

**OCTOBER 11, 2009**

**YOU ARE THE CARETAKER**

(From The Messengers of the 5th Light as channeled by Anna Beatrice)



Beloved One. We greet thee this day, a day of the energies of October 11, 2009. Much has transpired on your world to create more harmony among your brethren. The One, the Many and the All are coming together to create a new way of being. Change is among you.

The accelerated energies of the Divine Light is stirring the hearts of mankind into action. Human rights are at the forefront. What is “right?” It is not about being good or bad, yes or no, a plus or a minus. It is about having the right to choose. Free will choice is why you are here in Earth school.

Choice is your Divine birthright. You are sovereign beings capable of making an informed choice based on the truth that lies within the heart. We ask you to ponder where your choices are originating from. Do they come from a loving space? Do they originate from a conscious place of knowing true discernment, or do they come from fear?

Fear energy is a very powerful motivator of choice. These days ahead, your people of the great nation united by the one called Obama, will again have to choose trust over tragedy. We say to you, step into your heart space and view what is happening outside of you through a lens of non-judgment, with an attitude of grace and humility as those who demand are just as frightened as those who must make the choice.

The months ahead call for impeccable clarity in the selection of health care. Your vessel is the temple that houses your soul and also the vehicle in which your spirit will ride the light frequencies of ascension.

We ask you to take another inventory of your physical body and determine where there is dis-ease. We ask you to consider what you can do as a conscious choice-maker to alleviate or remedy the underlying causes. You *do* have the ability to heal thyself. You *do* have the ability to release yourself from the bondage of system of care that has failed so many. You *do* have the right to choose how your vessel is cared for. You are the ultimate caretaker of the mind, body and soul.

The energies of this day are about balance and choice. All choices should be filtered through an unconditional heart of love, as these choices are the essence of your truth. Look not outside yourself for the answers to your decisions, but look first into the truth of your soul where the primal spark of the Divine eternally ignites the essence of you in action as a human being.

We say this day, step forward in truth, in trust and with unconditional love in your heart. Each day is a blessing and an opportunity to move further along the path of light that is your true journey in this expression of density in human form. Step lively and with joy in your heart. The wind is your song that sings through the breeze of change. Let it flow around you and through you with an even greater power. We are complete this day.

The Messengers 10/11/2009 – 6:43 a.m.