



ATTENTION ALL LIGHT WORKERS:

A Message from the Masters

While it is easy to get caught up in the extreme chaos that is now taking place we urge you to remember to **stay informed but not engaged** with the forces of dark that are **seemingly** gathering momentum on your planet.

You have a great opportunity and some would say a responsibility to use every act of fear as an opportunity for you to respond with light.

"Be in the world, but not of it", Christ said.

What does that look like for you today?

- **Do not be in a state of disbelief** and repeat the words and discuss the actions of those beings that work to spread the dark forces.
- Do not give the power of the dark to any one individual no matter how loudly they may clamor for it.
- Your conversations about the actions of the dark bring more energy to their actions and **keep alive the very vibration that you are hoping to see end**. Speak only to inform others as to how they can engage in the light during these disruptive times.
- **Be vigilant in your repose to this frequency by bringing in volumes of light!**
- Each time you hear or read of violence, harsh and angry words, and people being attacked, stop. **Go to light and surround these beings with bright light**. Say the Holy, Holy words Tehora He..she the soul is pure.
- Walk through your day with these words by your side and as you see yourself judging others, bless them/bless you. As you see yourself in judgment of you, stop. Take the time to bless yourself.
- **Perform small, kind, helpful actions for others each day**. Hold a door, smile at another, or bless a hungry person in the street looking for money to eat.

(Do not feel that these efforts are "too small to matter", for it is the small efforts of each person that add up in the great wave of goodness.)

- Share stories with other beings about small and great, kind and noble deeds that are being done every day.
- Gather in groups and meditate seeing your planet and all of the beings in harmony.
- **Shine a light on the good you see in others** by telling them what you see!
- Hold your goodness in great regard and speak words of appreciation for all that you are, every single day.

Do not believe dear ones that your thoughts and actions do not matter.

They do!

Do not be seduced by the low frequency desire to speak of your world as if all is falling apart.

IT IS NOT!

Your world has experienced an unprecedented increase in consciousness during the last 20 years.

As you live in a world held in place by paradox, the increase in dark energies is a direct response to the amped up vibratory essence of the light.



What you are experiencing as discord/extreme behavior and deep divide is actually an adjustment of energetic frequency on your planet.

It is an expression of the very physical imbalance of love/fear that has existed for eons and is now coming to a boiling point in order for the needed re-adjustment to occur. **As this re-adjustment takes place and the vibration of the dark is increasing its volume.**

It is more vital than ever that the light workers continue to increase their presence as well!

Be an agent for Change.

Bring in the light as you walk in the world.

When you see darkness respond to it by creating more light!

LOVE,

The Masters of The Oneness