



Reconnecting with Your Unconditional Self Love

We are Shaltazar, the Gavish Banenu, the energy of 33, the Master teacher. We have come forth at this time to bring you Divine wisdom that can set you free. Relax, let go, release and surrender. We are here for you Now and forever. Our love for you is unconditional. We do not only love you when you perform, when you succeed, when you are accomplishing things. No, quite the contrary. We Love You **ALWAYS**. If only you could learn to do the same. Yes, learn to love yourself unconditionally as We do. How amazing would that be? Think about that for a moment. Let it sink in. To always love yourself fully without judgment or self criticism. Loving yourself no matter what you did, what you accomplished, who you are, what you look like, or what you possess. But even more so loving yourself when you failed, when you made mistakes, when others didn't think you were good enough.

Take a moment and just be still. Do nothing. Think nothing. Simply be still. What comes up? Is it love or is it judgment? Do you sense your loving heart or your obsessive mind? Can you feel the love in every cell of your body soothing and caressing you? Do you feel a warmth and sense of security throughout all your being? Do you feel like everything is not only going to be okay but it will be wonderful? Do you feel supported and accepted? Do you feel cherished and respected? Do you feel honoured and exalted? Do you feel calm and at peace? If you do then you are beginning to connect with the Unconditional Love that has been put in your DNA by the Source.

What We have described are just a few aspects of that Unconditional Love. If you did not feel that love ask yourself why. If you did not truly feel the Unconditional Love maybe it's because you have allowed yourself to disconnect from it. Yes, that Love is your birthright, your gift from God, that which can keep you safe. Have you forgotten it, have you disconnected from it?

"Why" We hear you ask. "Why would we forget something so wonderful?"

Because you listened to others. You forgot how powerful you truly are. You listened to others because you thought they knew better than you. You looked for the love that all humans seek outside of yourself. You forgot that by connecting to your Unconditional Love within, you would have all the answers you needed. You allowed your power to be taken away and slowly but surely you lost your connection to the Love within. You were taught to honour the thinking mind instead of the loving heart. You were taught that all you seek comes from outside of you, not from within.

Now stop and take a deep breath. And again, another deep breath. Can you sense how good that deep breath makes you feel? Again, but this time a bit slower. A bit more deliberate. At the moment you take the inbreath allow yourself to feel the sense of peace and stillness within and all around you.

Do you feel the calmness? And again, another deep breath and this time try to become more aware of the stillness that comes with the breath. In that moment of focusing on your breath let go of your obsessive mind and simply be Now Here. By doing so you have allowed yourself to open the door to reconnecting with your Unconditional Self Love. Doesn't that feel good? Of course, it does.

So how can you reconnect with your Unconditional Self Love more of the time? Think about ways you are not fully loving yourself enough. How has judgment nudged out your self-love? How have the actions of others made it hard to truly love yourself? Make a list of things you can do that will allow you to love yourself more fully. In order to assist in this, ask yourself the question, "If I truly loved myself unconditionally, I wouldnow fill in the blank. Reflect, ruminate and meditate on this question often. Write down the answers and make a list of all the things you would do that allows you to feel more unconditionally loved by yourself. Take action to make your list become a reality. Stop looking for love outside of yourself and instead find ways to cultivate that love you so desperately seek within you. Stop giving credence to the opinions of others. Practice self-talk that is loving and nonjudgemental. Be more kind and gentle with yourself. Rest when you are weary. Don't push so hard to achieve, but instead take time to just be. Let go of regrets. Let go of self judgement.

Your world is going through much turmoil as you move through the energy of Great Potential for Change. We have spoken to you about this before. As the energy continues to get stirred up there is much confusion on your planet. The Light and the darkness are being stirred up in a forceful way. It is similar to when you crack an egg into a bowl and stir it briskly. The yolk and the white of the egg get mixed together. The result is neither all yolk nor all white. It is a mixture of both together. In these intense energetic times you are going through, the Light and the dark are being mixed turbulently together. Often it is difficult to tell what is happening all around you. Even the workers of the Light who have been labouring diligently over the last number of years seem confused at times. One moment they are in the place of great clarity and the next everything seems so confusing. From understanding to deep puzzlement in a matter of moments. No one is exempt from the Light and the dark that is being swirled around into a frenzy.

"Why is this happening?" We hear you ask.

Because a new normal is about to come into existence. The old polarities of Light and dark are going to be redefined. As We have explained previously in this energy of Great Potential for Change a new world order is about to be born. And because you live on the planet of free choice no one, not even the Source knows what this new world order will be. That my brothers and sisters is up to you, the collective consciousness.

"What does this have to do with unconditional self-love," you ask.

It has everything to do with Unconditional Self Love. You see when the Light and the dark (just like the yolk and the white of the egg) are whipped into a frenzy, the outcome depends on the strength of the individual components. Have you ever noticed when you scramble an egg if the yolk starts off being a very deep yellow colour your final mixture is somewhat more yellow? When the Light on your planet is mixed forcefully with the darkness, the resulting mix depends on how strong the Light is compared to the dark. What your new world order will look like is going to depend on the strength of the Light or the darkness in the mixture.

"What does this mean. We find it quite confusing." We hear you say.

Let Us try to clarify. Over the last number of years, there has been a strengthening of the Light on your planet. There has been in some areas a rise in compassion, understanding, kindness, inclusiveness, empathy, thoughtfulness and love. But more recently some have witnessed a backlash

from the forces of darkness. More persecution, more hatred, more bigotry, more selfishness, more greed and more fear have seemed to surface in parts of your world. The sides are becoming more polarized. This has happened before on your planet. For some of the older ones, this period in your human history may be reminding you of the 1960's. We have told you before that all life is circular. Your world has seen this mixing of the Light and darkness before and it very well may see it again. Each cycle of the mixing up of the polarities creates a new world order. Your planet has had many such cycles over the centuries. Such is the way of evolution on your planet.

But back to Unconditional Self Love. Since all humans have access to this self-love then the more of you who choose to reconnect to it, the more the final mix, the new normal, may just turn out to be more Light than dark. If more of you practice and work diligently to cultivate the Unconditional Self Love within you, then you will become so full of love that it will overflow into your entire world. You cannot give to others what you do not have yourself. The more Love you have within you, the more Love you can give to others. The more Love that is in your world the less darkness there will be in the final mix.

Can you imagine after many cycles of creating a new norm, a new world order, that if each time the Love and the Light got stronger than the darkness, what the results would be? After enough cycles, your world could possibly resemble that of the Higher Realms in a greater way. Can you imagine the human realm full of Light, Love, compassion, kindness and caring? It is possible, but not without your effort. Not without you cultivating more strongly and connecting to the Unconditional Love that is in your DNA, in every cell of your body. It is up to you. What kind of world do you want to create? What new world order do you want to bring forth at this time? Is it one of greater love, greater compassion, greater caring, greater understanding, greater empathy? If so then connect with each of these within you and then shine them outwards to your fellow citizens. Many humans on your planet at this time are afraid, frightened and scared. Help them find the Love, the Light within themselves. Help make your new world order one you are proud to be a part of. You are the pioneers of this era creating a new world. If you don't want to live in a world of fear, hatred, greed, and persecution then stand up and make it a different one. You have the power to make your world a better a place.

We bring you this message from a place of Unconditional Love. We are here for you now and forever.

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