

~ Mary's Morning Message ~

Happy New Year 2019!

What a beautiful and exciting time we are in.

This **New Beginning** offers us a plethora of New Energy, and New Crystalline Codes that Connect us through Conscious thought waves as we Continue to Awaken into many New Possibilities. We are now being able to See the Creation of what we have been Masterfully Crafting, and are here to start reaping the benefits to all the Hard Work we have been through.

The Universe lovingly reminds us that this **New Year** can be really Amazing, and a lot of us are saying, "it is about time".

The Energy we have used-up to get this far, has been a lot. It takes life-times to break through the habitual patterns, addictive behaviors and repetitive cycles to bring forth this Brand New.

As we gain **Self-Awareness, Self-Confidence** and **Self-Esteem**, we will begin to let go of the heaviness from that of what we held onto, as we then come into a **Self-Realization**, that "**Less is More**".

As we continue to Trust the **Process of Elimination** for a Greater and More Powerful Energy that is being produced, we begin to sense through a Knowingness, that All is Going to be Ok! We are now Seeing the **Bigger Picture**. As we Trust this Movement, we continue the process of everything that we are doing, every step that we are taking, and that every mountain we are moving is for something towards a Greater Tomorrow, that will soon be our Present, a Gift of Grace and Goodness.

When we are emptied from this old energy, we begin to increase, rise and ascend into a higher state of bliss, joy and happiness.

There is **New Light** being drawn in from the **Light Worlds** above us, to our plane of existence here below. We have witnessed a very large turn-over in the

infrastructure of our world, which is greatly needed, so that **Peace** may be the greater **Source of Fuel to Feed our Earth Family**.

Someday, we shall be gathered to witness an unprecedented **Energy Field of Love and Light** infuse and invoke our Embodiments, our world and beyond, bringing forth the **Mastery Plan of Peace**, Love and Balance.

We shall continue to produce **New Energy Light Fields** that will Harness and Hold us, Protect and Seal us into our Light Bodies of Love.

The Universe is Beaming with Joy for each one of us in Excitement and Love, in the knowingness that we have Created a **Crystal Bridge Connecting** us to the higher planes of Existence in this Energy Experience we are now living in.

We have worked so hard to be released from the **Past of Pain**, and to arrive into a **Place of Peace**. We are given so many beautiful opportunities to open the next doorway into the divine worlds of grace and love. We must continue to utilize the **Keys of Patience, Hope and Faith**, as our way into an abundant and prosperous New Earth. We are given so much assistance from our Higher worlds. All we have to do is ask, and they are here. We call upon our Spiritual Guides, our Arch Angels, the Ascended Masters, the Elohim, the Magdalene Collective, the Saints, the Star Nations, Soul Family Members, the Fairies, Nature and Her Elementals, and the Team of Gai who holds support for all of us, in this Ascensional plan.

We have been able to increase our Light 10-fold, and many Lightworkers on their Path of Evolution and Enlightenment are feeling this New Energy within. This New Energy will keep us going. Most of us are already feeling this New Energy is at a much '**slower-pace**' than we have been used to, but it will help us **Regroup, Regenerate and Reset** the Bodies Engine to a calm purr, versus a gasping moan.

We have come very far, and we don't want to give up now, or turn around. We must dig deeper, have **Faith**, and **Listen to the Silence of Love** to reap the abundant rewards that we have come back of this Life time to receive. The Key is Patience.

We have all discovered along this **Path of Acceptance**, that it hasn't always been an easy task to **Serve** ourselves let alone **Serve** the multitude. Though we mustn't'

ever **Forget Who We Are**, and Why We Have Returned this Lifetime, and that is to be **Angelically Aligned** with the **Divine I Am**.

Let us continue to bring forth the call of the **Mighty I Am Presence**, and Invoke the Light of the **Violet Flame**. When we call upon **St. Germain**, the Light is Increased through Forgiveness and Love, as the Old Energy begins to Decrease and Dissolve. As this negative energy is drawn into the Light, the Divine presence envelopes and harnesses its final release.

Just for today, Live Simple, be your True Authentic Self, be Happy and Live your Life in Love.

Many Blessings, and may the fruit of the Divine Mother-Father God hold and support your **New Beginnings** of Life in Light.



Mary Martin

Guided Hands offers Energy **Experiences** to assist in Spiritual Activation's, while **Awakening** the Embodiment's System during this **Accessional** Process.

As a Minister, Messenger, Medium, Mentor, Mediator, Muse and Modern-Day Mystic, Mary helps people connect to their Spiritual Embodiment, through their Akashic Records, Activation's, Karmic Balancing, Attunement's, Clearings, Healings, and Blessings by Teaching and Assisting one to raise and maintain their own vibrational frequency.

As a Humanitarian and Spiritual Teacher, she has dedicated her life and abilities to helping people Worldwide and is committed in these services through travels, healings, messages, teachings and charitable offerings as a Mother of Many.