

Message from ARCTURUS 28.10. 2021

Freedom is a choice.

Beloved children of Gaia, we greet you with the Light of Freedom, the light of Arcturus shines bright through the veil of illusions, to illuminate the hearts of all who seek freedom, all who seek to stand in the presence of The One eternal.

We chant the song of freedom, we sing the song of light, so it may guide you in your hour of need, O children of the Earth. We have brought the light to Earth throughout your history, for we impart our knowledge to all who wish to join in the harmonies of Heaven.

We transcended the boundaries of the lower densities ages ago, just as many other races are presently with you now, guiding you, we have come to share our perspective on how you can overcome the shadow of fear.

Fear is the key energy that leads to the lower dimensions.

Know that all who seek control and wish to own all life on Earth are beings who lived their entire lives in fear. Fear of not having enough, fear of not being safe if things don't go as planned or expected, but all of this is a trick of the ego mind, who's main focus is survival.

Survival is a basic instinct that allows your race to survive in the 3rd dimension for millions of years. The ego mind is truly priceless when it comes to living in lower density, yet if you want to transcend your lower nature and take the next step in your evolution, you must allow it to subside and come into a new balance with the Higher mind.

Many individuals have completely identified themselves with the Ego personality, this made up persona that is able to navigate the realm called Earth, and some have pushed it to its limits, thinking that this is the highest thing that can be achieved in your society.

Now, all good things that are pushed to the highest degree can become toxic and destructive, your society has explored this pattern many times. This is why we say that **balance** is the key in achieving peace within, and it is the first step that you need to take on this new path that is opening up in front of you all.

Now when you look around, you see chaos and confusion, you may observe that the root of all of these reactions is Fear. Fear of not having enough, fear of losing and ideal state of being. The only remedy for dissolving this primal instinct is to shift your focus from the thinking survivalist mind to your Heart.

All the themes that the lower density has to offer are becoming stronger than ever before, for their time is at its end. As you are all beginning to vibrate at a higher rate, the natural side effect of it is that everything intensifies in your domain, all of the challenges that were unresolved come to the surface multiplied, for everything is moving towards a higher density.

In order to progress further all that is of lower nature must be processed and released so you can become lighter as an individual and also as a global society living here on Earth.

This is your global initiation to the higher realms, facing the shadows of the old world, facing all your fears head on and transforming them.

The key in overcoming these challenges is to view all things from the **heart**. This is your connection to your Higher Self, and this is your key to the higher realms.

Wherever you are meditating always start with the Heart, let all that is needed flow in from your Flower of Life, connect to the heart of Gaia and let her be your guide in the first steps that you take, she will guide all of her children into the new reality.

Listen to your heart center, for your heart will guide you in all situations.

If you find yourself in a challenging situation, observe your emotions, observe your higher inspiration, for all of these subtle impulses is the language of your Soul, sending you guidance on how to navigate all situations in your life.

The more you listen, the clearer it will be. Whenever you feel agitated or discomfort, stop all that you are doing, calm your mind, calm it by the power of your breath, calm the body, and tune into your heart center, ask for guidance, ask for assistance and it shall be given.

We are grateful for these sharings, and know that we are always with you, guiding you on your way home. Through the Heart of Gaia we are truly one, listening, sharing, coming together, being as one.

A'ho