

## **Trance 1 (Love)**

Hello my friends. We feel the warmth of your love. We would like to help you to understand love which is the whole purpose of you being here. Being human means being imperfect and you are apt to hurt one another, purposely or accidentally. These are the experiences that you must have. Do not resent them; resentment does not help you to grow in love. We ask you to forgive one another. For none of you are any better than the other. You all have your own imperfections and when you criticise or judge another, are you not just revealing your own imperfections?

We know forgiveness is hard, a difficult lesson to learn, but can you not find it in your heart to at least try. Even if you cannot fully forgive another, you can at least try to say a prayer for that person that has hurt you. For they do not hurt your spirit, they hurt your little self, your earthly self. Because your spirit which is pure love and cannot be hurt. Try to live from your spirit, allow that love to guide your thoughts, to calm your emotions and see above the circumstances that you are experiencing.

Welcome all your experiences, even the ones you wish had never happened. For there will come a time in your existence when you will look back and see the value of that experience and you will think to yourself "I am pleased that happened". You have chosen much of what you experience, everything obeys a law.

All your thoughts are very real, they are registered and they all have an effect. They have an effect on you and on others. Allow the love of your spirit to dictate your thoughts. One of the lessons of all your experiences is to discipline your mind. It takes many years to do this, many lifetimes, but it is within your grasp, otherwise you would not be here.

When you forgive another, you are helping them as well as yourself, for all your thoughts towards another are registered on the soul of that person, whether they are aware of it or not. You are linked by your karma, you are meant to experience certain things with certain individuals. To transmute that karma you must express love and forgiveness is one form of love. Try to look at your experiences from a greater perspective, take a step back.

We ask you to pray for strength and courage, for everything you could possibly need is within you. You have to use your free will, to extract the gold of your spirit. We will surround you with our love and say goodnight.