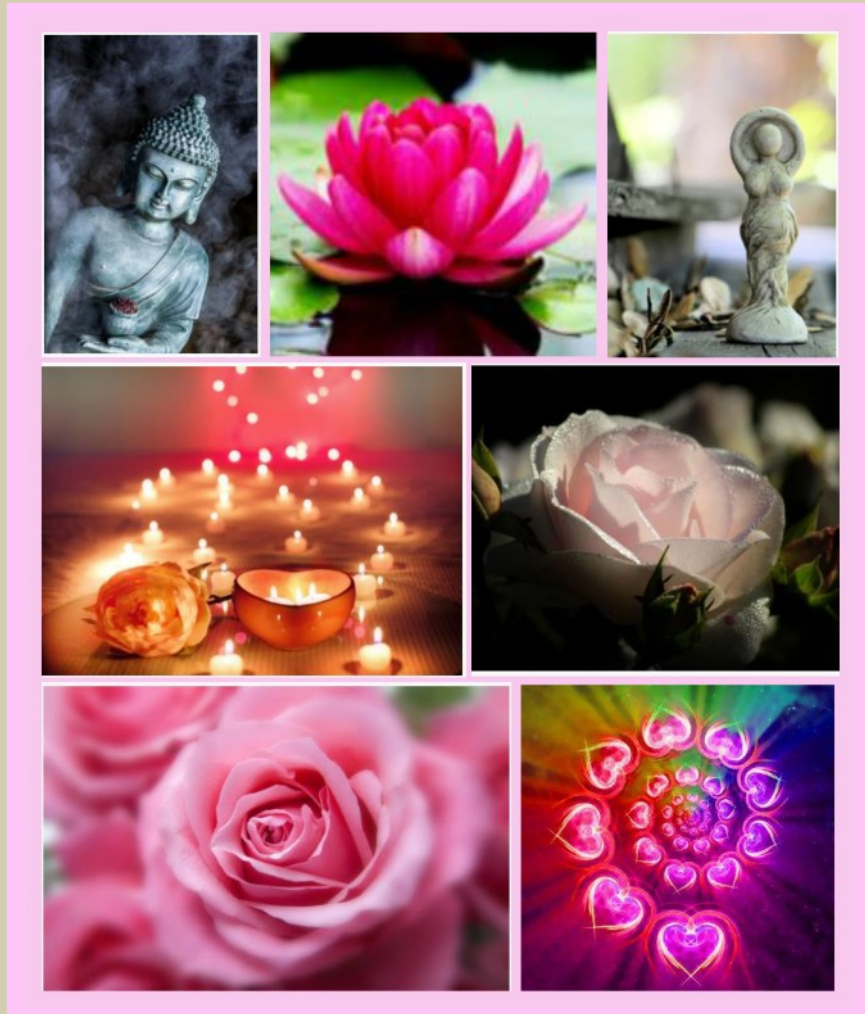


# Grow in consciousness



Amylianah



*Since my childhood, I have been drawn to spirituality. I even considered becoming a nun ...*

*My development made me know, 20 years ago, a first Awakening thanks to a book ("The Guide Spirit, Interviews with Karlfried Dürckheim"). He speaks of our divine essence. It was, for me, a Revelation, the start of a great adventure in consciousness and of a journey to realize myself fully in my concrete life: to build a fulfilling living environment and to create work that fully reflects WHO I AM.*

***If you would like to know more about me, I invite you to read the second-to-last text on the site which explains it in detail.***

*When I thought I was no longer likely to experience great pain, in 2020 I sank. And I started looking again. I have crossed tantrism, quantum meditations and shamanism, all exceptional discoveries from a point of view of personal and spiritual evolution. It was by discovering the Divine Union that I experienced the Awakening of my Kundalini.*

*Step by step I have received the great privilege of being able to communicate easily with the Spirits of Nature and with the Celestial Guides, mainly ascended Masters.*

*Here I am today to share with you my discoveries, the keys to evolve in consciousness and overcome our limiting beliefs, choose the path of Pardon, awaken our child's soul, incarnate the sacred Feminine or Masculine and live the Divine Union, acquire a faculty of self-healing, understand what vibratory rates and levels of consciousness are ...*

*I also deliver to you the wonderful and powerful messages from Ascended Masters that I have received, so many gifts of inestimable value to all of us.*

*There is no longer any doubt. The Spiritual Path is a path of Love : of love towards oneself, of love for the other one, the beloved and of love for Humanity.*

*When it comes to making love and light triumph, there can be no question of 'Copyright'.  
Please feel free to share this information!  
Infinite gratitude for all that has been given to me ...*

*Amylianah*

**If you wish to contact me, please do not hesitate : amylianah.k@gmail.com**

*« Grow in consciousness » ... to spiritual mastery <https://www.amylianah.com/>*

## Work in conscious



To evolve, to grow, to heal myself, it is, step by step, to remove the veils which mask the light of my soul ...

The privileged path of personal and spiritual evolution is the path of consciousness ...

Bring to light all that separates us from WHO we are deep within us, from our true nature. Those who have chosen a spiritual path call it Higher Self', Self', Inner Master 'or Double Quantum'. The name is ultimately of little importance.

The goals sought are always the same:

Evolving towards SELF means becoming an actor in one's life (coming out of the state of victim) and being certain that we have the power to change ourselves, that we have power over our reality, in particular that of building a fulfilling life and that allows us to fully realize ourselves.

It is also moving towards more self-love, self-esteem and therefore, wisdom and inner peace.

Finally, it is walking towards our inner light and radiating more and more love for others, for humanity, for nature, for the earth ...

### Work in conscience

For 20 years, work in conscience, I have made it a daily sport, a discipline of life.

By that I mean that it is an attention that I gave to my feelings, to my thoughts every day, almost hour by hour ...

### Where to start ?

Around 30 years old, I chose to follow a therapy that lasted a year (even before my first awakening) and I realized that it was an asset for the future because it taught me to wear my attention to my thoughts, my emotions, my discomforts, to ask myself the right questions and to find the adequate answers.

I'm not saying therapy is a must, it has been a great help for me.

However, the path to consciousness never ends and the worst pitfall is to think that I've been working on myself for so long that I have nothing left to discover or clean up ...

## Discomfort, anguish, emotion, fear, pain, frustration ...

Coming out of the victimhood, becoming an actor in my life, rediscovering my inner nature necessarily requires the effort to question my feelings:

*What am I feeling? Where does this sadness come from, this anger, this pain, this frustration?*

*What is she telling me about myself? From my story?*

*Is this emotion (this fear, this anger, ...) still justified?*

*Is this personality trait my dark side that I especially need to work on?*

Just about fear, there is a whole universe to explore:

'Fear of the unknown', 'fear of difference', 'fear of being different', 'fear of abandonment', 'fear of rejection', 'fear of betrayal', 'fear of humiliation', 'fear of conflict', 'fear of running out of...', 'fear of loneliness', 'fear of crowds', 'fear of death'...

Have you exceeded them? I don't, not all of them, anyway.

## Tools of great help for conscientious work:

\***"The 5 wounds that prevent being yourself"** (Lise Bourbeau) (various editions): Abandonment or fear of abandonment, rejection or fear of rejection, humiliation or fear of humiliation, injustice or fear of injustice, betrayal or fear of being betrayed, of trusting. We can also add submission or fear of being submissive and incomprehension or fear of being misunderstood ...

\***Ho'oponopono** (Rehanna Rymanbee (Larbreveillant)) SEE BELOW at the end of this article: Ho'oponopono is a technique of reconciliation with oneself that can help us take care of our inner child. We can become the divine parent of our inner child, allow him to move from the wounded child to the protected divine child and grow in light.

\***"The 4 Toltec agreements, the way to personal freedom"** (Don Miguel Ruiz) (Edition Poche Jouvence): *"May your word be impeccable", "Whatever happens, do not make it a personal matter", "Don't make assumptions"; "Always do your best".*

## Prejudices and beliefs ...

And what about beliefs?

There are so many, at the level of the person, of society and beyond.

Some examples :

*'I'm too shy' - 'I have no talent' - 'Nobody loves me' - 'I'm too sensitive' - 'Being kind is being weak' - 'He's always the strongest who wins'...*

Those related to femininity: *'A woman must have a well-groomed appearance' - 'She must follow fashion' - 'She must be a mother to be fully a woman' - 'A fulfilled woman must combine work, family life and management of the house to perfection' - 'His house must be tidy and clean' ...*

Those related to virility: *"A man never cries" - "He must be strong, proud, beating" - "He must be the best and dominate" ...*

Others, loose: *'We must be normal and conform to what society expects of us' (What does it expect of us?) - 'You have to have a good diploma to succeed in life' (But what is a good diploma and what means "succeed"? According to what criteria? Edited by whom?) - 'You have to work every day' (make yourself useful) - 'You have to earn a good salary' - 'You have to accumulate goods' - 'I cannot change jobs 5 times in a row' - 'I owe unfailing respect to my boss, my parents and my family' - 'I have to acquire the latest technological innovations' - 'If I am sick, I must consult a doctor' - 'Traditional medicine and alternative medicine are mutually exclusive' -...*

Beliefs, like old patterns, we impose on ourselves. It is a vast job to break free from it. But what lightness gained when we manage to lift it, step by step ...

## The path to self-love, inner peace and love of others

Clearing my wounds, pains, and limiting thought patterns allows me to move forward towards understanding myself. Think about my true values, my qualities, my strengths. Refine awareness of WHO I am and what my needs are. So, by slowly developing my self-confidence, the moment inevitably comes when decisions must be made ... because the framework of life in which I evolve no longer sticks to what I know about me now, who I am at deeper inside me and this frame needs to be readjusted. It's not about 'putting yourself in danger', of course. We have to protect ourselves.

But sometimes, steps have to be taken: change jobs, redo training, develop creativity, move, put an end to a friendly, sentimental or even family relationship ...

Connect to my creative power, to my ability to transform my reality and increase my self-esteem. Be authentic. Dare to say. Speak true. Walk towards self-realization.

Become good to myself, open my heart and forgive me for my 'mistakes' (which are more like life experiences and so many opportunities to learn). There is nothing to regret. Forgive me. Stop judging me. Take care of me. Look at me tenderly. Experience moments of inner peace more often.

Slowly learn to be kind to others. Develop empathy. Understanding that they also have their deep wounds and limitations. Realize that their behavior towards me was dictated by these wounds or by their own beliefs or... Learn to forgive. Stop judging them. Look at them tenderly. To be benevolent.

Let sweetness and love take its place in my heart and with it, joy, peace and gratitude ... to be WHO I am, to move forward with more clairvoyance, to savor all that is positive about me path.

Raise my consciousness and let the light shine from my soul for the greater good of all ...

## Listen to our guides

Along the way, develop your intuition. Ask for help on the heavenly plane. It will always be granted to you. Connect with your guide. Listen to what he tells you : it can be an influx of energy (a feeling of being deeply loved and being accompanied and supported, feeling like 'wrapped up') or maybe will you hear him distinctly. Ask him for advice on which direction to take. A guide will never judge you. It is only benevolence. He will never tell you what decision to make but will advise you on which direction would be most right for you today.



## Annex : Ho'oponopono (Rehanna Rymanbee (Larbreveillant)):



**Ho'oponopono** is a technique of reconciliation with oneself and can reconcile us with our inner child.

Ho'oponopono (sometimes translated as "restoring balance") is a social and spiritual tradition of reconciliation among ancient Hawaiians. The word ho'oponopono consists of ho'o which means "to begin an action" and ponopono means "to put in order, to harmonize, to clean ..."

We have all been children and our childhood inevitably conditions our adult life. The personality of an adult is often determined by one or more major emotional wounds we experienced when we were young (betrayal, abandonment, rejection, humiliation ...).

When we feel hurt as adults, it's a safe bet that the source of that pain is not the event per se experienced today but the echo given by the original hurt we felt in our childhood. In this sense, if we know how to listen, the inner child is a true inner master.

It's as if the little child, alone, helpless, is crying out for help. This injured child needs us to come back to him to take care of him. He has been patiently waiting for us for years. It is as if he was saying, "*You who have grown up, who have become an adult, TODAY BE THE DIVINE PARENT so that I can be the beloved child.*"

Let us become the divine parent of this child. From the moment we become aware of its existence, this child will be able to grow in light and pass from the wounded child to the divine and protected child.

## How to do ?

Listening to oneself with ears connected to the heart, turning towards oneself, connecting with one's inner child (a beautiful photo of us little one can help) and, without analyzing what type of memory it is, talking to him with tenderness, benevolence and compassion, by repeating the 4 sentences mentally, you will allow this memory to be cleaned.

These 4 sentences are : I'm sorry, Pardon, Thank you, I love you.

*\* **SORRY**, my little one, I let years go by without relating to you, I left you alone in your sufferings and I am sincerely sorry. I hadn't understood that I shouldn't justify myself, prove something but that it was you who bore the wound ...*

*\* **Pardon** for not understanding that it is you who are telling me through the words of the other that you are in pain, sorry for not having listened to you. Until now, I was looking for solutions outside of me, I hadn't understood that you were my solution, that you were my healing. Today I hear you.*

*\* **THANK YOU** for inviting me to the most wonderful relationship in the world. I am here to take care of you.*

*\* **I LOVE YOU I love you, I love myself** (or we can say "I love life or the creator" (depending on beliefs)). I ask you to trust me. Now you will never be alone again. Know that you can cry in my arms, I am here to welcome you and this, whenever you need it.*

## The Way of Forgiveness



A few years ago, I lost my father.

Like many, I was a teenager, then a wounded young woman, hidden behind a protective veil that I had created. Maybe so that he doesn't let my sadness and lack of love show through. Especially to protect me from further pain ...

And for so many years, I have been unable to really empathize with any adult, unable to trust, unable to truly love.

Then came that day when I saw my dad on his hospital bed. He was in serious condition and when I asked him how he was, dignified, as he always wanted to be, almost convinced by his words, he said, "*I'm fine.*"

In a split second it became clear to me that whoever had ignored my need for attention and affection for so long was making a point of ignoring his own pain and discomfort. He had done so many times before, drowning his sorrows in so many ways and making sure he looked good no matter what. I thought, "*Even though I hold a grudge, no one, absolutely no one deserves to suffer in this way.*" In front of my whole family, I heaved a sigh of pain and burst into tears, loud and uncontrollable sobs ... I cried for long minutes, embarrassed and also aware that something had happened, a door opened in my heart: that of Forgiveness.

This experience transformed my existence. I accompanied my father with infinite tenderness during the last weeks of his life. I became able to love, to feel empathy and deep gratitude on a daily basis. I received the immense gift of forgiveness, for myself and for others.

Feeling resentment or hatred is natural and very understandable.

But it stands to reason that these negative emotions, if they persist, are a poison that infiltrates us, which can alter our mental or physical health (eg, opening the door to dark energies that can interfere with our proper functioning. and our evolution).

To free ourselves from it, we must be able to:

- \* recognize that rehashing, awakening the memory of the events that struck us, constantly rekindles pain; that by reliving the offense, we are harming ourselves;
- \* admit the hurt inflicted, the need within us that may not have been expressed but was not met, and the grieving over an expectation we carried;
- \* accept our anger;
- \* admit that we have not been able to defend ourselves, protect ourselves from this injury and forgive ourselves for it.

One key to liberation is trying to understand our offender. It is not a question of exonerating him but rather of trying to understand what is his driving force. What dictates his way of acting: The need to humiliate? To dominate? To enhance his ego?

Regardless, it is possible to anchor in us that our offender has his own limits and that his behavior towards us has been dictated by his wounds, his beliefs, his prejudices, his old patterns ...

It is then also possible to understand that we should not make it a personal matter and that the act of harming, whether the offender is aware of it or not, speaks only of himself. Of himself.

It is also then possible to stop judging him and to put events at a distance.

Finally, how can we learn positive lessons and use that pain to evolve?

That we have learned to know ourselves better, to depend less on the consideration of others, to say "no", to defend ourselves better, ...?

What prevents us from forgiving are sometimes beliefs:

\* *To forgive is to forget:* To learn the different lessons from the event, from the pain, is to grow and it is anything but to forget. But that's opening the door to letting go.

\* *To forgive would mean to be reconciled:* To be reconciled or not is a choice that is not necessarily linked to the path of forgiveness.

\* *To forgive would mean giving up our rights:* To have our rights respected is to respect ourselves, even if we have made the choice to forgive.

To take the path of forgiveness (for ourselves or for others)

is to offer our soul the gift of lightness and that of Love:

*Open our hearts and forgive our mistakes '(which are more like life experiences and so many opportunities to learn), stop judging ourselves, take care of ourselves, look at us tenderly.*

*Slowly, stop judging others:*

*observe, understand, let slip, look with benevolence,*

*recognize in them our own weaknesses, welcome with humility, be able to comfort, ...*

*recognize our indelicacy and our mistakes,  
ask for forgiveness,*

*be moved by reconciliation, savor the happiness of authenticity ...*

*Let gentleness and love take its place in our heart and with it,  
joy, peace and gratitude ...*

*Raise our consciousness and let the light shine from our soul  
for the greater good of all ...*



# Free ourselves from our beliefs



Beliefs, like old patterns, we impose on ourselves. They exert a powerful power, that of slowing us down in our tracks, of preventing us from fully living what we aspire to and of undermining our self-confidence ...

There are so many limiting beliefs, at the level of the person, of society and beyond. Some examples (see the page "Work in conscience"):

*'I'm too shy' - 'I have no talent' - 'Nobody loves me' - 'I'm too sensitive' - 'Being kind is being weak' - 'He's always the strongest who wins'...*

Breaking free means approaching situations with a fresh eye, without prejudices and regaining control of our choices and actions.

Here are 3 great ways to get rid of it:

## Approach belief in conscience

The first method is to dissect and dismantle a belief and prove that it is not an absolute truth. Once this mental path is walked, I can choose to believe in something more positive that suits my development here and now.

But you have to be vigilant ... a limiting belief has "its use", I "created" it because it suits me in certain circumstances: it protects me when I dare not do something. To get rid of this belief, therefore, it is necessary to recognize that it has a hidden utility.

\* Start by flushing out our beliefs: it is not always easy because they hide behind what we think are obvious. They contain *'always', 'never', 'nobody', 'everyone', 'every time', 'I am too much...', 'I am not enough', 'I must', 'I must' ...*

\* When we have spotted one, it is time to look for situations where that belief is not true; it will be our mental cues to realize in conscience that this assertion is not valid.

\* Then, find an alternative path: study mentally what this belief protects us from and how to best preserve ourselves if this belief disappears in order to facilitate the work of "cleaning".

\* Rephrase into a statement that helps.

\* Moving forward: Thinking about the new possibilities that having alleviated this belief gives me. What will I do in the future, what will I allow myself to think, say, do that I didn't allow myself? Set achievable goals that will allow us to change our behavior and strive for more confidence and inner peace.

### **Example:** "To be kind is to be weak."

(N.B.: 'Being kind' could be replaced by being empathetic or generous)

Implied: "I am nice, therefore, I am weak".

Are there any cases where this statement is false: Yes, I know people that I admire, who are deeply kind and who have a lot of strength and charisma. Myself, when I give my time to X and Y, I feel nourished and I don't feel weak.

Where does this idea that nice people are weak come from?

It is a look, a criticism, a judgment that belongs to people for whom, for example, the accumulation of wealth or the competition between human beings is essential. This judgment, I made it my own ...

How can I protect myself if my belief disappears? I remain true to myself, I do not change my ways of acting but I refrain from speaking about kindness, empathy or generosity in front of these people to protect me from their judgments. But I do not / no longer share their point of view.

And how do you value kindness?

I realize that I have a lot of kindness inside me (empathy or generosity, for example) and I accept it. Being kind is only a weakness in the eyes of people who do not share that value. Now their opinion no longer counts.

To be kind is to let the best part of my soul shine. I make an effort to be able to assert the importance of this quality when I feel it is necessary and possible.

I will spontaneously express my kindness with the conviction that it is a great value and I will share my ideas with people I trust and who are caring.

It can be helpful to follow this mental path several times so that it becomes anchored in us and definitely frees us from this belief.

There are many beliefs. It is up to us to bring them to light and replace them with more objective and helpful statements. These reformulations allow us to bring a soothing and benevolent look on ourselves and on our path.

## Experiment with quantum meditation

My goal is to share with you a simple but extremely powerful tool that I have used a lot. It allowed me to lighten my mind of beliefs that were the source of pain that I couldn't shake until then. However, I am not an expert in quantum physics. Also, if you want to know all about the subject, I can only encourage you to do some research in this area.

Quantum physics shows that atoms, on the scale of the infinitely small, are made of energy and are not really tangible matter. She also argues that atoms influence each other, without being in direct contact, thanks to an invisible energy ... A consequence of all this is that our thoughts are energies capable of modifying the behavior of our cells and our magnetism. Everything is energy, vibration, frequency.

On the path of personal development, a majority of our difficulties come exclusively from the mind. When mental energy is blocked, our life begins to stagnate. Quantum meditation, by awakening a sleeping force within each of us, allows this energy to flow smoothly again. It is an infinite activating and healing potential that in fact every human being has.

This meditation is extremely effective in lifting beliefs but it can also be effective in improving a problematic situation or a conflictual relationship, eg. It can, in fact, be adapted according to our needs. The principle is quite simple.

It is about going to meet the "energy of ..." which we will visualize in the form of a character. The energy of what? In connection with beliefs, it can be: 'work', 'money', the image I have of myself', 'the image that others have of me', 'femininity', 'professional success'... Let's take the time to identify a little more precisely what belief is blocking our progress. 'The work', for example, is, in itself, a broad theme; it is useful to specify which aspect is mentally problematic. For example, it may be work 'in its definition by society of what is acceptable' and socially recognized work.

## Meditative practice

Sit comfortably and breathe deeply in a conscious manner.

Take the time to feel the calm take hold. It will prepare our physical body and mind for a deep quantum connection.

Connect to all the positive and benevolent sources of energy that surround and protect us (it can be our guide (s), an angel, an ascended master or just light forces) and ask them to accompany us in this process so that it is healing and that it allows us to grow in love and awareness.

State the intention of our meditative session: 'I wish to meet, in me, the energy of' ... '(what we have chosen to transmute)

## First stage

Calmly, on an exhalation, begin our interior journey by plunging into ourselves, into our body, slowly, very far, to meet this energy represented by a character.

Accompanied by the light forces, we move towards him. We position ourselves in front of him. Let's take our time to observe its pace. Is it friendly? What impression does it trigger in us? Is he old? Impressive? Decrepit? Angry ?

We can get in touch with him and talk to him, ask him questions. (For example, why does it look that way today? What made it evolve in that direction?)

What link do we have with him? What kind of relation ? Warm ? Distant? ...

When we have obtained the information that seems sufficient to us, thank this character / energy for his availability and become aware of our breathing.

Slowly, at our own pace, let's come back to ourselves, to our ordinary consciousness, to our physical body.

We can take notes, if we think it would be useful.

## Second step

We are always connected to the luminous and benevolent forces, surrounded and accompanied by them.

Let us turn our attention to our breathing again. Calmly, on an exhale, we dive back into ourselves, deeply, to come back to where we encountered this character / energy. We can get back in touch with him and talk to him (it doesn't have to be).

Let's take a moment to look at it and feel the link that unites us.

Then, on an exhale, we will 'come out of ourselves' as if horizontally, to observe the scene from a 'distant' point of view. From where we are, our consciousness can observe the part of us that has come down and relates to that character / energy, as if, oddly enough, we are external, detached from the situation.

Around us and within us, everything is calm.

As we observe this scene, we feel a luminous, pure and very powerful force awakening within us. We become 'pure luminous consciousness'. As if we were projecting light on this stage, we will create a bond of light, a very strong universal love bond with the character / energy, with the part of us that is in front of him and with the relationship that they feed.

When our intuition tells us that the light 'has done its work', slowly our consciousness draws closer to the part of us facing the character and reintegrates it. Our consciousness is again facing the character / energy. How does our conscience feel? Has the character / energy changed? Has the relationship between him and us changed?

Let us thank this character / energy again for his availability and regain awareness of our breathing.

Slowly, at our own pace, let's come back to ourselves, to our ordinary consciousness, to our physical body.

We can redo the process as many times as it seems necessary. What matters is the luminous experience of detachment which allows one to distance a belief or another problem (relational, for example). A new, lucid, calm gaze can open to us, freed from mental brakes.

## Adopt the wisdom of the Eagle

The Eagle is a spirit that can often be seen on shamanic journeys. It can be a totem animal (which watches over or protects a person throughout his life) or an animal of power (which crosses our path to deliver a message).

This is what the Grand Bear Shaman website says about the Eagle: *"The Positive Energy of the Eagle is paramount in Native American Wisdom. It symbolizes the total connection with the Great Spirit and hence the Consciousness. It is imbued with lightness and power. His ability to rise above all and all endows him with a wise detachment. He does not let himself be shaken by trivia and details. He is above everything, without judgment, without fear, or even opinion. He accepts the Vision of What Is,*

*guided by the Solar Source which he embodies. The Eagle is arguably the symbol of the greatest spiritual elevation there is. "*

*Or, "The Eagle is the emblem of the higher elevation, the one who rises above all. He is totally free and detached, which gives him his noble, righteous and piercing visions. It is his ability to rise above the mountains, above the clouds, that brings him Eternal Peace. From these heights and with his discerning eye, he observes like a sage and pierces the challenges ahead. He sees, he knows. Nothing can touch him as his distance from events is great. This is its strength. He remains unshakeable (...). He knows. "*

Whether we have to free ourselves from a belief or wish to transform our outlook on a problematic situation, the wisdom of the Eagle is an asset that will be of great effectiveness if we know how to imbue ourselves with it.

## Meditative practice ('visualization' type)

Make yourself comfortable.

Breathe deeply and consciously. Take the time to feel the calm take hold.

Connect to all the positive and benevolent sources of energy that surround and protect us and ask them to accompany us in this process so that it is healer and that it allows us to grow in love and awareness.

State the intention of our meditation session: "I want to free myself from such a belief ... or change my view of such a situation".

Read the description of the Eagle, his power, his wisdom (aloud or in a low voice) ... Soak up his gaze.

Imagine being in a place conducive to meeting the Eagle: a meadow, the side of a hill or a mountain. Everything is calm. The air is good.

After a few moments, the eagle appears nearby. It flies around us. It hovers.

In a fraction of a second, imagine ourselves to be the Eagle, adopt his gaze.

We remember his wisdom. He is our eyes. We are his eyes.

We fly with him, in him. He knows. We know.

We take a look at the situation that poses questions to us.

We take the time to observe him calmly.

Seen from above, it looks distant, of no real importance.

It exists but we are detached from it.

When it seems to us that the Eagle's wisdom has done its job, slowly, at our pace, let us come back to ourselves, to our ordinary consciousness, to our physical body.

Has our outlook on the belief or the problematic situation changed?

We can also redo the process as many times as it seems necessary.

This is another effective way to be able to make new choices, lighten a belief, lighten a weight and move forward in conscience in inner peace.

## Awaken our child's soul



*The child whose eyes sparkle when he sees a rainbow, who closes his eyes to better savor the smell and taste of fresh bread, who giggles and laughs out loud, can you feel his joy?*

*The kid who plays with these kids he doesn't know, who shares his apple with the one who doesn't, who doesn't even see a different skin color than his, can you feel his carelessness and his natural goodness?*

*The child running wildly, rolling around in the grass, playing and dancing, can you feel his jubilation and immense inner freedom again?*

*The kid who draws imaginary creatures, who makes up a story that bounces from extraordinary characters into wacky anecdotes, who sings his new song at the top of his lungs without even caring if he is singing right, can you feel his creative power?*

*The child has within him a great capacity for wonder, a marvelous faculty of arousing his joy and a considerable creative power. He lives in the moment. He is not afraid of the gaze of the other. He is not afraid to imagine, to meet ... or to go into the unknown ...*

*Whatever the means (take a dance class, open a children's book, dive into our memories, take side roads ...), awakening the gifts specific to our child's soul stimulates our senses, connects us to our creative strength and offers us a real power of liberation from fears.*

*It is a powerful way to enchant the heart and to grow spiritually.*

## Divine union



I grew up in a Christian world. Baptized, I attended catechism classes and studied the Gospels, and I was deeply influenced by certain fundamental tenets of the Bible, such as original sin. I have always loved entering churches, places of peace and contemplation. Irresistibly drawn to spirituality, I embraced the precept of chastity or abstinence that comes with choosing a spiritual or monastic life.

I have experienced several love stories throughout my life. I always acknowledged my desire for the one I loved, but I could not ignore a certain shame after our embraces... In a fleeting way, I would awaken in myself the myth of the temptress woman at the origin of sin... I unconsciously united myself with all those women – whether Muslim, Hindu or Christian – despised and mistreated in this world dominated by men and by all-powerful religious authorities.

In 2020, my husband and I attended an online "Sacred Love Summit." Tantra was to be discussed. I admit that, trapped by my prejudices and beliefs, I wasn't initially drawn to the subject. Two absolutely remarkable Tantra instructors (but is it a coincidence that I was only truly moved by the words of two men?) spoke with both power and simplicity about the sacred nature of the spiritual, emotional, energetic, and physical union of two people who love each other. I experienced a profound revelation, a shock of undeniable truth.

Almost immediately, my sacral chakra, which governs sexual energy and creative feminine power, opened like never before. In the days that followed, my kundalini awakened very intensely. And when my husband and I united in love with this new awareness, I accessed states of being previously unknown to me (intense and inspiring visions, bliss, experiences close to ecstasy). It became clear that these sacred encounters further strengthened the kundalini awakenings, bringing with them the elevation of my vibrational frequency.

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The body spoke. The energy spoke. Yes, it was undeniable and liberating. I thought to myself, "So, everything was wrong." Original sin doesn't exist, and abstinence is meaningless. And this degrading view of women is completely unjustified.

*The spiritual, emotional, and physical union of two loved ones is sacred, and this fusion should be celebrated. It is simultaneously soothing, restorative, magical, blissful, and ecstatic. It is divine.*

*And it is an integral part of the path to truth and spiritual evolution.*

*This truth goes against so many religious precepts but it cannot be silenced.*

Doubt is no longer possible.

The spiritual path is a path of love, and in particular, a path of love for the beloved: embodying one's sacred feminine or masculine, opening one's heart in trust, and uniting in divine love.

## The sacred feminine and the sacred masculine

We know that the feminine and masculine energies (yin and yang) are expressed throughout the universe and in every human being. To be able to exist, each pole or each force needs its opposite or rather, its complement. Every man has a share of feminine energy and vice versa. We owe it to ourselves to create a balance, within us, between the 2: The feminine is the heart of emotions, sensitivity, intuition, inspiration ... The masculine helps to implement, to move to the action.

**Rather, the sacred feminine and the sacred masculine express an ancestral wisdom.**

For a woman, recognizing her sacred feminine in yourself or for a man, her sacred masculine requires conscientious work and a cleansing of many beliefs ...

## The sacred feminine

Mistreated by religious diktats and the dominant patriarchal culture, women have to make a real pilgrimage to meet the divine dimension of her femininity: to feel woman and complete, powerful and gentle, nurturing and welcoming, sensitive and wise ...

The woman in her sacred feminine assumes herself fully. She is fulfilled, in full possession of her power. She is freed from the brakes that prevent her from reaching her feminine power, an inner strength both mental and physical. It does not seek to correspond to any image or to submit to a cultural requirement. She recognizes her intrinsic beauty regardless of her appearance. She listens to and expresses her sensitivity, her needs, her desires, her femininity, her inner truth, her ideas ...

Her relationship with others changes: Awakened by an accomplice sorority, she perceives other women as her allies. She feels neither superior nor inferior to man; she develops a natural fraternity towards him. She readily admits that sometimes she needs a man's help.

From her emanates a soft and firm presence, deep and clear, without the need to seduce, without the need for attachment and without fear. She embodies the Goddess in her.

## His relationship to sexuality is also transformed

Most women carry with them an unconscious shame of having sexual desire and feeling pleasure. This is the result of a centuries-old mistaken view of sexual union prevalent in our societies. This vision limits the sexual relationship to a physical encounter (only the lower chakras are activated) and sums up the woman, at best, to a passive and submissive being.

The woman in her sacred feminine finally recognizes her sexuality as a dimension of her divine being. She venerates her female body, each of her cells. By consciously opening her Yoni, as if it was a sacred door, she awakens to her own sexual power and in doing so, creates a deep bond between her heart chakra (through which she lives her relationship to the man she loves) and her 2nd chakra, the sacral chakra (seat of sexual energies and creative forces). The link between these 2 chakras is one of the KEYS to divine Union.

## The sacred masculine

Man must also free himself from the expectations conveyed by society.

The man in his sacred masculine is no longer ruled by his domineering ego and no longer seeks to be the best or the strongest. He doesn't need to have power, status or money to know who he is or to seduce. He uses his physical and mental strength to do good with honesty, to help and protect, even to fight injustice. He realizes that his actions have an impact on the world and that he is responsible for it. He respects all forms of life.

He accepts his sensitivity and is not afraid to show his emotions or feelings, to be gentle or tender (even in public).

He loves and respects the woman and sees her as his equal and his complement.

We must face the facts that only the triumph of the sacred masculine on earth will ensure a possible future for humanity. A sacred masculine which allows the sacred feminine to walk in all serenity and in perfect harmony with it. A sacred masculine who protects all forms of life and in particular, its place of life: the Earth.

## His perception of the sexual relationship also changes

He respects the woman, her expectations and her desires. Most importantly, he sees sex as an act of love. He is open to his heart and thereby creates a deep connection between his 2nd chakra, the sacral chakra and his heart chakra.

This path is "the opposite" or complementary to that taken by women. Where the woman's "mission" is to connect her heart to her sexual power, the man must combine his sexual force with his power of love. The link between these 2 chakras is again a KEY to Divine Union.

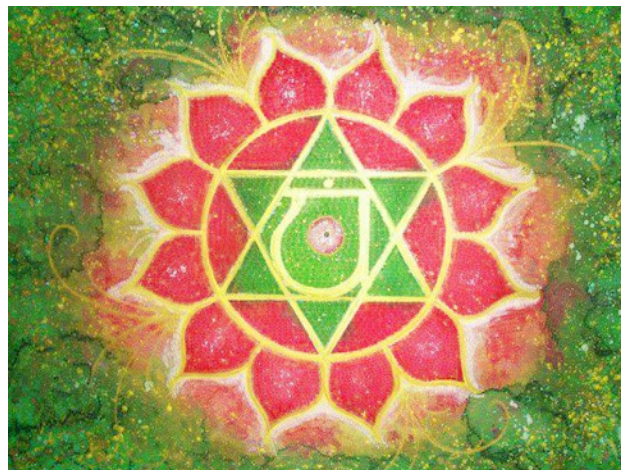
## Divine union

From the perspective of personal and spiritual evolution, the Divine Union of the sacred masculine and feminine is a real springboard. It is for 2 reasons: it allows us to experience bliss, ecstasy or spiritual fusion, putting us in contact with very high vibratory states. But it can also be a trigger for the elevation of the mighty Kundalini.

### How to achieve Divine Union?

For Divine Union to take place, conditions must be met in two people who love each other and who wish to achieve it:

*an opening of the heart chakra,  
a will to fully engage in this moment of Union,  
a abandonment of all fear and anguish, in an infinite tenderness,  
to the love of the other and to divine Love  
and to accompany this meeting of the living Consciousness to create a sacred Union  
(vision very far from the intimate encounter conveyed usually).*



The first step is, for the 2 partners, to open their heart chakra, to let love shine fully, freely and without anxiety, and to connect heart to heart in the fullness of the moment. Take the time to feel the energy of love flowing and exchanging freely in peace and serenity. That in no way precludes a very intense experience.

A connection between them is then established at the level of the 2nd chakra or sacral chakra.

Finally, a connection is created, in love, from consciousness to consciousness, like a tender kiss on the forehead.

This explanation is technical, but between two people who love each other and who unite their bodies in love and tenderness, these connections are made very easily ...

At the height of the Union, the energy flow crosses the 7 chakras of the couple and generates between them, a fusion on all the planes associated with the chakras.

Depending on the depth of the bond of love that connects her and him, the sacred masculine and feminine, and the intensity of abandonment to love one another and to divine Love, they can experience the perfect union: bliss, ecstasy, even unity with the absolute Essence. So many experiences of great spiritual intensity allowing them to access very high levels of consciousness.

Divine union can be achieved on the spiritual plane and therefore does not necessarily require sexual or physical contact. It can even be realized on the etheric plane. If we have the slightest fear, we can relate to all the positive and benevolent sources of energy around us and ask them to protect our energy structure during this encounter.



## Awakening the Kundalini



The main channel of the spine through which the 'coiled like a serpent' Kundalini rises from the entrance to the coccygeal center at the bottom of the spine is sushumna. In most people, only a very small part of the force of kundalini flows through this channel. The more this energy is awakened by the evolution of human consciousness, the more its current flows into the channel to cleanse and activate the various chakras. This animation leads to an enlargement of the energy centers and an acceleration of their frequency allowing progressively access to more and more faculties linked to the various energy planes.

The stronger the energy propelled by the kundalini, the more active the chakras become, resulting in a further expansion of consciousness. So there follows a virtuous circle of awareness and vibratory elevation.

However, during Divine Union, the energy flow is particularly lively and intensified. A powerful awakening of the force of the Kundalini can occur in both partners, implementing this virtuous circle of raising consciousness.

This explains why Divine Union is an essential support on the path to spiritual Mastery.

## Faculty of self-healing and shamanism



Our body is sacred, and it is our duty to take care of it. Moreover, it is a precious aid to our spiritual evolution.

By bringing to our awareness the tensions, blockages, and dysfunctions within us, we can work to recognize the feelings, emotions or thought patterns that underlie them. Over time, it is even possible to identify the circumstances that create physical discomfort or even illness and ultimately, to prevent them.

I have often used energy therapies to heal myself and release certain blockages but I have also gradually acquired knowledge in the fields of aromatherapy, gemmotherapy, Bach flower remedies, and more. In parallel, I have practiced Tai Chi and Qigong. These are all ways to restore physical, emotional, and energetic balance within ourselves.

It was through practicing shamanism as a personal means of healing that my guides informed me that I had made what is called a "quantum leap," an important step on the path to spiritual mastery (*see the page dedicated to vibrational frequencies and leaps in consciousness*). For a human being, this corresponds to an approximate vibrational frequency of 230,000 Bovis units.

This quantum leap occurs when an awakened being has undertaken a long, conscious journey to discover who he truly is and has simultaneously developed a capacity for self-healing. By combining knowledge acquired in the field of therapies (phytotherapy, gemmotherapy, aromatherapy, Bach

flower remedies, etc.) or various mental and physical practices (meditation, yoga, Tai Chi, Qigong, shamanism, etc.), he has acquired this ability to heal themselves on the physical, emotional, energetic, and spiritual levels.

This quantum leap, if I experienced it thanks to shamanism, is because this practice seems to me to be the most powerful and the most complete for achieving healing of the body, soul, aura and chakras... There are undoubtedly other practices that are just as effective in other cultures but I do not know them.



Shamanism is practiced in an ancestral way by many indigenous peoples all over the world: Siberia, Central Asia, Mongolia, Americas, Australia, Africa ...

Shamanic Art is based on a communion of the Shaman (or man / woman-medicine) with Nature, the living and the spiritual world, in particular, the spirits of nature ...

During his shamanic journeys to meet his totem animal or his animals of power (his guardian animal for healing or his guide animal for soul recovery), the shaman obtains information and remedies to help his "patients".

To help the development of their soul, he can come to their aid in different ways:

- \* By obtaining advice near his animal totem on a path to take in a life trajectory, for example;
- \* By transmitting, on the etheric level, a medicine (plant (s), mineral, decoction...);
- \* By practicing spiritual extraction: cleaning up a negative imprint which may be family memory, belief or dark energy ...;
- \* By going in search of a lost animal totem : when a person is cut off from their intuitions, their animal totem may move away;
- \* By performing a soul recovery: in the course of our history, following one or more traumas, an emotional shock, ..., we sometimes lose one or more parts of our soul. The shaman, during a journey (or several), brings back this / these parts of soul lost in past sufferings to return it / them to us.

It is obviously interesting to consult a shaman to benefit from his care; in particular, soul recoveries which are sacred rituals. This care can only make us progress on the path of consciousness.

But it is even more interesting to develop our own capacities of shaman to heal our own body and our soul, to grow in love and in conscience and to further increase our faculties...

The principle is simple.

Before any shamanic journey, it is necessary to specify our intention of this journey: *'to meet such a guardian animal to, for example, heal such part of our body or such chakra' OR 'go to meet our animal totem to benefit of his wisdom in such a situation' ...*

It is then necessary to integrate the remedy offered or let our intuition speak to interpret the messages transmitted in the form of images or stones or ... or, if these animals speak distinctly, to listen to them, to converse with them.

It is within the reach of every human being.



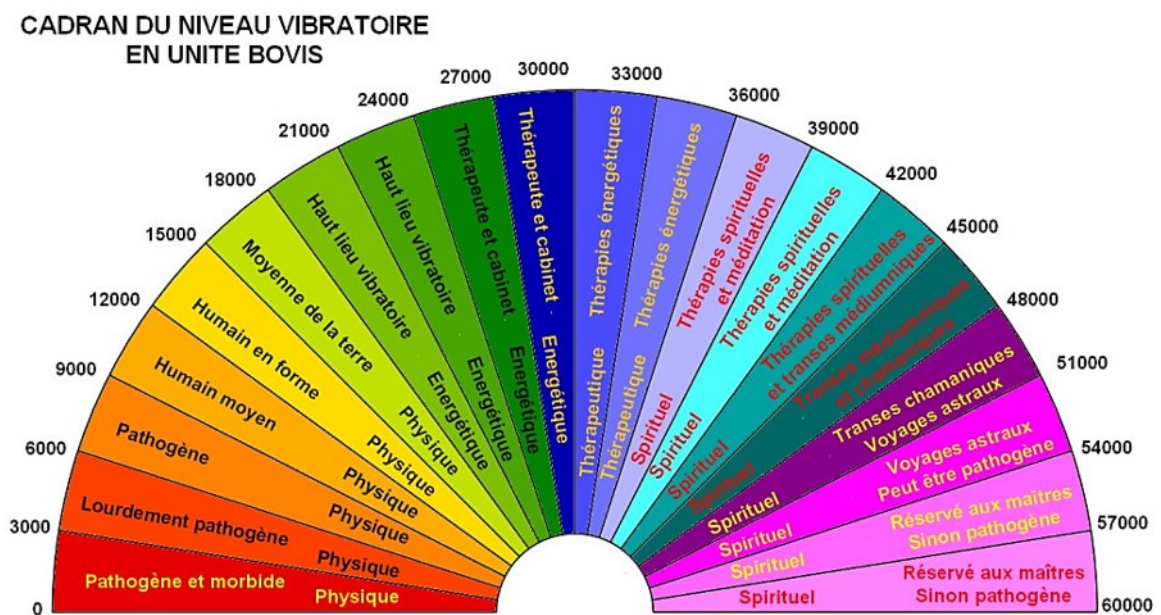
# Vibration rate and levels of consciousness



## Vibration rate and the quantum leap

On our spiritual journey, it is interesting to dwell on vibratory rates. It is quite simple to measure, with a pendulum, the vibratory rate of a place, a person or our own vibratory rate.

The dial below details what the different rates at which a human being can vibrate correspond.



The more a human being advances on the path of consciousness, the more his vibratory rate increases.

This rate can possibly be constrained by loss of soul shares (see the page on shamanism), major energy blockages or 'spiritual intrusions' (a form of dark energy, for example, which has crept into a physical or energetic body during a tumultuous period of life).

It is therefore important to have recourse to energy or spiritual therapies in order to be able to free oneself from this kind of brakes that in consciousness only, one cannot remove.

On the way to spiritual Mastery, an important step must be taken: that of the **quantum leap**.

It is performed when an awakened being has done a long work of consciousness in meeting WHO SHE IS AND has developed a faculty of self-healing.

This quantum leap corresponds on this dial to 60,000 UB.

But, today, **this dial should be completely revised**: since February 2021, the vibratory rate of Gaia, the spirit of the Earth, has increased sharply. It has been multiplied by 5... This increase influences the entire planet: trees, animals, oceans,... and human beings, of course, in any case, those who are well connected to it (and who have seen their vibratory rate greatly increase in a short time).

It follows that all measurements of the dial should be much more than doubled.

The quantum leap corresponds today to a vibratory rate of 230,000 bovis units and generally it is accompanied by an Awakening of the Kundalini.

The faculty of self-healing, I finally acquired it through shamanism (see the page explaining this point) but there are other ritual practices allowing self-healing, developed in other cultures. Unfortunately, I don't know them ...

At this stage of evolution, communication with a heavenly spiritual guide has in principle become easy. Maybe it always has been for you but in my case it has refined over time.

Whether or not we have taken this quantum leap, it is our Heavenly Spirit Guide who informs us. No one decides for him. And this heavenly guide will become our referent to achieve spiritual Mastery.

It is also the heavenly guides (ascended masters) who inform us if we have achieved spiritual mastery. Them, and no one else. Spiritual Mastery corresponds to a vibratory rate of 360,000 BU. It is achieved through a stepwise ascent of the mighty Kundalini.

The main channel of the spine through which the 'coiled like a serpent' Kundalini rises from the entrance to the coccygeal center at the bottom of the spine is sushumna.

In most people, only a very small part of the force of kundalini flows through this channel.

The more this energy is awakened by the evolution of human consciousness, the more its current flows into the channel to cleanse and activate the various chakras.

This animation leads to an enlargement of the energy centers and an acceleration of their frequency allowing progressively access to more and more faculties linked to the various energy planes.

The stronger the energy propelled by the kundalini, the more active the chakras become, resulting in a further expansion of consciousness. There follows therefore a virtuous circle of awareness and vibratory elevation which can lead to spiritual Mastery.

## Levels of consciousness

On our spiritual journey, it is also interesting to dwell on the levels of consciousness.

The table below details the stages in the evolution of a human being's consciousness. And it is quite simple to check, thanks to a pendulum, where our own consciousness is.

## Carte de la conscience humaine de David Hawkins

Réalisée sur base des ouvrages de référence "Power vs. Force" (1re éd. 1995) et "Transcending the Levels of Consciousness" (2006) du Dr. David R. Hawkins, et de la carte réalisée par Olga Alexandrova disponible sur internet, chaque élément ayant été rigoureusement vérifié au pendule (par Jean-Charles de Biolley, février 2021, [www.ilona-jeancharles.be](http://www.ilona-jeancharles.be))

Niveau	Logar.	Emotion	Vue de la vie	Processus	Niv. bonheur	Posture
HONTE	20	Humiliation, haine de soi	Misérable	Elimination	1%	Négativité et passivité
CULPABILITE	30	Blâme, autorécrimination	Malveillante, maléfique	Destruction	4%	
APATHIE	50	Désespoir, impuissance	Sans espoir	Abdication	5%	
CHAGRIN	75	Regret, tristesse, dépression	Tragique	Abattement	9%	
PEUR	100	Anxiété, angoisse, terreur	Effrayante	Retrait	10%	Négativité et activité
DESIR	125	Envie, jalousie	Décevante	Asservissement, addiction	10%	
COLERE	150	Haine, révolte	Antagoniste	Agression, vengeance	12%	
ORGUEIL	175	Dédain, mépris, fierté, vanité	Exigeante, insatiable	Surestimation	22%	
COURAGE	200	Affirmation, ouverture	Faisable, vivable	Détermination, autonomisation, responsabilisation	55%	Positivité et dualité
NEUTRALITE	250	Confiance, détachement	Satisfaisante	Libération, lâcher-prise	60%	
VOLONTE	310	Optimisme, engagement	Pleine d'espoir	Intention	68%	
ACCEPTATION	350	Pardon	Harmonieuse	Transcendance	71%	
RAISON	400	Compréhension	Pleine de sens	Abstraction	79%	
AMOUR	500	Révérance	Bienveillante, bénéfique	Révélation, inspiration	89%	Positivité et unité
AM. INCOND.	540	Sérénité	Merveilleuse*	Guérison	96%	
JOIE	570	Extase	Complète	Transfiguration	99%	
PAIX	600	Béatitude, félicité	Parfaite	Illumination	100%	
REALIS. DE SOI	700	Indicible	Totale*	Réalisation, éveil*	Infini	Don de soi
EVEIL TOTAL	850	Ineffable	Elle EST	Conscience pure	Infini	
AVATAR	1000	Don de soi*	Divine*	Rédemption*	Infini	

\* Apports personnels

## Spiritual awakening

Spiritual awakening corresponds to the moment when a human being realizes that he can be an actor in his life, that he decides to grow in love and in light and that he sets out to meet his divine essence, that he Call it 'Self', 'Higher Self', 'Double quantum', it doesn't matter.

On this table, we can locate it at the stage called 'Courage' and from there to the stage associated with 'reason'.

The Quantum Leap and the various stages towards the state of spiritual Master and towards Ascension, accompanied by Awakening and the gradual elevation of Kundalini, appear from the state of Love and beyond ...

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## The teaching of Sananda, Yeshua, Jesus ...



If you were born into a Christian culture like me, I guess the following will surprise you, perhaps shock you. I personally cannot keep silent about the fruit of my discoveries.

In his youth, Jesus followed the teaching of healing given by the Essenes. Their extremely sophisticated therapeutic approach was exercised both on the physical body and on the chakras and the various energy bodies. She was using the power of energy / light to dissolve energy blockages, toxic bonds, negative thought forms or spiritual intrusions, whether these were in the physical body or in the patient's aura.

But for a complete healing to take place, this therapeutic approach involved the patient and not in any way: it invited him to bring to light, to bring to his consciousness, the circumstances of creation, e.g. an energy blockage to encourage him to an attitude of benevolence towards himself and to forgive himself.

It was all about helping the patient to grow in awareness and love ...

Also, the message of Jesus, as a preacher, was no different from what is written here on conscientious work:

- \* bring to light all that separates us from WHO we are in the depths of us, of our divine nature;
- \* evolve towards more self-love, wisdom and inner peace;
- \* walk towards our inner light and radiate ever more love for others, for humanity ...

Lift this stone (ourselves), observe the hidden face, clean it, allow it to shine ...

Find our child's soul ...

Be benevolent and show empathy and generosity towards our fellow human beings ...

Make divine Light and Love triumph by focusing on the personal journey made by each human being...

## A bombshell

We can still be surprised that the substantive core of Jesus' message has been "forgotten"? The many channels of Sananda that I have read in my spiritual research and the messages that I myself have received all point in this direction (conscientious work). Is it not therefore legitimate to be surprised at the discrepancy between the message of the Catholic Church and the channels attributed to Jesus?

It must be remembered that the transcribed messages are sifted through the filter of a human being. Always. And whatever the religions.

For what purposes? No one is obliged to adhere to my hypothesis but I deliver it to you: if the teaching of Jesus had been faithfully transcribed and if God is in each of us, we would have needed spiritual guides (who help us on our way ) but no priests (holders of the word of God) and a wealthy Church would not have justified itself... Everything is therefore a matter of power.

Likewise, when a Church or a religion is all powerful, it imposes its truths, those decreed by God, of which it alone knows the secrets and values and does not admit questioning:

What God could want to exclude a homosexual from his community because of his preferences? Before that, what God could demand wars, slaughter and torture in his name?

The critical spirit having gained ground in our societies, many human beings have ended up turning their backs on religion, on a religion riddled with inconsistencies and intolerance, at the same time turning away from spirituality. Because no distinction is made. Such a waste...

## A second bombshell

Let's go even further ...

Documents and films attempt to affirm the presence of Mary Magdalene alongside Jesus. From the channels I read on the subject and the answers I myself received, Jesus and Mary Magdalene were very companions in life. They were very close and often together.

Mary Magdalene and Jesus lived the divine Union.

She taught the sacred feminine, the sacred masculine and how to achieve Divine Union.

What has it been reduced to? In the rank of prostitute ...

If it had been respected, the evolution of humanity and in particular the place of the feminine in the world would undoubtedly have been very different.

Divine Union is a springboard in spiritual elevation.

And from the information that I received from my spirit guides, all of the ascended masters, absolutely all, have experienced divine union. This Union, as I have clarified in this article, could have been spiritual only.

If Divine Union had been taken seriously, it is the complementarity of the sacred feminine and masculine that would have been celebrated and that too would have changed the face of the world.

# « The Way of Simplicity » - Message from El Morya

Channeled on September 23, 2021 by Amylianah



Greetings to you,

I am El Morya,  
Ascended Master and Guardian of the Blue Ray of Light,

I have come to speak to you about Knowledge.  
You human beings on the spiritual path have a unique chance in the present moment to have highly developed means of communication.  
They give you access to countless information on Spirituality, Awakening, Transition, Ascension and the richest and most valuable aspects of the Truth journey.

In some of these sources of information you will find an authentic and reliable echo of the progression towards the state of Spiritual Master;  
in others, an influx of confusing information that will not help you ...

I ask you to exercise good judgment.  
Be sure to multiply sources of information on the topics that matter to you.  
Don't be fooled by complicated terms. Do not we say: "*What is well conceived, is stated clearly and the words to say it come easily*". What is true in classical works is also true in the field of spiritual evolution.

A person who has acquired great skills and who has a substantial journey as a light craftsman, has necessarily - even partially - cleansed their ego. They don't need to get lost and loose you in obscure language. Nor does they need to dominate or gain power over their interlocutors or readers. The greatest wisdom is expressed in simple, powerful words and, often, with great humility.

How do you know if you are on the right track? If you are talking to the right person? If they can help and guide you? Open your heart. Connect to your intuition and sensations. What are they telling you? Do you feel confident? Do you feel enlightened by contact with this person or their writings? The influx of energy that emanates from them is your best landmark. What does this energy tell you? Does it nourish you, comforts you or on the contrary, does it create discomfort in you? Make the resulting decision... for your well-being and your personal growth.

Be kind to others but also and above all to yourself. Learn to look at yourself fondly. And, consequently, entrust your story, your sensitivity, your privacy to luminous people who will know how to take care of you and guide you on the path of joy, serenity, bliss ...

To be on the way to Awakening or to spiritual Mastery is to grow in consciousness. To put it simply, it is bringing to your consciousness, your wounds, your weaknesses, your blockages, ... It is working to transcend them to allow the light to shine in you and through you.

It is not necessary to accumulate infinite knowledge on, for example, the Universe, energy flows or ancestral traditions around the world ... It is not useful either to accumulate 1000 therapeutic techniques or to study so many esoteric texts.

The way of Wisdom and Divine Truth is, and you will know it over the years, a way of simplicity and lightness, combined with great power.

I bless you and send you my bright and benevolent energy.  
May it light your way,

El Morya

# « Take your place in the world » Message from Buddha, Siddhartha Gautama

Channeled on September 21, 2021 by Amylianah



Dear souls on the spiritual path,

I am Gautama, said Buddha, Ascended Master,

For a long time it was agreed, all over the world, that the path of spirituality should take place in monasteries, hermitages, ashrams and other places totally isolated from civilization. The spiritual research was to take place in silence and stillness, far from the hustle and bustle of "ordinary" humans.

This acceptance of spirituality was fully justified.  
This state of mind, however, is over as times have changed.

In recent years, the evolution of consciousness and the improvement of the means of communication have given a boost to the dissemination of the most advanced spiritual teachings, whether it be energy therapies, meditation methods or the most advanced knowledge on the etheric components of the human body (aura, chakras, kundalini...).

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As the vibratory rate of humanity rises, we are witnessing both a wider and deeper diffusion and anchoring of that which was previously kept secret.

Today, it is up to all of you to share your learning and knowledge step by step, as widely as possible. Do not wait any longer for someone to come to you; dare to speak about spirituality around you... Explain your discoveries, always with patience and benevolence.

Beyond the "theoretical" aspects, I ask you to do your utmost to embody your divine nature and your sacred potential on a daily basis, in concrete life, in you and around you.

Take the time to actively meditate on who you are, your qualities, your gifts, your talents, on how to radiate your divine potential and thus realize yourself fully in this world.

This is research that is obvious to some, but to others, it requires a lot of discipline, time and attention. Go forward listening to your feelings. Change direction if necessary when you perceive that you are on the wrong track. Try again.

Start over ...

This spiritual search, this search for meaning, it is this that will give you, through your personal fulfillment, the keys to access to bliss and to very high levels of consciousness.

However, there is an additional difficulty facing you today: the need to take into account the state of the planet. We can no longer ignore the impact of humans on nature. Spiritually, this is a fact that cannot be ignored and that I urge you to take into account.

Dare to take your place in this world, the one that is rightfully yours, in complete harmony with the Earth, the one that will allow you to diffuse the divine Light to the greatest number within society and on a daily basis.

Never forget, dear souls on the journey, that we, the Ascended Masters and Heavenly Guides, are always ready to come to your aid if you express the need.

Gautama

# « Your Fulfillment » - Message from El Morya

Channeled on September 30, 2021 by Amylianah



Hello everyone,  
I am El Morya, Ascended Master and Guardian of the Blue Ray of Light,

I have come to talk to you about your path of accomplishment or your life mission ...

Each embodied human being asks himself the question of knowing in which direction to go in order to access his personal fulfillment.

This accomplishment or this life mission can take on different aspects:

\* it can be a "job" that could be exercised over a lifetime, sometimes deepened or adapted according to experience and learning (eg being a teacher);

\* it can also be a special talent that this one is,  
artistic (eg, music) or artisanal (eg, woodworking)  
or related to mastery of certain knowledge (e.g. knowledge of plants and their healing power)  
or the exercise of a specific human ability (eg, an extraordinary oratory ability or to exercise a role of leader or to channel beings of light) ...

Know that this path of accomplishment, you have most likely already taken in your previous incarnation (s). Your consciousness is imbued with that talent or ability that you have most often already exercised.

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If this is not the case and they are yet to be discovered, or if you have been on this path before, there may be signs that show you the way to take :

If, as a child, you had a particular sensitivity and an irresistible attraction for a technique, an art, a subject of study, let that attraction speak.

If, in bringing up certain subjects or seeing certain people exercising their profession or their passion, you feel overwhelmed by a deep nostalgia, a great transient sadness - which is not linked to the person you are looking at but to the talent that you are looking at. 'she exercises,

it is possible that you are cut off from this aptitude which is present in you ...

If, by exercising your abilities in a specific area, you feel empowered, as steadfast, "ONE" or unified, in full possession of your inner power and you radiate, this is another sign that cannot go wrong.

Certain choices that you feel you have to make, may appear to you to be completely contrary to family logic (choosing a technical rather than intellectual profession or vice versa) or to the era of time (choosing life in nature far from modernity) or to the surrounding culture in the society where you live (wanting to live in a very simple way, far from the desire to accumulate goods) ...

These choices seem very painful to you and can jeopardize a relationship with your loved ones, for example, but you know deep down that the attraction for this direction of life is irrepressible and that if anyone prevents you from doing so, you would be like 'cut off' of a part of yourself... If you feel this way, you are definitely on the right track.

Doubts or inner tensions, whether they emanate from you or those around you, can make this search perilous, trying, but you must keep courage and persevere.

Later, when you are convinced that you are on the path to accomplishment, all the choices you have made before will appear luminous to you and fully reveal their meaning.

There is no profession more or less valued than another, in the eyes of the celestial plane. What matters is your faith in yourself, the search for your divine Essence and your fusion with It and your ability to exercise your life mission and to accomplish yourself in the benevolence and respect for each and everyone and for Life.

I bless you and send you my luminous and calming energy.  
May she light your way,

El Morya

# « Fertility, the Sacred Feminine & the Divine Union » Message from Marie

Channeled on September 20, 2021 by Amylianah



Beautiful souls,

The time has come to reveal certain truths to you.

I am Mary, mother of Jesus.

I have the opportunity to express myself through a very pure channel  
that allows me to say what has long been silenced.

It is urgent to speak to you about Fertility and the Sacred Feminine.

The Catholic religion has made me a Saint cut off from her female body.  
This portrait does not correspond to who I am.

We, the Essenes, have always had a very strong awareness of the divine character of the physical  
body, the sacred envelope of your soul and your body of light. This body is blessed and it is your duty  
to take care of it.

The more attentive you are to your sensations, your discomfort, your pain and the more you will  
have recourse to therapies respectful of this body (plants, minerals, healing energies, etc.), the more  
you will get to know it and the more it will become a quality receptacle for light energy.

Beautiful female souls, your body is a wonder.

Whether or not you choose to become a mother is irrelevant and has no influence on your spiritual worth in the eyes of the divine. It is your duty to take care of this body. Cherish it. Listen to your needs. Know how to highlight your femininity if you wish. Be fully a woman, by integrating your intuition, your sensitivity, your strength, your sensuality ...

Embody the Sacred Feminine.

Avoid excess:

The celestial world has never asked any woman to hide under a veil. We feel very sorry for these women who are forced to hide in a dark costume covering their hair or their face.

At the same time, we have so much pain for those women who choose to show off their bodies indiscriminately under the influence of a fashion.

Know how to celebrate your femininity with grace, nuance and delicacy.

The body and the Sacred Union should never have been the subject of taboos.

The union of the masculine and the feminine, in its sexual dimension, if it takes place in love, is divine. She is nothing else than divine! Deep down you know it. Tenderness, delicate touch, an embrace imbued with sweetness or passion is resourcing and brings light.

The more you elevate yourself spiritually, the more you will have access, through divine or sacred Union, to high vibrational levels and to high levels of consciousness.

The physical union of two loving beings is ... divine. And it is unfortunate that many of you around the world have been educated in developing, within and around you, an impure image of this union.

Beautiful female souls, Gaïa needs you.

You carry the energy of Mother Earth and she needs you to spread her word, to teach everyone around you to respect the earth, nature and all living creature.

You who have the power to give life know better than anyone that it is to be preserved. If you have chosen to be a mother or if you live with children, awaken them to the sacred Feminine and Masculine, to the respect of each being and to the power of each to diffuse the Light.

There is still a lot of work to be done to awaken humanity to respect for life, but you are on your way, this word is part of your life missions and others after you will take up this torch. It takes courage, it takes determination, perseverance but we have faith in humanity, faith in those luminous human beings that you are and who, sooner or later, will succeed in triumphing over the shadows.

I bless you with all my soul and offer you my divine energy  
imbued with light, love and gentleness.

Marie

# « The infinite beauty of the Sacred Masculine »

## Message from Mary Magdalene

Channeled on September 22, 2021 by Amylianah



Dear souls,  
I greet you.

I am Mary Magdalene,  
Ascended Master and companion of Sananda.

The Catholic Church has given me a false image. This portrait, which has endured for centuries, is offensive and far from what I have accomplished. I owe it to myself to restore the truth about who I am and the teachings I have taught.

During my incarnation, I studied the most advanced disciplines on Spiritual Elevation and metaphysics. There I discovered the power of the Union of the Masculine and the Feminine when both are intensely connected to their divine Truth. I have specifically dedicated my life to teaching how a human being can come closer to his Higher Self, to his Essence, ... I have taught women how to incarnate the sacred Feminine but much more to men to transform their natural being and to commune with their sacred Masculine.

It became evident to me that a woman is more often prevented by her environment from merging with her Sacred Feminine. It is certainly not an easy task for her to free herself from the weight of her culture, her family background, her wounds,

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to reach out to contact her inner power and to shine fully.

But the path to be taken for some men to embody the sacred Masculine seems even more difficult to me.

For ages, they have known the privilege, in many cultures, to inherit the role of dominant, with all the pitfalls and all the obvious excesses. Considerable is the course in consciousness that a man must follow to dismantle all the mechanisms of domination anchored in him and open these new doors: that of the power imbued with gentleness, that of the opening of the heart, that of the listening to the most subtle sensations, that of the expression of his own sensitivity ...

When a man sets out on the path to this transformation, what infinite beauty he embodies ...

The man in his sacred Masculine radiates a quiet strength, a peaceful and tender power which protects, accompanies and reassures the woman or the child and offers them the precious gift of serenity. He develops his empathy and listening skills. He knows how to serve the most beautiful causes and the most humble beings and take care of them. He knows how to act for the greater good of all. He accepts to adapt how he works, to reinvent himself and to change when necessary. He offers himself the chance to access exceptional spiritual evolution, elevated states of consciousness and, through physical and spiritual union with a loved one, divine vibrational states ...

Man has a key role to play in the future of Humanity:  
abandon all desire for domination, silence the need to conquer spaces and accumulate wealth,  
transform his look on Woman and perceive her as his equal, to grasp the value of the Earth as a  
precious place of life and the sacred character of all forms of life...

Man in his sacred Masculine is, in perfect harmony with his feminine complement,  
the key to the transformation of Humanity.

Dear male souls, you who are reading this, I urge you to take up this challenge and to speak about  
this mission around you.

Be imbued with divine light now and always,

Mary Magdalene

# « Your healing power » - Message from Hilarion

Channeled on September 24, 2021 by Amylianah



Salutations to all,

I am Hilarion,  
Ascended Master and Master of the Green Ray,

Dear humans, I have come to you to tell you about your physical body and your light body and the connection between them.

During my incarnation, I have studied at great length - for years - the impact of thoughts, reflections and emotions on the physical body and on its proper functioning.

Thoughts, reflections, emotions, all of them interact with your light body, your aura, on different levels. I won't go into too many details.  
Through the aura, your body which is encompassed by it, is necessarily influenced by it.  
This is how you maintain a healthy body or, on the contrary, how you get sick.

Let us take concrete examples:

Negative emotions such as fear or anger, thoughts of devaluing oneself or others or reasoning around dark subjects (such as conspiracy, betrayal, manipulation, etc.)... are all triggers for energy movements or rather and more often, energy stagnation in your aura and consequently in your physical organs.

It is normal to experience these emotions or to entertain these kinds of thoughts,  
but it is essential to be able to let them go, to clean them up.

Why ?

It is by letting them soak up in you, by nurturing them that blockages of energy are created or, worse,  
that a door opens allowing dark energies that we call "entities" to infiltrate.

These have nothing to do with dead people.

These are forms of energy from the lower astral and can be the source of serious illness.

I wish I could tell you, dear humans, that it doesn't exist but that would be lying to you.

Yes, they do exist.



The good news is that you are all powerful  
in protecting yourself from all disease and all forms of dark energy.

Your best assets for preserving your body, your health, your inner balance and your serenity are  
**your CONSCIOUSNESS and your constant vigilance.**

Listen to your thoughts, feel your emotions, be alert ... Train yourself to understand what triggered  
them in you. What is the source? A wound from the past? Which ? Work to heal this wound.

Transfigure it. Let the pain pass. Let the emotion or thought slip away.

You have this immense power within you.

You hold two other healing keys: **Love and Joy.**

These are 2 powerful filters through which you can look at what is bothering you. Love and Joy are 2  
divine gifts that your heart chakra offers you. They are the most prodigious means of prevention that  
exist and the cures for most diseases. You have the power to activate them at any time. Use it, abuse  
these wonderful forces. They will only have nice surprises in store for you.

With Love and Joy also comes Forgiveness ...

If it seems to you that you are unable to free yourself from stagnant energies or cure yourself of an  
illness, seek out the energy therapy practitioner who can help you (especially with regards to  
entities). There are many whose mission of life is and who exercise it with talent.

You have an exceptional healing power within you. It goes hand in hand with your capacity for  
spiritual upliftment. Both are closely related to self-knowledge, to your awareness.

Take care of yourself, your thoughts, your body.

You are precious, you are the Light in action.

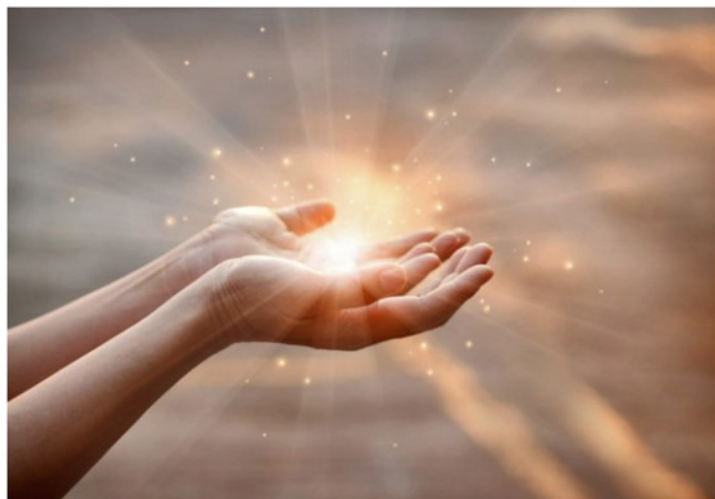
You can be Joy and Love at any time. You just have to decide it.

I bless you and accompany you on this path whenever you express the need.

Hilarion

# « Your body is sacred » - Message from Sananda

Channeled on October 3, 2021 by Amylianah



Hello everyone, dear souls on the way,

I am Sananda, Ascended Master,

The time has come to tell you about your divine body.

Modern culture, in many parts of the world, has viewed the life path of every human as if their all-powerful mind and reason were removed from their body, isolated from all sensation and cut off from the surrounding nature.

Yet dear souls, the body and your awareness of it, of its functioning, are keys to maintaining good health and to growing spiritually.

In Essene culture, each individual learns precisely to develop a very fine awareness of his body, the divine envelope of his soul, surrounded by his luminous aura.

This body is sacred and it is his duty to listen to it and take care of it.

Essene therapists have developed an extremely careful and powerful energetic approach that I have practiced myself, which is based on observing the movements of energy in the physical body, chakras and aura and on dissolving blockages in the body energy and all the dark forms of hold that can arise in a human body or its energetic envelope. So the healings performed were not ... 'miracles' ...

This approach associated the patient's awareness of the conditions of creating these dysfunctions in his body. It allowed him to exercise his consciousness to perceive the sensations, the pains, the discomforts created by these blockages in him and, by force, to give him this power, by preventing them, to maintain good health.

Good physical health but also a beautiful inner harmony, great serenity, all conducive to the elevation of one's soul.

Dear souls, you are One with your physical body and your body of Light. Create a bubble of love within you that radiates and encompasses your aura.

Learn to love your being in all of its dimensions.

Listen, detect your recurring thought mechanisms, your emotions, ...

The slightest physical dysfunction will appear in your consciousness.

As a result, you will know better than anyone what your body, aura and soul need to be in harmony.

More and more talented therapists exist who can accompany you on this path.

In the years to come, energy therapies, following the heightened consciousness of Humanity, will develop even further.

Do not forget either that Nature, in her infinite wisdom, has provided all the therapeutic remedies for ailments of the body and the soul.

This immense knowledge of plants and their virtues has been sidelined.

It's time to wake it up.

I'm not saying you have to rule out modern medicine.

It is not about giving up the remedies that it offers (and therefore putting yourself in danger) if you have not found other solutions to move towards a cure ...

Dear souls, you are so loved.

Open your heart to this heavenly love which guides and protects you.

Let this love encompass your whole being. You will draw from this benevolent force the capacity to overcome your difficulties and your pains, to find meaning in them and to move forward towards the Fullness of your being.

Your body, far from being a drag, is the best asset you have in understanding and knowing yourself. Love it, cherish it.

He will lead you on the brightest paths of Joy and bliss.

Be blessed and receive this energy of Infinite Love that I am imparting to you now and whenever you request it,

Sananda

# « Harmonious human relations »

## Message from Hilarion

Channeled on October 6, 2021 by Amylianah



Salutations to all,

I am Hilarion,  
Ascended Master and Master of the Green Ray,

Dear Lightworkers,

I come to you to teach you the intricacies of human relationships on the etheric plane.

So much energy exchange takes place between two humans when they relate and communicate in the presence of each other but also, at a distance, simply when one evokes the other in thought.

Whether it is a romantic, friendly or professional relationship, the main obstacle to harmonious relationships is the **confrontation of egos** ...

Face to face, humans, most of the time, are in competition about who will succeed in imposing his point of view, who will win, who will take power in the relationship. If the turn of the discussion is unpleasant - it is a verbal "fight" - it necessarily triggers negative emotions.

At best, you will be able to let go of these emotions easily. At worst, they will stagnate in you for a while with, as I explained in my previous post (See the article entitled "Your healing power"), the risk of triggering physical discomfort, dysfunction, blockage ...

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What happens on the etheric level is rarely perceived and yet can have disastrous consequences: a movement of energy is triggered in the 'dominant' who tends to absorb the energy of his interlocutor to weaken him and gain cause.

This energy does not come from anywhere ...

It is where the other is already weak (a particular organ, a fragile area of the body ...).

It is, no more, no less, a theft of energy ...

The same mechanism can occur at a distance if your magnetism is strong. If you harbor negative thoughts about a person, the same flow of energy absorption can arise and affect that person's "etheric" integrity.

Lightworkers, become fully aware of this functioning of domination and these energetic flows:

If you tend to easily impose your influence, be sure to explain your point of view with the utmost respect and once you take this precaution and the benevolent intention that goes with it, you will no longer find yourself drawing energy from others.

If you are more gentle or withdrawn by nature, learn to represent your point tactfully. At the same time, be vigilant and make sure to protect your energy structure thanks to a bubble of light which will now prevent any theft of energy.

With the gradual rise in consciousness of humanity, the day will come when humans will stop acting in a spirit of competition, with this reflex which consists in trying to win, to conquer, to supplant the other and therefore, to lower him.

It is possible to get out of this logic of competition and enter a culture of respect and cooperation where one listens, with empathy and sincerity, the thoughts of the other and where both can recognize that on the same subject, different points of view and therefore, several truths are possible.

The agreement between 2 interlocutors therefore intervenes in serenity and harmony and in nuance, taking into account the different perspectives.

You can help bring about this renewal in human relationships now that you are aware of this mechanism of influence. You can draw new strength from this knowledge, teach others this truth - this unnecessary conflict of egos and energy theft - and offer them to initiate new ways of doing things. It will not always bear fruit but each time you succeed, you will contribute, in sentimental, friendly or professional relationships, to raising the level of consciousness and spreading benevolence, ... light.

It is possible to live peaceful relationships where everyone expresses himself and feels heard and respected, in perfect harmony with his fellow travelers.

It is possible to live among humans in an atmosphere of compassion and mutual aid.

It is a step towards the loving society that you all hope for.

I bless you and accompany you on this path  
whenever you express the need.

Hilarion

# « Spirituality et Sharing » - Message from Lady Nada

Channeled on September 21, 2021 by Amylianah



Dear luminous beings,

I am Lady Nada,  
Guardian of the Ruby and Gold Ray of Light and Ascended Master,

Humanity is currently going through a period of intense evolution.

The vibrations emitted by Gaia and the Universe are very powerful. Many human beings see their vibratory rate increase and their consciousness rise.

It is a divine gift for all of humanity.

Destabilizing events are currently occurring on earth  
(pseudo epidemic, rise of extremism, violence, drought, torrential rains, etc.).  
They could cause trouble in your heart.

I ask you to keep your confidence.  
This vibratory uplift affects many humans  
and through them many more. It is a wave of light and love that is spreading over the earth and will  
continue to spread. Even in the darkest hours, you light embodied beings stay

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connected to your inner light and let it shine fully.  
Do not doubt its power to heal souls and hearts.  
You have a great power of Love and Light within you.

We are here on the celestial plane to help you. Never hesitate to ask for our support.

I ask you, in the expansion of this wave of love,  
to watch over the most fragile beings and the oppressed: around you, children,  
young people and abandoned adults, the poor, those in fragile health ,...  
And elsewhere, to all victims of war, earthquakes, drought, famines, cataclysms...

In Western countries, you have enough wealth  
to think of the most humble and share wealth without counting.  
Continuing to accumulate goods no longer makes sense today, no longer corresponds  
to the most widespread vibratory rate on earth and the level of consciousness associated with it.  
Making sure you get rich is outdated.

Now is the time for empathy and sharing.

What should drive you today is altruism and the pursuit of the well-being of others.  
Soak up this energy and spread it around you. It will continue to make its way.  
This is how Heaven will come to be on Earth.

There is no other possible way than that of empathy and sharing, of Light and of Love. It is she who  
will lead Humanity to its fullness.

Thank you, dear luminous beings,  
for all the efforts you are already making and will make in the future  
to radiate this sacred energy and realize this divine purpose.

May the Best be and it will be thanks to you,

Lady Nada

# « The Advent of Love and Sharing » Message from Maitreya

Channeled on September 25, 2021 by Amylianah



Dear all of you on the path to Awakening,

I am Maitreya,  
Master of Masters,

I come to you at this key moment in the history of mankind.  
You may have been told it for many years: a period of transition will emerge which will allow the earth to switch to the Light. We promised you a lot and you didn't see anything coming ...

For several months, this shift has been underway.  
It began with the healing of Gaia, the Spirit of the Earth.

For centuries she was surrounded by darkness and it was impossible for her to fight.  
She weakened, seeing her vibratory rate gradually drop.

Gaia's vibratory rate directly influences nature - animals, plants, insects, but also rivers, oceans, ... - and of course, human beings whether they are deeply connected to her or not.

To speak in general, a human being whose vibratory rate is low is most often animated by dark and materialistic thoughts: he is mainly driven by a desire to own goods, to accumulate wealth and is insensitive to injustices inflicted on other humans or damage to nature caused by this quest.

This type of magnetism therefore largely explains how man has come to enslave his fellow human beings without too much remorse and to overexploit his planet without caring the least for the long-term consequences.

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There have always been, everywhere and at all times, luminous humans - isolated and few in number - who have succeeded in raising themselves in consciousness, in raising their magnetism and who have tried to positively influence society. They had great difficulty in being heard ...

For several months, Gaïa has been doing well. Its vibratory rate has been multiplied resulting in an increase in that of all Humanity, that of all humans (small or large) who have roots firmly anchored to the Earth and also that of the children who are currently being born.

Today, very many are those whose vibratory frequency is located well above this threshold corresponding to this material attachment.

You understand that this is great news!

The announced transition period is now taking place.

It opens the way to, precisely, a detachment from this desire to accumulate wealth, to a profound change in the dominant values and an awareness of the need to transform the functioning of human society, whether it be the relations of humans among themselves or their relationship to nature.

This step is not comfortable. It's not because experiencing such intense vibrational changes in a short period of time is uncomfortable. It is not also as you are going through deeply destabilizing events at the moment (climatic disasters linked to global warming, global "epidemic" ...).

And yet the simultaneity of these events is a very good thing: the faculty of awareness - of a necessary change - is amplified and arrives precisely at the moment when this transformation of society must take place.

Rest assured that this rise in consciousness is inescapable and will only intensify over time. I'm not saying it will be quick and easy ... It probably won't. But one thing is certain: all hopes are allowed!

Human beings can only move towards a world where Love, Joy and Sharing will reign.

Whatever the coming events, evolution can only happen in this direction.

Therefore, lightworkers, keep this hope in your spirit always and shine fully. Shine with Love and Light as you know how to do so well. You are diamonds in the eyes of the Divine. You show the way. You are markers in this somewhat uncomfortable period, markers of light for all those around you.

A gigantic love egregore was created a few months ago which unites all previously existing egregores. He nourishes Love on earth.

This is good news again. Meditate as often as you can to connect with it or to fuel and amplify it.

Love takes its course and you are one of its architects.

Be blessed,

Maitreya

# « Strengthen your bond with Mother Earth » Message from Serapis Bey

Channeled on September 28, 2021 by Amylianah



Dear souls on the way,

I am Serapis Bey,  
Ascended Master and Guardian of the White Ray of Light

During my lifetime, I have always been fascinated by the infinite beauty of Nature, moved to tears by the majesty of a landscape, the magnificence of a plant, the elegance of corals or the grace of an insect ...

I radiated love, aware that from my hands or my eyes emanated a benevolent energy which enveloped this flower or this tree and that this love, this light could help them to flourish and even to recover from an illness.

I have observed with sadness the evolution of modern man's relationship with Nature, digging here and there, destroying, among other things, majestic forests and always drawing more from the soil to extract something to satisfy his thirst of wealth. He has multiplied technical advances to generate money without taking into account the limited resources of the planet, which is his only place of life.

He ... begins ... to realize that he has gone too far.

The climate change caused by its excesses feels its first effects. It is a start ...  
It is urgent that humans take the measure of the ongoing disaster  
and put their priorities elsewhere than in the pursuit of profit.

Your planet is sacred.  
Taking care of it is part of your spiritual path.  
To do this, **strengthen your bond with Mother Earth.**

There are many ways to do this:

Transform your perspective on your needs and your daily life. Get back to basics, more sobriety. You can create a simple way of life that respects it and inspire others to follow your example.

Grow plants, vegetables, fruit trees wherever possible, even in the city.  
Let the grass and wild flowers grow. Welcome insects and birds, watch them.

Give meaning to these children raised by phone or computer screens. Immerse them and the young people in nature, with their hands in the earth. Teach them how to take care of the soil and all this little world. Teach them to LOOK, to marvel ...

Reinvent your routines, find concrete solutions, be creative, innovate.

But also, militate:  
spiritual elevation is not only meditating on oneself and on your capacities,  
your weaknesses, the pardons to be granted (to oneself, sometimes),  
it is also fight when necessary to defend and protect what needs to be, in the light.  
Speak up to defend your Planet. Dare to raise your voice to denounce the excesses of society,  
abuses, failures, pollution, destruction and massacres.

Show courage and commitment.

The moment is crucial. Society, the planet itself, requires your light.

Be blessed,

Serapis Bey

# « Your Soul is free » - Message from Metatron

Channeled on September 26, 2021 by Amylianah



Salutations to all,

I am Archangel Metatron,

I have come to speak to you about the true nature of the spiritual path.

You are often told that before you were born you chose to incarnate on Earth and that you chose your parents. This way of presenting the process of incarnation seems to imply that your parents are the ideal beings to guide you in this life and that the way in front of you is like 'all mapped out'.

This is not the way the process works.

It is indeed your "first consciousness" which, when it feels ready, gives the impetus for a new incarnation.

Based on your 'soul review' (related to your previous incarnations), the celestial plane determines which parents might be the most suitable for you to evolve positively on the planet Earth. This is a complex, extremely delicate job, done with great care. It corresponds to an assessment of a potential progression of the child according to the humans present, their respective stages of evolution ...

You easily understand that once the incarnation on Earth has taken place, the beings united in the same family radiate an energy, that these energies combine with each other, that a synergy takes place which now belongs to this family, a synergy which 'escapes' the celestial plane.

What I am trying to explain to you is that once embodied,  
no, the path is not marked ...  
You, like your parents, have at all times and always more as you grow older,  
an autonomy of soul and a real freedom of choice on the words you speak,  
on your behavior, on your decisions ...  
It goes without saying that autonomy over life choices is easier  
to implement when you reach adulthood ...

The same is true of the astrological profiles that many of you study carefully. These draw up an outline of a portrait that can help you get to know yourself better. Studying the influence of planetary radiation on humans individually or more broadly, that of cosmic radiation on planet Earth or on Humanity is obviously interesting.

Interpreting them makes it possible to state "a potential".

But the risk is to entrust the responsibility for your moods, your discomfort, your personality, your choices and your evolution to external sources or 'causes', foreign to yourself.

Know that the planetary radiance which most profoundly influences every human being is that of Gaia, the Spirit of the Earth. (NB: See Maitreya's message)

There is no predestined plan,  
designed for you by a higher authority or by the stars, which remotely guides your becoming,  
your movements, your actions, your choices.

This is where your spiritual mission resides: to become fully aware of Who you are, of your abilities, of your talents, of your uniqueness and to realize it. And this work depends on you and your capacity for understanding yourself, for resilience, for moving forward in consciousness.

This is the gift I want to give you: **to give back to your soul its freedom and its power.**  
Transcend your wounds. Go beyond your beliefs. Follow your intuition.  
Open the right doors...

You are all powerful on your life path.

Find your inner light and shine.  
In return, you will receive infinite Love from the humans you touch  
and from the celestial guides who accompany you.

You are loved,

Metatron

# « God is Love » - Message from Maitreya

Channeled on September 29, 2021 by Amylianah



Dear all of you on the path to Awakening,

I am Maitreya,  
Master of Masters,

Many thoughts circulate among humans maintaining the idea that God is cruel, that God is unjust, that God is barbarian ...

Echoing what I said previously through this same channel,  
I am coming back to you to enlighten you on this subject  
and state some obvious facts.

God never asked a human to compel others to have faith in Him,  
nor to conquer and usurp land or to wage a crusade and war in his name.

He never asked to kill, torture or rape on his behalf.

He never asked a man to enslave women and children, nor a woman  
to hide under a veil or submit to the will of a husband.

He also never asked the wind, the sea, the rain, the sun or a volcano to destroy  
a region or a country.

He does not destroy or take away life. He gives it.

What I want to say to you must appear in your mind, I think ...

Human beings have autonomy of soul and real freedom to think.

They are obviously influenced by their culture, their social environment, their family, their past, their past incarnations too, their personality, their wounds, their shadows ...

It is this influence - and you can refer to what I said about vibratory rates (*see the post: "The Advent of Love and Sharing"*) - that causes them to commit condemnable acts and to show cruelty.

And immersed in a group whose values are inspired by unreason, the desire to annihilate or the hatred of the other, how many are those who dare to speak up and say that this course of action is not right?

It takes a lot of courage, of course.

God is everywhere:

in heaven, on earth, in every plant, in every insect,  
in every animal, in every human being. He can be the channel of Divine Energy,  
Light and Love, as long as he develops his vigilance,  
that he is aware of all that, in him or around him, separates him of the Divine.

Humanity needs luminous beings who diffuse this Light and this Love.

It also needs **markers of light** who dare to denounce with finesse, strength and intelligence,  
the values contrary to benevolence and respect for life in all areas and for example,  
in those of religious beliefs, Economy, Science or Health ...

The elevation of consciousness that I told you about (*see the message: "The Advent of Love and Sharing"*) is inescapable, it will intensify over time and it will be of great support.

Lightworkers, find this courage  
and also be defenders of benevolence,  
respect for the Earth and for life.

The heavenly guides are there to help you.

Be blessed,

Maitreya

# « Teach with Confidence » - Message from Marie

Channeled on October 7, 2021 by Amylianah



*Beautiful souls,*

*I am Mary, mother of Jesus.*

*It has been so long that we, Ascended Masters, have been eager to tell you about the Spiritual Path and these heavenly realities:*

*God is love. God is Goodness.*

*Humans have forgotten that they carry this sacred energy and that they are specifically asked to find the Divine Source within themselves.*

*Beautiful male or female souls, you can rediscover the sacred essence of your dimension as a man or woman and finally cherish the idea that the Union of 2 beings who love each other is divine.*

*Refine your awareness, that of your physical body, and that of the subtlest energies.*

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*Heal your pains, transcend them.*

*Open yourself to universal love, compassion, benevolence ...  
Make room within yourself for Love and Light.*

*May your path be that of the most beautiful of spiritual adventures.  
It will lead you to Bliss.*

*Acquiring the wisdom of a spiritual Master is the desired culmination  
of every human being's path.*

*This crowning glory takes discipline, but it is within your reach.  
You now have all the keys to making it happen.  
You have acquired so much knowledge.*

*I ask you to share them, to teach them without counting.  
Sow these seeds of Truth around you.  
Spread them with confidence and joy.  
You will help uplift Humanity.  
She needs you.*

*Beautiful souls,  
awake Consciousness around you  
and receive our infinite gratitude.*

*I bless you with all my soul  
and offer you my divine energy  
imbued with light, love and gentleness.*

*Marie*

# Amylianah



I have no degree or diploma to boast of. I didn't graduate from a prestigious school of Philosophy, Theology, or Metaphysics. No. My path is the journey of a hypersensitive and compassionate soul that has never stopped searching.

I was born in May 1968, on Ascension Day. I wanted to see it as a good omen. I was a well-behaved and quiet little girl. I don't remember my mother ever holding me. When, at age six, I had the mumps with a fever, she carried on with her routine, went to work, and left me home alone. My father, always very busy, would, perhaps out of fear, instinctively lose his temper and shout at me when, after a fall, for example, I really needed comfort. My brother and I were raised with a martinet, and yet, what hurt me most was the lack of tenderness, affection, and attention. I cherished the rare moments I could sit on my father's lap and those when Mariette, who came to clean the house and look after us, gave me a little of her time to teach me to snap my fingers and whistle like a boy! I was five years old. She was a widow and lived alone in a small worker's cottage. I saw her difficulty walking. I saw her poverty. If I could have, I would have given her all the gold in the world.

Around the age of nine, I ended up in an all-girls school. I observed the groups formed in the class: the leader, the second-in-commands, the followers, and then, the outcasts. I belonged to neither group, but I was an excellent student. So, I received my share of animosity for that reason. I watched this charade and couldn't understand the malice. Whether it was directed at me or someone else made no difference. I was alone and sad.

In adolescence, everything became more complicated. My father started drinking. My brother became a withdrawn teenager with extremist views. And my mother still hadn't found a way to listen or show empathy. The daughter of a teacher and always a very good student, I carried my sorrow like a burden day after day. I would look at the flowers, the birds, and the insects, moved to tears. I knew how fragile this beauty was and how much it was damaged by humankind. I was lost. I felt like I'd

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landed on the wrong planet. I had dark thoughts. More than once. But I also knew I had great strength within me.

From time to time, I went to church alone to find a little light. I seriously considered becoming a nun. However, I was convinced that, statistically speaking, I didn't really have much chance of finding more kindness in a convent than anywhere else. So, I gave up on the idea.

On my 20th birthday, I solemnly promised myself that I would find the path to happiness. I would never again have dark thoughts. There was a meaning to all of this, and I was going to find it.

I had a lot of difficulty choosing my university studies. I was good at everything, but only the visual arts truly interested me. I simply didn't have enough self-confidence to dare to embark on that path, and I also knew that I risked being plunged into a world of arrogance, pretension, even snobbery, and I wouldn't be able to bear it. I ended up studying communication, which is a way of not really choosing. And I found a job in a cultural center where I gave my all with great joy and satisfaction for several years.

Since I hadn't learned to trust until then, my priority was to save myself, to protect myself from financial worries, and to never depend on anyone, especially not a man. So, at 25, I bought and renovated a small house in the city on my own.

As a sensitive young woman, I had several hurtful experiences with doctors: One general practitioner decided I was depressed. I had suffered from emotional fatigue several times, but never from depression. Another, a specialist who couldn't identify the cause of my digestive problems, suggested to my parents that they invite me to rest for a while in the psychiatric ward of the nearest hospital... Psychiatric wards are full of "overly sensitive" women, who are sometimes also labeled "hysterical"... Often dissatisfied with the answers provided by traditional medicine, I chose early on to turn to osteopathy and microkinesitherapy.

At 28, I got married, and a year later my daughter was born. I couldn't wait to cradle her, cherish her, and cuddle her. I had so much tenderness and love to give. Even when she was in my womb, I knew it. She was pushing me away as if she were too cramped. This little girl was born with so much anger that she didn't cry, she screamed. She never liked cuddles, not just mine. She's a very intelligent little girl, very/too calm, solitary and sensible, but quick-tempered. I learned to love her day by day. When she was five months old, her father implied that I was hurting her badly. It was like a knife to the heart. Perhaps the greatest wound a human being could inflict on me. I was bewildered by her crying, but I've always been a very caring mother. I didn't need any more guilt. Back then, having a child meant starting a family, the path to fulfillment for a woman, and happiness for a couple. Daring to talk about the difficulties we encountered was considered sacrilege. That very day, my husband and I separated.

To avoid having to rely on babysitters for my daughter while working evenings, I changed jobs. I didn't see the warning signs, the ones that told me I was about to make a bad choice and end up at the mercy of harassing colleagues.

I found myself alone with my daughter. Without a husband. I had left a job I loved and abandoned my entire social network. And because I could never stay in a situation where my self-worth wasn't respected, I did everything I could to leave this new job and its toxic environment.

Thirty years old. The void. The profound despair. It was time for a real choice.  
A fresh start. It was supposed to be the first day of the rest of my life.

I had read an article in a magazine where a children's entertainer talked about her work. That was it, that's what I wanted to do, without a doubt. I packed my little kit and went back to school to become a children's activity leader. I thought a lot about which direction to take. It's easy enough to know what doesn't interest us, but much harder to find the right path... Drawing, painting, sculpting... All the art techniques to explore with children were obvious, but how? In what setting?

At the same time, I started psychotherapy, which marked the beginning of a long process of conscious work—[SEE the article on "Conscious Work"](#) and the one entitled "[Freeing Ourselves from Our Beliefs](#)"—I did everything I could to understand my sensitivity, my strengths, my wounds, and to heal them... Just when I thought I'd exhausted all possibilities, a new pain would surface from the past or the present. This work never ends. Never. Not even today. It's the quest for WHO I AM, for my inner truth, by transcending my pain step by step.

Along this path, I discovered THE book that changed my life: "The Guiding Mind: Conversations with Karlfried Dürckheim." Since Dürckheim, like me, was born into a Christian culture (though he also studied Zen Buddhism), his words resonated deeply with me. He speaks of our divine essence... It was as if, before reading him, I was swimming—struggling—beneath the surface of the water, and that after reading his book, I could finally breathe. A profound relief. A revelation. An awakening. The starting point of a great spiritual journey.

I then dedicated my energy to achieving my full potential: building a fulfilling living environment, creating work that fully reflects who I am, in perfect harmony with my personality, my values, my creative energy... I chose as my new haven a charming stone house, in need of renovation, in the countryside, surrounded by a very large garden. After another failed relationship, I decided to clear out one room, then two, then three, to organize creative workshops. I started with children. I wanted to welcome each child with the utmost kindness and attention, to give them confidence in themselves and their creative abilities, to spread joy, and to reconnect with my inner child and let it sing—[SEE the article titled "Awakening Our Inner Child."](#) I then opened workshops for older children and, after improving my technical skills, others for adults.

Expressed this way, it seems so simple, as if it all came naturally. Of course not... A thousand times I was overwhelmed by doubt and wanted to give up. But I couldn't. I knew I was on the right track, but I constantly had to learn to cope with new relationship challenges: a problematic situation to manage with a particular child, or a misunderstanding with a certain adult...

I started practicing Tai Chi and Qigong. I gradually acquired knowledge in the fields of aromatherapy, gemmotherapy, and Bach flower remedies... I built myself a small altar in my room where I regularly meditated, calling upon the guidance of my spirit guides. All these forms of support have been, and still are, invaluable ways to restore my physical, emotional, and energetic balance. I also explored Reiki and yoga, without truly connecting with either. Everyone has their own sensitivity and can refine their senses to discover which paths are most beneficial for them.

After several years of trial and error, adjustments, and hard work, success finally arrived.  
Participants responded to the call and stayed, often for several years.  
A wonderful warmth filled each workshop.  
There was enthusiasm, pure joy.

But also, and above all, deep within me, it was... Happiness.  
I had kept the promise I had made to myself at 20. I had finally found the meaning of my  
presence here. I felt whole. I radiated fully, my heart wide open,  
in perfect harmony with Earth and Sky.



Meanwhile, in 2007, I lost my father—[SEE the article on the "Path of Forgiveness"](#)—Locked in my mistrust, I never imagined how deeply accompanying him in his final weeks would affect me. The armor that carefully protected my heart cracked, a torrent of tears poured forth, and with it, the possibility of forgiveness arose. Is it a coincidence that three years later, when I no longer felt the need to meet a life partner, I opened the door to True Love: the one who is all at once my lover, my partner, my best friend, and my protector?

In 2019, I was beginning to lose momentum with the workshop project, and suddenly, just when I thought I was no longer likely to experience great pain, I collapsed: my daughter chose, overnight and without explanation, to leave home and move in with my mother. Faced with my disagreement, they both decided to cut off all discussion and sever ties. No further ado. I know my daughter never accepted my boyfriend's arrival in the family home, but our constant kindness and support towards her, both of us, left me completely bewildered. My heart broke. I was overwhelmed by an immense pain that I struggled to overcome.

So I resumed my search for ways to soothe my body, heart, and soul. I discovered quantum meditations – [SEE the article entitled "Freeing Ourselves from Our Beliefs"](#) – and Tantra at a "Sacred Love Summit" that I attended with my husband. It was through discovering Divine Union that I experienced the Awakening of my Kundalini – [SEE the article on "Divine Union"](#) –. Then, as if called by it, I quickly immersed myself in shamanism, which proved to be a natural path. My priority was to undertake shamanic journeys for myself to the Spirits of Nature – [SEE the article on "The Faculty of Self-Healing and Shamanism"](#) –. After a few weeks of practice, I felt a profound change, a newfound inner peace. I also felt that my vibrational frequency, sustained by regular Kundalini awakenings, had increased.

I was surprised by how easily I was able to communicate with my shamanic power animals. If this is the case, it is undoubtedly because I had cleared a great many wounds, pushed the conscious work very far, and experienced the awakening of my kundalini.

In January 2021, during a shamanic journey, I met my celestial spirit guides. They informed me that I had made what is called the "quantum leap" and that it was time to move forward on the path of

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shamanism in service to others and spiritual mastery. I asked what was expected of me. The answer was very simple: "Never forget that it is about radiating and meditating for Gaia and for Humanity." So I decided to meditate every day for Gaia.

Then, the most improbable thing happened... During my first meditation, instinctively, I let myself drift, as if on a shamanic journey, to meet the Spirit of the Earth, Gaia. I glimpsed her. She was there, tiny in the twilight. I sat before her, trying to give her all the light energy I could muster. After two or three days, I noticed that her vibrational frequency had increased. And I heard a voice tell me: "If many of you did this, you could save the Earth..." For several weeks, very regularly, I went to her bedside to activate a bubble of light around her and offer her tender love in the hope that she could transmit it to Humanity.

Since then, my vibrational frequency has increased even further, which, from the point of view of the physical body, is not very pleasant (a lot of aches, pains, and headaches). At that time, I received the great privilege of being able to communicate ever more easily with the Celestial Guides, primarily Ascended Masters, whose precious and absolutely luminous messages you can read.

I regularly cleanse places charged with dark energy and open portals of light. I know it's very strange, but it's my new job...

I live peacefully with my husband in harmony with our wonderful garden. We have transformed it into a place of abundance with numerous fruit trees and small fruit trees, and several vegetable plots where we grow our own vegetables. We also do everything we can to encourage biodiversity: insects, birds, hedgehogs...

If I could save all endangered species, I would.

I would give everything.

I would give my life for Gaia.

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# The Spiritual Path is a Path of Love



I grew up in a Christian world. Baptized, I attended catechism classes and studied the Gospels, and I was deeply influenced by certain fundamental tenets of the Bible, such as original sin. I have always loved entering churches, places of peace and contemplation. Irresistibly drawn to spirituality, I embraced the precept of chastity that comes with choosing a spiritual or monastic life.

I have experienced several love stories throughout my life. As I expressed when referring to the 'sacred feminine', I always acknowledged my desire for the one I loved, but I could not ignore a certain shame after our embraces... In a fleeting way, I would awaken in myself the myth of the temptress woman at the origin of sin... I unconsciously united myself with all those women – whether Muslim, Hindu or Christian – despised and mistreated in this world dominated by men and by all-powerful religious authorities.

In 2020, my husband and I attended an online "Sacred Love Summit." Tantra was to be discussed. I admit that, trapped by my prejudices and beliefs, I wasn't initially drawn to the subject. Two absolutely remarkable Tantra instructors (but is it a coincidence that I was only truly moved by the words of two men?) spoke with both power and simplicity about the sacred nature of the spiritual, emotional, energetic, and physical union of two people who love each other. I experienced a profound revelation, a shock of undeniable truth.

Almost immediately, my sacral chakra, which governs sexual energy and creative feminine power, opened like never before. In the days that followed, my kundalini awakened very intensely. And when my husband and I united in love with this new awareness, I accessed states of being previously unknown to me (intense and inspiring visions, bliss, experiences close to ecstasy). It became clear

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that these sacred encounters further strengthened the kundalini awakenings, bringing with them the elevation of my vibrational frequency.

The body spoke. The energy spoke. Yes, it was undeniable and liberating. I thought to myself, "So, everything was wrong." Original sin doesn't exist, and abstinence is meaningless. And this degrading view of women is completely unjustified.

The spiritual, emotional, and physical union of two loved ones is sacred, and this fusion should be celebrated. It is simultaneously soothing, restorative, magical, blissful, and ecstatic. It is divine. And it is an integral part of the path to truth and spiritual evolution. This truth goes against so many religious precepts, but it cannot be silenced.

Doubt is no longer an option. **The spiritual path is a path of love:**

- \* Love for oneself: a conscious journey to free oneself from pain, encounter inner peace and wisdom, and achieve full self-realization.
- \* Love for others, the beloved: embodying one's sacred feminine or masculine energies, opening one's heart with trust, and uniting in divine love.
- \* Love for Humanity: approaching each human being with kindness and humility, and with the certainty that they have something to teach us.
- \* AND love for all living things and our home: encountering all living beings, animal or plant, with gentleness and respect, and protecting our wonderful planet, which so desperately needs it. Today, a spiritual path can no longer ignore the battles to be fought to preserve all that can still be saved on Earth.

May these teachings bring you the very best. Share them freely.  
May they contribute to spreading Love, Peace, and Light.

For the greater good of all and of Gaia.

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