

The Power of Focus and Protection Q & A

29th March 2011

Now if there are any questions we will try to help...

Q: Desirus you talk about focusing the mind, but what is the best way to clear the emotional body because if the emotions are in turmoil it usually unbalances the mind?

A: Have we not spoken about going into your heart centres? Contemplating, observing the turmoil with love and objectivity? And it is good to have this turmoil – you will understand this turmoil and then hopefully you will be able to transform this turmoil into what you would call maybe positive energy. As we have said this will be a time of alchemy – simple alchemy, getting rid of doubt and yes you will be tested by doubt because that is the only way to get rid of it – stand tall and observe from the heart and then from the heart maybe into the higher heart.

Q: I have a question - we thought of it before because we have all been coming and listening to you for quite a while so you might know us in a way and we wondered if you had any personal things that you had picked up about clues for our lives or things that would help us or things that are coming or advice for individuals?

A: If you ask what we would advise you, for you are in charge more and more you have been guided, and have been placed and life has not always been that easy – have been placed in a position of communication as you well know - but next to that it is now time to – what you would call spread your wings - and focus. You do and will have happiness, which is much needed to understand what's happening. You will be able, if you so desire to give great solace and comfort. You would call this healing; you will do that in your own way. There is a strong connection to Gaia. So again, focus and move - use that mind - did that answer your question?

~ That's good.

~ We would not say that - we would know.

So again – each of you has a gift and it is time to share and to communicate. It is of the utmost importance to create visually and maybe in other ways. It is of the utmost importance to hook into what we would call the rivers of light and not to forget the gifts you got on the way to your earth journey – once you return to the cities of light and each of you will maybe return a slightly different way. Let us explain, those of you who are attached to the physical form will take a little longer, those of you who have heightened their vibrations will lose form slightly quicker but the cities of light and your temples – what you would call universities of light although we do not call them universities of light - will be there for each of you.

It would be nice for you as a visualisation to hook into a river – a crystal, diamond river and getting your light and your strength and your flow from there as each of you is very creative and we do not flatter here – it is not for nothing that you have gathered here. You will get your strength and your love and your light and you will spread that and you will spread joy and maybe with that we end. Now don't take yourselves too seriously - for you are light and love and spirit in a shell - a shell, which should not be neglected, but a shell or in a physicality, which as from hopefully soon you will be able to manipulate a little bit better. And if there are no more questions...

~ One more question...

~ That is more than alright ...

Q: It was just a question if there is a reason why we live in an age of people getting cancer. I just wondered if there is a spiritual context for that? A spiritual reason?

Each of you has a different journey. If the question is can we as spirit in a physical body avoid cancer - some of you can. Is this cancer a punishment? No, unless you want to punish yourselves, then it is self-inflicted. But some of you have taken on - and this is going to sound maybe slightly heavy – some of you have taken on the stories of your forebears and I would not, we would not see this as a sacrifice - for you are living this journey, so some of you have decided to take this disease on. Now in times to come this disease will be mastered. It will not be necessary – you are nearly and we say nearly at an era where a lot of you will not need the heavy physicality - would that answer your question? So no, it is not a punishment – nothing ever is. Is all cancer self-inflicted? No. That is your answer. Can some cancers be avoided – absolutely - and here we come again to cleanse and harness the mind. Realising that some cancers have been asked for and will be dealt with. You call it karma, we don't. Some of you would call it 'sins of the fathers', we don't. But remember again each of you is a river which flows all in-between the banks of the father and the mother and here we do not mention the father-mother god but the father-mother that you have been allocated and that you have chosen. So you would take on a little bit of their problems as well.

In future this disease will be totally mastered and not necessary. Do never put blame on another. It will be dealt with. Now, those of you who have decided to leave this planet with this disease usually have a reason – those of you who do this out of what they would have called a debt will leave the planet and unleash love and anger and heartache in those around them, and if those around them can deal and learn from that, isn't that sacrifice worth it? For them, it will be a job well done. Does that answer your question?

And here again there will be other ailments and as we said so there will not be the need of what you would call orthodox medicine. Harness your minds and with that we gladly say until we meet again.