



What Love Really Is

As you feel a stillness move through your body and as the chatter slows down begin to get in touch with your sensory self, with that part of you that feels and smells and tastes and hears. Listen. Listen to the music. Listen to my voice. Listen to the stillness. Learn to become more comfortable with the stillness. With the void. With the nothingness. As Shaltazar has taught, just on the other side of nothingness lies great riches. We are so used to living in the physical world where we rely on our five senses and our mind interpreting our reality. But this evening I am inviting you to connect to your sixth sense. To that sense that can tap in to the Unseen World. For there is far more going on around you than you are aware of.

Rushing into the room now are your guides, your angels, the invisible entities. Some may say, your true brothers and sisters. And from this place of tranquility and calmness, we call upon Shaltazar, the Gavish Banenu, the Keeper of the Secrets of the Universe.

We ask you to come forth and bring an appropriate message for the loving Souls that are present with us in their human form this evening. Please come forth and share with us your wisdom.

Through the winds of time we come forth, but we are not strangers. We all know each other. We all know each other very well. And although in human form some of you may be friends, and some of you acquaintances, and some of you strangers, there is a commonality deep within you that binds you together. For on the other side of the veil, on our side of the veil, We are One. It is only when you come forth into human lifetime expression that you feel separated from that Unity and Oneness that you truly are. We are here to remind you, we are here to help you remember. But we are sorry to say you will never totally remember who you truly are while still in human form. But that does not mean you cannot move to a place of greater Unity, of greater Oneness, than is present in your world today. You live in separateness, you believe that you are separate from all other human beings even within the family unit where there is familial connection, so many of you feel alone, feel separate.

We are here to advise you that this separateness is part of the plan. We are also here to remind you that you live on the planet of free choice and so you need not feel that aloneness, you need not feel so separated. You have the ability to connect at a deeper level than many of you have done. You live in a duality where total Oneness, total Unity is not possible. Source created that duality so It could know Itself better. But the time has come where that can change. We use that term "time" loosely for on this side of the veil there is no time, there is no space, all is now. And we know that

is a difficult concept for those of you that live in the linearity and the logic of planet Earth. How could all be now? The life you lead has a past, has a present, and has a future. So how could that not be the case in the higher realms? And although we would like to explain it to you, by doing so, that would only perpetrate your dilemma and heighten your frustration. For to transcend to the place of the eternal now you must let go of the mind. You must let go of the thinking logical linearity that you have come to, and we shall use the word, "worship" in your society.

Although we would like to say we beg you, it is not our place to beg, so let us say we **encourage you to let go of the powerful logical mind that is so prevalent in your society today**. We are not telling you that thinking is bad, for we would not tell you that anything is bad or anything is good. We come from a place of non-judgment where the concepts of good and bad are beyond our capacity to comprehend. Just as your ability to comprehend all is in the now is beyond your comprehension. But what we are asking you to consider is to think less and feel more. We are asking you to consider opening your hearts and in so doing feel more of the life that you are living. Allow your feelings to lead the way and your mind to follow. As we have told you in previous messages both the doing and the being, both the feeling and the thinking energy are required for creation. The Great Creator, the Source Itself creates always from the feminine and the masculine energies. But what We have observed is that the power you have given to your thinking, to your logic, to your science, to your minds, may not be serving you as well as you may think. For at the root of what the human being wants is feeling. We mentioned to you that upon your human incarnation, you were separated, separated from the Unity. Separated from the Oneness. Separated from Source. And as you began your human lifetime expression you forgot that where you came from was the place of eternal love. And in that separation you are not only separated from the Unity, from the Oneness, but you were separated from the love. And thus, the human journey began. The search for love. So many of you believe that that love should come from your family, should come from anything or anyone outside of you. But one of the purposes of life is to discover that **the love you search for is always deep within you**. As you are approaching the celebration in February called Valentine's Day, the celebration of love, We wish to bring you a message about love.

It is so sad for us but of course we use the colloquial wisdom of your language to say sad, for sad does not exist in our reality. But, if it did, we would say it is sad that even love has been talked about, has been thought about, has been discussed, has been analyzed has become a construct of the human mind instead of the human heart, and rarely truly understood. And so on this day of celebrating love called Valentine's Day you exchange platitudes of love, cards and flowers and chocolates. Don't get us wrong there is nothing wrong with that, but we are here to encourage you to realize that love is far more than the superficial nature that many humans have come to think of it as. And so now, in this moment, We encourage you to let go of what you think love is and open your heart to *feeling* what love is.

Have you ever stopped and felt the love in each and every cell of your body. So many of you look in the mirror and say I don't like the way I look. I'm getting older, I'm losing my hair, and I don't have physical beauty. And so you question, how could love be in every cell of my body when I look the way I do? And we suggest to you that how you look has nothing to do with the love that is in every cell of your body. We know it is there because we helped put it there. And so for this moment, try to let go of that love that you search for outside of yourself and see if you can connect to

the love that is present, ever present, always present, in every cell of your body. Of course many are taught that love exists in the heart, and although that is true, it also exists in the lungs, it exists in the liver, it exists in the feet, it exists in the hands, it exists in your hair, it exists in your face, it exists in your skin. And yet you go scurrying and looking and searching for that love in every other place except where a part of you knows it is. And such is the human journey in the duality. We don't expect you after the experience this evening to simply change miraculously, although it is possible and there are some in the room that are very close, yes very close to finding that eternal love that is within them. But that is not the point. The point is, in this moment, in this now, we encourage you to drop all of your human constructs, all of your mental ideas of what you think love is, and simply feel it. Feel it pulsate in every cell of your body. Yes, our brothers, our sisters that is who you truly are—Eternal Love always and forever.

Will you be able to connect to that love all of the time while in your human lifetime? The answer is no. For the purpose of the duality is to feel more than love. If you could imagine the Great Creator, the Source who knows only love and wonders, if such a thing, such a concept is possible for the Great Creator to wonder, which it is not, what would it be like if I was unable to be love all of the time? Maybe I would like to experience that. And thus a human being was born. Born to live in the duality, to live in the light and to live in the dark, to live in the love and to live in the fear, to live in the like and to live in the dislike. We cannot tell you that it is possible to transcend that duality while in human form but We can tell you that your personal choice gives you great power. That power allows you to choose how you look at your life experiences. Do you choose to see the calamities? Do you choose to see the difficulties? Do you choose to see the discomfort from a place of fear or from a place of love? You see as humans you are far more capable of looking upon yourself, looking upon your family, looking upon your friends, looking upon your enemies, looking upon the strangers from a place of greater love.

You may even find, when you choose to look at life from a place of love, you will feel less alone, you will feel less separate. So if you would like to try to replicate the Unity that is in the higher realms, we suggest you begin to understand love at a deeper level. Let go of the superficial, let go of the mind constructs of what you think love is, and feel it to your very core. How can you hold a grudge towards another human being when you look through the lenses of love? How can you think that others are lesser when you look through the lenses of love? How can you do mean and vindictive things to your fellow human beings when you are looking at life through the lenses of love? And we hear you cry out, "I'm not sure I have love, it was never given to me. I didn't feel it from my parents. I didn't feel it from my siblings. So much of the world took away my feeling of love. How dare you ask me to look at life through the lenses of love!"

And our response to you would be that love was never taken away from you, that love was never *not* given to you. For that first breath you took as a baby was a breath full of love and that love is still deep within you. In those early years you did not have the consciousness to realize that others may not be treating you with the love that you felt you deserved. You didn't realize that others could take away or could not give you that love. You simply forgot that love was your gift from the Great Creator. And so we are here reminding you, giving you a Valentine's Day gift, so to speak. And that gift is the reminder that you are always loved. That love is in every cell of your body. And by all means enjoy the mushy card if you get one, savour the

delicious chocolates if you are lucky enough to get them, enjoy the smell of the beautiful flowers, but realize those expressions are not expressions of true love.

And so in the coming days and coming weeks we encourage you to look inward. Take time to reflect on your human heart, and your human kidneys, and your human liver, and your human bones, and your human skin. Reflect on your humanness for the purpose of activating the love that is in every cell of your body. We will caution you that the obsessive mind will try to talk you out of it. That the mind that many of you have given so much power to is not always your best friend, does not always have your greatest interest at heart. For the mind is trying to protect you from the hurt that you felt when you were separated from the love. Whether it be physical love or divine love, each and every human being was separated from that love and the mind tries to protect you from the hurt of that separation. What we are here to advise you is only when you quiet your mind, when you stop listening as much to the mind, will you be able to find that love that is deep within you. And we hear you say "How can we love the travesties? How can we love the horrible things that we see around us?"

And we would remind you that acceptance is love. There is so much that is going on in your world that is beyond your control and instead of feeling hurt and disconnected and ashamed and guilty we ask you to learn to practice the Art of Acceptance. The divine love that comes from Source is full of acceptance. That love does not judge. It does not judge those that society would say are good and it does not judge what society would label as bad. Source loves and accepts all. And since each and every one of you human beings have a part of Source in you, you are capable of connecting to that love that accepts all. We would like to remind you that we are here for you now and forever. And although to some this message may resonate as truth, for others it is confusing. So we remind you to tap in to that part of you that is us for the comfort that may help you understand to a greater degree and help you through the trials and tribulations of the human journey.

Please know that this message comes to you from a place of love. It is not a criticism. It is not a judgement. It is merely the truth from a Higher Power. And if you have quieted your mind and opened your sensory consciousness you will recognize it as truth. Of course we caution you that putting into practice this truth may or may not be a challenge. It goes against a lot of what you were taught as human beings. And so when life becomes heavy and life becomes onerous and the trials and tribulations get you down, simply move to a place of stillness. Move to a place of tranquility, move to a place of harmony and allow yourself to tap into this message that has been given to you this evening.

Even if you did not hear the words, the message was implanted in your consciousness. And so it is possible for you at any time from a place of stillness to tap into the message and remember who you truly are. You are love. You are true love. You are divine love embodied in human form.

Know that now and know that forever. And so it is.