

## Shedding Judgements

5<sup>th</sup> October 2011

*~ If we could all just take three deep breathes to centre ourselves.*

### **Desirus:**

Greetings

*~ Greetings*

It is with great pleasure that we once more come to communicate. It seems to us, everything is getting quite serious - and we cannot reiterate enough that a certain amount of joy and grace and acceptance is much needed. Tonight, as it is your tonight, we come to communicate a message, dear ones, which is quite important. We hear so much about this transformation and this becoming lighter which we acknowledge and see with great pleasure - what is forgotten is that in order to heighten your vibrations it is important to shed judgement - to accept with humour and love the wonderful beings you are. Do not forget, most of you are starting to communicate with what you would call your higher selves. The plan is to communicate with what we could call the over-soul - some of you are nearly there. There you would fall into the trap of looking at each other and judging - is she there, is she there - and that is the trap. You are all connected and part of the Great One, some of you would call it the Great Spirit or the Mind, the Source - all of you are one and all of you are trying to run before you can walk. Yes, there will be great changes, but these transformations are taking place within yourselves, not outside - inside. So, try to stay in your hearts, to laugh at yourselves, to be, and to realize you are all one - not to take things too seriously and to help each other.

Some of you will experience more, see more, know more - there is nothing you do not know but in this lifetime you have chosen to live it was important to forget. Each of you present knows far more than you could ever imagine but for each earth experience, it was necessary to leave some gifts on our side. Some of you will remember little snippets here and there but again, each of you came with the right package. We know there are big questions asked about what is going to happen now - are there going to be earthquakes? Are there going to be wars? Is there going to be more disruption? We will answer you. Yes, disruption there will be like there always has been disruption but everything is as it should be and its all going in the right direction - as all of you are. It is important to accept the love and the healing you are receiving and to transmit it to others. What you would call the angelic realms will become more visible - you will become more aware, there's nothing mysterious about that. They are there to help, to serve and to love as we hope *you* will one day on your earth plane.

~ 1 ~

So, go forward and enjoy and experience the love and the light since you or some of you talk a little too much about dimensions - those residing in the fourth dimensions will become more visible, so acknowledge the love and the light they will bring.

Contemplation and meditation still are the way forward for those who want to experience more for then again in your sleep states you experience much more than you could ever imagine. So, go forward with love and humour, simplicity and joy. Do not be troubled by the turmoil, for turmoil there has to be because there will be a change of perception and *let be* what is happening, observe, do not complicate and again do not judge others.