

Lesson 11
Light for You, and Light from You for the Holidays

“God bless us, everyone”

Tiny Tim from Charles Dickens, A Christmas Carole

Greetings beloved friends,

Since the day of October 17th of 2006, extraordinary amounts of Light have been pouring into your planet from many beings within the Divine Light. We love you and want to share this partnership of healing. Dear ones, we in the Light have heard your prayers and are here to assist you in the process of your spiritual evolution. Thank you for joining us, you have our gratitude and guidance.

During this season of the Earth’s Holidays we merge with your planetary matrices to bring energy to all parts of the planet. Within your human life forms we will bring Light to all of your chakras; however, especially to the throat and heart chakras. These chakras when energized are able to magnetize and expand this energy to all parts of your body, as well as to other humans around you, should they choose to accept the energy. Whether you are deeply religious, or a spiritual person without specific affiliations to any organized group, the energy or Light will come to you as a gift simply by opening yourself to receive it.

During the Holiday season there can be great stress for many on Earth; however, this time can also be one of great joy and sometimes even bliss. The Light is neutral energy and will bring you the Holiday season you want to create. If joy and love resonate within you, then so it will be. As it has been said by many spiritual teachers and masters, “You create your own reality.” This is a Universal truth that has existed since the beginning of time as you know it, as well as existing in non linear spaces and dimensions. Historically there have been times on your planet when creating ones own reality was much easier than at other times. These periods were filled with more reason, tolerance, and creativity and honoring of diverse thoughts. During these times, people’s chakras were more open and ready to usher in new ideas and Light. People were able to focus more on their own spiritual evolution, and less on their survival. This brought about massive amounts of art/culture, science, commerce and evolved thinking. Certainly there were those that wanted to control and suppress this evolution of spirit, but nonetheless the Light always continued to find a way and spilled through into human consciousness. Currently you are experiencing a time of great Light and change, as your recent elections in America reflect this changing energy.

The Holidays have always been a heralding call for the Light to come to the people of your planet. The traditions of these Holidays were born out of old Pagan rituals and religious beliefs that fit the cultures of the time; however, the overall message of the holidays was one of love and hope - no matter how dire the human circumstances were at the time. You can see this within your arts/literature/music and historical records. Many Masters, Teachers and Angels brought Light and creativity to your planet to inspire human spiritual growth through traditions, festivities, the arts and music.

Musical masterpieces such as classical music and old hymns were born out of this Divine energy to assist with increasing your vibrational level. Even secular holiday songs were born of Light, such as, *Chestnuts Roasting on an Open Fire* to *Rudolph the Red Nosed Reindeer* – something for everyone! Within the structure of Divinely inspired music is Light, or the quantum sacred particles. As the actual notes of the music are played, sung or listened to the mathematics of the structure of Love within each note grows at

exponential rates, year after year, decade after decade and so on – this is the matrices and sacred geometry of its energy. The music is constantly growing at its own vibration of Light, which becomes “God-Like.” As you take the music in at a cellular level into your consciousness... you too become part of the Divinity. Thus you feel the spirit of the holidays, you feel up-lifted and bigger than yourself.

These creations of Light were meant to enter all of your five senses - as well as your spiritual chakras to be processed and provide you hope and Love. This is the reason you may find yourself experiencing tears of joy when you hear holiday carols. The Light of this season is powerful and energizes your vibrations above your linear framework allowing you to see the world around you with new vision. You become more acutely aware of a new world of possibilities of forgiveness, tolerance, Love and abundance. However, since the Light is a neutral energy, and for those who choose (either consciously or unconsciously) to remain in a lower, stagnant vibration level this energy can manifest as depression, hopelessness and envy. If you are one who has a propensity to catch the “Holiday Blues” then we in the Light invite you to shift a bit by making one small change. Allow yourself to spend time with a friend who loves you and has a higher vibrational level that can uplift you. In Earth terms you think of these people who always have the ability to brighten others as optimists.

If you have no such friend, then walk around in your reality and allow the effervescent spirit of the Holidays to enter your heart. Allow the lights and music to begin to fill you up. Although it may feel like a bit of a stretch, give something of yourself to others in your reality, such as visiting a nursing home or homeless shelter. Speak to another human being whose sense of despair may be lower than yours. Experience a Holiday concert and allow the music to fill up all of you that feels empty and in need of nourishment. If this feels artificial to you, then ask for Light from your God, the Universe, or a concept you see as bigger than yourself. Then go do something that feels lighter than your mood. Although you may feel like an actor at first, you will notice a shift. As you feel this shift - please say “Thank you” to the source. Your gratitude will magnetize you to more Light and allow healing to come to you and others.

Those of you who love the Holidays please lend a hand and heart to those mentioned above. Do not confuse helping with taking someone’s lessons away from them. This is not about rescue, it is about spreading your Light and highest vibrations to all beings on the planet. If you are not certain whether you are rescuing or spreading Light, then simply ask the Universe for the answer. You may be surprised how the answer will manifest itself to you. Perhaps from the other person’s guide or your higher – the guides are happy to provide information.

We in the Light encourage each of you to attach yourselves firmly and lovingly to this Divine Holiday energy and with its help discover your very own message to give to others. You can do this through meditation, listening to holiday music, watching inspiring holiday movies, or other traditions with which you are familiar. Simply quiet yourself and ask with your highest intention for good that you receive a holiday message for yourself and for those around you. It does not matter if you are religious or secular; the key is that you feel your message strongly within your heart. There should be joy, playfulness and a surge of powerful gratitude as you allow yourself to experience this holiday tradition.

The message may be very simple, such as, “I wish you all the love and joy this holiday can bring.” It may have more of a spiritual or religious flair as well. Essentially the message will have your signature, but will be Divinely inspired, much like your holiday carols. Each word will have power, and when you speak them look directly into the person’s eyes, which will ignite the Light for both of you. With some people you may see tears of white auras around them. With other a smile – where there has not been one for many Holidays. Of importance is that the message is yours from the Light, and when you speak it from your throat chakra

you will feel a shift in your internal power. This message is for you, and yet from you as a being of the ONE. We send you courage and Love to speak your message to others through out this holiday season. Do not feel you must be overly zealous as you speak to everyone you encounter. Missionary work is not needed; the Light will spread on its own.

Not everyone is on your path, trust your intuition and allow your message to be a gift of Peace and Love, that when spoken to others will increase their vibrations and help them find their signature message. Your Holiday message will be instrumental in increasing the vibrations of the Earth and all its inhabitants.

This little exercise may sound relatively elementary, but how many times beloved friends have you held back from speaking your truth for fear of appearing “a little weird?” Have courage, be brave and give of yourself to others. If you receive a strange look or comment, you can always blame your insatiable Holiday spirit and move on. Precious ones please know that when you give a message of Love with your highest intention you bring change to that person. Can you not recall a time in your life when a similar message was given to you...did it plant a seed that has now grown into a giant redwood in your heart?? When speaking your message please remember to speak it to all the animals, plants and your living Mother Earth and most of all to yourself!

And now our Holiday message to each of you who read these words.....”May the Light of the creator, and the Light within you fill all the areas of your being that need love, abundance and healing - giving you a clear voice to speak your truth, now and always.”

We wish you all the Love that is within us. Holiday blessing!

Susan and many other beings in the Light

Next Time: A New Year, a new Earth and a New You