

Christina von Dreien

CHRISTINA

Consciousness Creates Peace



Book 3

Govinda-Verlag

Christina von Dreien

Christina – Consciousness Creates Peace



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Book 2: [Christina – The Vision of the Good](#)

Book 3: [Christina – Consciousness Creates Peace](#)

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"I want to show people how they can deal constructively with the unlight through unconditional love. That's one of the most important reasons I came here. And I want to give people hope and show them their true inner worth and greatness. ... As Earth people, this is our master's examination: to learn to let our love flow to all living beings, even if circumstances are difficult."

"People who only have head knowledge but no feeling heart, have made the world the way it is now. What we need today are people with knowing hearts."

"You don't always have to have a reason for being happy. You can just be so."

- Christina von Dreien

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Preliminary remark by the publisher

The first two books of the “Christina” series – Book 1: “[Twins Born as Light](#)” (published in July 2017; English in January 2019), and Book 2: “[The Vision of the Good](#)” (published in March 2018; English in October 2019) – tell the beginning of Christina’s story from the perspective of her mother, Bernadette von Dreien. Bernadette relates the extraordinary circumstances of Christina’s birth, her childhood and youth up until the age of 17, and the beginning of her work in public. In both books, there are also several longer or shorter passages with Christina’s statements on subjects relating to philosophy, parapsychology, holistic science, spirituality and the future of humanity on Earth.

Book 2 takes the story as far as spring 2018, and since then a lot has happened that would also be worth writing about. Throughout 2018 and up until April 2019, Christina held a large number of one-day seminars in all three German-speaking countries, some with over 1000 visitors. Between April 2018 and April 2019, a Swiss private television station broadcast 27 one-hour interviews with Christina, which after their publication on YouTube have so far attracted more than four million viewers. Working groups have been set up to look into issues such as education and the possibilities of a new school system. The “We Are Peace” project launched an international impulse for peace and understanding among people. And last but not least, in the course of 2018, the first two “Christina” books went from being insider tips to becoming veritable top sellers and have now been published – or are in preparation – in twelve languages.

All this could be told in detail. But Christina has decided not to do so. Together with her, the decision was made to focus more on the content she imparts than on her outer life and work. In her heart,

Christina carries a profound wish, and she has something specific to communicate to humanity. She would like to tell us who we human beings really are, why conditions on Earth today are as they are, and which positive direction global development can take. She wants to show us how we can use the power of our consciousness and the power of unconditional love to transform our individual and collective lives in a healing and constructive manner. She wants to give us confidence and hope for a future of inner and outer peace, and she wants to nourish our feeling that, despite all the gloomy predictions, all will be well in the end.

Because of this, we decided that the present third book in the “Christina” series should consist exclusively of Christina’s own words. Shortly before her 18th birthday in April 2019, she asked me to sort through all the recordings of her 2018/19 one-day seminars as well as all the TV interviews she’s given so far, in depth, and to compile the chapters of this book from them. I gladly accepted this task, and it is a great pleasure and honour for me to present Christina’s own first book. Since all her seminars so far have been entitled “*Consciousness Creates Peace*”, it seemed sensible to give this book the same title.

So, dear reader, from the depths of our hearts, we wish you much inspiration and edification while reading “Consciousness Creates Peace”.

– Ronald Zürrer,
November 2019

Foreword by the author

Right now, I'm in South America. Yesterday, I was shown the cover picture of this book and when I saw it, I was happy for two reasons.

Firstly, I was delighted with the picture because it's so light and playful with its many butterflies. It symbolises something that today's world needs more of: lightness. The world needs people who live their inner child again – no matter how old they are. Being an adult doesn't mean you have to be dead serious about everything. This lightness brings about change within us. It's the beginning.

And secondly, I was pleased that South America is also changing and going through a development which is sometimes more spiritual than we think – when we sit in Europe and think nothing much is going on here yet. Because each area of the Earth develops spiritually in its own way, each area will be able to take up its own true position. This is an essential basis for the step by step regeneration of the Earth.

I wish all who read this book a great deal of lightness and playfulness in their personal development.

– Christina von Dreien,
November 2019

1

Love pioneers

*Because I am human ...
... love is my religion,
... truth is my life,
... freedom is my birthright.
And yours too.*

Love is my religion – and yours too

Love knows no national borders. Love doesn't care where someone comes from, what they used to be and what they are now. Love exists within us, and is independent of external circumstances. Love is the essence of life. Just as a mother loves and supports her child wherever it goes, so we support ourselves, our fellow human beings and our world with love. Love is not bound to people, groups and places. If we open ourselves to the world in love, love can flow into our surroundings, and everything can be transformed in love.

In the past – decades and centuries ago – there were spiritual pioneers. They made their knowledge available to everyone, although the world at that time was still looking in a completely different direction. We should let our gratitude flow to these pioneers – for what they have done and still do, and for what they were, are and always will be. Humanity has received higher knowledge through them, and now it's time for us to begin to live this knowledge, to embody it.

Our next step will be the one that brings us to love. It starts within us and then grows around us. Pioneers of a new kind are now appearing: love pioneers. Love pioneers are beacons for other people, and one of the most important things they do is to spread hope.

We human beings can change the world simply by being what we all are eternally, in our divine core: love, unconditional love. There's nothing we have to do. We just have to be – to be a beacon from which the fire of love radiates, within reach of everyone who comes with the heartfelt wish to radiate as well, to be what in truth we all are anyway at all times.

We learn to simply be what we have long been. This is awakening in its entirety. It means realising that love is the power that transforms the world.

It's the love of a mother for her child that ensures that she is always there to protect her child. It's the love of people for other people that enables them to persevere in seemingly hopeless situations and build their lives on a new foundation. As it is on a small scale, so it is on a large scale. The love that love pioneers have for the world will ensure that we as humankind persevere and put the world on a new footing. And it will ensure that we hold a protecting hand over the Earth in the future.

Truth is my life – and yours too

Truth also means that we are clear about our personal reality. Truth is not to be found around us, but within us. Awakening is to discover, and discovering is to understand. We only understand our truth when we realise that our own personal truth can only be found in our hearts.

Listen to your heart, to the truth that it speaks, and live this truth – follow it. The tone of your heart together with the truth of the moment will guide you to exactly the right place for you now. Have faith in your heart's inner truth. This inner truth is what matters.

There are many different points of view and opinions in the world. Don't adopt the view and opinion that your mind considers logical, but embrace the one you feel in the depths of your heart.

The truth dances in our hearts. If we listen to our heart, we embody our own heart's truth, and in this way a field is built up that consists of exactly this vibration. Through living what our heart tells

us, regardless of external circumstances, we create a field of truth that moves with us. And wherever we go, truth that was previously hidden will be revealed through this field.

Freedom is my right – and yours too

We are spiritual beings incarnated in earthly bodies. You might be surprised when I say that this constitutes part of the freedom of the soul. From a material point of view, it would seem as if being incarnated should result in less freedom. But as soon as we change our perspective, things look different. We can then see that as human beings we gain the freedom of multidimensionality because, although we inhabit a physical body, we can be on different energetic levels simultaneously – and we can recognise that we have free will.

We've forgotten what our free will really means. Many people today have the feeling that they're helplessly at the mercy of the actions of the unlight. But there's something they're forgetting: our voice changes the world. We live on the Earth and therefore bear joint responsibility for what happens on the Earth. We hold the strings in our hands. A “no” or a “yes” from a group of people who hold out their hands to each other in love can start a domino effect of change. Some people say: “But the politicians are responsible.” – No. We, the citizens, are responsible for what happens on planet Earth. This is a sentence I like: “Sometime they'll give a war and nobody will come.” If some politicians or other decide something somewhere, that doesn't mean to say it's set in stone and is inevitably going to happen. Such decisions can only manifest in the world if we implement them.

Because I am human ...

The awakening of humanity happens in stages, in steps. The next step is that of love, joy, truth and inner and outer freedom.

Because I am human, I learn to understand what it means to change things with and through love, to live with truth and to think with freedom.

Because I am human, I have realised that the time for heart courage has come. We must have the courage to live love, to just try it. We must have the courage to live according to our own truth. We must have the courage to experience freedom, to realise that we have always been free, and to live this freedom now.

Because I am human, I have realised that the decision to take the next step towards love often starts with showing others there is still something called hope.

It is time for all of us to take joint responsibility for the Earth – in love and in the knowledge that everything will happen the way it is supposed to be.[\(1\)](#)

2

Unconditional love

Love is the strongest force in the universe

Unfolding love for yourself and for others is a process that happens gradually. For centuries, our society has taught us that love is linked to conditions, prerequisites or demands of some kind. We think we need certain external circumstances to make it possible for love to flow from us. We think our love depends on what other people say, do, or are. But in truth, love has no interest in outward circumstances and needs no external preconditions.

Love is the strongest force in the universe, and the source of our personal love energy lies within our heart. Most people here in Central Europe have a mentality that's rather head-bound. There are people in other cultures who can set us an example. They probably wouldn't call themselves exactly spiritual, but they live their lives from their heart, and this living from the heart is one of the characteristics of spirituality. Just because we live here, in so-called highly civilised countries, doesn't mean that we have nothing more to learn. We call certain countries less civilised simply because their material infrastructure is not as good as ours. But among them, there are countries where the consciousness of the population is already more developed than ours. People there may not have invented theories or technical terms for spirituality, but they just live spirituality. This means that both sides can learn from each other.

We've been taught to make love dependent on expectations and external conditions. Therefore, learning to radiate love regardless of gross-material or subtle circumstances is a gradual process for each one of us. This true love is called unconditional love. Many people only know love that is tied to conditions: "I love you if ...", "I love you

because ...”, “I love you as long as ...” and so on. But unconditional love isn't interested in who you are or what you do, what work you do, where you live or how old you are. Love doesn't think like that. It's our mind that thinks like that.

But unconditional love doesn't just fall from heaven. It's a soul quality that the soul gradually unfolds once more in the course of its development and through its experience. We never really lost unconditional love, but just buried it and forgot it for a certain time, which is why we can now unearth it within ourselves once more. The task for each of us is to dig away the patterns and the conditioning that we've accumulated through our upbringing, at school, from society or even from previous lives. The goal at the end of this is to become love again, because love is our true, eternal nature. This may still take a while in individual cases – perhaps a month or a year or even three or five years – but that doesn't matter. We have all the time in the world to develop, so we can calmly relax into our development process. We don't have to get stressed. Through relaxing and going into our heart, our vibration increases and our love unfolds automatically.

Many people wonder how they can increase their vibration. As I see it, the easiest way is to go along with the individual learning processes that are currently on the agenda in your own life without resistance. That's all. This alone increases your vibration. Nature has arranged everything so that the most important things in our lives are uncomplicated and just happen. If we feel joy in our lives, if we feel good and if we're optimistic that the world will change for the better – no matter what it looks like at the moment and what it might look like in the near future – then our vibration increases automatically.

Dissolving conscious and subconscious blockages

Unconditional love is not something we go looking for somewhere outside of ourselves, and then pick up and integrate within ourselves. It's what all of us are, eternally, in our true being. Every soul has its ultimate origin in the Source, in God, and therefore every soul always

carries unconditional love in its innermost core.

Our heart is the gateway to our soul. As we move more and more into our heart and dissolve the many layers that cover our innermost core – conditioning, patterns, prejudices, opinions and so on, both in our day consciousness and in our subconscious – we move closer to this unconditional love, layer by layer. We don't just “click!” into unconditional love, it's a process. We recognise which patterns from the past are no longer relevant and beneficial, and then we release these patterns that are blocking us one by one and dissolve them. Step by step, through finally letting the past be the past and by dissolving our blockages, we gain an expanded perspective and a fresh view of ourselves, of our life and of the world – a new state of consciousness. In this way, we move ever closer to our innermost core. The more our personal vibration increases, through letting go of these patterns and by changing our consciousness, the faster the mist that lies between our day consciousness and our subconscious can dissolve. It's as if the sun slowly rises above the mist and evaporates it. This is how our innermost core and the source of our being emerge more and more: unconditional love.

But for that to happen, we need to look at our subconscious because this plays an important role in all of this. For example, person A may not feel anger or hatred towards person B in their day consciousness. But due to some previous event, there is still repressed anger or hatred against person B in person A's subconscious. In order for unconditional love to flow, the links and emotions stored in the subconscious have to be made conscious and then either be dissolved or overwritten with constructive energy.

We can become aware of and look at things from the past as well as things that are no longer relevant, but it's important that we no longer identify with them. Because as long as we think we're still identical with the person who experienced this or that in the past, we're not really able to dissolve it. Instead of thinking like this, we can switch to the observer perspective and realise that in our past this or that event took place, but that we ourselves have long since arrived at another point in our development. In this way, we overwrite the old programs and patterns with our new consciousness.

Self-love

Unconditional loving begins with self-love. As long as we have no love for ourselves, it's difficult for us to either find love outside or to carry love out into the world. This is because we radiate everything we carry within us outwards into the world through our vibration. And what we radiate outwards then manifests in our lives. That's cosmic law. As long as we have no self-love, we don't radiate love, and so love, which is present everywhere in the world, can't reach us because it's unable to find anything in us to dock on to.

The cave example

It can be said that there are two different groups of people on Earth today. The first group are those who still believe that violence can only be stopped by force and that wars are needed to create peace. The second group are those who have already understood that this doesn't work because by responding to violence, anger, hatred and condemnation with counter-violence, with more anger, hatred and condemnation, you strengthen these low energies so that they never stop.

The solution is to react to violence and war with a different energy, an energy that has a higher frequency than the problem: with love! Every war in the world had its beginning in a lack of love. And it's a law that a problem and the solution to the problem never lie on the same vibration frequency. The solution to a particular problem always lies on a higher frequency than the problem itself.

I'll give you an example: Imagine standing somewhere in the mountains in front of a dark cave entrance from which black clouds are emerging. There are people living in this cave who consider manipulation, violence and war a good idea, who nourish hostile thinking and who do all kinds of things that serve the unlight. These people see and know nothing but their dark clouds. Now, among them, there are some people who feel that something isn't right and who no longer want to remain trapped in the cave. The problem is that while they can think they'd like to live differently, they don't

know how to. Because it's so dark, they also don't know where the cave's exit is and how they could get out. I'm sure there are people like that everywhere, in every conflict, who want to get out of the dark cave.

Our responsibility and task – as those standing outside the cave in the light, who don't live in a consciousness dominated by hostile thinking, manipulation or violence – is to send light into the cave. That is, we send in positive energies in the form of golden clouds. These can be good feelings such as hope, joy, confidence, lightness, optimism and trust, but above all the two energies of forgiveness and love. Without forgiveness, there will continue to be an atmosphere of discord. Only when we're able to make peace with the past and forgive the dark beings for their actions will we be able to meet them with unconditional love. It's a huge challenge to send our love to those unlight beings who feel no love for us at all. But every human being and every other living being – even beings of unlight – should be given the chance again and again to turn to the Divine and enter into the light.

We can best forgive the unlight by realising that we have much cause to be grateful for everything we've experienced in the past, both individually as souls and collectively as humanity. As Earth people, this is our master's examination: to learn to let our love flow to all living beings, even if circumstances are difficult.

Our golden clouds of forgiveness and unconditional love have to be larger and stronger than the dark clouds inside the cave if the people in the cave are to be able to see them at all and be able to accept them – should they want to. Like a bright ray of light, these golden clouds will show those in the cave who are consciously or subconsciously looking for the exit – and who are ready to accept our gift – the way to freedom. Others will choose not to accept our offering of light and will remain trapped in the cave. This should also be respected. We can also leave the golden clouds of our love in the cave, so that anyone who wants to can come back to them sometime later and undergo transformation. Love is patient, very patient.

Unconditional love as a collective learning task of humanity

Love has a very strong transformative power, meaning it has the ability to transform negative things into positive things. The same goes for humour, by the way. However, a single person alone can't transform the world but a large number of people can. The more people who begin sending golden love clouds into the darkness of our time, the faster crisis situations will cease to be solved with violence, and will be solved with love instead. This is our common learning process, which we have all been involved in for thousands of years – alongside the individual learning processes we go through in our various incarnations. Unconditional love is our collective learning task as humanity, and it's only this unconditional love that will enable lasting peace in this world.

We can recognise our personal learning theme, our personal learning task in life, by the fact that it comes up again and again. If your life keeps confronting you with similar, unpleasant situations, then this is exactly where your learning task lies. The same applies collectively. If we look at the history of humanity over the past centuries and millennia, we can see that humanity has stirred up hatred and violence and has waged wars time and again. This is because the overarching, collective learning task of humanity is the development of unconditional love for all beings.

Now, the task of each and every one of you is to be a beacon and a love pioneer. The defining characteristic of love pioneers is not that they give seminars or write books, but that they embody and radiate love through their being. You shine the most when you simply are what you are. So, leave places where you no longer feel comfortable and go to where you belong – be it the coast, a city, the mountains or anywhere else. In this way, you'll arrive at the point where you too will be a beacon. Then you'll no longer ask yourself: "Am I a beacon now or not?" You just are, and all you have to do is simply shine. Simply be light.

The interesting thing is that when you have fully unfolded unconditional love, you will be exactly where you were originally. You are light and light is love. You were never anything else.

Training unconditional love

Question from the audience: I try to live unconditional love in my life, but the principle of resonance doesn't always work. I often find myself being used by others. How do I deal with this?

Answer: The other person can indeed see the light, but can't embrace it yet. This part is for the other person to deal with. But for your part, you can change your attitude and send the person concerned unconditional love with no expectations. In this way, you can train unconditional love. We can only really live something when we've trained it enough, meaning when it has passed from day consciousness to our subconscious. Although our true nature is unconditional love, it's overlaid at the moment by various beliefs and habitual patterns. This is why repeated training is necessary to dissolve the things that are still preventing us from reconnecting with our true nature. If unpleasant situations occur repeatedly in your life, this gives you the opportunity to practice something specific. If someone is hostile towards you or tries to quarrel with you or even takes advantage of you, then this person is unconsciously doing you a loving service. They give you the opportunity to train your ability to love and to practice unconditional love.

Unconditional love is not the same as the love in a partnership where you say: "I love this one person more than anyone else." Unconditional loving means sending the same amount of love to all beings – to those we don't find so great as well. It means forgiving and letting our love flow even to where there is no love as yet and from whence none flows back to us. Because where love is not, there it is most needed. This means we can now learn to feel love for those human beings who don't emanate love. This is something very wonderful.

I want to show people how they can deal constructively with the unlight through unconditional love. That's one of the most important reasons I came here. And I want to give people hope and show them their true inner worth and greatness.

There's no better time than this to unfold the quality of unconditional love. Humanity is already well on its way there, because

we're now anchoring love in the collective field of humanity. We have no other choice, because time will soon be vibrating too highly for anything else. Fortunately, the universe has a great deal of patience with us – unconditional patience.

3

Individual increase in vibration

Do things that make you happy!

Increasing your vibration and expanding your consciousness is basically not complicated. Most of the important things in our lives just happen without us deliberately thinking about them or trying to make them happen. Just as we don't have to consciously control our breathing or our heartbeat, for example, we also don't have to constantly try to increase our vibration or think about it all the time.

There is a simple way to increase our personal vibration: be happy. The stranger and madder the world becomes externally, and the more things get churned up on the physical level, the more important it is for us to create time and space in which we do things we enjoy and that make us happy. If we just followed the news in the media, we might well get scared or have the feeling that everything's getting worse and worse and there's nothing we can do about it. That's not true, though. Because something that we can do everywhere and at any time is to make sure we create times of joy for ourselves and our surroundings. As soon as we feel joy, our personal vibration automatically increases.

We should take time every day to do something that makes us happy – even if it's only for ten minutes. It doesn't matter what we do at all. We can do the most pointless things, and we don't have to explain or justify our actions to other people. We can also simply do something we enjoy doing without explanation, and we can simply say “yes” or “no” in any given situation without justifying our decision. We should have enough trust in each other to know there's a good reason for why someone does or does not do something in particular.

Nowadays, there are a great many adults in our culture who are not really happy. A few may be happy, but most aren't. When I travel by train, I sometimes wonder at the fact that almost everyone looks dead serious, as if tomorrow was going to be the end of the world. Hardly anyone laughs. These people were probably still happy when they were children. It's a known fact that children laugh a lot, much more often than adults do.

Do things you enjoy doing regularly, even if it's only for ten minutes! You have the right to do so. For example, you can walk around in circles for an hour for no reason at all if it's something you enjoy doing. Or just play around like a small child. Or simply jump for joy. Or do anything else you feel like doing right now. Whether your mind can understand or justify it is beside the point. It's just about doing something that makes you happy right now. There's not one single law in this world that forbids you to live the inner child that you all still have within you.

When we're happy, when we feel well in our lives and when something fills us with joy, our vibration automatically increases. If we go along with our personal flow of life trustingly, our vibration increases. If we accept our life and no longer try to force our vibration to increase through artificial pressure, our vibration increases. If we gain new insights and get on with the learning processes that are awaiting us, our vibration increases. If we dissolve outdated patterns in our thinking, feeling and acting, our vibration increases. If we live our heart, our vibration increases.

So we don't have to worry about increasing our vibration. Most of the time, people worry far too much anyway. Many people think something's only true and can only work if it's complicated and difficult, if it takes a long time and if it's expensive. They think if something's simple and easy, if it happens quickly and costs nothing, then there must be something wrong. But we should get used to the fact that this pattern of thought is outdated. In many cases today, this way of thinking is no longer valid, and it will continue to be less and less so in the future. This is because we no longer live entirely in the old energy today, but already in the new. And in the new energy, everything is much easier.