

Integrating Light into your Physical Bodies

9th February 2011

Desirus:

Greetings

Once again we of The Diamond Energy have great pleasure in assisting you with your questions and most importantly, with your earth journey or adventure. We realize that these times, for you are living in a timeframe, that these times are, to put it mildly - quite turbulent. Some of you might feel out of sync. Your bodies, your physicalities have not totally adapted to the turbulence and to what you would the shifting of energies. This should not be taken lightly but lived with the utmost simplicity for if you complicate matters you will not understand, you will not be able to integrate and your bodies might suffer. In your minds you have already shifted; but the body has to follow. It is not totally integrated, would you understand that?

For you all came to what you would call Planet Earth to clear, to learn, to help - most of you to help. Now, it is of the utmost importance you understand what is happening - nothing scary for each of you came with a sense of adventure believe it or not and now that things are getting a bit shaky some of you are getting rather insecure. Be reassured, the spirit of Mother Earth has participated and is participating greatly in what is happening at the moment. So are The Councils of Light and those you call angels - you are all being assisted. So do not complicate and don't point any fingers and say, "I am better," and "I am more of a light worker than you" - some of you still have that old, old memory and it is playing out like an old record. Just go and be totally objective. Observe what's happening and try and feel the joy of coming closer to a higher vibration. Yes, now for those of you who panic - know that integration of more light is very simply done by breathing in and releasing; or, by breathing in and communicating on the out-breath. That's all there is to it. So those of you who are feeling what we would call wobbly by integrating too much with what is happening on your planet - and not everything happening on your planet is love and light at the moment; a lot of old patterns are being released - for those of you who are troubled by this and saddened, for you are all still very much integrated and part of your adventures at this point in time so on your Mother Earth it is very hard for you to observe and be mindful every hour of your physical day - so for you who feel saddened: breathe in light and light particles and breathe out love and light towards old patterns - sadness, what you might call darkness. We do not really like the word 'darkness' because if you identify with darkness your vibrations will slow down and it is more difficult for us to reach you.

So, in order to become lighter and to hold the energies, the lighter and quicker energies - breathe in through the body and release. Breathe in through the body and send light. Those are the two things, which will keep you very steady. We have shown you how to feel, how to open your heart centers and, as most of you know about your higher heart centres, for there are lighter heart centers. First clear the heart centre and then imagine another higher vibratory heart centre on top of this. But for this time we have come to

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show you a method of breathing in and breathing out - it is as simple as that. We know that all of you like to complicate matters. It isn't necessary.

Be objective and observe, be vigilant and maybe also observe the body - your own physicality, observe each other and see if there are any not so nice attachments and try and clear that. Remember that those who sadden you the most are those who are your greatest teachers, for all of you are playing a role in this. Each one of you knew exactly why they came here at this so important time and yes we recognize how difficult this can be. But the more you have understood and the more you've evolved the more difficult and heavy things can be, or so-called friends can feel. Now we do not ask you to turn your backs on anyone, just go within and ask yourselves - has this person, this fellow traveler on the road finished their connection with me? Can I still learn? Can I help? That's all there is to it. Remember you are all tiny particles of spirit, of the Great Spirit. So, this is one of the conversations we were going to have with you. Yes, there will more and more turbulence, for the light workers on your planet and the light workers on our side have worked very hard - there have been some of you who couldn't listen but now everything is in place and this time is not a time to slip back. It is a time to observe some of your participation and try and find the joy, the joy of this journey and for some of you the adventure of being.

As always, nature is very important. All what you would call life on your planet is important and will go on. Nothing will be left behind - so judgment is something that will have to fall by the wayside, it will become obsolete and that also is something you will have to integrate into your beings before activating the bodies of light, before connecting with the diamond grids, which we have spoken about before. And for those who speak about activating DNA, about reaching higher spheres it still is incredibly important to go back and observe and feel light and clear for if there are any personal attachments it will be difficult, near impossible, to shift to those high, high regions you aspire to. Tongue-in-cheek as we would say - you do complicate your lives! We like the word 'shift' and yes there are a lot of dimensions, not only 12 - there might be a lot more but we do not count. Your shift will be automatically done as you have cleared yourselves and not before. So go in peace and enjoy, for it is turbulence, joy and a riddance of heavy emotional vibrations, which are not needed anymore. Know that you are surrounded by so many in what you would call a different dimension. We are so happy for you to have made it in this incarnation, to have mastered so many emotions and for some of you who are really enjoying themselves.