

# Boodschap

16 December 2025

Theme: What do you choose: fear or love?

*Greetings to all. My name is Ben-Ji.*

*For many earthly years, I have been one of Tonny's spiritual guides.*

*This message, commonly referred to as the "Christmas message", was created through what is known as automatic writing. My thoughts are put on paper through the hands/fingers of the medium. The message is therefore transmitted from another dimension, from another level of consciousness, but the content is always focused on the earthly dimension, because that is where your lives take place, that is the state of consciousness in which you reside, and that is the place where you learn your lessons.*

*Is there anything new in this Christmas message? No.*

*The Messages are always about LOVE in one way or another – and about your "present". We perceive crystal clear what is happening on other energy levels, whether it concerns planet Earth or elsewhere. What we are currently perceiving is a very strong energy, coming from the Earth and largely consisting of "fear". Last year there was a Christmas message in which Fear also played an important role. Although it indicates how to deal with destructive energy, this does not always seem to work. Fear still prevails.*

*Why is that? Where does that fear come from?*

*It's quite simple. Human beings live in a world that consists mainly of chasing and hunting, tensions, pressure to perform, making money, lack of time, and so on.*

*The most important causes of this? In particular, the information that is freely disseminated by countless governments, those in power, artificial intelligence, social media, and so on. And note: this information is often not correct and sometimes even far from the truth. People become insecure, fearful, frustrated and behave distrustfully and sometimes aggressively towards each other.*

*Actually, everyone knows this, but why do we allow this information to influence us so much?*

*Perhaps it has to do with the fact that there are so many external influences that we forget that our inner self is much more important, what we feel, what we know inside. We simply forget it.*

*The circumstances in the world are not essentially decisive for fear, aggression, anger, war, etc. That is not the truth. The truth is that we forget that it is never the circumstances, but our own reaction to those circumstances.*

*We determine how we react.*

*We determine how we feel.*

*We determine whether our thoughts are positive or negative.*

*We determine whether external circumstances can or may throw us off balance. And yes, that is the truth. We determine that ourselves.*

*We will never be able to change the circumstances, only our reaction to them.*

*To a large extent, it has to do with appreciation, self-respect and, above all, love for who we are. Because we do not pay attention to these important inner matters, everything takes place outside of us, we constantly allow our attention to be drawn outside and there is no time to look within.*

*But that is an illusion.*

*There is enough time (insofar as we can speak of time). It is not that you do not have time. It is that you do not make time to go within. By the time the so-called "holidays" are celebrated, people are so tired that finding peace and turning inward is out of the question. The battery needs to be recharged, but people no longer know how.*

*Everything starts with how to live in the present, in the moment. We work so hard that we don't think about the fact that this earthly existence will definitely come to an end one day. The question is: suppose you know that you only have one week to live, for example, what would be most important to you at that moment? That your house is clean? That there are two cars in the driveway? That your children can wear designer clothes? That you hold a very important position? Is that what matters most to you when your life is fulfilled?*

*No, in the end, only one thing remains.*

*What remains is the love with which you do or have done everything, the love you have freely given and the love you have received. The latter in particular sometimes really has to be learned. Giving something - especially love - is sometimes easy, but daring to receive love is much more difficult. And yet receiving is just as important as giving.*

*Is fear being sown? Of course, often it is. But YOU decide whether you let that fear determine your life. Do not be afraid of a war that may come in a year's time, or perhaps that war will never come. And if the war does come in a year's time, you may not even be here anymore. Why should you be afraid of life? Because that is what it is all about. Life and everything that goes with it, the beautiful things and also the less beautiful things. But how much you suffer from the latter is up to you.*

*Give yourself more love, more attention, more of what is important to you, more moments of love... Fear is healed by love.*

*Make room in your life for the formidable power of love, for yourself and therefore also for others.*

*I would now like to wish you all a very happy festive season, together with your loved ones, with some attention/consideration and understanding for those who do not have that. I wish you all peace and love in your hearts.*

*Ben-Ji*