

Christmas 2022 and New Year 2023

December 16, 2022

Love



The end of 2022 is approaching.

Although the "Christmas messages" since the end of 2021 no longer come directly from my spiritual guides, my texts are still intensely inspired by them. Happy and grateful am I for my angels and spiritual guides and others from "The Other World", who always accompany me and lead me so lovingly on my path.

The unconditional Love with which they do everything are my guidance and example.

The Messages always spoke of (the Power of) LOVE, they were filled with that Love. Every word was carried by Love.

That was and still is the most important thing.

How can we prove that we understand anything of this Power and how can we use it?

This can only be done in everyday life:

- through life itself
- by moving forward step by step
- by falling down and getting up again

What is love?

- * Leaving behind everything that no longer adds to your happiness. When you are happy, you radiate that and it touches your fellow human beings. So be kind to yourself and then be kind to others.
- * Be attentive to people around you.
- * Forgetting and forgiving.
- * Being grateful for your abilities, your qualities, your gifts. Being grateful for all the people around you whom you love and who love you. Being grateful and content with your circumstances. Be grateful, not because your glass is half full, but because you have a glass at all.
- * Trust that everything will happen as it should.
- * Realize that you are part of a greater reality.
- * Claim and open up to the Cosmic (or Divine) energy that is available to everyone.

In all of these things - and many more - Love plays a smaller or larger role, whether it is love for yourself or love for another.

It all seems very simple and everyone knows this, but why don't we practice it?

Leave behind everything that no longer adds to your happiness.

This could be a job that no longer feels right; a person in your life who keeps receiving your energy, but doesn't put it to good use (that's a bottomless pit);

wearing clothes in colors you no longer like; commitments that have grown so much over the years that you don't think you can get out of them.

Wake up! You have a free will.

And it's not about selfishness. It's about:

Being kind to yourself. What is that?

That's allowing yourself a cup of cacao with whipped cream, in the middle of the day and not thinking about your weight; it's getting into bed at 8pm because you're tired; it's sometimes ignoring work, just to spend many hours reading an interesting book. And it is also and above all: learning to say "no" now and then, for your own benefit. No to another is often a yes to yourself.

Being observant of people around you.

We are used to certain people always being around us and we take that presence for granted.

Being observant means that you sometimes pick up tiny signals that something is not right with that other person.

It costs you nothing to ask how that person is really doing, whether there is anything wrong, whether there is anything you can do for them. Sometimes it's enough to just listen.

And that is a sign of love for that person.

Do you find it difficult to ask what is going on with them? Then think about what you yourself would like to hear if you were in a difficult situation.

Forgive and forget.

Ah, you say, that's just an expression.

But that is not true. They are not just words.

In conversations, this theme comes up frequently. Of course forgiveness is important, but equally I understand - partly from my own experience - that it really isn't that easy. However, that is no reason not to do it.

But perhaps it is good to realize that forgiving is something you do mainly for yourself. No, you don't do it for another person, you do it for yourself. You do it to get rid of that rotten feeling, to drop the burden, you do it to feel free again.

By the way, forgiveness starts with making the choice to "*want*" to forgive.

Wanting to put yourself in the other person's shoes can be a tool to learn to be sensitive to what is going on in that person.

And don't forget to forgive yourself. If someone does something to you, it is very easy to then no longer see anything positive in that person and express that, in words or thoughts. So forgive yourself, wholeheartedly, with love.

Being grateful..... ah, don't get me started.

Gratitude is a real force, an energy, gratitude, alongside love, is one of the foundations on which happiness is built.

Gratitude forms a harmonious, stable and loving thread throughout your life. It makes you aware of all the intangible wealth you possess.

Be grateful, every day, every moment.

Always.

Trust that there is a good reason for everything that comes to you in your life and realize that you are unique. There is only 1 of you in the whole world and beyond. Trust that there is limitless energy available for each of us. You just have to open up to it. Know that you are part of a greater whole/picture, just like everyone else.

Finally and most importantly:

Trust that our angels are always there for us to help us with their loving energy; archangels, angel guardians, our guides and our family members who care for us from the other world.

We are connected to all of them. All we have to do is ask.

Everything is One.

We are all One.

And now I would like to wish you all a Merry Christmas and a Blessed, Healthy and Loving New Year.

Tonny

