



### ***Feel Good, Feel God, Flow Love***

*The Angels via Ann Albers - May 15, 2022 - Published at Voyages of Light*

Our dear friends, we love you so very much. Be very gentle with yourselves. Many energies are vying for your attention right now. What you focus on, whether positively or negatively, you empower. You cannot easily stay tuned to a radio station you hate while listening to the one you love. You cannot stay tuned to a radio station you love if you focus on the one you dislike.

So, dear ones, care about how you feel. Care about how you focus. Care about yourself and your own heart so thoroughly you refuse to give in to the hatred, fear, and anger that is being stirred up upon your planet at this time. Refuse to empower the denser vibrations with your focus on them. You know they exist. You witness them on your news or in your conversations with others. Some of you witness these energies as bombs dropping from the sky or fortunes temporarily lost. You know these vibrations exist. Now turn your sights to something better.

Turn your sights towards the good in your own lives and the good in the hearts of your fellow human beings. What can you find joy in, at this moment? What can you appreciate at this moment? Instead of focusing on the atrocities being committed by the lost, pray for the light within them to arise so they may awaken to their true nature. Instead of condemning those who are not living in love, turn your sights towards the countless human beings who are living in, and laboring in love. Instead of criticizing and waging war within yourself, focus on all that is good, beautiful, and light-filled within you. Instead of fearing your bodily conditions, focus on the life, the health, and the vitality you wish to enjoy. Dear ones, the world benefits when you focus on the good, for when you focus on the good you feel good. When you feel good, you feel God. When you feel God, you allow God's love to flow naturally to you, through you, and out into your world.

Can you imagine what a kinder and more stable world would feel like? Can you imagine waking up feeling peaceful, secure, and happy? If you already do, celebrate! If you don't, imagine it. Find the feeling of it. Let yourself feel good and you will be allowing yourself to feel God.

It is not insensitive to turn your sights towards the higher, happier vibrations. It allows you to be a greater contribution – both practically and vibrationally. When you are up you have love to spare and share. When you are down, you want energy from others. When you are appreciative you contribute to the vibration of abundance. When you complain you empower the vibration of lack.

Sometimes you need a loving ear and some help to process your denser emotions. It is OK to

share your heart and your denser feelings with others or your angels. Don't pretend that you feel good if you do not. We are not asking you to live in denial of your feelings. We are asking you to slowly move them towards a more loving reality, and we are always there, ready to help you and love you without condition. Talk to us when you are afraid or angry. Give us your denser energy. Sit, breathe, and ask us to help you move into a more loving state. We know that you are doing your best. We love you. We want to help you find a higher and happier focus. Reach for the next best feeling thought, and then the next. Sit and receive our love. Help is always available when you truly desire to be in a more loving space. Even the act of asking for help is a movement towards love.

You are witnessing a global drama right now – one that goes on in so many ways every day, all over the world – in relationships, homes, businesses, and even in individual human hearts. A person feels insecure and tries to control others and the external world. No amount of control can assuage fear. Instead, with every empty, unloving victory – whether it be conquering a nation, winning an angry argument, manipulating someone into complying with you, or even bullying yourself into doing something that your heart is not at all aligned with – one is driven farther and farther away from the experience of love.

Instead, stop trying to force the world and others to help you feel secure and loved, and instead seek love where it can truly be found – by placing your focus upon it. Seek it in moments of appreciating what is good in your lives right here and now. Seek love in the silence of acknowledging all that is good in yourself or another person. Seek love by going within and breathing until you feel the peace of God that flows into you freely when not obstructed by lesser thoughts. Seek love, dear ones, in a dance with all that is good and beautiful in life. This is your Source of abundance and vitality. This is your security. This is the power that gives life to all creation. Focus on anything that feels a little closer to love and you are opening the valves of your spiritual heart to the power that gives you life.

Instead of focusing on the horrors of war, focus on the outpouring of love and kindness. Instead of focusing on those whose politics you disagree with, focus on the principles you love and wish to empower. Instead of focusing on the seemingly endless stream of virus variants, focus on the myriad ways in which you can support your own health and happiness. Instead of focusing on freedoms temporarily lost, focus on the areas in which you are free.

Dear ones, we are not asking you to "stick your heads in the sand" and pretend that there are no problems in the world. We are, however, asking you not to "stick your head in the mud" and stay there. We are asking you to acknowledge what you see and then turn your focus – your precious life energy – and your love towards what you wish to empower in your life and in your world.

Love feels better dear ones. Care about how you feel. As you reach for that which feels good, you reach to feel God, know God, and flow God's love into your life and your world. God Bless You! We love you so very much. -- The Angels



## ***Angels by God via Heavenletters***

May 15, 2022 - Published at Voyages of Light

Greetings, Beloved Ones: A tyrant could not exist when everyone is his own sovereign. How could there be a bully when everyone is strong in his own worthiness? There would neither be bully nor bullied. Govern yourself. Do not be unruly. Attune to a greater rule. You are not subjects in the world. You do not bow your knee to any one person, you bow to all. Bow to yourself.

The world is yours. It is not someone else's. I do not even call it My world, although I created it. I created it and flung it to the furthestmost realms of the Universe, and I cast it upon the waters, and I cast you in My image. Therefore, I cast you in beauty, strength, glory, and the sweetness of love. I tendered you a tender being, beloveds. No one is to assault tenderness. No one is to take one ounce of your strength or beauty from you. You are to give it all, not as a gesture of friendship, but in fealty to Me and therefore to your fellow man. I surrendered you to all that is good. You are good. Now surrender yourself

You are not made in a false image. You are not fake. You are made in an image of Truth. There will be no tyrants on Earth. There will be no tyrannized. There will be angels on Earth, and you are one. Concede, beloveds, concede to your true nature.

Angels are not necessarily angelic. They don't have to be picture-perfect. Angels can be rascally people who have great fun, but never at anyone's expense. All My angels, on Earth or in Heaven, are strong and hearty. They are never diminished. An angel in a coal mine is still an angel.

Now you will begin to spot angels on Earth. You are surrounded with angels, and you stand with them. Yes, you are one of the angels I sent to Earth. I sent you as a blessing. I blessed you to bless the Earth and all its inhabitants. You are co-rulers on Earth, sent to till it, sent to harvest souls like roses, to nourish every heart so that all may know themselves and their true character and what they are made of.

You are made of My love. You are not made of anything else. You are not a cardboard character. You are an angel of gold. This is not too good to be true. This is true.

What else can you be but an angel on Earth? You cannot be so far from Heaven as you have believed. You are not far away at all. Within My heart, you are in Heaven, and heavenly you are whether you believe Me or not. But believe Me, and wings of our love will begin to sprout before your very eyes.

Perhaps you have a false picture of Heaven. Pearly white gates is a metaphor. Heaven Itself is



a metaphor. All of life is a metaphor. What shall I compare you to? I can only compare you to Myself. There is no other comparison. You are My True Love. I have one True Love, and it is you. I love you with all My heart. I love the wonder of you. You are wonderful in My heart. My heart is full of you. Where could you be but in My heart?

My heart is one with yours. We are in love. I am most assuredly in love with you. Therefore, you are deep in My heart, deep in the Heart of Love that has conquered the world with Love Itself, for there is naught, beloveds, there is naught but love, and now your heart is ravaged with love which is to say that your heart is primed and plump with love abounding. Hear the love. Feel the love. I pump your heart with love now.

Permanent link to this Heavenletter: <http://www.heavenletters.org/angels.htm>



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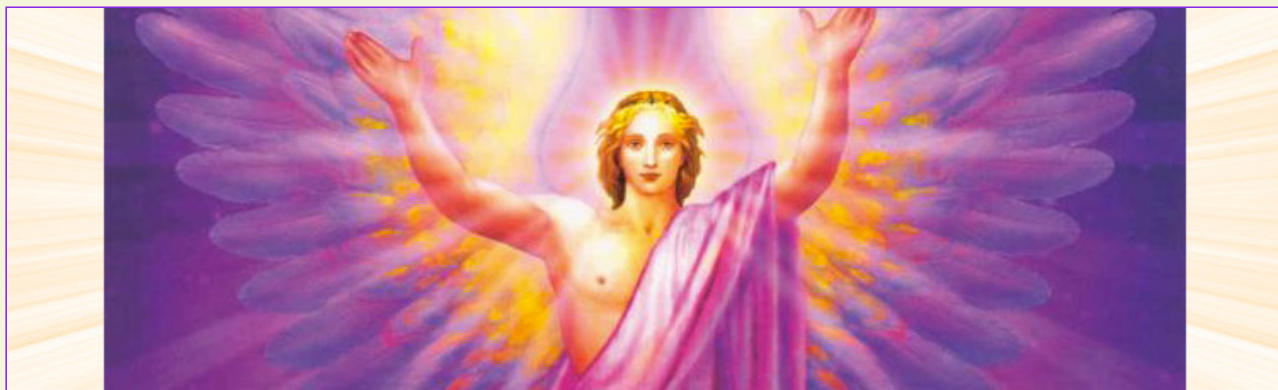
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### ***Discover Your Internal Reset***

*Archangel Metatron via Natalie Glasson - May 14, 2022*

*Published at Voyages of Light*

I Archangel Metatron extend my blessings and love to all beings upon the Earth now, we are walking tremendous, and magnificent transformations with you.

Upon the inner planes we are supporting major shifts that are occurring within your being, for all of humanity and the Earth. Our role in this moment is to support you in remaining grounded, balanced, stable and connected with the Creator. Such vast transformations are taking place within your being.

This has been occurring for some time now, however, it is climaxing. We are noticing many souls and beings upon the Earth are now making shifts internally that they have been preparing for in the last months. This shift may come about because of a cleanse of the body, a new perspective born in the mind, an upset that brings forth clarity, or a new sense of gratitude and appreciation for all that is.

You may notice recently or in the coming days and weeks that there will be a shift within you. That will promote an internal reset of your being. It may be that you feel you need to adopt a healthier lifestyle or regime with eating, drinking or exercise. It may be that you find yourself promoting self-care, relaxation, or meditation.

You will notice that there is a shift, it may be something that you actively partake in, or it might be an illness. It could be something that changes your perspective, a meeting with another being that brings forth clarity or an experience on the inner planes that creates enlightenment.

The shift will be a positive experience, please remember this and it will create a reset within your being. The reset will be as if you have let go of past thoughts, actions, anxieties, worries, fears, not all but enough to allow you to feel lighter and brighter.

You may find yourself walking in a new direction because of a new understanding or feel motivated and inspired to journey along your pathway. You may find it is easier to connect with others. The shift will be personal to you, to your pathway, to what is hindering you now, as well as the purpose, the abilities, the destiny of your pathway on the Earth.

The internal reset will be like taking stock of everything that is within you, all that you have to offer, to gift, and then creating a pathway forward with clarity, understanding and enlightenment that not only serves you but serves others as well.

It could be as simple as letting go of fears, and anxiety, moving through your reality with peace and grace. The reset may manifest within you in numerous ways that are personal to you, however, the result, the impact for all beings upon the Earth will of course, be a deeper

connection with the Creator.

As we state that the result of the internal reset will be a deeper connection with the Creator, we invite you to focus within and ask yourself:

How do I perceive a deeper connection with the Creator would be for me?

Would I feel more supported, more loved?

Would I be able to gain greater clarity, intuition and understanding?

Would I feel more courageous?

Would it be easier to make decisions and transitions in my reality?

A connection with the Creator manifests in a unique way for each being. Every being holds a connection with the Creator. It is your divine right and yet there is a remembrance dawning concerning your connection with the Creator. The remembrance of the Creator is resurfacing in order to allow you to become your truth and who you really are.

In this moment, I invite you to contemplate that the internal reset involves:

A shift, the impact of the shift, and a deeper connection with the Creator.

You may have already achieved and experienced the shift, or maybe each step.

It is important to seek, to look out for the three stages in your reality to verify to yourself when you are moving through the process. A shift that allows you to let go of certain energies and ideas. The impact that creates change and transformation and the result, which is a deeper connection with the Creator.

As many beings move through the internal reset at their own pace, some will take a very short time, and others will take longer, and it is all appropriate and necessary.

However, when you reach the moment of a deeper connection with the Creator, that is when a download of light and wisdom will be anchored into your being. The light and wisdom will be like a puzzle piece that is anchored into the Earth connected to all beings creating a well of information, knowledge and love.

The information, knowledge and love will radiate in all directions across the Earth. It will be like constant pulsations as each being downloads the energy at different times. A continuous integration of energy into Mother Earth that lifts the vibration of the Earth, lifts the consciousness of humanity and allows the support of the inner planes beings to come ever closer.

At this moment, we do not advise you as to certain practices that would be beneficial to partake in. Instead we simply invite you to look out for this step-by-step process of transformation, which we know is the internal reset.

Look out for it in your reality, it may be subtle, it may be impactful.

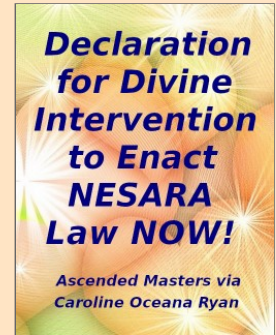
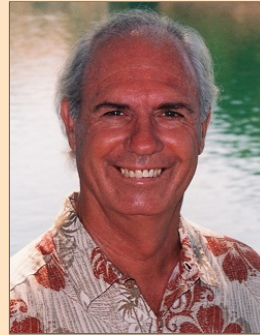
Look out for it in the realities of others, so that you know what is taking place.

This knowledge and understanding will allow everything to flow as it should do, realizing the remembrance that is dawning.

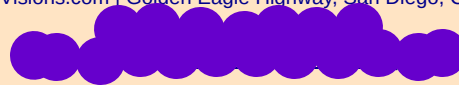
I, Archangel Metatron, and the Angelic Kingdom will be present with you. You can always call upon our guidance and assistance. We thank you, and we love you. I am Archangel Metatron.

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