

## NEWSLETTER JUNE 2015

The 1st half of the year 2015 is coming to an end. For many of us it has been turbulent, with many challenges, constant change of feelings and profound processes in the inner feelings.

These processes are supported by the Universe and Mother Earth Gaia, who keep sending more and higher vibrations of love to us and our planet continuously.

This is documented in a wonderful manner in the following link:

<http://www.foundationforhealingarts.de/kosmischer-wetterbericht-der-liebe.html>

The increasing frequencies of love are being measured there day by day. I myself have been feeling these very high and fine frequencies of love for a long time. The whole planet and all mankind including animals and plants have to adapt to these ever-increasing frequencies. People start to realize those changes in their lives. They will change their way of perception, because the structure of their cells and their organs, the consciousness and the subconscious are by now constantly being restructured and adapted again and again to the higher levels and numbers of frequencies. People can now realize the ongoing change inside their body, mind and soul. Our consciousness, each individual synapses in the brain are being restructured into a multi-dimensional way of thinking at the quantum level. This allows us to enter into the new dimension of love even more easily than before. We are then in contact with the quintessence of our soul and will be guided by it in our daily lives – living fully aware the moments of life here and now.

However, old long forgotten fears are suddenly emerging and can be healed now. The intensity with which the Spirits, Mother Earth and the holy world are working is constantly increasing. Anyone who has worked on himself up to nowadays, is more prepared to change in his way of life. People can realize or better feel the intensive internal healing processes per se in a very short time. However, the situation is different for those who keep holding on to in the old inner and outer structures because of fear and uncertainty. The internal stresses and the discrepancies in life express themselves in emotional outbursts and the feeling of being under pressure like someone is about to explode and will lose control over his life. This behavior can be recognized within oneself (if admitted) and with others.

The best way to endure this upheaval is the way to the inner space, into our peace and quietness. Listening to one's own perception, one's own feelings, the voice of the soul helps you to find yourself. We recognize in ourselves the new expression of love and begin to manifest this new spirit in our outside world. This holistic aspect of the unity of body, mind and spirit can be closely observed. What do we think? Do we feel our own thoughts through our feelings? And how we feel them? How does the soul express itself? What part of the soul wants healing now?? Do we cough to express our inner sorrow? One learns through this process how to sustain oneself and also how to endure the state of inner emptiness. In this sense of inner turmoil, the vacuum that exists can be consciously put down to "zero" with all its norms and paradigm thoughts - in order to adjust the values of the former life anew. As well as the frequencies of love from the universe and of Mother Earth Gaia re-adjust the cells in our body.

Sometimes it makes sense to consciously transform the suitcase of your life with all its memories and settings and it let go into light - and to take the time for the soul to bring up its innate feelings to reality. In a very slow or fast period of time you can feel your own strength, own peace coming up in your awareness and your life. One can integrate new values into his life and thereby be the creator of his life through these new ideas and structures.