



Intuitive Life Coaching – Helping you find your inner sparkle. Dare to be different  
[www.saraheywood.co.uk](http://www.saraheywood.co.uk) Email: [sarah@saraheywood.co.uk](mailto:sarah@saraheywood.co.uk)

## Message from Sanat Kumara – 6<sup>th</sup> November 2020

Living an enlightened life means to be, no matter what is happening around you. Like a tree blowing in the wind, simply allowing, no matter the weather, observing all.

You will be aware of many changes taking place on the Earth right now. Some are planetary, some are within individual countries, others are within particular groups or sects, and others individually. All of these are acting within one consciousness, so no matter the change, the vibration of thought that is impacting, is expanding throughout.

With so much change the force of the vibration is huge. How strong is your ability to hold on to the positive aspect of you?

If you have negativity within, it will be drawn to the surface for you to face. If you become absorbed into this, the energy will amalgamate with others who are negative and together the force of energy will build based on this vibration.

If instead you spend time being aware and releasing as it comes, you will gradually feel lighter and brighter and attract those to you who are comfortable with this vibration. Together you can inspire one another, and this will help the consciousness as a whole.



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You will hear many bizarre things being said that each have been fed into the consciousness by different sources. Using discernment, you can choose which feels right to you. This does not mean that others will share your view and those who choose to think differently may even be very close to you. Learning to be free and not attached to any outcome will give you the confidence to believe in your own truth whilst surrounded by others who believe differently, without the need to defend yourself or impress your opinion onto other.

Imagine a world filled with colour, joy and vibrancy. Every breath clear, every step filled with wonder as you walk across the planet. Animals living in harmony with humans, seas and rivers unpolluted, trees and plants free to grow and blossom wherever they are. A world where beings of other kinds of a higher vibration can integrate and share what they know in exchange for knowledge they seek.

Anything is possible if you trust and believe in an unlimited existence.

I ask you now to think about what you would like to experience and focus upon in this world that will expand the consciousness positively and leave waves of inspiration for those yet to be born.

You are here to shine. Let your heart open wide and feel the love that is you within.

With love  
Sanat Kumara