

Transliteration of the Channeling "Stress"

of Archangel Chamuel by Heike Lieselotte Schneider on February 27, 2024

"Blessings to you, beloved children of light. We are the energy you call Chamuel. Beloved children in the light. We will, of course, return to current events, but today's topic will be stress.

You are all feeling very stressed, very exhausted, very tired, but also very weary. Stress has various causes. First of all, we would like to talk about physical stress, which of course has to do with current events and energy qualities. The energies that are currently affecting you are immense. The entire system needs a lot of time, peace, joy, especially joy, in order to be able to integrate these energies at all. Your whole system is interacting with these new energies. This can be the metabolism, the bone structures, as before, because a lot of light-filled energy frequencies are also entering the system and trying to connect body, mind and soul more with each other.

Those who are currently in their birthday transformation spurts may suffer a little more because here too, and this actually applies to everyone this year, during the time of the birthday - as new systems or new energies come into the systems - there is sometimes soul ascension or soul descent. Soul ascension means that energies or soul parts that have fulfilled their task, so to speak, are allowed to ascend back into the Higher Self and in return new soul parts come out of the Higher Self and descend into the Lower Self. There is, so to speak, a lively traffic between the higher and lower self, and the more you are naturally at peace - and we know that many of you are a little triggered when we say this - in meditation, the closer you are connected to the soul and the stronger the connection to the soul, the easier and more easily these new energies can be accepted, the simpler and easier the process is. We know very well that you have to deal with a lot of special or particularly strong emotions, injustices, defamation or even exclusion in this day and age, but stress only arises when you are in one place and want to be in another.

Beloved children in the light. You have come so far. You all have not given up! You are ready to move forward, to move forward faster. The pace of what is happening on the outside is increasing every day. The fact that more people are waking up also means that ever stronger or more new energies can be brought into the system. Only those who are ready and open the door can naturally receive them. But these processes are long, sometimes painful, especially when the resistance is very strong, but of great, essential importance and significance, especially to welcome the new world, the time of the new world.

We know of your bravery. The courage that had to be mustered to incarnate in this time at all, even if the curiosity was perhaps a little greater, is immense.

We would like to point out once again that every family has experienced the "troublemaker" who ultimately wanted to try to wake people up, to keep them awake, to explain new things.

Of course, what stresses many of you out is that the people around you, or people who are particularly close to you, sometimes don't really wake up or only wake up partially. But everyone needs time. Just as every tree or plant grows faster or slower and takes on different forms, this means that people also have their own speed. For those who are awake, it is of course very, very difficult to watch. But nonetheless, it means that each of you has been at a point where you have been asleep. The more you know, the more knowledge you acquire, the more you can feel the truths, the clearer the picture naturally becomes for you. But the other soul also needs this time.

Beloved children in the light. There is this beautiful saying "The reward of patience is patience." This is a saying that, for example, really excites or amuses our channel. There is a lot of truth in this saying, but there is still a certain impatience in everyone. But you decide, everyone for themselves, whether this impatience turns into stress.

Watching an unconscious person take the odd lap of honor, especially if this person is close to you, can of course lead to a little despair. But here's a reminder: the reward of patience is patience!

For the new era, the body-mind-soul connection is extremely important, because only in the unity of body, mind and soul are you really ready to pass through the new dimensions, the new dimensional gates. We know that we sound like a broken record when we keep referring to taking time for contemplation or time for meditation, time for inner reflection. But it is of great importance. You need time to rest. If body, mind and soul are interwoven, then you can also rest while doing housework or gardening, especially gardening, as it brings you closer to Mother Earth. Stress really only arises when you are in one place and want to be in another. But as with a vacation, where you imagine in advance what it could be like and what could happen or what you want to see, the plans you make may be smoke and mirrors when you are there and have completely different interests, perform completely different tasks and take completely different detours to reach your goals because the view is still so beautiful.

Beloved children. The soul is free from stress. The soul is. The mind (or thinker) is full of stress. Because: "you should, you could, why don't you, why doesn't the other person understand" - it is always the place you are in, not the best, not the perfect, not the most beautiful. So life is shifted into the past or into the future. But in the here and now, where the beautiful moments are actually there: the peace, the quiet, being one with nature, with friends, with family members. Don't celebrate the opposites or fight against the opposites, but celebrate the connections. Many of you are noticing that people who have taken part in the experiment are becoming less empathetic, less compassionate, no longer able or willing to understand certain things. This is very painful, but also especially for the souls who took part in the experiment!

Sometimes it is acknowledged, sometimes you can no longer feel yourself, sometimes you can no longer understand yourself. A helpful hand or a helping hand is beneficial here - better than any dispute, better than any discussion.

If you really want to discuss, ask the other person questions - questions about facts. Only when someone starts to think for themselves - and that's what you do when you are asked a question - will you be able to break new ground in your thought structures. With certain buzzwords, the hypnotized mind, which has been given buzzwords by television, the news, the media, the Internet, whoever, simply jumps in. They no longer think for themselves. This is painful.

Right now you need the peace and quiet and the time to absorb the new energies. Especially when the moments - and these are getting closer and closer, sooner for some, later for others - that those around you become so awake that they are a little desperate. Parents who have done this to their children by giving their consent or even forcing them into it will be very distressed.

The truth is coming out more and more every day, every second. For those who believe that nothing is happening, please note: a) feel - you realize how much is happening and b) listen to the conversations - don't follow those old paths of "nothing is happening" - so much is happening!

The slowest way has been chosen so that as many people as possible can be taken along. If you are impatient, who do you want to do without who can't adapt at this speed because of programming, because of education (which is another form of programming), because of indoctrination?

Stress only arises for the mind or for the thinker when it is in one place and permanently wants to be in another place. Accepting the way things are is what would make your life so much easier. It is what it is and it will be more beautiful than you can imagine.

Pay attention to what the first spring after the liberation of the earth will be like! Pay close attention to how quickly something grows, how quickly the change comes.

Pay attention to the light, which is warmer, softer, more pleasant for the eyes. Pay attention to the fact that the bond with people who are close to you becomes stronger and more intense, that you can perceive more thoughts from others. Be aware that people you may have idealized can suddenly be seen quite clearly, as if a veil has been lifted, and the people are no longer so ideal after all, they are only human.

Beloved soul in the light. If only you could sense what your true greatness is.

If only you could see what we see in you.

If only you could feel what we feel in you.

If only you knew how much your existence contributes to the awakening process of all humanity.

If only you could see and understand how much you are loved and how much you are love.

We see all these things in you, in the soul that does not give up.

Who, no matter what adversity gets in the way, finds a solution, a way.

Who is prepared to ask for support.

That is powerful enough to simply keep moving forward.

The greatness that lives within you is immeasurable.

The goodness that you can channel is wonderful.

So continue on this path. Be a role model, be loving, be powerful and energetic. And even if your bones hurt, take time to energize them by simply observing them, feeling into them - not into the pain, but into the joint structures, into the bones and taking your time.

Wait less for any news, but connect with nature, with people who feel the same way you do, with friends and loved ones.

You are the piece in all of humanity, the only piece of the puzzle that can change the world a little bit.

You start in your world, but you also change the world of others you touch and meet. And the essence of your being is so incredibly loving that everyone feels it, if you let them.

We know that it is very exhausting for you in particular because the thought structures are still from the old world and the soul structures are already from the new. It is like a tug-of-war for you and yet you are holding out. Don't use more strength to keep yourself in the old thought structures than you use to welcome the new soul structures.

The tree never wonders what tomorrow will be like because it is now and can enjoy the present. Stress only arises when you are in a place where you don't want to be and would prefer to be somewhere else.

When you are in the actual state, you live, you love and you are.

The reward of patience is patience, and you are beginning to claim your reward this year.

We are always by your side, at your side. You are infinitely loved. Because you are so important and so precious. We bless you and you in the light of Divine Omnipotence, now and always, and so be it!"

(Archangel Chamuel)