

New message from Sanat Kumara 2024

The time has arrived for those of you that are of the understanding of the ascension process on a higher level. You have dealt with karmic debts from past lives but you now have the knowledge, because of the ascension process that 'we are One, no separation.' All of humanity are from one universal life force energy and how each person interacts with another, there will be a connection or exchange of energy; it cannot be any other way that is universal law. You have reached a point in your spiritual evolution where we, of the Spiritual Hierarchy can offer more in-depth insights of your journey at this most amazing time in the planet's history. As a Light worker, you often ask the question, why do Light workers suffer so much pain within the physical body, when all you want to do is help humanity release lower vibrations helping them to have a better quality of life? I now wish to offer you a most amazing understanding of your soul's journey. First your karmic debt has been cleared for you to access 5th Dimensional vibrations, therefore allowing more Spiritual Light to be absorbed within, allowing you to heal others that are suffering fear or distress on many levels. You agreed at soul level to help humanity and the planet to release all negativity that no longer serves their higher purpose. To do this you agreed to take any pain or suffering, not only from your own family but that of humanity and allow this to be felt within your body for you to clear and release for the highest good. So many people do not have your inner strength or power to release this themselves so this is where you, at a higher level of understanding step in to help. So how do you clear someone else's karma, surely it is personal to that man or woman? Yes, that is correct, but those living between dimensions do not have the strength or knowledge to survive lower vibrations, so this is where your soul steps in to offer to help clear this for them so they can remain on this 5th D planet to continue their amazing journey of discovery allowing them to absorb more Light. Because of this process your physical body could feel discomfort and pain in the back, shoulders, hips, legs or discomfort within other parts of your body. Many Light workers still struggle to understand why they are suffering when all they want to do is help humanity to a better quality of life; hence the time is right for you to understand the reason. We of the Spiritual Hierarchy and Galactic Federation do not expect you to continue suffering and there will come a time very soon that your pains will be healed. You have earned the right to a better quality of life and I can now offer you a way to create this healing and balance for each one of you. As the ascension process continues on this planet especially over the next 10 years we can now help to release you from this amazing soul contract helping you to have a better quality of life. You will continue to offer healing or teaching to others but you will no longer take on board others pain and suffering; this aspect of your life is complete. You are all held in the highest esteem by all of the Spiritual Hierarchy. You are cherished and loved for all time as this hasn't been an easy journey for you. Be gentle with yourself now and take time out to balance your mind and body with the help of nature and the sea, for your heart resonates with all of these amazing vibrations. Stay in your sovereignty, be in nature as much as possible, feel the earth under your feet, breathe in the energy of the sea and allow the phases of the moons to bring you back to optimum health. Time for you to



heal: State this daily and allow us to step forward helping you to release any lower vibrations you may still be holding within. "I am grateful for my life, my family and the ascension path I am travelling. I now release all suffering from my body allowing me to live my life pain free with love and joy in my heart." NAMASTE

