## To those who are experiencing sadness or loss, or that which vibrates your body in a way that brings pain to you

as channeled from the Beings of Light through Liesel

"We say this to all of you who are experiencing sadness or loss or that which vibrates your body in a way that brings pain to you, we say this to you, this is the surface level of experience. As intense as it may feel at times, it is the outermost shell. It must be allowed and accepted and experienced in order to penetrate beyond the shell, and it is only during this pre-penetration process, this experiencing of the pain, it is only then that it seems so very overwhelming.

However, once this layer has moved through you, the depths that are within are essentially immeasurable and contain within them joy and peace and harmony that is also equally immeasurable.

The atoms of a human body, the atoms of a physical object are some 99.99999% empty space. That which is truly physical, truly contains mass is 0.0000001%. What this means is that that which you experience at the form or vessel level is this tiny fractional percentage. If this constitutes the totality of your experience, you will indeed experience suffering. However, if you have the perseverance to perceive beyond this tiny fraction, what opens up to you is the entire universe, is God itself, which is you.

All of this quote/unquote empty space is the binding God energy that connects all, is the love that connects and intertwines all beyond time and space. When you dwell primarily in this aspect of reality, which is truly the pervasive reality you experience true safety and true peace.

If you dwell and focus and look for your safety within that tiny percentage that constitutes physical form, that truly constitutes the mass or the form identity of physical objects, then you will never find the stability that you seek, for this small portion is always shifting and changing.

However, as all forms, all vessels are threaded onto the needle of unity consciousness, if you follow this thread, you will find your connection to all.

This underlying empty space, this underlying field of potentiality is the fabric made from the fiber of love. We are all cut from this cloth, and we will only find true comfort when we allow ourselves to experience this fiber, this fabric, this blanket surrounding us, enveloping us, giving to us the sense of wellbeing and wholeness that we so often seek in the external."

"Always know Our love is truly with you, because Our love truly is you."

Disclaimer: This information is not meant as medical advice, nor is it meant to diagnose or treat any disease or mental health disorder.

