you will understand best at the given time.

If you're a talker, you could practice being silent and it comes in that form. Maybe you're more of a retreated person, then we might suggest you meet people to give you the answers. The best answers are often presented without you asking in that moment and the other person unknowingly giving you that information. Say you ask us for guidance when it comes to your lifestyle, you feel it's no longer working for you, and you want direction.

First, we say "Wait." And then suddenly you meet someone who starts telling you of a way of living they've been trying out. Without you even sharing your issue on the same theme. That's the play out of an answer you were asking for. Be aware that these are sometimes temporary answers because it is still someone else's. But it can guide you to the right path.



Everything is always a preparation and an unfolding at the same time.

You people have the tendency to get wrapped up in the concept of limited time. Yes, your timeline is linear and finite, but the learning curve you're on is not. It goes on. You are supposed to have experiences and fun. And meanwhile you expand your own file. The file of life.

Can you imagine having all the time you wanted in the planes on Earth? You wouldn't want that, because you would stall and believe there's no limit to life. We would see only degression, and the limit of time on Earth gives you that unconscious push to proceed. You see, without this limit there would be less movement and lower intensity. The limitation in time and the higher intensity provides the ability to capture what you needed to and therefore remember.

The picture is taken and stored.

Do you ever want to remember the stagnant periods; do you feel alive in them? No. They are not harmful, but if life on Earth was limitless, no one would feel like there's a reason to change anything. On Earth time is precious and necessary. Where we are, it is not.

We look at you as if we are watching a movie that's playing nonstop. But that doesn't bother us, because time is an irrelevant concept to us. That's why we are always available and don't get tired. We do sit and watch all of this unfold with great awe though. Having experienced lifetimes, the knowledge is stored in us. The reason we can provide you this knowledge, when requested, is that we can distance ourselves. Not literally as you see it, but in a way that there's an objective overview that lets us be of the greatest assistance you can imagine.



## Let's work together

**M**any of you have seen the change in others and in themselves when it comes to opening their eyes. This process will continue and accelerate in upcoming decennia. It has never been more necessary and possible. The junction of the part of you that you had forgotten about and the knowledge we can provide is a very great force and power. This must be combined with respect, awe, and playfulness.

**Nothing great was ever remembered without the feeling of joy.**

You may ask how to get access to the knowledge. Well, the secret is that you ask the right questions. By 'right' we mean those that will be of service to your greater good and that of others. These are the questions that currently need answers. We will always assist in personal matters if you can get your emotions calmed down. Not an easy thing to do, but when you feel any kind of an opening, pop the question.

There are questions that are less important to the world's benefit and still we are open to answering. We do see, that in providing guidance, many of you make big steps in changing the focus for the greater good. For the people who are only focussing on the greater good, beautiful, but don't forget yourself in the process. The drive sometimes becomes so powerful that it wears you down. So even in slowing down, you're still serving the greater good. We come to help when we have access. It's up to you to find the rhythm of your pace. The rhythm may vary, but needs to have a steady pace. You recognise this best when you are joyful, that's an indication of your best-suited rhythm. In interaction, occupation and energy.



## Live your life like you're part of a symphony

**W**e can present you an image of what it's like beyond space and time and in other less dense dimensions. Imagine the most beautiful symphony ever written, and there have been many in your planes. Feel the rhythm, the flow, the build up and release. Everything inhaled by the cooperation, the harmony.

Even in the moments of build up and stretch in the music waves, the anticipation is always present. The release always follows. The best masterpieces hold everything in them, the tension and the dark lurking around the corner. But they are harmonious all the way through. That's our foundation. We feel the waves as movement and exciting moments. Mostly we hear it as a call to us for help. That's when we come in, when the music becomes slightly threatening. Let us hear the music of your life. It's a metaphor for the peace and beauty there is to be experienced in other planes. At least the one we are in, the Source of All.

Now, this symphony you're in is written by whom? Well, simple: you. Did you make it long, short, harmonious, hard to listen to, a little bit pitchy, easy on the eyes, with lots of chords that match or clash? How complicated did you make it? Or how complicated do you keep making it?

The most beautiful ones are where there's variation in a rhythm easy to follow. They are usually complicated but rewarding. And the end is always a release. See death like that. The body leaving is the end of a symphony and ends with the prospect of something new.

Didn't the true artists compose several masterpieces in one sitting, in one lifetime? So, you go on to your next masterpiece and make it even better than the last one. However long the masterpiece lasts, every little part is of importance. Even the little changes in key are what makes the piece memorable. So why not see life like that? Do the tones match? Does the music feel smooth and harmonious?

## You can always change the key.

The greatest composers never cared about what the audience would think. They just created from an inner passion. And when that passion is felt, every observer and listener is touched to the core. You see, it's sometimes not the deliverance of the piece itself; it's the passion behind it that ignites the excitement in the audience. Do you now understand what you can do by living and sharing your passion?

Don't think about the audience: you are your own audience and you have to be able to take it in and applaud. The rest doesn't matter. And the ones who have access to the same kind of passion will be touched in the heart. When you observe an audience during a concert that is being performed passionately, you see union. Everyone is being remembered of the union and that's why these creations are true masterpieces. They remind you, mostly unconsciously, of the mastery you have partly or even completely forgotten.

If you would see what we see in an event like that, the union of energy is incredible to watch. And the funny thing is, you people remember it both consciously and unconsciously. You share on a deeper level with everyone in the room.

Just like the orchestra is united by passion and talent, the audience is swept away by this union, cooperation, and harmony. And that's what you feel and take with you. You, and we, look at these great masterpieces with awe and that's completely justified. Those masters chose a universal language. The orchestra and musicians are a vessel for beauty. And so are you.

We are pleased to witness an evolution in interest for beauty again on Earth. No music brings you closer to home than the classical masterpieces. Bringing people together in genuine heartfelt events is what humanity should be focussing on. We do stress the words 'genuine' and 'heartfelt'. There is much need for it right now, because the lines between dimensions are becoming increasingly thinner and vaguer. The need to bring a cooperation to fruition has never been higher and we have never been more palpable in reaching out. Everyone has had glimpses of our help, but not everyone acknowledges it. That's ok: their time will come. But it is needed and should become something natural. It always has been, but the lines have been thick for quite some time. It will come in steps, but it will no longer be deniable for many.

If you can, and please do try, be a leader when it comes to ideas and dissolving ideas.

Or give old ideas a new coat, a coat that's suitable for everyone. Or at least present your doubts to concepts that no longer have any meaning. Always be respectful and if you can't, wait or let the moment pass. If we see you trying to share ideas in a kind way, we will support you from behind the scenes. If we witness your contribution is merely a waste of breath with someone, we will help you recognise it in a sort of feeling, knowing. Knowing that it's not worth your energy. And you will learn this very easily.

When we see you sharing kindness and nurturing ideas, we step in to help you remember that you're on the right path.





## Tests are still on the menu

**T**here will be a transformative period that can last as long as you decide. In that period, we leave you not on your own, never, but we let you seek some things out. And you all know that learning something hands on and in the frontline, is what sticks. So that's a layer you must build.

You will feel the shift when that layer has dried up and has become a true foundation. In these times where everything is unfolding gradually, but more quickly and expansively, the idea of separation is too much of an issue. Separation is not a natural concept to your higher being. It's mostly the beliefs that make this distinction between you and your body, you and your mind, you versus others, ...

None of that has any universal truth in it. This is being portrayed in your language, the 'I', 'yours', 'mine', all the time. In the way of living, talking, interacting, ... It's the evolution on the learning curve, but Earth has come to a point where this needs to be changed. Talk in terms of 'us', 'we', 'interbeing' ... This would help solve more than half of the struggles.

### The 'we' helps you in the remembrance of union.

If everyone keeps living with their eyes shut in a little world, the 'we' has little meaning. Instead, reintegrate the groups.

We see many are gathering, if not in person they are on a deeper level. And those are the ones that last, often a whole lifetime. The idea of groups has never been more necessary, and you really need to know your own beliefs and which beliefs or things you hold on to too much. In that way you recognise each other much easier, better and faster.

A group is best led by a leader. If this is someone who is being pushed by kindness, equality and empathy, they would never take advantage of their position. Because the term 'leader' doesn't suit them. To them it's just a word

and they live by morals, not by titles. Usually, this kind of a leader is chosen by the whole group, because they feel like all have an equal say. The best leaders are the observers who only step in when needed. The silent ones who take notes of all the events and changes. That's really someone who takes on the role of a teacher.

They don't teach you in the strict sense of the word; they do much more. They show you little pieces of their capabilities and options, only to remind you of yours. Not to step into the spotlight, they will if it serves the greater good of the group, but they know when it's time to hand over the microphone. Great teachers remind you of the greatness of you. That's what you admire in them. And the beautiful thing is that you're actually admiring the future and potential you. Once a true teacher knows you have grown into your own teacher, they step away from their role and wish you all the best.

You can have many teachers like that throughout your timelines on Earth. One important thing to capture is that you're always in both roles: the student and the teacher.

That's why we urge you to step up and share. There's always someone who will look at you as being in a stage where they would like to be.

So isn't that just beautiful, to be both and much more?

That's the duality on Earth and it does pose challenges, both light and dark. But multiplication of roles is something that can help exceed duality. So never underestimate the play out of the roles you take on, and have in you, always waiting for an opportunity to come out. If you find yourself having a hard time staying in your role, we are here to tell you that it's supposed to be like this. You are meant to be flexible depending on the groups or group members you come in contact with. They have their knowledge, and your job is to make them curious to expand it. That's not your only job. Depending on the necessary response and dialogue, the subject will lead you there. You see, there are so many roles to choose from. And when you don't know, but you're detached from your own will, we help you lead the dialogue. Everyone has the ability to provide in their own way.

See all the roles you can take on as holes you learn to fill in. There is not really anything as holes, only spots to reignite in the whole. Your experience

on Earth does give the impression of separation, but you only project the holes you seem to have onto the whole that you are. Because you state on Earth that you are part of the Whole, suggests the idea of separation.

You have separate experiences: that's all. And even that is not the whole truth. The experiences merely happen in different timelines, but they all carry the same feelings, emotions, lessons, and evolutionary goals.

We've been where you are so there is a foundation we've built. That's what we lean on to be able to provide guidance. What you must keep in mind is that we only help when you are in a state of wanting help.

If not, there's little we can do.



## Relationships The desire to unite

This is the biggest construction ever made on Earth and has taken many forms as of late. It has always come from a desire to unite, but the purity has been lost on many of you, because of decisions made by forces that have had too much influence for too long. This is coming to an end and the tides are changing drastically. The construction is made of external necessities and is based on comfort and distractions. This must take a turn. We will take our time on this topic because without any deeper understanding, it becomes consuming and leaves you running in circles.

Love and relationships are not the same. That's one thing.

If you chose to share your being with a partner, there was always a mutual consent in the deeper layers of your being. We understand this is sometimes a hard pill to swallow, but you need to start looking at your path as a path of choices. If you don't, you get trapped in a vicious circle. Before coming into this life form, the consents were made very carefully by your and the other person's higher selves. And then you incarnate and play your parts.

The construction of two people staying together for decades is often no longer of the same use as it has been for hundreds of years. If the people involved are in a union of respect and encouragement, it's a different story. But because the evolutionary process is speeding up, it serves little purpose any longer. People are coming to a changing point in evolution: these new relationships or as we like to say 'soul connections,' are much needed.

The idea of growth is unlocking your potential and your hidden talents. When the growth stops and there's no greater purpose for two people to stay in each other's life, the consent has come to an end. If the only greater purpose is bringing children into this world, which is necessary and will be in the next centuries, then two people will fulfil their promise. Until it's done. There are exceptions of course.

Lots of mutual agreements were made out of a need for comfort, but this is changing rapidly in order to speed up the evolutionary growth. Growth can easily be stimulated and enhanced in a group effort, soul groups especially, who work simultaneously together or separately on a certain theme. Out of need for growth on the same subject, they come together to address this. This is a beautiful sight, and we encourage this more than ever. In the interaction between two people, however, there's a deeper subject at play.

The deeper layers are wide open and ready to be tackled. Because some people of your soul group have very, to almost exact, and, occasionally the complete same blueprint and frequencies as you, there is no other option than to lay all your cards on the table.

Many of you are lucky to be on the level of consciousness; open enough to allow these kinds of meetings. Some encounters you will never forget because they bring out parts in you that you can reconnect with your entire lifetime, and more. Those parts had been hidden until the meeting. In fact, you meet again.

You must be aware of the fact that these meetings were in a way pre-ordered and were agreed upon before incarnating. You were supposed to meet each other. And the ones that shake up your world are always serving a greater cause, the evolution of you. The outcome in form is rarely of importance. The true treasure is in the growth you witness in the connection itself and subsequently in you. There are different kinds of arranged meetings and some will rock your world and some will feel like a smooth sail. All are valuable and all will ignite different aspects of your potential.

**You speak of 'learning lessons'. We speak of remembering what you came here to grow out of and into.**

You come in kind of 'grown out of' yourself and your being. And upon these events you're presented the opportunity to live through similar situations with a different perspective and mentality. If your way of dealing with a situation has stagnated, you will relive these situations until your perspective has shifted.

Say for example, you have certain ideas on how a potential partner should act, look like or live. And if not, you're convinced you can't be with or fall in