

Channeling Column©

Viviana Geurten

"Awareness"

Dear all,

Today we talk about "Awareness".

Awareness is the **energy** of the universe and is the **wisdom** of the Heart and Soul. Every Human Being has a Level of Awareness. Or you can call it **Consciousness**.

The **Soul** reincarnates on a specific level on the planet Earth to evolve into the next level. The Level can be explained as experiences of **breakdown** and **breakthroughs** to learn and get the insights of Illusions and Truth. It is all about the veil of the Ego that needs to transcend to a higher frequency of light, called **DIVINE LOVE**. This Veil is created in past and present Life. It is called the Veil of Illusions. Because of the interpretations of your believesystem you call it Reality of the present moment. *But is it your deep truth of your soul ? Does it resonate with your Inner Guidance at all ? Do you feel this experience as Uplifting or Draging energies ? Are these life experiences supporting your goals ? Your Heart desires or not ?*

Why all these questions ? **Questioning** is making you aware of what is going on in your life. To stand still, to see and feel what is in front of you.

Observe your Life from time to time. It gives you **insights**. From a distance it is better to see and feel what is your **lesson in life** is really all about. *Not being specific in a situation but what is the challenge of being in those situations again and again ? Of being stuck or feeling powerless ? For that moment you make a picture of your life experiences. **Is this what you really desire ? Is it a heartfelt situation you are in ?***

So how can you see from **another perspective** ? What do you need to **change** in this situations ?

Write down what pops up for you and make a list. Then the last 3 insights have a common theme in your life. What is the theme ?

Work ? Relationship ? Health ? Friendship ?

See what is really there for you to change.

Then ask yourself what do I need to do to make the **first step** to change this ? Write it down and feel how your body reacts on it. When you feel excited, empowered then it resonates for you.

At last make a **true deepfelt commitment**.

How to make it ? Let us give some examples.

- *I am committed to talk to my boss about my work next wednesday. Today I make the appointment.*

- *I am committed to choose time for myself instead of hanging out with my friends this week. I take a massage or take a walk in the woods and I enjoy it completly.*

These examples represent energised and empowerd actionsteps to move forward on your path of life where you feel comfortable and at ease.

So what is your first step to make a change in a situation you are stuck in ?

We wish you all the best and really enjoy your **FIRST STEP** with all your heart. Lords of the Akashic Records

With love and gratitude,
Viviana



Viviana Geurten is a Medium and Channels with the Lords of the Akashic Records. Keepers of the spoken word and language.

The Akashic Records are governed and protected by a group of nonphysical Light Beings called the **Lords of the Records**. They determine not only **who** can access the Records but what **information** they can receive. The Lords of the Records work with the Masters, Teachers, and Loved Ones -- who **serve** as the interface between the Akashic and earthly realms -- by "**downloading**" to the Masters, Teachers, and Loved Ones the information that they will relay during each Akashic reading.

*The Akashic Records (Book of Life) are a dimension of consciousness that contains a vibrational record of **every soul** has ever **thought, said, and done** over the course of its existence, as well as all its **future possibilities**.*

The book in which men's actions, good and bad, are recorded, The Book of Life. Bible, Revelation 20:12

The **Akashic Records** are the Light Body of **universal self-awareness**. Contain the **universal consciousness**, with its three main components of **mind, heart, and will**. The Records also contain the **radiant vibrations of Light** that all things generate. Your **awareness** is **affected** by this **quality of Light**, and you become "en-Lightened" by it. When this happens, the effects of the Light become evident in your **thoughts and emotions** and you begin to experience an increased sense of **peace and well-being**.

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