

Raise Your Energy by Changing Your Focus



This “dictation” from the Angelic Realms was taken outdoors at Lake Ivanhoe, Wisconsin on a beautiful summer day. What I heard and felt was distinctively different from the messages I receive typing at my computer. While I was listening to what the angels and elementals had to say to me that day outside in Nature, I noted I also saw and sensed their light and playful presence! It was an energy-lifting experience of the best kind.

Have you ever wondered where energy comes from, or how you might replenish it when you feel tired or depleted?

I asked the Angels and they began by saying, “Energy emanates from the Creator (the One Source known by many names) and emanates as waves as it pulses from the center of all Creation. Energy is the glue that holds the universe together and connects everything in perfect, Divine orchestration, and in perfect harmony. To cultivate more energy in your body or life, place your focus on what you wish to create and purposely see, feel or imagine more

energy. See yourself as the prongs of an extension cord and plug yourself into Source. To recharge, spend time in nature. The prevailing stress on the planet can be too much to take on without submersing yourself in the Source of all creation. Take a time-out and immerse yourself in nature’s richness. This is fuel in your tank!”

Just then a Dragonfly landed on some tall grass in front of me. The Angels continued, “See the dragonfly right now before you as he flies above the rich green grass. His message is ‘break through illusions.’ Use your imagination and be like the Dragonfly. Fly free and feel its delight; and then, create that lightness in you! It is vitally important to you on Earth to spend time in nature where your energy level is naturally replenished and subsequently raised to higher levels (of joy).

It is also where you can be keenly aware of Our Presence; where the energy feeds your heart and soul. Your fulfillment is at hand and we say, 'rejoice' for this is the energy you have created. See it, believe it, and breathe it in.

There is a higher level of energy coming to Earth now. Be open to receiving it and learning ways to adapt to it. Break through the illusions around energy that you have held in the past. That is the message Dragonfly brings.

You need only center yourself in this Light, this new Dawn, the Source of All Life through which all things come. Everything you need for your grand experience there is provided for you.

So, we ask you, 'What do you think you lack if Source has given you everything? What is it that you fear?' Your work on that plane is to give up all (ego) ideas of hatred, harm, destruction and death that you have ever held, for in Truth these things do not exist. Stop focusing your energy on these things, for whatever you focus on creates. This is the rule of your universe.

We have said this before and we say it again, your world is an illusion. You can create whatever you want. You can experience anything that you want to experience. Just become conscious of what it is you want and direct your intention and energy on seeing it and accepting it.

Stop fueling the flames of fear. This is the hell of your forefathers who didn't know they had the gift of Light. Their dark footprints left a path on Earth; and we say, forgive them and let this go.

You are still in what we refer to as "the dark age"; but, you can renew your commitment to the Light right now, and the Light will come. The lesson is to go forward through your fears. Take charge of them by facing them; and as you do, they dismantle and disappear just as quickly as darkness vanishes the moment you flip a light switch.

Fear may seem to have its hold on you, and on the planet at large; but, that is merely an illusion held in place in your mind. Fear has no reality at all except where you would energize it by your thoughts. So, let go of these dark ideas and fearful thought-forms.

Step into the Light and leave the dark toys behind. They are there for your choosing, as it is what makes your world of learning complete on that plane. It is after all, a world of contrast; a world of dark and light, and a world of choice. Choose darkness and there is no room for Light. Choose Light and you will over power all darkness. You hold the power to choose and we say choose wisely.

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“Energy is Everything and Everything is Energy.”

—Albert Einstein