

Concepts of Love

PART ONE



CHANNELLED MESSAGES ON THE CURRENT IDEA
AND FUTURE MANIFESTATION OF LOVE

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Introduction - Who are we?

We are here as a compilation of experts on the concepts of love. We have lived through every combination of people: one-on-one, and one-and-more. We have experienced love on the scale of groups, love in nature, and love among animals. We have witnessed life in every form and every meaning, and absorbed every lesson learned. We took the memory of our experiences and learnings with us, and now share them with you. In other words, we are the non-physical interdimensional experts in earthly love in all its forms.

We can be of assistance to people who have lost their way in love.

We will take our time going through this topic with you because it's the biggest one of all. If you want us to write out a manual, we hate to disappoint you, we will do no such thing. Every form of love will be addressed, and every possible outcome is up to you – where your responsibility lies – for we have no say in the direction you choose. But, as always, we can guide you along the way if you wish us to.

The focus and understanding around the existing concept of love on Earth is wrong; that is for certain.

It has been for thousands of years, and is now exploding into a mass of confusion about the idea of love. It's hard to see you people struggling with something that is actually very simple. Anything is possible, and love is in everyone and everything – that you must always remember.

Grant us your eyes and ears, as we begin the journey of love.

What did love look like before your time?

As most of you have no clear memory of what love looked and felt like, we will take you back to a time before all the conditioning and structures began.

This understanding is important. You need to know where you come from and what has led to this state of confusion about love. As we embark on this journey, remember: not everyone has lived similar lives or encountered the same combinations of restrictions and freedoms. The more you have experienced, the further along you are in your exploration of love – and the more willing you may be to leave it open to possibility.

And you need to leave it open, as much as you can. By the end of this book, you will see why.

We will begin by presenting you with an image of what love is like in our realms. It is simply union, and anything but separation. It is simplicity and clarity, timelessness, warm and blossoming. It is a state of inter-being, of unconditional service – a pure beauty without any restriction.

This is what love is like for us, and that doesn't even scratch the surface. We wish we could paint a more detailed picture, but deep down, you know what we are talking about. When in true union, you feel it too.

You must know that most of us have had to work our way up to reach this state of being. And that's why we choose to touch upon the experiences on Earth and in other dimensions, in all their forms and combinations. We have lived them all, which is why we can speak from direct knowing.

Now, love on Earth in the early days – what did it look like?

There were no distractions, or external activities pulling people apart. Everyone was equal, because there was little to show beyond one's body, and one's service to mutual survival. As people acted from instinct rather than calculated thought, this came naturally and organically. 'You have my back and I have yours.' Each person's wellbeing was crucial for the survival of the entire group.

This is where we will start the journey because there are significant differences between the ways people once interacted and how it is now.

Before spoken language was really integrated, people relied on their senses. These days, people feel nothing but fear at the thought of only relying on such 'primitive' senses. But you must understand that back then, this was all they knew – and all they needed. They had complete trust in the group because of the lack of any external authority giving them directions and orders. The connection to Source was still very intact, yet not consciously acknowledged. People simply knew, rather than relying on devices to tell them. Nature showed them everything they needed to thrive: where to find food, water, and warmth. And the connection to each other was their guide.

Source was also guiding them, beneath the surface. They did not need to consciously seek this force because they had each other. The structure of life was very family and group-orientated, and everyone had a part to play. They did so without question and existed within bonds so close that all they needed was the close proximity of the other members in the group. Without an external force to distract them, they lived in harmony for millennia without possessions of any kind. Nature was the teacher, and group harmony was the ground rule.

This continued for thousands of years until individuality, and the human mind began to evolve. Group bonds were disrupted as the mind came into play. You

see, the mind has many purposes: at that point, it served mainly to discover its own potential. This paved the way for inventions on Earth. Initially, newly invented tools helped groups survive as one, but the further they progressed, the more society became based on individuality, rather than the family unit. The tone of life changed rapidly. Within a few decades, people began to separate in ways that still define the nature of disunity you know today.

Love shifted, from the collective experience of union, to a focus of who could be of use, and to whom, on an individual level. And then loving union became unattainable – even unimaginable.

Fortunately, Earth is now making space for the clearing away of these ideas, creating room for a return to love and unity. This shift will accelerate rapidly – yet not without resistance or struggle. For some, once the underlying mechanics are understood, and there is space to practise, it will feel smoother.

So, let us share our perspective with you, one shaped after having lived it ourselves.

Life became more complex, and so began the destruction of harmonic life, just like that.

1. The agreements and the contracts

First of all, we would like to introduce you to the idea of how agreements were made behind the scenes, prior to an earthly incarnation. Imagine an infinite field full of experiences and sensations, with possibilities for growth and expansion.

This is what the infinite Source of All had to draw upon. By adopting a physical form, it could explore everything at the same time – and live in a body with senses such as touch, smell, focused sight, sounds, and the ability to create and shape matter.

How would the Source of All make the best use of this opportunity? Not by choosing separate forms, who would live at a distance from one another. That would limit the full experiences. So a plan was devised: to bring together willing beings who would share this knowledge by incarnating together. The Source of All started gathering groups of curious and courageous non-physical beings and posed the question: ‘Who is willing to explore other dimensions and bring back memories to discuss?’ All groups were ready to raise their hands and said, ‘We’ll go and explore’. Little did they know the challenges they would be taking on – yet it was a conscious decision, made by a part of their consciousness that wanted to touch upon the earthly experience.

Together with the Source of All, the plans were drawn up. The groups agreed on the general themes they would explore. These plans included the major life themes and significant roles, which were divided and handed out. Every being had the opportunity to choose as much as they wished, including the intensity and scope of their timeline. The structure and pre-planning were created through these agreements. Each being chose their preferred earthly experiences in detail: the body type, voice, eye colour, interests, talents, height, weight, and even physical challenges and skin colour. These selections were made, along with who they would share the experiences with. The groups were sent out, with life plans in place. We will address these themes later on.

The groups were constructed based on the themes they wanted to explore. For instance, if two beings chose a darker skin colour, they would incarnate in the same timeline to share the experience, and become members of the same soul group. Once the themes were established, the subject and object in each encounter were discussed in detail. The plan allowed for flexibility and adaptation.

Although the ways in which each life plan is to unfold are somewhat open in human life, the core experiences were set in the contract. For instance, the two

beings who decided to incarnate with a darker skin colour would be confronted with the same theme: differentiation and exclusion on several levels. The roles two beings choose to play in one another's lives are also written into the contract. Yes, as we've said, there's some moving around and shifting allowed – especially now, as more people awaken to the idea of creation.

Once the preparations were complete within the lighter, higher dimensions, the groups set off. Timelines were intricately designed to align and blend perfectly.

With a sense of eagerness and excitement for the human experience, they were launched into incarnation – ready to engage in profound experiences on an entirely different level. We emphasise that many have now stepped out of the earthly challenges, having graduated, and are now here with us, watching over those still immersed in the human experience.

You come from a place of love – and are born into the physical body where you forget how to love, only to keep striving to reconnect with the warmth you vaguely remember. Quite the challenge, isn't it?

2. The loss of love – the separation

The earthly incarnation offers you the opportunity to experience life in a physical manifestation. From the moment of birth – and even within the womb – you face the challenge of being disconnected from your higher knowing. It's as if the head stands between Source and your body, cutting off your connection to love, right there – separated. You need to know that the world you all come from, and this earthly experience, are never truly separate. Although physical limitations may give the impression of separation, you can learn to transcend them. When you forget who you truly are, remember the agreements you made with so many other souls before you came here.

The sharing of your earthly contracts was done with pure love and deep consideration for one another. Remember that moment – although for now, you can only imagine it because the moment is hidden from you. Those agreements were the beginning of your shared lives on Earth. Have you known one another longer than a single lifetime? Yes, far longer than your life on Earth. You made the agreement before physical incarnation, and you know what? You knew each other far better and on a much deeper level than you do now, where you actually live out the experiences you pre-planned in the agreements.

Your souls know each other on the deepest level possible; otherwise, you would never have written such a script together. You all know the impact each experience will have on your broader journey on Earth. Do you give one another more than you can handle? No – never. The script was written in great detail, with loving, caring energy due to the profound connection and mutual knowingness. The greatest question you asked each other, each and every one, was: 'What can we mean and do for each other?'

This question echoed around countless souls, as all the meaningful encounters were discussed. Did some of you decide to meet during your earthly incarnation and experience one or many contracts together? Yes, you did.

We love seeing people remember this. These instant recognitions – these déjà vu experiences – are really speeding up now. Much of that is pre-planned. You recognise each other without knowing why. Deep down, you realise you wrote a script together. But you don't get to read it in advance. Why would you need to? Except for a desire to control the outcome, you wouldn't. You don't want a spoiler alert on your own film script do you? If you do, that's your need to have control over the outcomes in your life – and it shows a lack of trust in the extended self who created the script with such care.

At some point, the head – the part of you standing between body and spirit – will have to step aside. Have faith in the ‘you’ that created this earthly play, and trust it put joy, laughter and love in it. After all, you are here to learn to love again. And we are here to tell you: you will. You can’t truly forget. The loving energy stored within you is so vast and pure it can never be overshadowed by one single lifetime or experience. And if you seem to forget, we’ll help you remember.

Now that you’re aware of the challenges of loving one another, it’s important to know that many of you have skipped certain steps. We are here to help you reignite the love within you – not by telling you to ‘love yourself’ (you already do), but by helping you remember the concept of love, and what loving yourself truly means – and it’s not something you need to force.

The idea of ‘loving yourself’ has become twisted into something you feel pressured to achieve. Many of you advise each other to ‘love yourself’ from a place of separation, as though love must be earned or justified. We invite you to stop using the words ‘worth’ or ‘I’m worth it’. These words imply a separation from Source, as if there is a Self that needs to be loved, and you need to overcome this barrier before you can just *be* love.

Your being simply *is* Love. One obstacle to overcome is the illusion that you must first be ‘worth’ it and you need to first ‘love yourself’. What a stretch, people.

Instead of saying ‘I love myself,’ say, ‘I love’.

There – no bridges to cross, no hurdles or pressure on anyone or anything. Just one statement that sums it all up. The same applies to being ‘worth it’. Instead, say ‘I am’.

Being is the same as loving. If you are, you love. If you love, you are to your fullest.

Keep it simple. You tend to overcomplicate the idea of love, yet love is a creative energy. We promise you this: when you begin to say ‘I love’, that creative energy will stand at the gate – and the gate will be wide open. And then it will flow like you’ve never known it before. ‘I am, I love and I create.’

This is the foundation that will support you each time you let your creative energies flow. The beauty of these simple statements is that they free you from attaching yourself or anyone else to them. Saying ‘I love you’, implies that there’s an objective attached to it, and that can dilute the power of your being, which simply *is* love.

We know that this was intended to be your greatest challenge here on your Earth plane. It wouldn’t be a school if it wasn’t. Remembering love in its purest form

is one of the hardest tasks in a physical body, especially when your mind wants to control and rationalise your every move and the moves of others.

Place no distinctions on people around you in terms of the loving energy they hold, because they all do. Simply make the distinction on how they express it. Ask yourself: does their expression bring you joy? Or do you feel uneasy about how they portray it? Make choices in what you watch and witness, and when it's not in line with your feelings, move on.

Loving energy exists within every living being. It is always the same. Often it's hidden from your view because they are yet to acknowledge it themselves. When they do, they can express it sincerely.

Once you truly understand that you come from, and are made of, loving and creative energy, you can begin to use it to your fullest advantage. Recognise that this reconnects you first to your Being, then to Source, and finally, the Source of All. The Source of All, however, waits in another dimension. You will return there when all your scripts are played out and your contracts are complete. Then the Source of All will welcome you home.

But not yet – there is still much work to be done. That's where we come in, now more than ever. The gates are open and this co-operation matters.

We will continue to provide much information on the topic of love, particularly from our perspective. We aim to show where you are misaligned, where you are already on point, and to help you to see the bigger picture. If you read until the end of this book, you will hold more insight into yourself, your ideas on love, and how and where adjustments in love and relationships may be needed.

3. The concept of soul groups

Soul groups are a popular concept nowadays, and for good reason. We need to break it down a little.

You can look at it like this: beings who were curious about experiencing certain themes on Earth gathered together and expressed their desire to do so. Where their plans and chosen themes aligned, they formed groups. These soul groups developed deep connections through their shared curiosity and mutual commitment to exploring different themes. Together, they discussed the details and emotional depth of the experiences they would have as part of their earthly agreements. The differences between group members were reflected in the varying intensity of the experiences each encountered. We will give an example to help illustrate this.

When you meet someone and they feel very familiar to you, you instantly get along as if you have known each other for years. This is certainly someone you included in a soul contract. Now, the intensity of the loving energy you ignite in one another, along with the sense of knowing each other, helps you remember your shared essence. You either consciously or unconsciously know you go way back. You could label this person as someone who is part of the same group. But they share their energy with other soul groups. So this is fairly easy to understand, right? You feel happy around them, they are supporting and loving. 'This must be a soul connection', you say. Well, yes, you could say that because you do share a lot. This is someone who represents the idea you have on soul connections: easy, loving, supporting, nothing but kindness, peace ...

However, other members of your soul group do much more than envelop you in love and ease. The ones who rattle your world, who poke you, who push you, who bring out the worst in you ... they are just as much a part of your soul group as you are. You don't like that, do you? The side of you that doesn't want to look at its own shadowy part will say, 'No, they are not part of my energy. I don't want to associate with people like that!'

Well, you've got some work to do there. Because you are actually saying, 'I don't want to be associated with that part of who I am.' The ultimate result may still be you choose to exclude these people from your life. That's fine. But you will first need to look at yourself and the shadowy parts in you that they remind you of. Once you achieve that, you will be able to say: 'They are me, and I am them, all aspects of them. And I fully accept that in me and them.'

A situation could be:

You meet an amazing person, at first glance, and they idolize you, give you attention all the time. They think the world of you and you love spending time together. The two of you are glued to one another and you are best friends. All your attention goes into this person and you forget your own interests and hobbies – you ignore the fact that you need more rest than the other ... And then suddenly they start ignoring you – you mean nothing to them anymore. Why? Because you asked for an evening alone to catch up on some sleep.

You shared your need for rest, for you. You set your need first, for the first time in this interaction. So now they react emotionally, as if you have done them so much harm. This is a typical interaction, we see.

Both individuals had come to rely too heavily on one another to fill their time, to the point that they burnt each other out. Each reacted from the deep wounds of separation. One, reacting with heightened emotions, is still very hurt about being abandoned and projects this pain onto the other. This is classic separation anxiety. And the same goes for the other person, who is scared of losing their own identity, losing their *'self'*. They get caught up in the idea of either losing the other or the self. The natural human reaction on both sides will be: 'I don't want to see this person again if they treat me this way.' Well, that's a legitimate human reaction. But consider being grateful for the lesson. You now remember how close you can get to someone, perhaps something you hadn't experienced in this lifetime before. And you got to experience the aspect of you that could set boundaries. This experience represents an emotionally charged fulfilment of an agreement between two beings, and is even more rewarding because the experience is so full. You might part ways, you might not. That depends on the contract.

You will never forget how deep the experience felt. Make sure you understand what trauma the person touched upon. That will help you in your evolution.

You will need to be able to take on the role of observer at some point and say, 'What did we decide to show each other?' And you will have to be able to say 'thank you' to the other person involved. Thank you for showing me what I needed to take a look at.

So, they are also part of the same soul group as the ones who feel easy. It's not all fluff and romance. There are often hard lessons too. Picture a wire system with distortion on certain wires. That's the themes you share in a similar system. Once you get there, great, then you can say stay or leave. And it will be a lesson completed.

Soul groups are people who wanted to share similar situations and sensations, and show this to one another in significant ways. The people who feel like an easy breeze and the ones who feel like a storm. Come to terms with that. You share more than you think with them.

4. Chosen themes in the soul groups

The themes are determined by curiosity and the desire to experience sensations and feelings in a human form. There's a lot to choose from: lust, deep connection, love, hate, frustration, insecurity, desire, a sense of belonging, sadness, separation

When creating the Plan, you choose what you haven't fully encountered in other timelines. And there's so much to experience on Earth. When you create the Plan, picture this: you gather based on shared curiosity and are presented with images and descriptions – a taster – of the sensations that accompany them. That's what you get: the intensity is felt, but not the duration. So, can you see how you actually knew full well which sensations you were choosing before you arrived? The thing is, you experienced only a brief moment of it, not the full drawn-out experience. What would be the point of going in physically then?

So you had a preview – a little taster – and now the one you choose will be the theme that always keeps making an appearance in your lifetime. For example: will you choose sadness, anger, or desire?

Say you choose to live your life driven by desire – you will continue to meet people who bring that desire out in you. You will attract everything and everyone you made this deal with, for they have chosen the same theme. They also want to be exposed to it all the time.

Now, you never choose only one theme, but there's always a prominent one. In fact, there's a triple layer at play. You choose personal themes, themes carried out by your group, and themes for the whole species. The theme at present is injustice and inequality. Only to find out that you're all equal at the base. Not in behaviour, morals and consciousness – that's another level.

This theme has been going on for far too long and Earth is groaning under the pressure and the explosion that is coming. Not immediately – but it won't be long. In the long run, the shared being will be shouting louder than the disharmony most of you now live by.

So you come to Earth without a manual, only a script which was written by you but is currently out of sight. The members of your group will open your eyes to the themes, as they are dealing with the same. Pay attention to what they are going through, as it is an indicator of what you will have to face at some point, or vice versa. Keep an eye on how they deal with their theme because it will become yours as well. Be a support system for each other and learn as much as

you can on the topic. That will enhance the process of learning to see the insights.

A prominent theme now is separation and the illusion and hurt that comes with it. As we stated before, and we do underline this: you are never alone. Physical closeness is deeply comforting in your dimension, and it was granted to speed up your evolution and at the same time keep you in your realm. When it falls away, it's nothing but an enormous challenge to keep the knowingness that you are not separated.

Nowadays, your minds are opening up to the idea that you can exist without physical proximity. To make the feeling of separation more bearable, you need to continue expanding your awareness and perspectives.

No better way than to start feeling proximity from a distance, for it's not thoughts you people remember best, it's the feeling of someone's presence. That you can do, because you are, first of all, feeling creatures, not thinking. You've just become really good at forgetting how you feel. So it was only logical that the mind would have to open up first to make you realise separation is just an illusion. When your mind finally starts believing that someone is never really gone, you can start tapping into your sensory abilities and reignite them. So, yes let your mind tell you: 'I am always connected to others.'

And then sit down and allow yourself to feel it. For most, this will take practice. Your soul group members will do their best to assist you with this, consciously or unconsciously. You will try to cut cords with some, mindfully. Yes, try, but that will only be successful when you can change the sensation around the thought of them.

You can never completely cut cords energetically with someone, but you can ask for assistance in letting the connection fade out to the point where you feel indifferent. You can't set a timeframe on the process. As long as you still have some insights to discover, time will be stretched.

Soul groups take on the themes that will help them remember what they came here to do. The themes are endless and you will always know at the end of human life. Take a look at what they are going through, look at the big picture on a global structure, and then see where it hits you. How far along the ladder are you with the theme?

Is it sadness? Dig little deeper. Where does it come from? How deep did you choose it to be? Feel it. And if you don't know, address your soul connections to help with the insights. They will understand you better than anyone. Even the ones who taught you the hard way.

5. Are there distinctions in connections?

There is no distinction in *where* you are connected, as you all originate from the same pool. However, there are differences in vibration, and in what each connection brings about in you. Whether someone is a member of the same group or not is irrelevant. The real question is: ‘What does this connection come to show me, assist me in experiencing, and how does it help me?’ And the other way around: ‘What am I to this person, on a deeper level?’ You will never fully know the answer to that question- for it’s not truly yours to ask in the first place.

This is, at its core, an interaction in vibration – of frequency – for whatever reason. The reason will become clear as you move forward with the interaction. Be patient with the ‘why’ – the answer will reveal itself when you are ready.

The difference in vibration is straightforward. As a soul group, when composing the group and choosing the themes, you set up a certain vibration that would be very alike on the Earth plane. That’s how you easily recognise one another. It’s more of an intuitive knowingness than something measurable.

Your vibrations are alike in order that you recognise one another and attract each other’s presence. Moreover, the vibration of the theme is also established. Every word, theme, feeling, sensation, experience ... has a particular frequency. When you choose the same lessons, you attract one another based on that resonance as well. You come together because you called out your struggle with the theme – and they hear it because they resonate with it. The theme is the glue between members in soul groups. The distinction lies in the vibration. Some people will never meet each other because there’s no need and it was not on the table when making up the Plan. They would not mean anything to each other anyway.

So they literally don’t even see each other and will never attract the same experiences.

You’ve likely noticed this, now more than ever, you seem to bump into people who ‘coincidentally’ share the same situation. You think this is coincidental? No. You decided to meet one another either to help, or to reveal what is hidden. Regardless of the reason, they are members of the same group – though not necessarily lifetime companions. More often than not they will be transient connections in your life.

These connections are not all sunshine and glamour– that only happens in films. That doesn’t mean it will be difficult, on the contrary, it simply means you can tap into one another without too much beating around the bush. Often you

can't hide anything from each other. Of course not, that was never the idea of your arrangements.

They open the jar hidden in the basement– the one that finally needs to be unlocked. What's in the jar? Fear, loneliness? You will find out thanks to these connections. For example, you have a lot of self-doubt but you are a master of disguise and you fool just about anyone. You come across as confident in every setting. Most people will not see through that façade – until someone you made a soul contract with comes along and sees right through you. Uncomfortable, right? Well, it is for a while. Until you realise that they recognise it because they have dealt with it too, or are still dealing with it.

You will have to show your true face, and whether you like it or not, this has to happen. Deep soul connections help you to see how much you've been fooling yourself and others. No lying or hiding possible – in this instance, you are transparent. And anyway, trying to maintain a balance between being your true self and hiding behind a mask will wear you down in the long run. This could be more harmful than the brief vulnerable moment where you face your two identities, throw away the mask and reveal your true self. You might not look at it that way, but you will after the moment has passed. Becoming yourself is a gift– so take it.

The false deceptions and hiding behind masks will not be allowed on Earth for much longer, that much we can tell you. All of you will be on full display, so make sure you see the true *you* before everyone else does. Honour the self: pure loving energy journeying through life on Earth, seeking to live each experience as fully as possible.

The differences in soul to soul connection lie in the alignment of your vibrations, and in what you bring to one another.

6. The agreement determines the form

Your form in physical reality is everything manifested: what you look like, your job, your words, your personality, your identity, the construction of relationships, and your living accommodation...

Whichever construction you decided on before incarnation, that's the form it will be. Not necessarily the one you desire in the physical form, or the length you want – no, it will be what was agreed upon. The arrangement was made in preparation for the acceleration of your personality, your identity and your evolution. Not for you to be able to say: 'I am this or that.' The label doesn't matter at all: the construction has no meaning, and the form is what it is.

Say two beings decided to teach each other the experience of puppy love. That would mean they meet each other early in life. So they had set up the coming together with only this in mind: to experience the sensations of puppy love. Now, the appropriate form in this case would be a playful child-like love interaction between youngsters or adolescents. As you might guess, one of the two, or both, will hope that the relationship lasts. They consciously begin to anticipate the idea of a lasting relationship. It's their first conscious experience in a duo setting and they expect to stay together. Mostly because they don't know any better.

They have seen many advertisements of couples meeting early in life and staying the distance together – side by side and hand in hand. Now, the agreement is what is of importance. In this instance, the form was set for the experience to be fully integrated, and once the outcome is established, the form dissolves. One or both decide to part ways. The intention was to experience puppy love, so they did – until their higher being said: 'Okay, I've lived it now. Enough.'

So you must realise the form doesn't determine the outcome; the agreement on the content of the intention does. The form is just the manifestation as a tool. Nowadays, you people get hung up on the form. Instead, try to stay mindful and keep the form in the back of your mind as you live through the experience. Ask yourself: 'What did I decide to live through here?' Recognise the form as the catalyst, not as the outcome.

7. The basic principle

It's hard to put principles on love, but we'll give it a try. You have to set your own principles first – that's obvious. And everyone you meet will either justify them or test you by contradicting every principle you're holding onto.

One universal principle is the belief that there is enough love to go around. It's not something that comes and goes unless you attach expectations and conditions to it. Love is a state of being that is never-ending and unconditional because it doesn't come from the mind. Everything that comes through the mind needs to be carefully filtered before it can be called true love. If you let your mind interfere, it will always attach conditions to it, making it more complicated than it needs to be.

Take the love for animals, for instance. Easy, right? There's nothing difficult about it. Why? Because the animal doesn't compile a list of conditions before deciding: 'Oh, I love this other being.' It simply feels love - because it's happy, grateful for the other's presence, and appreciative of being seen and acknowledged. Love is all it knows, because the mind doesn't interfere and overcomplicate it.

We see that people respond in kindness to animals – the love is reciprocated when the mind isn't getting in the way. That's a beautiful thing. You should never draw a distinction between yourself and an animal. It, too, is a being in a physical body – just as you are.

Animals don't carry the burden of having to relearn how to love. They remember very well. And though different species may express it differently, the foundation remains the same.

You'd do well to start seeing each other in the same way – the same origin, the same Source, just expressing love differently. Each of you is a portion of the Source of All – that still carries source energy and love.

The principles you base yourself on should be simple: we all carry the same energy, and we are here to create – no matter what – and to take the experience with us.

Let go of the conditions you have placed around love. People with children understand this – so why not apply this principle to everyone you meet? Firstly though, learn to love yourself. While we are not especially fond of the phrase 'self-love', we will use it here, because many of you still have some layers to work through before reaching the heart of it.

The only way to truly find your way back to yourself, is by letting go of every – and we mean every – negative belief you have ever held about who you are. This includes what you have said to yourself, and, just as importantly, what others have said about you. It may sound like a lot of work, but it isn't. You don't need to go over every word. What matters is the learning you gained through the experience.

The journey is not about finding yourself so that you can love yourself. It's about undoing what has been put in the way – the obstacles to overcome. The true you, underneath it all, doesn't question love: it is love! Honour the being you are – true love in its purest form, that can't be broken.

Be kind to the manifestation of you that wants to fully experience life. Make your time on Earth easier by softening the inner voice. This manifestation has a hard time, trying to fit into a society that challenges people and their innate capacity to care deeply, so don't make it harder by being so tough on yourself. Once you accept every part of yourself, both the light and the dark, others will feel it. Whether consciously or unconsciously, they'll be moved by your acceptance of you.

8. Contractual versus conceptual agreements

Every agreement made before incarnating physically was an energetic contract, but the content varies significantly.

We will give you an example to illustrate the difference in vibration and intention. In some contracts, the focus was more on the evolution of the 'I', while in others the focus was on the collective, or on both.

There is always some overlap in focus. Some agreements are more focused on the self, while others are drawn towards something broader. For example, people who came to experience what it's like to be in a body and experience true love in this form, will have children and feel fulfilled. That's a mutual contract. The focus is on individual experiences and desires, and less on the collective. In such experiences, the person chose to live through the feeling of unity with one other soul – a one-to-one interaction. It has little to do with the broader perspective.

For instance, one soul might choose a life in which it experiences no parental love. In such a life, love is absent, and the child grows up without ever feeling the sensation of being loved by their caregivers. This soul might have made an agreement with another soul who wants to experience the loving energy that can be given by caregivers. The soul who was unloved by the caregivers as a child, will, in turn, be able to offer deep love to their own child, and through this exchange, balance is restored. Both souls experience love through one another and the love that was missing is returned twofold. That's an example of a contractual agreement.

People who wish to go beyond this and have an innate desire to explore deeper sensations may also have children, yet try to soothe their thirst for a love that transcends even motherly or fatherly love. They wish to explore the greatest love of all – creative love. That's a conceptual contract, focused on the collective.

People who make such soul agreements always have their contractual agreements running in the background. More often than not, the contractual agreements manifest early in life, and the conceptual agreements emerge later. For example, someone might choose to incarnate in order to be of service. They never arrive with a completely blank slate, and often live through challenging experiences and agreements. This could be abuse, severe illness, and so on. These experiences are often a preparation for the unfolding of the conceptual

agreements. Essentially, they must go through the contractual agreements in order to clear the way – both within themselves and in their surroundings.

Those who experience abuse often live these experiences as a reminder that they have the strength to overcome just about anything. It's a huge undertaking, but we see that those who come through such trials emerge as true masters of strength and conviction. They have learnt how to move from victim, to survivor, to master. This marks the transition between experiencing tough contractual experiences and awakening to the conceptual. You begin to see the bigger picture and realise it's not just about you. It's about everyone you come across.

The contractual agreements centre around the 'I' experience, and everyone must go through them – some more than others. The conceptals come into play once the 'I' has learnt enough and is ready to address the larger needs of the Planet and the people – the 'we'. This is where you truly join forces and work together. We encourage this more than ever. You will feel drawn to the right people – those who either consciously or unconsciously recognise that they share the same vision and desire on a soul level.

Then you begin to attract the souls with whom you made your conceptual contracts. These agreements were made in groups, and so they are shared by many. For example, the people who fight for nature, animals, or the poor. These are conceptual agreements focused on the collective interest and need, so they were agreed on a larger scale. These are shared agreements that are now bringing people together – we see it happening.

We are not saying the contractual agreements are of less importance – in fact, they are equally significant. Without living through them, without releasing the blockages they bring, and without becoming the person you need to be to take on the conceptual agreements, you simply wouldn't be ready.

Take your time going through these experiences, so the 'I' can become a 'we'. And realise that these agreements actually overlap – so it's not always possible to distinguish them individually.

9. The unfolding of the contracts

The agreement is established. The substance is more or less predetermined, and the intention behind the teaching is set. However, the shape and form it takes can shift as you move through it. Be aware that while you can alter the structure and the way a particular contract or agreement plays out, you can never undo the intention behind its presentation.

You can see it like this: you are about to give a public speech and have prepared the content and message you wish to convey. So you are ready, and think you know how it will go. But when does anything ever go to plan? Not often. Some members of the audience will respond in ways you didn't anticipate. And things inevitably shift as you speak. This is just the way it is. What you can be certain of is the intention behind what you are sharing – and what you wish to relay to the audience.

Find flexibility in how things progress, as there will always be people who challenge you, make you doubt and second-guess yourself. That's how it's supposed to be.

As long as you remain true to your intention and the lessons you learn, you can't go wrong. These agreements always share the same core: they are predetermined to bring insight. For instance, perhaps you are insecure about public speaking, yet you choose to give it a try anyway. It's almost guaranteed that someone will criticise your first speech, and perhaps the content. So how do you handle negative feedback? Consider the options: either become frustrated with someone who finds fault with your delivery, thus giving in to the fear (and frustration) of public speaking and stopping altogether, or be grateful for their input, acknowledge them for their courage in speaking up, and continue to do it anyway. Feedback, in any form, can actually strengthen your desire to be a messenger. Which do you choose?

We suggest you choose the latter.

Usually, the pattern is as follows: frustration of hearing someone highlight your weaknesses, followed by gratitude to them for highlighting your weak spots. Lately, we've noticed that people are becoming quicker at recognising these processes – and that's progress.

So remember, it's the intention that matters – not the way it appears or the end result. Rely on your senses to guide you at first. Then allow your higher wisdom to show you the true intention. Return to the moment you met and the ease of it all – and you will always uncover what was previously hidden.

Detach from the outcome you desire, and instead focus on the gifts of an interaction or connection. Did the encounter remind you of pure bliss and joy? It's beautiful that they came to show you this long lost feeling, isn't it? Be

grateful for the experience and the reminder. Let everything else unfold in its own time. Don't interfere too much. After all, you can't even order yourself around without going off course. No-one wants to be manipulated or pushed into something that isn't right for them. Do you?

If your colleague tells you to start having lunch at 11 o'clock, simply because that's what suits them, but you can't bear the thought of food at this time, would you not disagree?

You can never push anyone, not really. If it's for the greater good of the group, maybe you can come across very convincingly. But the truth is: you never truly know what's best for somebody else. The only thing you can do is start making choices that uplift and inspire *you*. Those who resonate with your energy will naturally be drawn to follow your lead – in their own way, not yours. Your path is unique and belongs only to you.

Don't make assumptions about what's best for someone else. You often don't even follow your own advice. What we do recommend is this: give your insight on a situation when it's asked for. And do so without persuasion, as neutrally as you can. Some people have mastered this well.

So you see, the unfolding of these agreements happens most naturally when you unfold your personal contract – the one you made with yourself. What did you decide to experience? And what was your intention when incarnating?

Those who made similar agreements will be drawn to you. They will seek your insight, just as you might seek theirs. In this way, you become mutual contributors to one another's growth.

There lies the unfolding of the contracts: where you and the other person share insights for growth and use them for mutual expansion.

10. Let's leave the labels out

You people will soon have to publish an entire dictionary dedicated to the various labels you give to human interactions – and it will be a hefty one! And yes, this is meant in a playful way.

We often use the phrase ‘soul connections’ to give some foundation to an earthly experience, but going further than this starts to stretch things to the point of separation. One of the most often-used labels on Earth, and possibly the oldest, is ‘soulmates’. It’s commonly used to describe a close bond between individuals – and is probably the most meaningful term available, in your languages, for this type of interaction – yet you are labelling and categorising what, in essence, is a vibrational match.

Picture this: you create a set of 10 labels, and attach one to each person you come across. Doesn’t that place profound limitations on a person, in such a way that they will never reach your expectations? For example, you are looking for the perfect match and romantic soulmate, and attach this label to potential individuals. But what does the label actually comprise? Is it a checklist of romantic qualities, behaviours and abilities they must have and fulfil?

Your idea of romance could be candle-lit dinners with violin music. For another person it could mean bringing flowers or be being offered a lift home when the car has broken down. Do you see? The label is defined differently by nearly everyone, with the expectations and emotional attachments varying widely. This limits the idea of connections. You make it really complicated when it’s not. It’s simple: connections are connections. And with one person you will feel and know there is something bigger at play. That’s the vibration speaking to you, not the labels. Try saying ‘this is an interesting connection I am willing to explore.’ Then allow it to unfold. When you approach a relationship openly and without conditions, it might turn into something richer than you could hope for.

It’s easier when you have a casual acquaintance who you refer to as ‘a friend’, as this rarely causes a problem. Why? Because that label doesn’t usually come with any high expectation on either side. There’s more freedom, less attachment, and commonly more fun. It’s light-hearted and easy. The definition is loosely applied, and expectations are minimal.

How about you look at any interaction like that? And if it doesn’t vibrate in the long run, you’ll have to tune into the ‘you’ that knows whether or not an interaction has served its purpose. You can make it more of a framework if you use the lighter word ‘connection’. The pressure you otherwise put on someone else is so high that they run. Wouldn’t you? Have you ever been in a situation where someone put such high expectations on you that you knew you couldn’t live up to them? Or that you didn’t want to be part of? Labels box people in: and what’s in a box will always want to break out.

We understand the human need for structure and order – the mind looks for something tangible to hold on to. You might think you won't be able to break free from your desire for certainty, but you can. Once you realise that it's all about your vibrational resonance, where you 'tune in' to another's frequency which aligns with yours, and learn that separation is an illusion, you will hopefully start to relax into the experience. Think in terms of energetic waves and ask yourself, 'Do I and this other person enjoy the same intensity, rhythm and flow?' Let that be an indicator instead of saying: 'This is my one and only soulmate.'

When living in tune with your own frequency, and knowing and connecting with yourself on a deeper level, choosing relationships from an open perspective will come naturally, and will often be more than you can imagine.

11. The current reputation of love

Love sounds like such a big word, doesn't it? Well, it is because it has so many meanings. And it is a big thing, as it's the foundation of all. Its reputation is

challenged because the restrictions you put on love are becoming ancient and very limited at this point... not for everyone but for many.

Luckily, most of you still believe in love, and in the idea of two people coming together and lasting a lifetime. You should. But bear in mind that if one or both in the duo is no longer being encouraged to be the best version of themselves, it will take a lot of willpower and effort to make it last. It's not impossible, but it is challenging and often not the best way to go about it.

If you consider the idea of love, you must take all options into account – every possible combination, quantity, or group – only then can you create an opinion on its concepts. There's a lot to take into account. The reason why the reputation of love is on the brink of a large change is because of the rules you put on the constructs. Many of you have a list, a 'must live up to', a 'not this or that', and guess what? That's not the essence of love. That's your controlling mind, creating a list of traits you wish to see realised in yourself, or traits you possess and want to reflect in others.

It's not wrong to know what you want, but we suggest you loosen up. If you score people based on your own desires, no one will ever live up to them. And if they seem to, know that in the long run you will begin to see the cracks. Not because they are not what they seem and what you want them to be, but because they can never satisfy your need to 'score' the 'best' partner.

We don't mean this in a harsh way, because we do recommend you at least know what you don't want, and keep that in the back of your mind.

So the reputation of love is hanging by a thread because of this need to put a score on people. No-one can rate a person's traits, not even the person themselves. You are dealing with something higher and greater than you: love. So lose the wish list and idea of control. Rather, let the reputation of love be open and free, so it works on its own terms, not yours. After all, you don't control who you fall in love with, do you? Not ever.

You cannot give love, in its purest form, a bad name – it's impossible. But you can recognise negative behaviours in interactions. Is this love or control? You will learn the difference in time, and we will address this later. The reputation must be upgraded, otherwise people will end up running around in circles, making the same mistakes over and over.

See it like this; the foundation of love is still there but it is hidden under rules and regulations, overruled by emotions that run out of control. Of course, there's no way to control anything when that spark appears. You will see many of changes in the upcoming decades on the idea of love, as it has almost reached its plateau. People will start to form their own rules as they go along, but with more ease and faith. So loosen up and love out of shared beingness, instead of loving out of fear. It's a big step, we know, but you will get the hang of it.

People will set examples on the idea and content of love, and many will learn that it suits them better when they are ready to see beyond their limitations and judgements. There's a trend going on where people are looking for love everywhere... We understand your quest, as you have been cut off from the almost overwhelming loving energy you came from. So you look for it everywhere, and in just about everyone you meet, but it's fair to say that it will be a never-ending search and you will never fully find what you are missing. This lifetime is about this quest, but many are looking in the wrong places.

The place closest and most reachable for you in a human body is in the centre of yourself – your heart. And luckily, the heart doesn't care for external reputation, rules, or comparisons. It cares only for another heart, stripped bare, for it cannot hide anything, and will make it very noticeable and undeniable when it reconnects with another. And your rules will be meaningless at that point, so don't waste time on restrictions. Focus on the gift inside your chest: your heart, which carries compassion, love, and creative energy. For yourself to begin with, and to share when it meets an acquainted heart, an old friend you could say. So the current reputation of love means nothing to the heart, because the heart remembers. Eternally.

12. Relationships for the sake of a title

Titles go hand in hand with labels, as they both reduce your status. You are a species that communicates on a high level and is very dependent on speech and communication. We understand the need to make each other aware of where you stand with someone. It can be helpful to set boundaries, not only for those involved but for the environment. However, if you use a title as a way of claiming another being, you will have to let that go as quickly as you can. Some institutions have set up these constructions that are more often intended to

make you feel imprisoned, rather than serve as a way to bond people together. The construction of marriage can be beautiful when it's arranged out of pure love and the duo's desire to immortalize their love for each other. This concept is reviving with this new and fresh content. For decades it wasn't, and was often seen as more of a way to tether people, instead of bonding them in unity.

You must understand that your desire to 'be in a relationship' is something that stems from decades of conditioning. You have been conditioned to believe that you, on your own, are not enough – and that you need another person to bring out the best in you. Although this is partly true, it's not the whole truth. You are enough, and when you don't believe it, you must start to. If you keep fooling yourself that you should be in a relationship to be socially acceptable, then you really need to take a look at the people you surround yourself with. If they push you to find 'your other half' (there's no such thing), or keep reminding you of the fact that you're single, know that they are projecting their own fear of being alone. They mean no harm, but they are just not conscious of their own projection. The whole idea of not being accepted by society, when you are not in a relationship, is based on projected fear that actually has nothing to do with you.

If you understand the concept of sharing thoughts, ideas, beliefs, emotions... on a large scale, then you must realise that your idea of wanting to be in a relationship is perhaps not even your truest desire. The collective has been filled with these ideas for decades, and you pick them up so easily. It's almost literally in the air, because it has been the conditioned construction for so long. It doesn't have to disappear, but the reconstruction will take some work. And the foundation will need new concrete. So, if you look for a relationship for the sake of a title, it will never be fulfilling and lasting.

How about you dig into the relationship you have with yourself – your inner voice that wants to talk to you – rather than looking for external conversation? If you want a partner that's available to give you the best advice with a kind and honest voice, talk to yourself. Your voice is longing for a dialogue, and it will be there 24/7. How's that for commitment?

We are not saying don't go out and meet people – on the contrary that's exactly what you should be doing. But do it for the fun of it and out of curiosity for meeting someone inspiring – someone your heart desires. It's a beneficial experience. And we promise that you will meet those people you immediately recognise, for this is the process accelerating enormously right now. There will be so much more waiting for you than the title of a relationship, so give it some room and see what comes to you when you loosen up on it. The desire is just, and people will come together far more than you can imagine right now with your mind. After all, it's the mind that wants the title – not the heart. The heart wants depth and true connection, and the title means nothing.

So if you long for anything, don't let it be the short-lived fabricated satisfaction of the moment you say: 'I'm in a relationship.' Because that's what it will be – dissatisfying and short-lived. Let your aim be bigger: 'I'm in love and I feel it in every cell of my being.' Let that be the goal.

13. Love as a rule

These days, love is restrained by rules, when in truth it is meant to rule – in every sense of the word. It measures your capacity for kindness, sharing, compassion, and integrity, determining how much love you have to give to yourself and to others. Simultaneously, love is the ruler in other worlds, dimensions, galaxies, and universes ... It's the boss who doesn't demand hard work. The misconception that 'love takes hard work' needs to be removed from your language as soon as possible, for it's not true. It's the conditions and arrangements of love on Earth that could do with an upgrade.

Base your ideas of love on morals, not on rules. Rules can be changed, but once established, morals remain constant. Be open to examining the current rules and use them as a guide, knowing that if followed too rigidly, they may mislead you. Remember that the rules were created by someone else and will always

contain their perspective, not yours. Be brave enough to see where they serve you and where they restrict you. Be curious about how far you can push them while remaining kind, loving, honest and maintaining bodily integrity. You can push boundaries, but never to the point that you hurt others.

When love is your foundation, the rules give you a framework within which to work, and you will always attract the people who serve your greater good. Know that the universe is made of frequencies that bounce off each other: they collide, dance, combine, and interact, to accelerate one another's evolution – and they rejoice. This is available to everyone, so make the most of it. You are made from, and can rule your world with, love – you have that power, and it's very attainable, now more than ever. A loving energy creates beauty; you just need to spread, share, duplicate and multiply it. As more people awaken to their true loving essence, the collective field will begin to rise and vibrate at such speed that significant changes occur more rapidly than ever before. Love is the primary rule, and although many have tried to bend, stretch or destroy true loving energy, it remains indomitable, with a constant presence. Know that, even though you have been blind to love as a ruler for centuries or longer, your heart is beginning to open. And so, the core truth can be reawakened.

To those willing to face their fears and come to terms with the fact that they share everything with everyone – know that it's time to embrace this fact. Sharing energy with someone you dislike may be challenging, but until you do, you risk spreading hatred, which creates discomfort, disease and separation, and distances you from your true self. When you witness an incident and feel hatred towards the perpetrator, understand that this highlights something that you are searching for – something hidden in yourself that needs to be brought to light. You don't truly hate the person or their actions – you hate the part of yourself that you wish you didn't have to face. We have said this before: recognise that you have played many parts in many lifetimes – the murderer, the rapist and so on – and you have to come to terms with this fact.

<If you listen carefully, you will hear the voice inside yourself. The voice that begs for forgiveness, and desperately needs to say, 'I'm sorry for what I did, I will never do it again and please forgive me.'

These traits come to the surface when they need to be witnessed, remembered, acknowledged, and released through forgiveness. Until you can do this for yourself and your former selves, you might have a tendency to feel hatred towards someone whose behaviour mirrors what you have not yet accepted. Disapproval is a natural human phenomenon, but feeling hate means there is still an unresolved part of you being portrayed. Do the inner work, acknowledge it, and let it go. Only then can you voice your opinion on the behaviour of others. Only then do you have the right to speak up about unjust, destructive, and belittling behaviour in an objective manner. Free from your emotional baggage,

your words will carry weight and can be used to enlighten others. And then walk away...

This may sound easy, but it takes practice and trial and error. Just be aware of any emotional layer still attached to your disapproval, your judgement, and the rage you feel when witnessing cruelty. Don't misunderstand us – we see the cruelty and the violence in your world, and it is truly destructive. We encourage you to speak out against injustices – but only after first dealing with your own inner forgiveness.

14. Separation versus connection

First of all, the idea of separation is a misconception, as you may well know. While the concept of separation does not truly exist, some diverse variations in connection certainly do. That's how it's meant to be. How could you possibly evolve if you were all the same? Humans with a similar vibration commonly gravitate towards each other, because there's a recognition, a feeling, or a profound knowingness that says – and sometimes shouts, 'I know you! I recognise you!' However, not everyone is aware of this, and many will remain in ignorance for some time. But rest assured, they will connect with their own moments of realisation and awakening, over time.

The separation you dwell on is purely imaginary – a construct of the mind that sees individuals as detached by distance. In truth, you can feel close to someone even if they are a thousand miles away. We understand where the notion comes from, of course: Earth's reality was fashioned this way for you to forget that you (and we) are closer than you could even imagine. Fortunately, this sense of separation is fading, and you are beginning to realise that no one is ever truly apart from another.

Many of you are bored, and not using your minds for their true purpose – to share, engage, and exchange in the most natural way possible: telepathically. The mind is pivotal in this realisation. It is designed to re-engage in the sharing of thoughts. However, when your mind is crammed full of meaningless information, you have to make way for stillness/nothingness, because herein lies all knowledge. Everything is in the nothing. Great.

Watch what happens when your mind has cleaned some of the unnecessary noise. It will inevitably start picking up on different information: old insights, new discoveries, or thoughts that seem out of place with your usual patterns ... and guess what? Often these thoughts are shared by more than one person – sometimes by entire groups. Initially, your conditioned mind might dismiss them as random coincidence. However, if you pay close attention, you will notice that others hold the same thoughts as you, without ever mentioning the topic out loud. You will discover others with whom you can share the knowledge and insights each of you has gathered along the way. Soon, you will realise that they are expressing precisely what you had recognised for yourself.

Clear your mind from time to time, or valuable ideas and insights might be lost amid the clutter of overcrowded thoughts. You can compare it to a marketplace full of people: imagine losing sight of a friend – wouldn't you find them more easily if the marketplace were empty? The same applies to your mind: when it is quiet and clear, what truly matters will come to you.

With time, you will come to terms with these phenomena. The good news is there's no going back once you get the hang of it. You'll enjoy sharing information with others, even without speaking out loud. Isn't that exciting? It brings you joy because it's a natural gift – a dormant skill now beginning to reawaken.

Animals consistently demonstrate this innate ability. They know where to find food and where their babies are safe. They sense it – yes – but more than that, they know. It is a profound sensing, like a mother knowing when something is wrong with her child, especially in the early years. You are still connected in this way. This ability remains alive within you. Though external influences may cloud it, it is never lost. For a mother it feels completely natural – a sixth sense – so why not extend this innate ability for the benefit of the wider collective?

This sense of separation is just an illusion. If you can share thoughts and ideas, then what can't you share? We tell you right here and now that everyone can transmit and receive information naturally; it has merely become buried under layers of conditioning along the way. To reclaim it, start seeing separation for the illusion it is. Begin to embody this idea. Get used to it. Say it out loud, even when you don't fully believe it yet.

Okay, that's the starting point. Now go one step further – acknowledge that some beings are connected: friends, family members, children and their parents, twins ... Great. Now go further – recognise that everyone is connected. This might take time. Why? Because you may not want to be associated with every other human being. OK – but you are. That doesn't mean they share the same frequency as those you feel really drawn to. The key to lasting relationships lies in your energy alignment and shared values.

Now you're beginning to let the idea of connectedness truly sink in, you will start to distinguish your own thoughts, ideas, knowledge, and information from those of others – and even from those that arise within different groups and the wider collective. These people could be on the other side of the world. We must tell you: we allow insights and innovations to come through in all sorts of places on your planet. In this way, we are confident that at least someone will pick up on them and use the information for the good of the Earth. We rely on more and more of you to contribute to your surroundings and the wellbeing of the planet. So when you pick up on a good and inspiring idea, don't let it slip through your fingers. It comes to you for a reason – for you to work with it. Make a conscious effort to let this information flow through you. And once you master this, your world will open up like never before.

This shared knowledge is not always pure to begin with, and that's okay. Practise. Share your insights with those you feel connected to. They are likely receiving the same content. Strengthen this ability in one another. Play with it, laugh when it seems incorrect. Learn to recognise the difference between pure information and your internal behaviour patterns that still need attention.

So, can you see how to begin exploring this field of one-ness? Start playing – just like you did when you were a child, when you fell and learnt to get back up. A few new bumps and bruises will illuminate your perceived limitations, whilst also revealing the quiet strength building within you – the strength that recognises pure information when it arrives. This kind of information is often shared by whole groups. Its purpose is to be spoken, shared, and passed on – to ignite something in someone who may have forgotten that they too have the ability to create.

The illusion of separation lives in your belief systems and is reinforced by ideas that say: ‘You have a different nationality, skin colour, religion ... so we are not alike at all.’ No – that’s where you are limiting yourself. Such thoughts disconnect you from yourself and others and probably stem from your upbringing and the things you have been taught. However, on a deeper level, you are one vast field of energy that recognises itself instantly. It’s your conditioning that stands in the way and reinforces this belief of separation. The same goes for status, wealth and clothing – you’re all the same when these are stripped away. Lose those limiting ideas, we tell you – once and for all!

That means even with someone you dislike, try to find a point of agreement – a connection. Strip away everything external: the conditioning and behaviour – and acknowledge that you both share the same desires. Even in unawareness, each of you longs for re-connection and a sense of belonging. Try to see this in every person with whom you have a meaningful encounter. You both want the same thing. Even though some are yet to understand the bigger picture and are wrapped up in their mind-conditioned belief systems, the longing for connection is always there.

We encourage you to seek connections rather than disconnections. We promise you, it will use far less energy. We see many people spending time focusing on separation and differences, and this just causes harm. You all have the same core values – and that’s where you already intertwine. No exceptions. Remember that each person expresses their desires in their own unique way – which may not always be the way you would express yours. That’s okay – allow them that space, and try to connect to their true self beneath the surface. If it’s causing too much heartache, move on. Simply acknowledge that a connection exists beneath it all. Let them go their own way. They will get there – sooner or later.

15. The longing to belong

Think about this: when you long for someone, you are, in essence, yearning to belong. And extending this desire outward – towards another person – prevents you from simply being yourself. Whilst this desire for someone else is beautiful, if it pulls you further away from one-ness, it's time to re-evaluate the situation. We advise pausing occasionally and practising sitting with yourself, gently and without force. Reflect on how strong the longing for that person was before you began, and how strong it is now. Notice that as you tune inwards, the presence of the other person diminishes. The desire may still be there – and that's fine if it feels good – but the need for them might weaken.

Some people become afraid, and we hear them say, 'It's as if I'm no longer able to love someone else, and I'm too focused on myself.' Do not be fearful, we tell you. You can always love, and loving yourself more – tuning in with yourself – will always lead to a healthier kind of love. We promise you this. Remember, love needs to come from a clean space. If the focus is conditional – for instance, 'I must work hard before I take time for myself' – you are being too hard on yourself. The same conditioning may then be placed on another: 'If they are lazy, I can never love them.' You see? It all begins with how you treat yourself. You say it starts with you – and yes, it always does.

It's not just your own conscious way of thinking and aligning that matters, but also the unconscious programming that stretches back through many family lines before yours. These ancestral patterns intertwine, shaping and repeating all habits, whether good or bad. They often influence the outcomes in your life, particularly the ones you dislike.

So return to the place where you felt like you belonged. Not in a physical sense, or an age, or a relationship, but in that moment where everything aligned – your sense of peace, joy, meaning, and connectedness. That moment is stored in your subconscious, and if you can access it, you will always be able to return to that state – it's more than just a feeling. In that space, you simply are, with no need for external validation. You remember the bigger picture: unity, stillness and peace.

When you are running and chasing, you disconnect from the opportunity to be where you once truly belonged. So, let's say you're willing to trust us on this, and do the following:

Put everything aside that distracts you – everything but your true self. Because yes, we see how you divert your attention by changing your external image; take a moment to notice that. You may find yourself in a place of discomfort, and

that's fine – it might be like that for a while. But not for too long – your unconscious mind is an eager student, always ready to learn and grow.

Take a minute or two to breathe – really breathe, like you haven't in a long time. We suggest complete silence; turn off the music as it's a distraction at this moment. Breathe, breathe ...

Now visualise, because we know you people are naturals at this. You all possess the innate ability to wander off to places, whether known or unknown to your conscious being.

Visualise your earliest moments and memories – return to when you were a baby. Picture yourself coming into the world, the eyes of the people around you locking eyes with yours and welcoming you, in awe and wonder. Even if these people weren't your parents, it doesn't matter. Everyone who welcomes a baby looks at it with joy and resonance – everyone.

That was your first welcome into the world. You were held in loving arms, surrounded by warmth, kindness and gentle energy – a true welcome into a place new to you, the curious baby eager to start its journey on Earth. This is the image you need to return to, each one of you. No matter how far along you are in your evolution, take your time on this trip. Go back to the very beginning. And most importantly, return to the warmth and acceptance you received, in all your nakedness and purity.

Keep revisiting that state until it becomes easy to shift in and out. If you ever feel like you are chasing or running after something, return to that first memory. That is the place you need to reconnect with and what you are longing for. This urge to belong comes from forgetting that you already belonged – and that you arrived here pure and innocent, entirely dependent on others. They held you. And did not drop you. And if they did, someone else stepped in as a caregiver, because you are never alone. Never.

If you are someone who constantly seeks the approval of others, consciously or unconsciously, then this is especially for you. Repeat this exercise until you can effortlessly draw that warm, welcoming feeling into your being. We promise you that if you reprogramme your memory with this sense of welcome, you will no longer look to others for validation, but will rely on your own warmth. And guess what – people will be naturally drawn to you. After all, you now radiate a sense of, 'I feel welcome, so I welcome you,' and people feel this – they really do. That's the moment of recognition – when you are able to remember it within yourself.

So don't go chasing others, external things, or status. They will never truly satisfy you, as that's not what your heart is seeking. You desire the warm welcome. And the beautiful thing is, once you remember that moment, you can always access it – return to it. The vision is simply a tool, and once the feeling arrives, oh, you'll hold onto it. You'll learn to bring it back into focus whenever

you need a reminder. Never forget the arms that once held you close – they are still with you, ever present. And when you need us, we offer our arms too. Call us in. We don't take long to arrive, as time for us, as you know, does not exist. You will feel it: the instant warmth, the presence, the sense of being carried. Loved.

16. Less or more – more or less

This title sounds almost like an equation, and indeed, that is often what we witness in earthly relationships. People tend to measure whether they should do more in a relationship, and more often, whether the other party should do more. That's a recipe for disaster, we promise you. Balance doesn't come from measuring and weighing the outcomes of a certain action, or – worse – treating it as an 'investment'. Love isn't a business deal, nor is it a recipe that needs precise measurements. Be mindful of your choice of words when you speak of love, connections, and relationships. How you define them will determine how they feel. If you refer to a connection as an investment, you'll have to think like a CEO. Sounds exhausting, doesn't it? Choose your words wisely.

If you find yourself in a relationship where you feel like you're doing all the heavy lifting – that is a possibility – and perfectly natural. Relationships are rarely an equal exchange in any given moment. But it should balance out over time. Some of you list what you expect the other person to bring to the table – and that's fine. But what are you contributing? Always – and we stress the word 'always' – look at your own input. Is there a balance between you both? It could be that you maintain a good spirit most of the time, yet it's almost never reciprocated. Why do you keep doing the heavy lifting? Relationships should be about uplifting each other, not one person continuously doing the heavy work. We see the balance is lost on many, and while that's part of your evolution, it needs to change. Too much time is wasted where one person is too scared to put down the heavy load and step away.

We suggest you reflect on your relationship over the last year and create a 12-month breakdown of where you have been dragging the relationship along? How much of your joy is left? Are you tired? Of course you are – you're not a bodybuilder accustomed to lifting weights heavier than average. When you look in the mirror and say, 'I tried, and now I'm so tired that I can't even look myself in the eye anymore without breaking down in tears,' know this: you have done enough. You have tried. You've given more effort than you should have, and that is enough.

If the person you share your life with doesn't even notice the muscles you are building, then it's time to leave. And when you do, really dive deeply into the 'why'. Why were you trying so hard? We know the usual answers: 'I love this person. I am happy with this person. I have never felt this way for someone before. I see how great this person can be.' That's amazing, really – but that's not the real answer. Dig deeper. If you don't, you'll only replace them with another who will, once again, let you be the bodybuilder you were never meant to be. Be guided by a deeper feeling that will tell you when it's time to move on

– for you. Consider this relationship on its own merits, and try not to let behaviours from past relationships cloud your judgement.

Are there times when it's appropriate to be the lifter? Yes – when that glimpse of balance and shared one-ness that you hold onto becomes more prominent in the other person. When they notice the weight you're carrying and they find the will to help share it. This is when the load becomes lighter, and the relationship feels mutual. You need to give others the chance to open their eyes, and time will be the best indicator of how long someone is meant to stand by your side. Don't waste your time and energy waiting for someone to change because doing so reflects a sense of dissatisfaction within yourself. Your time is precious – prioritise yourself.

Many of you have been thrown into the deep end to teach you a thing or two, but everyone on Earth must learn to set boundaries – your own. It's impossible to live a happy and fulfilling life without first reaching an understanding of how far you are willing to go in any encounter. This awareness develops over time, but if your extended self seems to be just muddling along, someone will appear and challenge you. They will push you, test your principles and see how far they can go. Be aware that they are facing the same questions themselves: 'How far can I go? Where is my limit?' And you, too, will be facing the same questions: 'How far can I go here? How far am I willing to go? Where's my limit?'

The thing about a challenging situation is that the person pushing you is only focused on the power they can exert – they are rarely exploring self-reflection or self-awareness. It's about power, not about learning about themselves.

You, on the other hand, are invited to explore the part of you that is still searching for its boundaries. A challenging situation may trigger strong emotions and leave you in a state of confusion, but if you step out of the victim mindset, we promise you'll gain a clear view of the boundaries you have established. It only takes one single difficult and heavy encounter to spark real growth. After a while, you will be thankful for the experience. However, step away in time, and don't just let it keep happening.

Now that you've had this experience, examine your newly unfolding patterns of behaviour. Remember, boundaries are designed to be flexible, so don't be rigid with them. Detach emotionally from past behaviours where you went far beyond your limits. If you meet someone – a colleague, your boss, a family member, a lover – who continuously pushes your buttons and takes you further than you feel comfortable, recognise that this is about their own pleasure and sense of power, not about you. For example, you might have a manipulative friend who constantly complains about her life, demanding more of your time than you can reasonably give. You tolerate it because your belief system tells you that this is what friends do – but that's only the surface. Look deeper. Why do you allow this behaviour? Why let yourself be dragged down by another person? Ask

yourself honestly: Are you afraid of losing people? Do you fear speaking your truth? Or do you fear losing love?

Let us tell you this: someone who consistently picks you out to complain to and overpowers you with their negativity is not someone who loves you. That person has a long way to go – and it's entirely your choice whether to stay or leave. It will come down to your belief systems. What do you put first? Being there for someone who might not even value your input or presence, or putting yourself first so that you can be there for someone who is ready to tackle some hardships? Reflect on all the times you've put others first. And we're not speaking about the people who understand love and are able to give it back – that's different. We're speaking about the ones who don't care if they unload their problems onto you, or a tree!

When it comes to boundaries – remember, they are guidelines and are designed to be flexible. Your gut instinct will indicate whether you've set the right boundaries or not, although this may not be obvious when you're a beginner. At first, saying no in social interactions that don't serve your own purpose and peace of mind might bring you doubt. That's fine, you're not used to it yet. Practise, and we assure you that you will become proficient in deciding whether you need to accept an invitation or not. Let your instincts and feelings be your guide. Over time, you will become more aware of the needs and desires of your mind and body. Once you know where to place your boundaries most of the time, you'll be right on track.

The less you try to manage someone you love, the more space you give them to find their own way and connect with their true self. We witness many beautiful interactions where both people strive to keep each other satisfied and safe. That's wonderful, but remember: during the most challenging moments, there comes a moment when you need to step back. For example, if a friend is in a really destructive relationship and wants to leave, be there to listen and support them. This might sound contradictory to our earlier statement, but there's a crucial difference. Here, the person is aware enough to seek change. That's when you step in to lend a hand.

This person needs your help, and when the intensity of the situation has settled down, step aside. Experiences like these always leave marks – often scars – that need to heal. They need to navigate this on their own, at their own pace. Be present, but from a distance. This is how you give less, yet remain a helpful force in their healing phase. Know that you can never fully understand someone else's experience – only your own. That's why your input into their healing may be restrictive rather than helpful. Your friend now faces their own choices, action, and reflections – there are a lot of questions that require answers. And it's their job to process this. Assist if you see them out of balance: if they place the entire blame on the other person, or themselves. Neither extreme is healthy as both imply an imbalance.

So ask yourself: 'How do I feel when I give too much? And when I give too little?'
Listen to your heart, not your head.
Your heart, not theirs.

17. With or without

Ultimately, it all comes down to one key question.

If you frame a union as something in black and white, with or without, you will never fully grasp its true essence. As we keep telling you, separation is an illusion in the grand scheme of things. Rejecting love is you rejecting yourself, it's that simple.

You are allowed to reject certain behaviours and attitudes that don't align with your values, yes. You can even reject certain relationships if necessary, by all means. But do not ever reject love, joy, or laughter. Make yourself this promise right now and truly mean it.

Ask yourself: who are you when you're in a state of rejection? You are cut off from your being, deprived of your essence, which is made of pure loving energy. When you question whether you should proceed with or without this person, what you're really asking is: 'Am I choosing love over fear?' We understand it's not always straightforward. But when it starts leading you towards depression and sadness, you're getting some cues; don't overlook them. When you choose to leave a person or remove them from your physical reality, make sure you do this from a place of confidence. A place of – 'I'm given no other choice because I'm choosing me now.'

This is a process, and once you master it, you will have a clearer perspective on when to be with or without someone. Often your peers have better clarity and might see a situation for what it truly is, without getting caught up in their own pain and struggles, in whichever form. This can assist when making the distinction between loving someone and fearing being alone. You see, many of you are really confused and often don't know the difference between loving deeply and loving from a state of fear. This fear is often unconscious, but in time you will learn. We promise you, people will come into your life to teach you this distinction. Let them. Even if it's the hard way, they are still teaching you something valuable.

And when will you walk away? When the lesson becomes clear. Most people mean no harm and are dealing with their own issues. Allow yourself to see the gift in these exchanges, even if they are difficult. These transitions serve to recalibrate your ideas, concepts, and expectations regarding fear versus love. This takes time, but you will get accustomed to it as time goes on, until you see the bigger picture.

Regarding the idea of being 'with' – we've already touched on it: once you understand the reason, you can make a clear and conscious choice based on a

renewed perspective. ‘Am I staying or leaving? Is my time with this person over, or is there still something for me to experience?’ Of course, this goes both ways. If the relationship is blissful (not all the time, but often enough), you might want to stay – unless your fear takes over. Be aware when this happens, when fear overshadows love.

The notion of ‘with or without’ is rarely black and white – it’s often a limiting belief system. You may well be able to let go of certain aspects of a person without leaving the whole relationship behind. There are many nuances, and relationships can evolve. But one thing remains, the connection must be peaceful and respectful. That’s the foundation. Behaviours can change – yes – but intentions, especially harmful or disrespectful ones, rarely do. That said, most intentions are good, and it’s important to recognise and honour that.

We encourage you to trust that a blissful encounter could occur, and to stay; just stay. Don’t walk away from what could potentially be everything you’ve been longing for. You often say, ‘if it’s meant to be, he or she will be there’, well, yes and no. You have to make a conscious choice and say yes with your human mind too. The soul sees it all, and the inner eyes light up. But it has to filter through and be visible to your human eyes. The inner voice says yes; now let your human voice speak up and say ‘yes’ out loud. This is creating a union – if it’s mutual, of course. You’ll begin to know when it is. Most of you are beginners in the concept of deep connections, and read a lot about it, and talk a lot about it – until it happens to you. We see many of you trying to breathe and who would rather walk away, when instead you are being invited to dive right in. Unconsciously, you are already moving into it; now let it filter right down to your human insight. Let it grow naturally, as forcing it never works.

You see, there’s a difference between letting higher energy work for you and pushing it yourself. The first one is an act of trust, the latter one of fear. ‘If I don’t do anything, I will lose this connection.’ No; it doesn’t work like that, you will learn.

Just ask yourself, does this action come from trust or from panic? Is it your intuition speaking, or your mind telling you time is running out? Learn to see that nuance; it’s important. Don’t be scared – you will get many opportunities, often with different people. Approach it with respect and understanding, of course. If the urge lasts, take action only if you are in a state of balance. If you’re unbalanced, your actions will probably deter the other person. That’s how energy works. How do you achieve a state of balance? Well, there are lots of ways and modalities, so pick the one best for you.

Remember, when you are out of balance, you will naturally attract unbalanced people. When that happens, help where you can, but don’t overdo it. You will not be doing yourself any favours. How do you recognise balanced people? They laugh – with their whole face, with their eyes, with their smile; they are genuinely happy. And if you long for that, you’ll be drawn to them. If not, at

least ask them about how they've reached that state. You might get some tips. If their happiness irritates you, acknowledge it; you've got some healing work to do. Get support and take one step at a time. It likely means you are lacking in love – love for yourself. But here's the good news: that's a mindset. And mindsets can be changed.

The people who care about you are closer than you think. Reach out. Speak up. We promise – those who need to hear you, will. And if they don't hear you straight away, shout! And keep trying. And when they are at your doorstep, let them in.

18. Give or take

There are two ways we can explore this title: Firstly, we'll examine the balance between giving and taking. Secondly, we'll consider how this balance plays out in relationships.

Where does the balance lie between giving and taking? Is taking itself not a form of giving? We will use an easy example: it's your partner's birthday and you've bought them the most beautiful present. You expect the recipient to be excited – of course. But guess what? You, the giver, feel the excitement too! In that moment, you are both giving and taking. Who's doing what? It's not always clear, right? Well, both of you are doing both. This is the exchange we hope to see more of. It's happening, and we see that. In balanced connections, there's no clear distinction between who's doing the giving and the taking. Both long for the other to be happy and fulfilled, and desire the same for themselves. That's the balance.

Only giving, without receiving, is out of balance. The body often breaks down under the strain of this one-sided interaction. True love isn't burning yourself out so the other can be fulfilled. Many of you find the greatest satisfaction in watching someone you care about achieve something on their own. So you're not always in favour of continual giving – especially of yourself. Become accustomed to the idea of balance: doing what you need to do for yourself first, and then support others. It's unbalanced on Earth – as we've said before, you are now in a time of the 'I'. This is a cycle that always repeats itself in some form, both personally and collectively. But the shift towards the 'we' is underway, slowly but surely.

Then there are the takers. Those hurt by deep trauma who feel entitled to control others and take from those who give. This dynamic is toxic and unsustainable. The accelerating energies on Earth, and your higher selves, will not allow it. Your human bodies are speeding up their vibrations; toxicity will no longer be tolerated. Not everyone is ready yet, but many will hop on the boat of insight and evolution eventually. This is the boat you want to be on – we guarantee it.

Promise yourself to be both the giver and taker – switch roles, not from obligation, but from inner awareness. Your body is the best vessel to guide you; your face will show your truth. When in a continuous state of giving, overlooking and dismissing your own desires, the expression on your face will align with that state. It's frowning, tired. Your smile can hardly hold up, your eyes are no longer lit and they frown too. If you could see yourself in the mirror in every state, you would clearly see the difference.

When, on the other hand, you are taking constantly, your face might look bright, but deep down, you will sense the imbalance. Your face betrays you when you are gravitating towards someone else's desires more than your own.

As parents, you know this instinctively and give a lot to your children: that's how it's supposed to be. You've brought this wonderful being into physical form and are responsible – period. But don't forget your needs in the process.

The early years are a giving phase, and what you receive in return is the purest form of love you will ever experience in this timeline. We hear you say that you've never experienced love like this before, but you have. You just don't remember. So the child reminds you of the love you all come from. So isn't it giving as well? It's giving you the opportunity to live life from a state of love and appreciation. It's never completely clear where the love starts and ends – it just is. And that's the gift (giving) of children, both biological and adopted.

With non-family, love can flow just as infinitely. It's more challenging because you have less control, so to speak. You are not responsible for someone else's happiness, and they are not responsible for yours. And actually, that's the easy part, not the difficult one. When you leave out the idea of being responsible for the happiness of another being, you release them, and yourself, from a lot of burdens. It's freeing for both parties. That doesn't mean you can't help each other reach an even higher state of happiness – you certainly can, and please do. Together – aligned – you can establish so much more. But make sure you stand on your own solid foundation.

In these situations, let go of the tally between who gives and takes ... because it's always both, simultaneously. But acknowledge when the scales are no longer aligned. Take a look at your face in the mirror, and you will see it.

19. Hidden agenda

There are different kinds of people: those who are very clear about their intentions, those who are completely unaware of them, and everyone in between.

This hidden agenda we wish to address is a powerful force on Earth. It is very clear to your higher being, but not necessarily to your conscious mind. After all, it is the mind that has been conditioned to live and act with hidden agendas which are not always so pure. This is a very important chapter, dear people, because even if you think you are setting pure intentions, it's still mostly a conscious act of thinking you are doing the right thing. But here's the truth: your vibrational being knows better. Always.

When you act on something, there's always an underlying reason, of which you are mostly unaware. The key is to start spotting your patterns, and the best way for you to learn about them is through the people around you – colleagues, friends, and, most importantly, your partner, or the partner you wish to share a relationship with. That's often the purpose of deep connections: they reveal your desires, often hidden, but they also show you your intentions. When a person doesn't behave in the way you would like, your unconscious patterns emerge, and you need to become aware of them. Action always follows intention, as you probably already know. But what you often don't know is what drives you.

The mind will reassure you that your intentions are pure when you request something from another person, but the truth is, these intentions are often hidden and run more deeply than you think. Consider this: as a parent, you want your child to behave when out shopping. Be good, be silent, be invisible, and don't embarrass 'me', the adult. You promise them a treat if they are good. Well, the intention precedes the possible tantrum. Your action is not to give them a reward for good behaviour, but to avoid embarrassment to yourself and conflict with the child. And that's what you people are good at – conflict avoidance. Or alternatively, diving straight in, which is also common.

This is an example of a hidden agenda. The intention is not aligned. If you want your child to behave, allow space for a possible outburst and respond appropriately – in the best way you can. You see, you people take action before an event has even occurred – that's avoidance. What if you just let your child be angry, to have a tantrum? It's often not even about the shopping trip or all the sweets they see; overstimulation is often the real trigger for an outburst. It's your child showing you their boundaries very early on – and offering you the opportunity to set yours, right there and then. Not before the event – but as it occurs. Don't act before action is required.

You are shaping your child's behaviour if you avoid conflict – it's as though you're expecting it. And children pick up on this energy and perform accordingly. Instead, expect a smooth and joyful trip, and don't overdo it. Shop layouts are designed to entice you in – to make children crave things that don't necessarily support their little bodies – but that's less important than your expectation of conflict in the long run. Do you see now where you set the tone for trouble? You need to become mindful of this hidden pattern, this unspoken intention, and invisible agenda.

Now, what about manipulation? Hidden agendas have evolved for the benefit of your survival, but the thing is, you are not dependent on other people for survival any more. You were when you lived in nature and in groups. These behaviours are remnants of that time. With the resources you now have at your disposal, there is less need to manipulate for survival. Your needs can largely, but not entirely, be fulfilled by yourself. You still rely on each other for bodily warmth, touch and affection, for conversation, and to exchange ideas ... just make sure you do this with the right people. If your need is not being met, it's either a need you can fulfil on your own, or you're engaging with the wrong people. Or perhaps they don't understand you on a deeper level. This is evolving now too – you are starting to sense your true self and your own needs and desires. The only task you have is to deliver the message accordingly – to yourself.

First, accept that you have needs: you all do. The fundamental ones include acceptance, love, connection, and meaningful interactions. Perhaps the most fundamental is the longing to create, to leave a mark. Your senses are programmed to do just that – to have an influence that brings joy to yourself and others. But it must bring joy to you first, or it will never inspire anyone else. Many of you are beginning to understand that more consciously – and will do so even more in the decades to come.

Your needs must be met: this is where your actions are forged. Your need for connection is the greatest of all, followed by the desire to create. You are always creating, but to create on a bigger scale is what brings greater joy and fulfilment. It becomes an accomplishment – not just for the smaller 'self', but also for your soul's purpose, which came here to experience life in these realms and explore the mind's potential to accomplish greater things. And we don't mean the most money, the biggest house, the flashiest car ... these things are fine if that's what your soul desires to use as a means to joy. But the joy will be temporary if that's the only purpose. True connection can only be found when you let go of all that you are not – the belief system you were brought up with, what you are being told by society, and who you should be. We do see changes coming about, but there's a long way to go.

If this book resonates with you, you are ready for rapid transformation and bold evolutionary leaps. It all starts with connection. Do not chase it; allow it to find you. As we've said before, your true needs reveal themselves in the presence of

others. They draw them out of you – not always comfortably, but always clearly. And that's exactly how it's meant to be, in order for you to change and evolve more quickly. These people are a gift, because they place your needs right in front of you to be recognised and addressed.

We know the phrase 'you are all connected' doesn't always sink in – but it will, in small and powerful moments. The stranger on the other side of the road nods when you let them pass – they smile because they feel seen. This is a moment of connection. You've all experienced these moments – and if you haven't, perhaps your eyes are closed, not only to others but also to yourself. The concept of connection is as broad and as simple as you want it to be. You are connected in that you all want the same things. Please recognise this in others, and your own life will be simpler.

There are so many ways to reconnect, but the simplest one is to look inward, at your thoughts. This is where you start – with the mind. It's the path you're accustomed to – so use it to your advantage. Your mind stores countless memories, most of them hidden in your unconscious. Remember the days when you were a child playing in nature, alone or with other children? Remember that? Doesn't it bring a smile? That was a moment of connection, even if limited. And your sense of connection will grow deeper as you realise there is quality and recognition in everything – even with the neighbour who keeps nagging about your tree growing over his garden. What's his need? He might really like structure and neatness in his garden view. So his need is not being met when your garden is interfering with his. See his need instead of his nagging. This is not always easy but see the need – or at least try – and act with kindness.

Kindness can be direct, clear, and assertive – especially when you have a problem with the way something is being communicated. And if you do, examine your intentions as there's a surfacing need in you that needs attention. Find some common ground and act with kindness, from the understanding that you are connected through a common need. If you communicate this clearly, the intention doesn't even matter that much in the moment. Sometimes you will act to make a statement – and that's fine. However, when a situation is emotionally charged, you do have to address the intention. Look closely at your intentions when they portray a loaded emotion, because that's your inner self trying to get your attention. If you always react a certain way to arrogant behaviour, then something in you is saying: this is a pattern. And do people sometimes have hidden agendas? Of course. But more often, they have a need for control – a trait within every human being, to a degree. That, in itself, is not a bad thing – if it's proportionate. In fact, a healthy level of control can maintain inner structure and support wellbeing.

Not everything needs to be shared with everyone all the time. Make sure you know when to share what, with whom, and how much. Hidden agendas always stem from unmet needs. Acknowledge this and work with it. If these situations leave you confused, pause, stay silent, and insight will come. If it doesn't, reach

out to someone who knows you well, and they may help bring the unmet needs to the surface.

When your reaction to dominance might be to retreat, ask yourself: what's your need? It could be the need to avoid conflict and the desire for peace. But if the need for avoidance is stronger than your need for peace, there's an imbalance and you need to take action. Act in a way that feels right for you – one that rebalances the energy in the interaction to restore harmony. We don't mean the interaction with Mr or Ms Dominant, but the dynamic between your inner patterns and your true self. Some might say: stay silent and it will go away. Well, no, it won't if the imbalance keeps returning. For balance to return, you must find the midway point and stand your ground, speak clearly, and maintain a sense of inner peace. Not necessarily with the other person – although there's a greater chance they will calm down if you re-establish calm within yourself and your inner being. The inner being doesn't mind being heard and speaking its truth. It's the stories you tell yourself that lead you to believe silence will be the best choice for peace. It rarely is.

Your intentions are important – but your attention to your values is even more crucial. Are you fair, kind, and loving, without neglecting yourself? Are you contributing to your own life? Don't assume you should be contributing to someone else's life if they are not asking for it. Are you respectful of someone's space and opinions? Pay attention to these things, and you won't have to worry about your intentions. You might want to dig a bit deeper if you see the same reactions from different people to the way you act. Are the reactions positive or negative? Something could be misdirecting your attention. You might be focusing on someone else's truth instead of your own.

Avoid assuming you know the depth of someone's mind. It can be so complex and is never – we say never – exactly the same as yours. You might easily connect mentally, yet never completely, and never always. It's impossible, because you would cease to be in human form. We will address this sharing of minds later on. Accept that you can never read someone else's mind in full. Your own thoughts will filter through and get in the way. The purer the connection, the purer the interaction – but still not perfect. Give attention to your values, and your intentions will follow. So will your actions, and so will the reactions around you.

20. Forever or for now

We can tell you, 'forever' is a really long time. It might not feel like it in your realms, but it truly is. It is also a limiting word, because the idea of infinity is actually incomprehensible to your human brain. And it represents a promise that no one can keep. Those kinds of promises often lead people to stay in unhealthy situations. How many of you feel the slightest sense of restriction, perhaps even significant discomfort, when someone says they want to be with you 'forever'? You might think that's what you want to hear, but there will always be something in you that withdraws at those words. You are aware that time in the physical form is limited, so any words that feel like permanence can also feel like pressure. Physical death is always there in the background – a reminder of the end of a cycle. And because your human experience is not infinite, there is a contradiction in the promise. It doesn't fully make sense to your mind. If life is temporary, how can you love me forever?

It is much more meaningful to hear that someone chooses you in the moment. Because at any point in life, you are the best person that your evolution has brought you to. When someone says, 'I choose you now,' what their soul is saying is: 'I see where you are in your growth, and I choose to share my being with the person you are today, now.'

Let's say you place high value on fair exchange, honesty, and authenticity. If someone says they will love you forever, isn't there a part of you that wonders: 'What if I change – will they still love me then?' You all pose these sorts of questions: 'Will someone still love me if I become the version of me I actually want to be?'

But here's a better question: Can you do the same for yourself? Can you have loving feelings for yourself and soften the self-blame when you feel you have 'gone wrong'? You must be the one to do that for yourself – not someone else first. When you understand that others will, at some point, be able to reveal the beliefs you hold about yourself, your ideas, doubts, and limitations, don't be surprised when someone confirms that you are dishonest, too bold, or acting selfishly. If that's where you are, they will pick up on this and confirm it. However, if you have allowed some compassion towards yourself for straying off the path, they will never strengthen the idea that you need to be hard on yourself.

Have some consideration for what your soul actually desires, instead of focusing on the belief systems that have your mind conditioned to look in one direction. Let your soul speak louder than your fixed thinking.

As an eternal being living within a limited and linear timeline, a better way to begin a relationship is to say: 'I choose myself, and therefore I choose you –

and together, I choose us.’ That’s the starting point. You cannot see beyond what you choose at that moment. And do you know what? That statement has much more value because it’s genuine. It says: ‘I like what I see, I like who you are in front of me, and I’m willing to walk with you from here.’ And that’s the only promise you can ever offer another person. Don’t make promises you can’t keep. You will box yourself in, and in time, you will push the other person away. Trust us on that.

Now, take one step further and apply it to yourself. ‘I choose me.’

Doesn’t that sound beautiful? It does. But be clear on what you’re choosing. Are you choosing the smaller, boxed-in version of yourself? Or are you choosing your full potential – even before it’s manifested? Make your choice consciously and with intention. If there is doubt about who the best version of you is, take a look around you. How are your loved ones responding to you? Are they rejoicing in your presence? Are they inspired by you just being you? Are they joyful at the sight of you – at the sight of you being happy? That’s your first indicator. It’s not the only one, though. How do you feel when you see your loved ones responding to your happiness? Can you let it in? Can you acknowledge that you are so loved that they are happy just by witnessing your joy? Take it in when people love you – truly take it in. And allow yourself to love them back – that’s sometimes the tricky part, we see this often.

See who they truly are; you will learn to see through their masks and camouflage. Practise the same grace on yourself – see your own true self. That is, the being that seeks happiness, even when the expression of it is played out differently from what you had anticipated.

There’s no right or wrong way of being you. Only you know when you are fulfilled, happy, contented and peaceful... And you must learn to recognise these moments, and also which choices led you there. Meet yourself where you are – and make peace with the part of you that longs for more. Because more is available – not just in loving the inner you, but loving everyone and everything around you. Does it sound like a tough job? It isn’t. You just have to read between the lines a little more closely. And even when the space between the lines feels a little narrow, you will begin to realise what is not being shown – and fill in the gaps yourself.

You people are very good at dodging the bullet – and by that, we mean not saying what truly needs to be said. Whether that’s a difficult message, a loving word, a gentle push ... Say it plainly. Don’t beat around the bush and avoid the issue, because you think someone else won’t understand. Usually, they do – but it often takes some time. It’s not up to you to put a timeframe on it. That’s up to them.

The phrase ‘for now’ is a strong one in every way, because even in the opposite direction, you can tell someone that you’re not fond of them ‘right now’. It doesn’t mean it won’t change – nothing is fixed. Your point of view can change

at any moment. The timeframe is determined by how you deal with the conflict – not the conflict with the other person (because that has happened), but the conflict that arises within yourself. That's where you people lose so much valuable time.

Say someone ruffled your feathers by saying something you didn't want to hear, and the words hit you hard. How long do you stay angry? The answer is simple: You stay angry as long as you don't take time to self-reflect and determine what they really touched upon. It's rarely about the words themselves – it's about what made you upset – your needs weren't in alignment with what was being said. But the thing is, you weren't aware of your true needs at the moment of the conflict. If you were, you would get mad for a few seconds and then express what doesn't sit well with you. And you wouldn't dwell on it for any excessive amount of time.

So yes, the need is what matters. The awareness – the ability to recognise it, reflect on it, and name it. And that takes self-reflection, silence, and solitude.

The good news is: these conflicts will keep appearing until you have been through the reflection phase. That's how it works. But once you see what is being touched upon and you express it, the timeline shifts and will be much shorter, consuming less time and energy.

21. The popular image of love

Prepare yourself for an awakening to a broader and deeper image of love than what is currently available. Some groups will set the tone and make you feel uncomfortable about this new expression of love.

Nowadays, and for decades, the idea has been of two people coming together in a marriage and settling down, preferably for life. That's not a bad concept by any means, but we've stated before, the foundation needs a solid base. The popular idea is that people come together to complement and fill the gaps and needs within each other. Soon, this will no longer hold meaning, and will no longer be the foundation.

When you presume there are no gaps, no holes – only wholeness – then this way of interacting and loving makes no sense. This will become clear.

It's actually unfair to expect someone to fill in a gap within you. First of all, because there are no real gaps, and secondly, because that sounds like making use of someone for something you can do for yourself – and by yourself. And it's very self-involved.

This is a bold statement, we know, but think about it for a while. Your mind wants structure and clarity, and you 'think' someone else will do the work for you. But that's not a fair exchange, is it?

Now, think of it instead as someone enriching your life, your being, your soul's desires, and it becomes an entirely different approach altogether.

The current popular idea is outdated, and causes you more heartache than anything else. As long as you think someone else has to push and shift for you to thrive, you are the one depriving yourself of your true potential. You came here to create – and yes – to create in union, of course – but start by creating that internal urge that really pulls you. Even if it drags out old wounds, you can process them more quickly than you think. It doesn't have to take decades to get over trauma; it takes dedication and attention, but not overextension.

The popular idea – that two people should 'complement' each other – carries an underlying belief that says you are not enough on your own, that you lack certain traits or qualities. We stress the importance of values, because once you have clarified them for yourself, you will naturally attract people who share, amplify, and reflect them. It's really about enriching, not fulfilling, each other. If you try it as a way of forming a complementary union, then it will be a temporary one, because you will never feel completely fulfilled. And you will blame the other

person – or, even worse, yourself. That's only damaging to any union. Blame is not something that can ever be linked to a harmonious union.

If you can shift your idea of unity from complementing your traits, to enriching values, and consequently your traits, then a world of unions will open up for you. You will integrate a sort of freedom into a relationship, and that might feel uncomfortable at first, but when you truly grasp the idea that freedom is your foundation, you can attract a relationship that is about harmony, balance, and true union – in any form.

While there is beauty in the popular belief about love, the foundation is too restrictive. It relies greatly on using someone else to build your foundation and solidify your sense of self - before you have done that for yourself. Do we mean you have to do it all on your own? No, but doing the groundwork of your own accord is necessary for a solid foundation.

Don't blame others for displaying your wounds – thank yourself, and see it as an invitation to move beyond the wounds they exposed. The strength in overcoming old wounds is huge, but you need to look at them for yourself and future unions. The gift in that is so big, it will strengthen you every time.

Go through the heartache – and then return to an open heart, ready for expansion, growth, and enrichment. There is no better feeling than having someone open up what you are already gracefully radiating at your core. Remember: anyone can bring out these desires or wounds in you – a family member, a good friend, a stranger, a partner ... once you learn this way of thinking – and then allow it to become a way of living and being, you will be in a different vibration altogether. And you know what happens when you shift ... *everything shifts*.