

The Power of Focus and Protection

29th March 2011

Full of joy and energy we are never more than an inch away. This point in time, as you well know, is crucial for all the doom and gloom and the joy and the difficulties, which are happening on your planet - actually are happening to you. So it is of the utmost importance that we come tonight to tell you to strengthen your energy fields. You have been learning about mind over matter in books and lectures, in talks - and few of you have really understood the value of this. Yes, it might have been interesting but it was just theory. Let us tell you that now, at this point in time, it is of the utmost importance to harness that mind and that focus and to start off by visualising or feeling your energy fields and protecting them as much as possible. As you know your magnetic field - that's to say the magnetic field of your planet is kind of leaking, loosening, changing a little bit and without wanting to disturb too much, there might be a little bit more radiation than you are used to and by protecting your energy fields with visualisations which are appropriate - becoming creative and focused will be of great help to you.

Do not forget that you have done this before. You might have called it telepathy, teleportation; you see enough in your so-called fictional films, which the young ones like so much! So, start protecting you energy fields not out of fear but move in these strong cocoons knowing all is well, for the next step will be - focused minds and the step after that...it's but one step away from what you would call astral travel. Now, we don't think or we know you wont be able to do that straight away so start with number one - protection without fear, without panic. Your physical bodies will get used to this and also used to a little bit more radiation and as you strengthen your focus this protection will penetrate and might be of great use to prevent or help disease for slowly but surely what you would call conventional medicine will not really work so well. Your minds are so strong already that you will be able, with this focus, to heal these diseases yourselves - not in what you would call one day - it takes a little practice, but it is time to step up.

You've all been talking about the shift and quickening the vibrations which is absolutely necessary with these earth changes; now we would greatly advise you to be practical in this - connect to your planet to your physical bodies but start directing, directing like an orchestra - directing with your minds. That's why we have been telling you to come from the heart - to clean up negativity for your minds will become focused. It is important to focus on love and light and the right direction. You have been given the opportunity to open your hearts and many of you have done so - those of you who do not really understand what is happening have had a practice run by observing the turmoil on your planet earth - the fighting, the natural what you would call upheavals and disasters. Some of

those who are half-asleep as we call it have been jolted wide-awake and a tiny flame of compassion has emerged in their hearts – see it that way. For many more upheavals will follow – everything has a reason. You, who are slightly more awake, will experience this with the same emotion as others but then you will climb into what we all the higher heart and maybe understand a little bit more because you are able to receive more light. You will be able to bring light and love and compassion – it will become second nature. So all this time try and focus on strengthening your energy field and focusing and harnessing the mental – the mind. You can do - harnessing it with the heart - incredible good. We will not say too much, but soon you will not need what we call your pills and your potions they will not work anymore you will be nearly able to harness the love and the light in your own medicine – this seems far away – it isn't that far.

The doom and gloom and the talk that so many of you are leaving prematurely is not so. Those of you who have completed their path are ready to go. You are more aware of everything. So try to be joyful and interested and focused and practice this mental focus – it'll stand you in good stead and is - and here maybe we are premature not the first for you all have done the first step already – we would say the second...the third step – it is vital. So again in repetition – eradicate fear and everything which goes with it and then, focus those minds and send out compassion and light and love and protect your energy fields. Now – enough said of this.

Gaia is wide-awake at this moment – holding a lot together. For it is an all-time important moment. Yes, there will be slight eruptions as you know there will be little tumults in the earth to put it very simply because we do not come for a scientific point here. But do not despair – the more you are in tune with Gaia – the more having harnessed your minds you will be able to pick up - for she is sending out certain messages. Some of you might feel very attached to nature; others might feel all of a sudden very attached to herbal medicine, others might feel wanting to protect – all these messages are being sent out and it is of the utmost importance – importance to stay focused. This will be a time of alchemy, of change, transformation - so stay alert and focus those minds.