

Notes 2-8-2013: Munich, Germany – Starbucks, snowstorm in New York, Flight Canceled (one more night here).

When the skies are gray, remember that there is still a sun shining above the clouds. We wish to check with you today and guide you to re-discover your lost innocence, the child that was once you and now is in hiding. We wish to take this child by the hand and reassure this child that it is safe to come out from her bunker. We wish to have this child feel safe again.

A purity of heart always resides in the mind of the child. The laughter of a child is the most healing sound in the universe. If you listen to it long enough, you will be free from all worries. It will heal all ailments; you will become aligned with the universal joy that is your birthright. The laughter of a child is the antidote to all maladies. The stream of life is pure when it comes out of its source in the belly of Gaia, but, as it flows through valleys and mountains it collects all kinds of residues from the surroundings and becomes a carrier of its surroundings to the oceans.

So are you. As you emerge from source you are pure and your laughter is pure. As you interact with other humans, like the stream, you collect the impressions from your surroundings, taking them with you, becoming you. Your journey is about merging and when you finally become one with the ocean, all that you have collected throughout your life enriches the whole. The purity of your original self is always there but it is mixed with all the substances and residues you collect.

*How do you access your pure self? Where does it reside, you may wish to know?*

You can access it in your dream state.

*How?*

Ask for it. Give intent before you close your eyes. Ask to remember what it felt like to be a child, to laugh carefree, to feel the fullness of your body before guilt and shame became part of your stream. Ask to feel the hugs of your mother and father as a baby, when you were surrendered and helpless, but, oh, so aware. You came awakened and you fell asleep. That is your agreement, to come fully awake, to forget; then to try to remember again your purpose and your divinity. To once again link with whom you are, and what the pure version of you feels like. When a stream passes through vast distances it collects minerals, depositing them, distributing them, wherever it goes, nourishing all life. Life without mineralized water is not sustainable.

You are the representative of the consciousness of Gaia and as you become enriched with deposits, you enrich the whole. When a child plays with mud, it is often with great joy. Only when the child comes home, when the parent may scold her for getting her clothes dirty and wet, will the child begin filtering away the pure joy through the perceived misbehavior, to keep that parent from yelling. Since birth you are directed to move away

from being carefree while learning control and rules. This journey is appropriate and by design. It allows you to function in a society and learn boundaries, which support your journey as a human. Then there is a time as you ascend and climb the steep mountainous trails of spiritual terrain that you must begin to decipher the difference between the pure version of you and what was “gifted to you” by others.

It is time, now, to link with the purity of the child you were once. It is essential to connect with the pure heart of carefree laughter. It is sacred to look again at your body like an infant discovering her toes for the first time. When you were little, all aspects of your body were equally sacred and you were just beginning to learn what is yours and what is not. You have yet to place a judgment on good, bad, appropriate or inappropriate. We ask you to find that space in you again. Not that you need to behave like an infant, but recall what it felt like to be holy from head to toe. So much darkness will be expelled from you in the process. Waves of hurt, shame or excruciating pain must, at times, be dislodged for you to re-experience the pure self of the “I am”. Many have worked hard throughout your journey on Earth to design strategies of survival, mechanisms for coping, so you will be accepted and be perceived by your environment as good. When you were fresh out of the birth canal, you had no such worries. You knew that you are here and a piece of divinity. Making contact with the pure version of you requires strength. At times you are asked simultaneously to both mourn whom you were and celebrate whom you have become despite of your circumstances. Shedding and releasing layer after layer of strategies and coping mechanisms can feel scary to the inner child. For so long you have developed these strategies to protect yourself from being hurt and now you are asked to let them go.

*Why should I let them go, you may ask? Don't these strategies fulfill a purpose?*

Yes, indeed, we say, as we hug you, surrounding you with a melody and scents that may be heard and perceived by the ones linked to their pure light. So much of whom you are is lost and buried by these strategies, and, the more you release and shed them, the more your power grows and your luminosity increases. When you stand free and clear of walls, you are vibrating the sound of the “I am”, and all who cross your path, are affected.

Vulnerability comes as you make peace with your divinity, letting go of all the costumes you have designed. You stand tall and you feel. When your heart opens to the child hiding inside of you, you may feel like you are having a heart attack. The panic of the heart being exposed may feel like you can no longer stand on your feet, that you may break into a cold sweat, with tears rolling down your face. This child wants to come out from hiding. It wants to play again, and it surely wishes to laugh again. A child sees darkness where it is unable to make anything out. For a child darkness is dangerous and many wish to sleep with the light on. As you re-connect with that child, the fear ingrained in the imagination of that youngster may visit you again, emerging from the deep cavern of the mind where fear is usually hiding. You will need to face these fears. They are nothing more than large soap bubbles, which are asking to be poked. Nowhere in your multi-dimensional manuals does it ask you to act mature, and nowhere are you being asked to take this journey seriously. You are told over and over again that you are loved regardless of your choices, as love is your birthright. You are also being reminded that

you are a master, an angel in human clothes, and, at any given moment, you may choose light over dark. A child's purity is a phase from which all must graduate. In fact, if a child acts too childish, they are being sent to special schools and tagged by your society as slow or immature. You praise maturity, condemning childish behaviors early on. On the path of light, it is the pure version of you that is carrying the most light. When you come full circle, we ask you to again re-introduce yourself to the child in you and bring it back to light. She has been hiding for too long. You are beautiful in every way. At times you only feel close to being a child when you about to end your cycle and you no longer have the physical capacity to take care of self. Only then, you may get glimpses of what once was you. Each moment that you allow yourself to be the child all over again is a gift.

How do we begin to make contact with that child you ask? It is simple, you clear your schedule for a period of time and you plan nothing. You walk about or lie down and just be. Observe and witness your surroundings. Even for a short while, let your mind wander and the wonder will begin to bubble. All you need to do in the beginning is take the time, allowing the child to re-emerge. Your mind always wishes to think and often finds reasons for worry. It is your old programming, so, when you take time for yourself, teach yourself to play all over again.

You are a pure light, and you descend for a short while to experience expressing through the physical. You come with so much joy and reverence into a human body, knowing fully what you are about to face, as you flow through the terrain of your journey. The heavy dense reality on this planet is challenging for a subtle energy like you, so you build shields to ease the sensations, pains and hurts that you absorb from your environment.

As you shield yourself from pain, you also shield yourself from feeling and connecting to the pure source within you. You spend much of your developmental phase building barriers and strategies to shield self from the heavy energies, protecting the pure child residing inside. A child's laughter sounds like nothing else in the universe. It heals. It is a weightless carrier of joy an adult can rarely experience.

When you watch your Child laugh, become still, offering gratitude for the opportunity to be a witness to divinity in action. Know that you are a child and you always will be, that age is but an illusion you may only discover, at times, when it is too late.

There are many of you who are experiencing challenges, seemingly one after the other, as this is the time we spoke of and it is here, beautiful in all its complexity and poignancy. Heaviness, beliefs, appropriateness, old programming, all are being challenged now. Much of what you believe is "you" does not truly belong to you and many are recognizing this and it feels terrible.

Many feel as if they have been misled and they are only now discovering that the structure they built their life on was made out of nothing more than a deck of cards. Many are terrified of being lighter, of shedding weight, of freeing themselves from anchors. You are fighting to remain heavy for dear life because you do not know any

other way. The structures you were led to believe that you couldn't survive without are crumbling. Let go, we ask you with a smile. The easier you let go, the simpler will be your flight into laughter and light. Be ready to let go of the old and do not replace what you know with something else you know. Let new replace the old. Open the door and play, what serves you will meander to you. It is a law that, when you revel in joy, joy comes to you, and when you lay with fear; scary sights will cross your path. Open the sanctuary of your heart, allowing light to pierce the closet and break the lock to the door under which you locked away your inner child.

It is time to be fearless and it is time to search for that child again. And so be it.