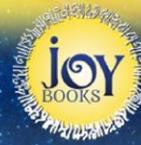


Joy Elaine



Heart Healing from Gaia



“Hello, Gaia.”

“Greetings, my dear.”

“Thank you for speaking with me today. I’m not going to say much. I’d like for you to tell me what you’d like for the people of Earth to know or to know about you and the things we might do to help you.”

“And you will tell everyone for me?”

“They’ll actually hear your voice.”

“Oh, well then, they will also receive a beautiful emanation for their heart—a healing of their heart. A beautiful healing of their heart of that which has been what we consider to be damages from the energies of all that has been a part of the greater collective immersion. For it is true that our third dimension has been a bit damaging. It is true and yet it is a wondrous, wondrous world that we are. It is a glorious place for you to be. You are loved, each and every of you and, of course, your hearts are open wide. And so are your noses and your mouths as you breathe in the oxygen—the airs that we create for yourselves.



Please remember that even the oxygen is alive. It is indeed alive and it is there to sustain you, just as the greens are there to sustain you. The apples, the pears, the peaches, the carrots and all that abounds as a part of Earth is there for you. The Sun is not of our self, of course, but even [be grateful for the Sun], for it is shining upon all parts of us sustaining all that is a part of our stability. For the waters are our stability, are they not? And, of course, the sunshine is a part of our stability. Oh, let us be thankful and grateful for the rains for it is a part of our cycle—even the winds. Be in gratitude and joyfulness for every part of us that is playing out the story of life with us, for indeed it is a grand story. It is a glorious story. And as young as you human beings, as young as you are as a species, ah, it has been the greatest joy to be a party, to be a vessel from which to sustain you.

You, my dears, all of every of you, are enjoying life on this world. Some of you are not happy, because you perhaps are lacking what is important for you. I must tell you, my dears, everything is there for you. It is simply in the set of your mind. It is of great importance for you to begin thinking with a new head. Yes, take your noggin and turn it around and face it another way if it is being negative for truly there is nothing but goodness if you will allow it into your life.

I must tell you also that everything is a part of you. Look around you wherever you are right now, look around you and celebrate what is a part of you. If you see some trashes, it is not truly a part of your makeup, but you must realize it is a part of the greater wholeness of us. And so, what would you wish to do with the trash?

Would you wish to bless it or curse it? Try not to curse it, my darlings, only see it as a part of us. If you wish to put it somewhere special so that it may be taken into a new energy, a new form, then so be it, for truly it does make our world much prettier when there are not papers everywhere, though I love every part of ourselves—every part of our story.

So my message to you is to pay attention. Look around you, see what is in every direction of you and find within your heart the goodness to love everything. Even if you do not understand it, even if it is conflicting to your desires and designs, simply love everything. You do not need to crawl into bed with it, simply love it as if it was a part of your hand. Love it and it will remember its path to a new energy. It will remember how to be of greater lightness. For I will tell you that if you dislike something, it is very, very difficult for it to come into the lightness or brightness that it would have liked to, if you had shined onto it the vision of its own purest nature and the truth of its glory, for everything is the same. It is all love.”



“Those are really wise words. There have been periods in my life when I felt angry and frustrated by trash. I know now looking back on that, I wasn’t helping the situation at all even though I picked it up.”

“Yes, and in picking it up you were damaging the energy of it. Naturally, we are all in this life together and there is so much beauty. It is your cause, if you wish, to create beauty wherever you are and to see beauty in that which is possible to see beauty in it. Perhaps you do not see beauty in ash, and yet if you were to look upon the ash in your fireplace and say, ‘Oh, isn’t it wonderful, for just a while ago it was warming us and this is the piece that was burned.’ Have no concern for the tree for the tree gladly gave itself to keep you warm. It had its great experience, its beautiful experience as a tree. Perhaps it did experience a little ouch when it was cut and yet it was also celebrating the new experience it was about to have. Now it is piled high in your garage and waiting to be carried to the fireplace in order to be set on fire. It was not fighting its way away from the flame. Instead, it embraced it and it said, ‘yes, I can make this blessed one warm. And, of course, the aesthetics of the beauty of the fire, ah, their hearts will be warmed also from the beauty of it.’

Everything that exists, even if it is air that you consider to be dirty, has an element that is the same as the most pristine air. It is the element of love. You can change that which you cause to become dirty and I say cause it because it did not become dirty on its own, and to be angry at it is silly. And so if you are to look upon it and say, ‘I love you, thank you. Oh, beautiful airs, thank you.’ You know, only a few years ago that same air was clean. And so ‘I love you and I see within you that which will be once again for all it takes is a little rain and now it is washed.’”

“Gaia, thank you for these wonderful words—reminders about everything is love. I will be speaking with you in just a few days at the council. Thank you very much for your assistance today and I do love you.”

“You are most adored. All of you are adorable and adored. We love you.”