

The FREQUENCY INSTRUMENT

# The FREQUENCY INSTRUMENT

Your Heart  
Is The  
Key



*Ben Arion*

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>> How You Can Unlock Your Inner Power And Completely  
Transform Your Life In 21 Days Or Less...

A w a k e n i n g

- B L U E P R I N T -

The

F R E Q U E N C Y

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# 1

## Your Body Is a Frequency Instrument - Tune in to Your Heart

I want to talk about calibrating your heart and body to higher frequencies of light.

This is really important to me and I love to share this information with you. Each cell is like a self-sustaining organic motor and each one knows what it needs to do in order to sustain your being that consists of trillions of cells!

They exist and operate because of frequency. It is frequency that moves and makes these cells into what they are. Every cell is a dance

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of frequency and to practice holding a high frequency in your everyday life is the best thing you can do to help your cells to function optimally. And how do you practice? I will come to that in a moment.

## **YOU DON'T HAVE TO DO ANYTHING**

What is the meaning of life? One answer to that question could be to hold the high frequency of love, which affects everyone and everything. You don't have to change anyone by doing anything, it's a simple thing to just focus on being the highest vision of yourself possible in every moment. That in turn will spread to other people's energy fields, maybe as inspiration to create something, or to change a negative pattern.

It happens just because you're being you, walking with or talking to someone. A thought suddenly pops up - "Maybe I will do this today, I haven't tried that before." It may appear as small changes, but there are no small changes - that's illusion! Every small change leads to a big change.

Resonance means that one vibration can spread and make other systems or objects vibrate with the same frequency. You can come into resonance with your heart frequency and therefore with all of creation. It is like a guitar, where, for example, the A string can put the E string into motion. To come in resonance with your being, you have to play the right tones within yourself - the tones of harmony.

This is done by practicing, and in order to play your instrument - your body - you have to know how it feels to make mistakes, or to play out of harmony. “Oh, this time I played this note and I felt really bad about it.” In time, you will learn to play the strings of your body with love.

We can't blame people for listening to or feeling frequencies that for us seem out of harmony and translate into thoughts and actions we don't like, but we can be examples ourselves, to send out the highest vibration possible in each moment.

## **WE ARE LIKE RADIO SETS**

I talk about you and me being like radios that can tune into the One God, Eternity I Am channel. It is in everyone, but the signal can be distorted, and that's why people feel so out of balance. People listen to the radio and broadcast different channels, but often they don't know how to consciously change among the frequencies that are always in the air around them.

When they turn their radios to a specific frequency, they can talk about a lot of things. They may be talking about the destruction of Earth, or they may be kidding around; it can be anything, and when they turn to another frequency, you can hear the most beautiful music or people laughing.



You are the one that moves the little receiver that chooses the frequency on your radio. This little button is within you in your heart. You are not a victim, as there truly are no victims in this universe.

Truth - we can't see it, but it's there within us, always broadcasting and waiting for us to listen. This is the science of resonance. You can listen to each station because you are in resonance with it, or else you wouldn't perceive it.

Your body and soul work in the same way. Energy and frequency are as real as physical objects you can taste or touch. Frequencies are felt through our feelings, and feelings we call joy, love, and peace are actually high frequencies which we process through our physical nervous system and energy field.

## **PRACTICE TO BECOME A WASHING MACHINE**

Feeling these "good vibrations" is all about practice. Some like to meditate, and some like to walk in the forest to tune in to these higher frequencies of light. We all have our personal journeys to discover our inner light. When you heighten your frequencies, it's comparable to a washing machine because your awareness will be projected into the auric field, or energy field, around you and affect everyone around you.

This will pull the roots off people's core beliefs and it may not always feel like you are helping anyone or doing something good, because your high energy will make things happen in people which neither of you may be aware of.

If you vibrate a very high energy and meet a person of lower energy, or vibrate in a low energy and meet a very high one, it can make you can feel very tired. We actually fall asleep at certain frequency ranges because our bodies can't handle it. This is why we feel sleepy at times when we integrate higher energies into our bodies, or having worked hard to maintain a high vibration in a surrounding with lower vibrations.

Listen to your body and give yourself the rest that you need. I like the comparison with a higher vibration functioning as a washing machine because we heal ourselves, situations and people with our loving hearts and higher frequencies. This can, of course, bring grand joy because people recognize and resonate with each other, so be patient - you're helping everyone by raising your energy.

## **RELEASE YOUR ILLUSIONS - AND TO START TO ENJOY THEM!**

In a high vibrational state, everything that cannot match that state will fall and cannot be present. This is science fact. You can't hold on to everything into your life - you will see the illusions for what they are, and illusions cannot attach to you anymore because you will feel

so clear in your light. But you can still enjoy the illusions around you - you can see them for what they are, so all illusion will fall away due to your raising of vibrational frequency.

Love is a word, but it's actually so much more than a word. If you feel a lot of love within you, you may feel a mixture of heat and cold. You feel as if you are going to explode from its intensity. Love is manifested as electricity within your body. Your body can only hold a certain range of frequencies, or else you would burn up!

That's not why we are here now, to burn up. When you feel the bliss of this honey flowing through your body, you know that you are in a high state of vibration. Practice, practice as much as you can to hold this state, and don't judge yourself when you later get really low. Just wonder, where did the higher state go? And know this: we need these ups and downs to be able to integrate the higher light. We are being calibrated in waves or cycles.

So I'm coming back to this stretching comparison because we are stretching our hearts to maintain higher and higher states of vibration. You won't disappear or anything, but you will simply change perspective on the world because you will tap into the higher dimension of frequencies.

People think that changing dimensions is all about disappearing into another world, but all dimensions exist within you so by simply



changing your perspective, you can change dimensions. This is how one person can change the whole world.

## PROCESSING THE LOWER FREQUENCIES

Being in a deep negative state of feeling or disconnection is necessary in order to learn how to tap into the higher frequencies. Don't resist or try to escape from the process - it's a gift! The lower frequencies have to be processed and understood by your energy field or body very, very slowly.

Your body knows what it does. It is intelligent. Your body is like synchronized intelligence. It supports itself, and it gets support. It's the same thing with the universe - it's organized, it's synchronized. Our body is just a mirror for what's happening in the universe, so of course we get a lot of support.

Some think that we have to fix some things within our body when it's actually already all-knowing. All we have to do is to love it and give it loving food and nutrition. So let it do its job. Give it high vibrational food, and what is that? Simply wonderful smoothies or juices. I made a juice today with carrot, apple, lemon and celery and it's really wonderful to take in the afternoon.

Do food prepared with love and, if possible, avoid meat because everything you eat will affect your frequency. Animals have gone

through a quite horrible experience and that experience is frozen when they die, and when you eat that frozen energy or frequency, it affects your body's balance. Eating meat can be one of the reasons you feel depressed.

## **WHAT'S THE HURRY? ONE STEP AT A TIME**

Take small steps at a time when raising your frequency. You can't reach the mountaintop with one jump, so be kind to yourself and appreciate yourself for everything you go through. You know in your heart that you will be guided into this higher state of beingness, you just have to want it from your heart. Do the things in your life that make you happy.

If you don't know what makes you happy, maybe it's time to find out and understand that now.

Sit and meditate and tune in to the things you like to do in life, and do that. It can be really small things. It could be listening to uplifting music, or talking to people who love you for who you are. Don't watch horror movies or fill your mind with a daily dose of destructive news, as this will help no one in the end.

Some watch really miserable things on the television before they go to sleep instead of just tuning in to more harmonious vibrations, saying thank you for this day, and then going to bed. We have to release

things in our sleep, and ending your day with negative feelings gives an extra job to your system. Sleeping is like loving yourself, giving yourself the energy to wake up to a new day.

So you will help everyone (everyONE, because ultimately, we are all one) by maintaining a higher vibrational state throughout your day. As we connect with our hearts, it will be like a big radio channel sending out broadcasts of love which people will be able to listen to through their own hearts.

Many people may not be aware of it, but there is a wonderful love station out there which everyone can connect to, both by sending and receiving. More and more people will start their own unique radio channel and more and more people will be able to resonate and listen to it and so on. This is the real underground movement.

## **YOU ARE POETRY IN MOTION**

Change will not come in the form of positive news that we will all finally get on. No, it's all about you working on you and from there everything will blossom. You don't have to believe me on this, but this is what I am living for every day in every moment.

I live to be the highest expression of love and maintain the frequency of truth. I can't give a minute to negativity or destructive patterns. I see it for what it is and I heal it within myself through love, and

knowing I make a change by being my highest expression in every moment.

Slowly you will begin to match the vibration of your heart, which resonates with your higher self, and your song will sing through eternity. Yes, this sounds like poetry, I know, but remember, the energy is like poetry. Not all things can be expressed in a logical way. It's presented in portions of intentions from the heart. Frequency is a bearer of information, so we learn things even when we aren't aware of it. You may listen to my words, but my words aren't really important, because I send them through intent of frequency. It will reach you when the time is right, through me or someone else.

Everything is light frequency and this is so fundamental and important in your life. You are a radio which can send and receive information, picking up frequencies that always dance through the dimensions of eternity (here's the poetry again!).

So how do you be in that higher frequency? As I said before, you cannot easily leap to the mountaintop with one giant jump. You have to leave some packages behind you, change some clothes, eat and drink some water, get some rest, etc., taking small steps at a time knowing that you will eventually reach your destination. But enjoy your ride also!

And you also have to transcend and understand the so-called lower

frequencies of being, because they are just the opposite of the higher frequencies. Your heart is so much more than just a physical muscle. It's a frequency door, like a door into the higher dimensions and who you are. And when you know that your feelings are keys to open the doors within your heart, you will let every feeling move through you.

Because each feeling is a gift. Don't resist your feelings - it's your resistance that holds you back from opening the doors! Let the feelings, both positive and negative, come and flow as they show the true meaning of love. You will learn how to travel within these frequencies within yourself and totally change your life experience.

## 2

### The Void of Transformation and Letting Go

Life is constantly in motion and there will always be changes in the physical. We cannot limit the love in our lives. Life will show us where to go and it may feel like it's a "dense" and rough way to follow. Beliefs and patterns are coming to the surface to be released; I've experienced this myself recently.

The Drama is increasing in peoples lives and every fear has to be felt. We have many names for this, we can call it awakening to Love. The "shadow" of yourself will knock at the door, because it wants to be loved and seen. The Ego will react in many different ways. It's like dying, but it's only your beliefs that are changing and transforming into a higher vibration or understanding. Your Ego feels threatened because it cannot relate to the energy of "not knowing" what's coming.

The Ego wants things to be as they have been, and it can't understand that something better can come from a shift like this. Your Ego is like a little child; don't take it personally. The only thing you can do when the "storm" catches you is to breathe, walk in nature, ground yourself, and be still and Trust. It's like life gently "forces" you to be in your heart, because the heart is beyond duality and knows beyond knowing.

### **Surrender to "What Is"**

You will feel like your heart is melting as you surrender to "what is," and in this energy you will be a conduit for higher energies that will embrace you, like a little child. If you want to be seen in the world and need attention, you should see yourself first and attend to yourself. We all want to be loved for who we are, but do you love yourself for who you are?

Life will not always give you what you want, but always what you need to Awaken from your slumber into love, which is worth more than



"physical" wanting. Our heart and soul are waking us up gently because they know what we are capable of, one step at a time. The Ego will be shocked, but the heart will know. You don't have to know everything. You will notice that the "not knowing" will be like a "long-lost friend" that will encourage you step into the Void of the Now moment.

Your beliefs are just beliefs, and they will be crushed into little pieces because everything you believe will be turned upside down and twisted 360 degrees. The heart doesn't depend on beliefs. The Heart is LIFE in itself, embracing the moment of now. LIFE does not want you to suffer; it has a reason and it will show you things you couldn't see because of your Ego. Yes, you will feel alone, but it's a part of the process. You have to go through the Void of Emptiness all by yourself. This is where we will be with GOD or our higher self; we have to start loving ourselves exactly the way we are and let go of everything. In the void you will understand that you are never alone and that Love is within you.

Your Ego will not disappear. You cannot get rid of it, but your heart will fall in love with your ego and they will merge into a balanced companionship, like friends holding hands.

My mind felt good in what "was" and was satisfied with that, but my heart felt otherwise and wanted me to meet my fears up front, and so I did. It felt like a huge separation and I will always remember what I went through. I would absolutely call it a process. My mind didn't like

it and wanted to find a solution to "make it all good again," as you say.

My heart "forced" me gently to go within all of these feelings of abandonment and fear of losing something, and I did feel a lot of things for many days. Actually, I've never felt so much in my whole life, because I stood face to face with my worst fears. I have cried and I have felt powerless. I knew that I had chosen this, but saying this to yourself when you are facing your fears isn't as easy as it sounds. You can just "surrender" to your heart, which I did many times, over and over again. The ascension of the heart into Love isn't always what you expect it to be. I knew I had patterns and beliefs that needed to be "lightened up."

## **Falling in Love**

It felt as if I was hanging on the edge of a cliff and someone said to me, "I want to help you," and then stepped on my hands so I lost my grip of the edge. I fell and fell, and the acceleration was enormous. It was like one year of emotional processing flew by in a few days. I also felt that I didn't "hit" the ground and that I never will, because the love has always been there. It's like falling in love without fear of losing something or someone.

**We have everything we search for within us. You are what you are looking for.**

Why do I share this with all of you? Because it wasn't a "funny" thing I felt; it felt very lonely. In this moment of writing this I feel a lot better and I am happy to be in the moment. I feel connected and disconnected in waves. You're always connected, but your body has a life of its own, with all of its memories. I had so much support around me; I'm always cared for and it has helped me a lot. I have people in my life that I've always known and will forever know. I love them so much.

Life cannot be planned too much in these new energies, because moments are fluid and in constant change. I had to embrace the unknown, and you will also meet the fears you feel within you, and discover that it is a "path" to understand the light that you really are. People call it the "dark night of the soul." I call it "The awakening of the soul."

I think it's important to share this because it isn't just me going through this, but every human on this planet is going through this shift. It may feel good if you know that you aren't alone in this process.

Love does not come from someone else, but it can be shared with others. Relationships will play a big role in the awakening to love. Things you didn't dare to look at before will "pop out" in front of you, and you will feel separated and fear will arise. Fear isn't to be feared; it's a powerful wave, like a tsunami washing through your body, which

will release the density in your body. I resisted the fear for a little while, but there came a moment when I had to let go, because I knew it was the only way to go. My heart and soul knows this. I feel different than before, but I cannot "name" what is different.

You feel safe in a relationship because you know you have each other, and maybe you feel that you "own" each other. You may create silent contracts between you about how the future will be, how everything will go according certain plans, etc. This is the time when relationships will take "EVERYTHING" to the surface, and that may seem like Chaos, but it will bring forth the love within and make you remember that you are the love, not someone out there.

You often give love because you feel that you don't have it, but you will realize that Love isn't given from anything - it is who you are.

All the safety in your life may come to a point where you think everything is going to "die," but it's the death of the Ego. Love always wants you to evolve through the heart.

The old cannot be brought into the new; that's why you face situations where you have no other choice than to let go and start to TRUST the process.

## **Embracing Your Fears**

There is no certain way to embrace your fears; you have to really be in that fear and it will fill every cell of your body. You will believe it's real at times. It may feel really painful to feel all of these things. There will come a point where your heart says to you: "LET GO AND BE IN THE MOMENT and I will guide you." Your fears will show you a greater light of situations, you will look at things differently, but people will see you as you always were. You will take things more lightly and won't be afraid of being who you really are. A sense of peace will grow within because all the fear you felt and went through will make you stronger, and you will understand that within all these fears was a great purpose, which was to know your heart more fully.

It isn't easy to say this when you are going through the process. I, for example, just took long walks and had much time for myself, doing nothing. I didn't "think" my way through this "fear." I was totally in it, and I couldn't escape from it; it was really painful and my mind went crazy. So don't think you're crazy or not spiritual because everything is "thought." Life isn't always a pink cloud experience.

As I read a while ago, we are moving into a new lifetime without leaving our bodies. We will leave the "play" of karma. To leave the play of karma, we experience all of these things that are at the bottom of the bag, and we also get rid of the "old" beliefs that are holding us back from creating our heart's desires. I feel I have some patterns left in my body and mind that cannot or will not change, because it's a part of my life-blueprint. There is no right or wrong way in this awakening,

I'm just sharing my experience of it. To follow your heart isn't always easy. I feel like time as I knew it before has changed. I cannot live in the future anymore. I'm always "guided" to be in the moment more and more. It feels good. No one can resist the power of love and its light.

It's like my heart is telling me that I can create whatever I want and always wished for in this eternal moment. It's like my Ego believed certain things it wanted which really weren't important. All things are being stripped to its core so my heart's desires can blossom. It also feels like things are repeating themselves in cycles, and I've always known about these things, but it feels more real now; it's like a "click" in your heart, beyond logic.

I don't work anymore; I'm playing with my life experience. Life doesn't have to work - life is. Who I think I am isn't a name or a personality, it's an energy that is moving through me which is eternal and is a part of everything, everywhere. Love does not struggle to survive - love is. The only thing that is trying to survive is the little belief of "me." The "me" is becoming the energy of "I AM THAT I AM." I am you and you are another me. We all touch each-other in multidimensionality and everything is connected. As Jesus said, "Love can move mountains."

Life will continue and my thoughts will continue; fears will still be there, but in the comfort of my loving heart. Changes are constant; learn to ride the waves of life by being in the moment and trust the



process. I know, things will be played to the edges and things will fall over the cliff, where they will transform into love.

I feel very empty at the moment, but I feel a lot of love too, which doesn't involve any kind of action or "have-to."

# 3

## Self Responsibility Is Key - You Are a Transmuter of Energy

Why do we want to remove fear and darkness? Does it diminish our light? Can love be removed or taken away from us? It's natural to go on different paths. Darkness will eventually be seen for what it is.

Even the darkest person will see and feel love again. Some people want attention and the best way to get attention is "playing" with people's fears.

The question is, do you take it personally?

It's as it should be, before the paradigm shift into love and full awareness. Things will come up to the surface and it can be seen as

darkness, but the fact is that it's just darkness transforming into love. You are a Transmuter; you are the one who FEELS and you have a choice to EMBRACE what you feel and transmute it into something very unique and powerful. Many souls already know this.

When we feel fear, it can be paralyzing and frightening but it's not a coincidence. If we want to transform Mother Earth into a jewel, we have to look within and meet our unknown fears because nothing can be hidden in these times.

We must all stand together and welcome the fear. There are lightworkers that want to be in the light all the time; however, IT IS OF THE UTMOST IMPORTANCE that we can meet fear with an open heart and not judge it, because we have much to learn from FEAR.

Experience is the only way; without it, we would not be here going through this. An experience, good or bad, can change your whole perspective of life. Love is beyond thought, belief and emotion. Love does not change; it is and always will be. Our transformation of self is about healing parts of ourselves that we don't love so much and want to deny.

We can heal by having a gentle and sincere talk with our heart. The heart always listens. When things feel bad, there is a reason why! It's a part of you that wants to be seen or heard. It will try to get your attention even more if you deny it.

To be honest is a hell of a job sometimes; excuse me for using the word "hell," but hell can be heaven and you don't even know it because you don't want to go there. In the abyss of your feelings, there is a light shining so strong that it will blind you.

We can read lots of books, trying to understand with our mind what an awakening is and how it should be. We also have to go through what we call bad, negative feelings to the fullest. Only by being in the midst of it can we change it. We change not by resisting it, but by being in it, getting the taste of it and then from that awareness, changing it. When you have really experienced something, this then will totally change the way you vibrate and emotionally respond.

Remember, there is nothing that can take the LOVE that we are away from us. NOTHING!

We are important pillars of light grounding everywhere, in the darkest abyss. Change comes from within.

Everything you indulge within your mind will get some kind of vibrational response within you - good, bad or neither. What you can learn from people's "projected" feelings is, "How does this feel within me?"

We cannot remove darkness - only embrace it, and it will be

transformed. If you tried to remove it without facing it, it would appear again, but in a different disguise.

Self-responsibility is key to whatever you feel because there is something to reflect upon. Every unique reflection that is manifested within our heart will "evoke" a vibration that has a great gift of love. Feelings of negativity can teach you a lot of things.

**Negativity is a great “key” to evoke the LOVE within you.**

When we feel or see darkness in the world or around us, we should know that it's because things are coming to the surface. It isn't a threat to any of us. Fear is the ultimate controller and we cannot be controlled if we love ourselves and know our worthiness. You are actually here to transform dense vibrations into lighter ones, so don't fear the fear.

Never reject negativity; understand that you get caught up in the drama because it has to play itself out. Self-responsibility knows that LOVE is within ALL THINGS.

Some may think we can escape duality, but it's a part of life: the yin/yang, warm/cold, etc. In reality, we can live in duality and understand the beauty of it. Duality isn't always a bad thing.

Life is NOW and cannot be any other way, so instead of FIGHTING for

the past or the future, SURRENDER INTO THE NOW and stop battling. There is a fine line between light and darkness. Darkness isn't a part of life just as a coincidence; it's there so you can know what love is.

There are no beliefs to follow. Beliefs change all the time. You are the creator, you are the believer, which makes things happen. We are one human race and we should celebrate that. Perhaps, if we follow something, we should stop and follow our heart instead.

As vibration increases, you get a sense of completeness and total trust.

You feel that you want to share by just being who you are. The rays from your heart will guide souls in their own awakening. You can't interfere with any being's life, but you can be there and support with your love and understanding.

When the vibration increases within your cells and body, there may come up feelings of overwhelming intensity, like anxiety and frustration. Your body is adapting to the higher levels of energy. Deep breaths will help to balance this. The stillness and trust will be more and more natural in your daily life. The love is so strong you want to tell everyone about it, but you have to learn and know that this feeling will come to each and every person when they open their hearts. Until then, just be this energy.

Your intuition and sense of oneness with the higher dimensions will be

stronger and stronger. You will feel as if heaven on earth is already here and now by just being in that vibrational intent.

Vibrational intent is your key to manifesting your daily life. We always want to know what will happen and when, I had to work with this issue and still do. Let go of the result and trust that every step will create the highest good for all. Simple words and simple beingness.

Also, remember that feelings are not always your own. As lightworkers or light conduits, we help to transmute dense energies, so don't take everything personally and as your own.

**Fear cannot be alive within the presence of light.**

I want to share this with all of you, because when you feel strong emotions within, just focus on the feeling and try to locate this feeling somewhere within your body. It could be in your throat, belly, neck or somewhere else.

Dive into the feeling; feel it stronger and stronger. You will notice that your presence and focus will transform this heavy feeling within and make it flow.

Anger, fear, etc. arises when our system isn't in balance. It's important to tune in to the FLOW OF THE BREATH EVERY DAY!



IN AND OUT  
IN AND OUT  
NOTHING IS FOREVER  
EVERYTHING IS ETERNAL  
BREATHE THE LOVE IN  
BREATHE OUT THE DOUBT  
LET THE UNIVERSE INTO YOUR HEART AND RECEIVE LIFE.

The most is said in silence, so I continue from there...

# 4

## The Power of Imagination

I receive many questions on how to do this, how to engage that transformative process. What if the answer is as simple as using your imagination? Thoughts cannot give you answers. Thoughts are just temporary waves that can change at any moment. Knowledge is in your imagination. I imagined this website and now you're all here. Welcome!

Thoughts can take over your heart's imagination. A key to happiness is to awaken your imagination.

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How things unfold isn't important. What's important is how you choose to embrace the Now moment. You cannot change the Now moment. Practice being in that moment; focus on your breath; try to feel your heartbeat. Thoughts are actually all around us in wave frequency form. Sometimes we are actually tuning in to the thoughts of humanity as we channel them through our bodies.

What does this say? Thoughts aren't always your own; they are shared and transmitted (broadcasted) like a radio station. What station are you listening to?

Can you imagine how it would be to break free from limited thinking and tune in to a higher frequency that is in harmony with your heart? It is possible. Listen to the silence and become aware of this broadcast that is within you, the GOD CHANNEL. This channel feels different for everyone. You entered into this body; it's not your body, and it is actually a part of Mother Earth. The body and earth are connected. You might like to see it as a very advanced space suit.

**Thoughts are like fog that hides the blissful silence containing all there is.**

We are becoming more conscious of the love within us. It's really very simple: awaken to love and you cannot go back to limitation again. Things will evolve quicker and quicker. That's why it has been called

“the Quickening.” First contact procedures will come naturally; we cannot know it all. Let it be a surprise - let them handle the planning. Focus on love! In this way, you always know what to do in each moment.

You came here to anchor love by being an example. Be that change.

Practice love, practice patience. You are the one who will make a change by tuning into your joy. More and more people will tune into this “LOVE RADIO STATION” channel and we will feel the effects on each other. Love will flood this earth and there is no turning back! Are you with me?

### **Imagine your own teachings**

You are your own teacher; imagine your own way and share it with others. We all have LOVE in common; the rest is EXPRESSION. Expression has eternal possibilities.

### **Change is brewing in this moment**

To be open-minded and have a loving approach is a great beginning. Let the change flow through you and let the love in. No one can convert any other into their own personal belief structure. Beliefs are beliefs, knowing is knowing.

To really know something within your heart is beyond belief; it is beyond proof. Beliefs are temporary; love is eternal.

Ascension is an imprinted word in our minds, but do not forget the simplicity of it; it is simply a change of perspective. Now is the time to choose with the heart which world we want to live in. The purpose is to evolve earth and mankind into a higher state of mind and awareness of itself. Listen to the GOD channel within you. Do it as a daily practice in your own unique way. There is no wrong way to GOD. Clinging to old beliefs will not be possible in the coming years; we can resist change, or we can embrace it.

# 5

## Feeling Things Is a Human Right

Feeling things is a human right. There are people living today that suppress feelings as a part of their daily life. A healthy lifestyle begins with a healthy mind. We are humans with an enormous wide range of feelings; it's important to know that what you focus on will grow. Always prioritize your feelings, and know that you are important.

We tend to listen to others more than ourselves; that is beautiful if you know that you aren't obligated or responsible for what other

people feel about you. This can help if we know ourselves, or else we can easily absorb other people's feelings and believe they are ours to carry.

True guidance doesn't tell you of any "must or have to" scenarios. True guidance is taking action from where you are in the moment, and doing so by listening to yourself and not others.

**What would you be if you put your beliefs and personal Ego aside?**

You would be emptiness. People rarely want to experience emptiness, and do a lot to fill that void with external information that stimulates us so we can feel alive. The need for drama in daily life is there for many, even if we don't always admit it. If someone starts a scene, yelling and screaming, we can either join or just walk away from it, or maybe stay centered with no thought. We can see that this person just wanted to be heard and seen for who she/he really is. We yell and scream because we actually want to "be understood." At the core we want to be loved.

**Every drama is a practice in self-love and forgiveness.**

Engaging in dramas can be a good teacher, where we can discover parts within us we didn't know existed. But we also have a choice to engage in the drama, and if we do that, we can do it consciously. We will continue to create dramas as long as we are attached to a self-

image, and that something has to be protected. Our personality is just a small bit of a vast spectrum of infinite love and forgiveness. If you would love yourself fully, all negativity would just vanish, because you don't take it personally, because your personality is just an idea or a program. Indeed, it's beautiful expressing energies blended with your unique personality. If we learn to see/feel the energy within every living thing, we will know truth.

I would like to paraphrase Jesus: "Forgive them, because they know not what they do."

We can't judge anyone, because we act and react according to our beliefs. I've seen and read rumors going around here and there. What I see in this is nothing; I can explain from my own experience. There have been really strange rumors about Ben-Arion - who he is, etc. This is so fun to read; people get into their fantasy world and create an image of me, which is far from how it really is. We often create ideas around scenarios and we believe in them. The mind loves to create stories and fairy tales about situations, etc. It's important to GO WITHIN and look, to be aware of the stories you create. Many of the thoughts we have are not important; it's just the mind playing with itself.

I've seen people write things about other people to and I can just compare this to my experience. Rumors are just an ego's interpretation. Real fact and true knowledge is beyond the drama. I



may someday get in the spotlight of rumors, but all people have something to learn and I would say, "Don't judge anyone until you have walked in their shoes."

Don't believe anyone just because what they say sounds good. I rarely join discussions that are about drama or stating things about others. The more you become aware how the mind, ego and drama works on Planet Earth, the more you start to FOCUS ON THE CORE. You start to embrace who you really are.

- ETERNITY
- LOVE
- A CREATOR. YOU NEED NOTHING BUT LOVE

When we focus on the core, much will fall away. Things we thought we needed aren't needed anymore. We start to enjoy the simple things in life. Love is a vibration and we receive small glimpses at a time, or else we would explode in pure bliss. In the bliss state all becomes one. There is nothing that needs to be changed; it's always there for ANYONE, if we:

**KNOCK AND THE DOOR WILL OPEN. BELIEVE AND YOU WILL RECEIVE.**

The right and wrong disappears in the LOVE VIBRATION. Why? Because all are worthy to receive love. All are worthy being treated as innocent children. We are all here, now, on earth to learn how we are to love. I

live every day to embrace and love everything that is created, even if it's my opposite.

True love is forgiveness and is unconditional. It's allowing ALL loving to exist. Every day is an opportunity for me to learn love. It's not always easy, but, I'm happy that I can experience this.

About the NEGATIVE things that happen on earth, it's really a HUGE bell of awakening and a sign that change is happening. People start to understand the power we have together. It's a QUIET revolution. It's not a "do this to change that," etc.

It's not a struggle to come here and create heaven on earth; it's a JOY and nothing can stop it. Focus on what you want and do everything you do to the best of your ability. That's enough. The heart of every human is interconnected with the planet and the universe, it is aware of everything you emanate.

## **IT'S A QUIET HEART REVOLUTION!**

This cannot be seen in the physical, but is felt within you, if you allow. Nothing is what it seems; I say this because you can't put your trust in outer appearances, but only in your inner source of wisdom, and dare to create your own path, because your path is another's guidance.

There will come a day, not so far away, when it is a fact that we are

not alone in this galaxy. We have family and friends that have been with us always, guiding us in ways we cannot fully understand at this time. These words may not change people's lives, but they are a seed, filled with loving intent. Just look at a tree; it was a small seed and all it needed was pure rain and air. After a few years, its roots grew down deep into earth and it reached far into the sky. This is exactly what is happening right now. People may split into different branches, but we are still connected with the roots.

**Walking different paths will be natural.**

We are the creator having infinite experiences, so your life is celebrated in every moment. Every experience is important. We will go different paths and create new experiences; this is the eternal process.

# 6

## Drilling to the Core of Our Hearts

In this moment, when writing these words, I know there is something more than I can understand or grasp fully. It's a wonderful feeling to just let go of your thoughts and be fully embraced by life and its miracles.

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Everything we need is in this moment.

You have heard this before many times. I just want to share this because life is showing us the way all the time. If we feel some kind of resistance, we should tune in to our feelings and feel what there is to feel as much as we can. It's like focusing heat on an iceberg: it will melt. Feelings come and go and we will feel different from moment to moment. Self-knowledge is an inner knowing that feelings are a part of our human nature and that they are tools for transformation.

Feelings can be transformed within the heart and projected into your auric field.

This may not be the ultimate truth, but feelings are the ultimate tools for learning self-love and expressing love to all of creation. It is through feelings that we know this world and experience life.

Silence will bring forth the unknown within you. Embrace the unknown part of you; even if you can't feel it, it is there. There is much more to you than you can feel at this moment. Fear is the ultimate controller. Fear tactics have been used for a long time as a form of mind control. I say this because fear affects the way we do things.

Do we follow our hearts, or do we follow collective fear?

## HOW DO WE CREATE A WORLD WHERE WE CAN CELEBRATE LIFE AND HONOR THIS EARTH THAT WE SHARE TOGETHER?

My viewpoint is that we are all reflections of the whole, so each and every choice we make will be reflected back to us and affect the whole. There are unlimited viewpoints for each situation and it's up to you which one you choose. Your heart knows what you love and what world you want to live in.

Dig deeper and grasp the core of who you are. Are you the thoughts that come and go? Are you your body and outer appearance, or are you the observer of your own thoughts and consciousness expressing yourself through the body? The "I" is a self created image which has been built up since childhood. The "I" should be celebrated and cared for. Give yourself the love you are worthy of; give yourself moments of total silence and rejuvenating healing.

Soul food is a good word; it is worth more than anything. Dive into joy and feelings of happiness, celebrating a life of unlimited love. Spiritual practice cannot be compared to regular school. It's about taking small steps at a time. I like the saying, "Be the change you want to see in the world." Begin with yourself. Life is free and nothing has to be added to life. Love can change vibrations; love can change how we think.

Honesty and humility are the energies I wish to celebrate. I came to

earth totally committed to share and prepare for the "natural" shift into a life of increased awareness and a particular view of who we really are. You came here to be the change and to live it in every moment. We are all capable of doing this. We cannot trust the outer happenings; we have to trust the inner "nudgings" of our hearts and project them into our auric field. This will spread outward like rings on the water.

Yes, there will be people focusing too much on outer happenings. They may feel lost or they may believe we are out of control. That's where you come into the picture, projecting hope, love, calmness and support, like an old tree with roots dug deep into the earth.

Life is a self-fulfilling prophecy with no fixed future; we create as we go. People with a lot of fear in their minds will create a temporary illusion until they understand that it's all projected from their beliefs about how things should be. Life is new in every moment.

Entertaining your mind with heavy thoughts and flooding it with negativity is just draining your energy. The mind loves to dive into dramas of every kind, and as I have said many times, we will not understand the greatness of love and who we are until we let go of judgement and preconceived ideas of how things should be unfolding.

Can we be brave enough to KNOW that LOVE is who we are and that HEAVEN is here and now WITHIN US? Do you dare believe that?

We are all going through a lot of inner changes; we are dealing with penetrating beliefs that drill all the way down to the core of our hearts. It's painful; it's joyful. Things will "come into the light," as we say; lies and illusions will become as clear as day. It will be impossible to escape the truth. Like riding a roller coaster, you will be unable to do anything other than fasten your seat belt and go for the ride!

Why does the human race "cling" to different beliefs, and what is it within a belief system that makes us feel comfort and love? I think it's the feeling of belonging somewhere and feeling some sort of purpose...

Seekers of truth, seek no further because YOU ARE THE TRUTH in human form. What if it was as simple as, "Let's be friends and celebrate our different views about things here on earth"? It very well could be, but the human race is still in some sort of fog, trying to find a belief that is the "right one." I'm sorry to tell you, but there is no right belief! There are as many ways to LOVE as there are people on earth. I wish we all could feel and see this right now. Some will need simple shocks to assist them in waking from their coma.

Some people are deeply engaged in the "mind matrix." I've never been that engaged, but I can imagine how it feels. I've felt what I needed to feel and understood what I needed to understand to be a part of this world so I can change it from within. And so it is with you... Setting guidelines and examples is just the beginning; it's like

preschool. Afterwards, we don't need any guidelines about what love is or how to live in joy because it is as natural as it can be. But as it is now, guidelines and examples are needed.

I feel compassion for people who feel "dark" or extremely negative, because they also have a grain of Love within them. People will fight until they are tired of fighting. Eventually they will welcome Love into their life again. So within this perspective, it is actually quite comic. Negativity is simply a form of temporary energy which cannot last forever. I do not give one second to negative situations; I stay alert and CHOOSE to focus on what is important.

I said "CHOOSE" because we all have a choice of who we want to be and how we want to respond.

Some want to remove the "bad things" in life, but things cannot be removed because they will be replaced with a similar energy in a different disguise. At the core of everything is forgiveness and the desire to see love within the drama. This will heal the situation! There is always something to forgive; forgiveness is the core of who you are. You can simply be quiet for a whole day and simply feel how it is to be without any "have tos" or "musts."

**Be The Highest Vision Of Yourself,**  
BenArion

**P.S. Are You Ready To Unlock Your Inner Power...**

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