

Message from SIRIUS 22.03 2022

Bring truth, bring peace.

We greet you children of Light. We bring you this message of peace so you may calm the storm within. You are going through a great cleansing process right now. Your Earth is being bombarded with solar radiation that is acting as a catalyst that will bring about great change in the long run.

Right now you are feeling its effects in your body and mind, for it is transforming you on all levels.

Physically you may feel that you are in a rut, not being able to perform your daily activities as you would like to, and emotionally you feel drained by all the things that are happening around you at this moment.

These are all natural side effects of the great cleansing that is taking place in your lives and also in your collective.

Your race has been struggling with many patterns that have brought about great distortion in your world. For centuries you have repeated the same, and now that the time has come for you to let go, you are encountering much resistance.

Even though many of your race have not enjoyed their lives before the shift, still it gave them a sense of security, it was a predictable pattern that they could rely on. Now that the time of change is here; the old way of seeing things has been challenged on all levels. Everyone may now reflect on what they want in their lives, and of course, what they don't want any longer.

All of the difficulties have been intensified, bringing up to the surface all that which is not working in your world.

**Remember; you can only change that which you are aware of.
By facing your fears, you are empowering yourself to bring about change in a positive direction.**

Becoming aware of your fears is just the first part of the process; now, how can you overcome them? For there are many circumstances that seem to prevent you from reaching your goal.

You can not directly change what is happening at large in your world, but you have the Power of Choice where you may Choose how you act in each situation.

Think of Earth as a large playing ground which has its rules and regulations, and from time to time you have turbulent weather. You can not change the weather nor the rules that create the environment around you, but you can choose what you do with the time that you spend there.

Always be the observer. Stay in silence, instead of jumping and reacting, stay still and observe things.

Observe yourself, how do you react in challenging situations, and how do others navigate the same situations?

By the simple act of stopping yourself and becoming the observer, you are more able to center yourself in difficult situations.

To fully navigate these occasions, one must spend time alone in contemplation or meditation. Just by focusing on your smooth rhythmic breaths, you are quickly able to calm your mind and body, allowing yourself to see things more clearly.

Tune into your Heart Center, feel its warmth, feel its peace, spend time doing this, and each day that you do so, you will find that you will be able to hold your own energies much more easily, even in difficult situations.

As you are creating more peace within, you are also sharing it with others who are open to your higher vibrations.

You are here to bring in the Peace and Beauty of the Higher Realms, to share it with all who are open to a new reality.

You are the wayshowers of the new world which is based on peace, balance and prosperity for all life.

Even though you may think that you are failing at doing so, rest assured; you are doing beautifully. You are immersed in a dense reality which is in the process of letting go of its well practiced dysfunctionality, and it is starting to embrace a new way of doing things.

Of course this causes great friction on all levels, for not all are ready to let go of the patterns that they have been so used to.

It is completely normal to feel all the discomfort and confusion of the collective, for you are very much a part of it, but stay aware that not all of it is yours. Get to know yourself, and separate out the energies and the feelings that are not yours.

As you are choosing to balance yourself within, so will the storm around you subside, for reality around you has no other choice but to reflect that which happens within you.

Be always aware of the stories and narratives that circulate in the collective, for not all of them represent truth.

Tune into your heart and feel what resonates; what feels as truth to your heart. All that brings you discomfort and tension is not of the highest truth. Let them go, let them flow onward, merely observe them, acknowledge their existence, and know that you don't have to engage with them.

Merely observe them and see them for what they are; paradigms, stories that a portion of the population is still holding onto.

Always stay in your truth, center yourself, and know that you are always protected and guided.

With that we leave you,

Be well children of the Sun,

A'ho Blessings.