



## MESSAGE FROM THE WHITE BROTHERHOOD

Beloved sisters and sisters.

Greetings from the White Brotherhood of Light.

Everyone, including planet Earth, is in the process of evolution, change and Ascension, that's why there are dark forces, which until recently ruled this planet that try, through the mass media and systems that no longer exist, to make you believe that they still they are the ones who lead, and for this they pressure them with campaigns of fear and control.

We remind you, brother, that you are a being of light, a fractal of the Source (God), a creative Universe. No one can rule your life, so activate your potential by anchoring the light of spirit from your heart center, opening your heart and connecting with feeling.

Feel your body, listen carefully and listen to it. Take care what you eat. There are foods, in quotes, that only poison. Your body is very wise, listen to it and even more, detoxifying it is essential for your own evolution and for ascension to the fifth dimension accompanying planet Earth itself.

Everything that the mass media shows is harmful to your health. It is a strategy to hinder and cut off your evolution. They inform you transmitting fear, they show you ads for harmful foods and they recommend solutions through invented remedies to keep you asleep, sedated and controlled. Wake up, you are a spiritual being. You have only come here to experience as a human. The time of dense experiences has passed. The matrix (Matrix) or control program no longer exists, that is why it is essential that you be more attentive to your own sense, to the resonance of your spirit, of your heart, of your physical body.

Take care of your energy, free yourself from everything that doesn't resolve with you. Get rid of situations, people, places that no longer vibrate with your new frequency. Give thanks for what you have learned and accept the individual path of others. Everyone lives their process according to their decisions and their frequency, but above all, you have to have respect for everything and for everyone. That is why it is important that, once and for all, you experience as a human being and learn to be one, that is, that you value yourself, take care of yourself, love yourself, protect yourself, listen to yourself, and respect yourself. When you do it with yourself therefore you will do it with others. It is also about living the initial purpose that you came to develop on this plane, which is none other than anchoring in the Light of the spirit that shines within you.

Be aware of the being that you are. It is you who create your own reality. Don't let them fool you anymore. Create and manifest from the being of conscious Light. Pay attention to your interior and trust yourself more. We are permanently assisting you and the planet. The Light already illuminates with force and each time more and more. Remember that we do not show up en masse. Do not be fooled. Take care. Open your heart. Guide yourselves by your intuition, keep the vibration high, take care of your body as it is the vehicle with which you will pass to the fifth dimension.

Remember that you are not alone. Activate your threefold flame. Connect with your I Am. Be yourself. Heal by integrating the feminine and masculine energies. Maintaining humility, love for oneself and living from the spirit.

Once again we greet you and we remain at your service.

very lovingly

The White Brotherhood  
(via Valeria Perez)