**Transcript from recorded message**

Masiandia: “You are a divine being! In essence, all that you are is divinity.

“In your earth-life, within this dense matter of three-dimensional reality and the collective consciousness, you forget that you are holy, and you forget that you are amongst others who too have forgotten that they are holy. All together, you reflect each other’s forgetting rather than each other's remembering.

“This is the reason why it feels so good to be amongst people who have awakened their consciousness, or whose paths are solely devoted to awakening. It feels so good because they are reflecting your light, they are emitting light, living light.

“They too forget, yet are able to witness, to step back and notice that they are holy.

“There must be something within their tendency to forget that is needing, that is yearning for, hurting for the love of God. That part of them, that part in you, that has forgotten - is yearning for love.

“So, a distressed body, a hurt shoulder, sore tailbone, broken ribs, tension through the neck, chronic pain, physical and emotional pain, dis-ease... all comes from an intelligence within the body that is seeking the light of God. Pain is seeking what is sacred. It is seeking to remember who you truly are, to remember that you are divine.

“We know, there really is no great mystery we can share, there is no great epiphany that we can give you for you to finally be convinced that you are sacred.

“The only way for you to remember is to be completely present with the hurts in your body, with the pain and emotional upheaval that is going on in your life. What is needed is for you to be fully present, willing to discover yourself in your life-experiences, not to shame yourself.

“Shame is the hardship we see the most in people. It's hard enough to feel grief. It's hard enough to stop and be present to emotion, to anger, hurt, sorrow, fear, without also compounding your experience with shame, with embarrassment.

“So many people seek perfection; they hold that as the highest ideal. But divinity is not perfect. Divinity is holy.

“What is holy doesn't require your worship, it requires your devotion. With devotion, you arrive home within yourself. Devotion is not a blind act; it is an act of giving yourself full permission to feel the deep yearning within you.

“Whatever pain you're in - at the core of it is a deep yearning. Whatever hardship you're experiencing, there is longing. Your body is yearning for healing. Your emotions, thoughts and core beliefs, and your relationships are all rooted within the deep yearning for harmony.

“Harmony is healing and instinctively seeks to fulfill you. So in other words, what you long for is naturally connected with the profound alchemy between your need - your human nature and your soul vibration.

“Healing is spiritual alchemy designed to fulfill you. Spirit is not separate from you - it is part of the alchemy between your human self and spirit.

“So, you might understand us now when we say, ‘You're divine! Everything about you is divinity, and what seeks harmony seeks to remember itself.’

“Seeking is natural, it's the same as a newborn child wanting the arms of a mother, it's as natural as your need for water and food.

“Everything we teach is about harmony, the synthesis, the alchemy between spirit and human nature. When the two meet, there's wholeness. When the two meet fully, there is no resistance.

“Where there is resistance in your body, let's not make that wrong. Rather, let's be the witness that observes the resistance and recognizes that it too needs love. The chronic pain that isn’t healing needs love, and the intrinsic nature of healing is seeking to fulfill it.

“Ultimately, healing is knowledge; it is conscious awareness. It is all about seeing and sensing more. So for a moment, just think of all the ways that you reject and are afraid of seeing and sensing, recognize all the ways that you run away and refuse to feel. Then breathe, and please give yourself permission to step back and just witness this. Notice the ways that you're holding back life. Notice the ways that you're saying ‘no’. You don't have to make yourself say ‘yes’, just notice the ways that you're in resistance. Then, please remember that this too needs love.

“What is healing but love holding your body, holding your consciousness in an expanded field of light and belonging.

“Every symptom, emotion, situation that is out of harmony is not a dark force opposing the Divine, it is divinity seeking to remember itself. Whatever chronic issue that hasn't been released, or that you haven't figured out the cause of, is a need in you that is seeking God, love, the sacred and the whole. And it is beautiful. Yes, your pain is beautiful.

“Imagine seeing your pain and the pain in others as beautiful. Imagine not having to fix it. Release the pressure to resolve anything, and simply become open to letting healing in. Open to letting love in and for transformation to occur.

“How do you open? By wanting to open. How do you open? By wanting to open.

“What does that mean? Breathe, and notice as you focus on your breath that there is space here for the next breath to be even deeper.

“Notice as you step back and witness your life, there is more room. And where there is more room, there is more receptivity. And where there is more receptivity, well that is the opening we speak of.

“So please do not judge yourself for the ways that you're not open. Instead, observe the ways that you're not open with gentleness, kindness and forgiveness.

“Give the resistance what it needs - a sacred space to arrive, a sacred space to transform and be made whole.”