

# Message from SIRIUS 10.06 2022

## Manifesting New Earth.

We greet you Children of Light. We are here to share the light of The One. There are many themes and issues circulating in your collective and also in your own lives, thus we are here to share our thoughts on how you can better navigate this confusing period in your Earth's history.

The Collective is the amalgamation of all of your beings. All of your experiences, feelings, thoughts and emotions are being shared with everyone on a collective level.

Everyone is connected to this Collective thought process of the Human race, thus sometimes you may find it difficult to focus on just your own experiences. This is where knowing your own energies comes in handy. Observe yourself and start to differentiate what is your energy, and what are the energies that came from others.

Know that you are fully capable of doing so. And you will be able to detach these energies from yourself.

It takes much practice to distinguish the energies of others from your own, but whenever you feel that something is slipping into your being, observe it, see it for what it is; a fleeting thought from the collective. Observe it with love and send it on its way. Just because you are becoming aware of it, it doesn't mean that you have to interact with it, or act upon that impulse.

Getting to know yourself is a lengthy process, but the next manifestational tool that we share can be used more easily.

There is much chaos and confusion circulating in the collective and from time to time even within you. The easiest way to navigate this, is to practice self discipline, to consciously control what you amplify with your attention. Remember; where attention goes, energy flows. If you spend most of your time focusing on the aspects of life that you do

not prefer, then you amplify them, and thus you send out impulses that will draw in more undesired energies into your life.

Thus the only way to remedy this situation is to shift your focus. The negative aspects of life are always present, but at the same time so are the positive ones.

When something that you don't prefer comes into your life, don't fight it or suppress it, nor force it to leave. Even though to you, it may seem that you are trying to remove that thing from your life, energetically you are putting equal amounts of energy into it, thus you are amplifying it.

This is why we say to be in the flow of things. See these undesired energies for what they are; a valid choice. It is there, acknowledge it, but simply choose not to interact with it, and then let it go. Since you haven't encouraged it with your energies it will start to subside, and move on since you chose not to interact with it.

So instead of focusing on the negative aspects of the Earth Experience, bring forth all the positives. As we have said; you live in a realm where duality is being explored, thus both ends of the spectrum are always present, and you have the power to choose what you want to experience.

A simple tool that you can use is to realize that there is always something that you can be grateful for in each moment. Emanate the energies of gratitude as much as you can, to attract more abundance and joy into your life. See and feel all that which brings you joy, and consciously choose to interact more with those energies.

As you do so, the desirable things in your life will gain momentum, further allowing you to raise your vibration, and to be more intune with your Higher Self.

Sharing this grace is one of the best things that you can do at this moment, for it is dissolving all the distortion and chaos in the collective.

With that we leave you, be well Children of the Sun. A'ho Blessings.