

## Hot and Cold

**W**E WISH TO SPEAK TO YOU about heat.  
*Why heat, you may ask?*

When you are cold and you ask for heat, heat is good, and yet when you are hot more heat is considered “bad.” Heat, however, is energy, and as such it always must be in balance.

Hot or cold is like light and dark. When the energy of heat is absent, you feel cold. It is the same with the planet earth. When the sun is not shining, you feel cold and when it is radiating, you feel the heat. Heat is one way to sense the energy of spirit. Many of you are searching for sensual confirmation for your connection with spirit. We see those of you ask, *but how do we know there is a spirit? Maybe you are just making all of this up.*

It is humorous to us that the reality that you believe in is to us a “make-believe” story and the reality that is real to us you have difficulty accepting.

We wish to give you a physical attribute that allows you to sense when you are connected to the energy of spirit. It is subtle like all things related to spirit but nevertheless it is distinguishable.

You are, from our perspective, a vibrating consciousness expressing itself through physical matter. You have fields around you which are geometric in essence, and you have other fields that are tonal in essence. Yet, you have fields around you that emit specific color spectrums that reflect the energy wavelength you project. You move and operate through these dimensional fields. We see you in all your grandness, which means that we can perceive all the dimensions in which you operate. Your body is not equipped to sense the different dimensions, and your organs are not sensitive enough to process the subtle fields that surround you. However, when you connect with spirit the energetic fields become enhanced, and, therefore, your energy increases.

As you move to a place of higher vibration, you will feel the additional enhancement of energy as heat or inner vibration. It is as if your body acts as a heated tuning-fork. The energy feels like bubbles moving outwardly from within. We wish to impart to you that when you choose to connect and sense coldness, this sensation means from our perspective that you are not connecting to the realm of spirit. When you sense fear or imbalance of any sort, you

may be connecting to energy, but that energy may be depleting you rather than enhancing you. Your intent is your direct dial to the realm of spirit, and when you set up that area code you will reach the right place. The higher part of you which is also a part of God is a place of peace and balance. Its attribute of heat is nurturing and never threatening. It is never cold as it has balance and love emanating from it. When you sit in front of your candle and you feel love you know it, and when you feel cold or fear you will know that as well. We wish you to always set up the intent to connect to your own highest vibration of love and light as it will send you down the right path.

Your body is a vibrating instrument and as you act, your melody, colors, and geometry changes. The changes register in the field around you and thus create and attract your experiences. Your inner reality literally brings to you that which you experience in your outer reality. As you think and feel, you create shapes and forms, colors and melody. That which you create has a frequency and a wave-like attribute. You are, in actuality, bringing to you the fields that need to be completed and become whole. You are attracting that which is unbalanced as it is a universal attribute that wishes for all things to be balanced.

When you feel that you are perturbed by something in your outer reality, such as jealousy for example, you may experience that emotion in relation to your partner, child, or

friend, and this emotion dominates your awareness. Your learning, therefore, is to balance that which is imbalanced. The emotion of jealousy from our perspective can be seen as the tip of a pyramid. The base of the pyramid is lack of self-love that results in feeling lack of self-worth, which in turn results in fearing the loss of love from an outer source. That fear of losing love from others creates a need to rely on external sources, a fear that then creates anger directed at the self. The anger against self is difficult to digest energetically and is, therefore, projected outwardly as a form of an emotion you call jealousy. This is one version of an emotion expressed in one way, yet its foundation has roots in a much deeper imbalance.

When you walk and you feel in your daily life, you create a pattern and a frequency yearning to be balanced. The reality around you, therefore, rearranges itself to give you opportunity to balance the imbalanced. In other words, you the angel walking in duality and forgetfulness create situations in which you will encounter reasons to be jealous. It is you who through your imbalance create a lesson for yourself. Many of you will say that it is not you creating these situations but your “promiscuous partner” or “too-friendly child.” With all love we wish to hug you and tell you that you are so dearly loved and that there is never a judgment whether you acknowledge your part in creating your reality or not. It is, however, you who by design and

with appropriateness create situations that will balance that which is imbalanced. This process works counter-intuitively as it is the way by which spirit facilitates your growth.

Many of you will say, *why do I need to be teased? If he or she would not create those situations I will be much more balanced.*

With all love we wish to tell you that everything is your choice. You choose a partner who will allow you to heal, and you create situations that will allow you to heal. These situations irritate that which is imbalanced so you will need to find ways to balance. There are those of you who discard partners just to discover that the next one and the next one after that creates the same exact situation. We wish you to grow and understand that there is no one who creates things around you to hurt you or harm you. All is done with love and for your growth. Those of you who go deeper and understand the patterns of your lives begin to dig in to the pyramid and re-structure the foundation, which is self-love.

We see those of you who feel stuck because you see the same pattern surrounding your life, feeling you are a victim of a scheme managed by none other than darkness. From where we sit this is not so. The love of spirit and of the group that is part of your angelic self has the higher

perspective, and they wish you to move forward in each of your expressions. They do not waste time as your life span is brief. You will always encounter situations that irritate those areas in your life that are imbalanced. It is by design and it is your design.

Your thoughts and emotions create your experiences.

*Why are you telling us all of that, some may wonder? We do not feel that we are creating our reality, others will claim.*

With all love we wish to tell you that by acknowledging that your reality is a manifestation of your thoughts and feelings you come to a place in which you take responsibility for your experiences. Only then can you begin to change what you experience. As you connect and link to that portion that is the “I am that I am” you are able to see the pyramid and transform through the process of alchemy the foundation of the emotions that you deem negative from lack of self-worth, anger, and jealousy to self-love. When you experience self-love, all other layers will no longer be necessary, and you will no longer have irritating experiences as your geometry and frequency will not attract those patterns. As you become balanced you will create a reality that supports balance.

You are here now to transform yourself, through the process of alchemy, from lead to gold. It is the realization

that your core essence is gold that changes the molecules around you. Many of you carry memories in your cells that are heavy with ideas of shame, guilt, fear, and worthlessness. You are now living an expression that is an accumulation of all your past expressions. It means that you are living in a reality that is a combination of this life as well as all your past lives. Many of you have been on earth many times and you have been embedded with heavy experiences. We wish to tell you that by linking you with that part of you called your higher self, you can begin to cleanse those residues and change your reality.

*How do we know that we are connecting to our higher selves, you may ask?*

As in the circle, we wish to impart to you that you will feel heat and vibration in your body. When your body is linked, it changes and expands. Your field around you becomes enhanced with the energy of spirit.

Many of you search for physical proof of things before you make a move. We wish to tell you that the realm of spirit operates in the subtle dimension of transparency, but we ask you to pay attention to feelings. Feelings have an attribute of spirit and are not diminished from the world of energy to the dimension of matter. Now we are adding the attribute of heat. As your vibration increases, you will begin to sense that which we speak of.

We wish to tell you that this sensation was not available until recently. Your biology is changing, and the fields of energy around you are becoming enhanced to accommodate the new magnetic grid around the planet. You are in transition, and your physical form is being enhanced. You are living at a time that is both magnificent and grand. It is our intention to hold your hand and lead you to a place where you can understand that which is around you and move to the highest place. We wish to show you how to jump over what you perceive as a pattern of “stuckness” in your lives. You are here to shine your light for all to see. You do so by discovering your divinity and by walking in your divinity you allow others to discover their own divinity. You must, therefore, clear all that which holds you back from experiencing the love for self. As you love yourself you begin to project love to all that is around you. You become the drop in the ripples and you create the concentric circles that are ever widening. You become the lighthouse. We wish you to move to that place as you are enabled at this time.

It is the heat and the feeling of vibration inside your body which will let you know that you are on the path and yes, you are receiving that which you ask for. We ask you to become a manifestation of light and love and bring yourself to a place of balance and peace. Through your balance and peace, peace on earth will manifest, and so be it.