

CureCall with The Ones With No Names
Through Flo Magdalena
Transcribed by Neerja Bhatia
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We have come here this evening on request to offer each of you a viewpoint into the unfolding of the dis-ease that you speak of in your world called cancer. We have also come to open each of your portals of light more fully so that you can gather the energies of the cosmic energies of light and bring those onto your planet.

As we understand the conditions that you call cancer, as you know there are many, the process of cancer itself is supporting in a direct way the experience of duality. In some ways what we want to understand is that the absence of light in a cell is what opens the doorway for the understanding of duality, which is now in many instances appearing as the word cancer.

It is a cancer because it is taking the place of light. So anytime that there is an absence of light, there is a possibility that there will be another element added into an organ or a system that is created in a direct way from that absence.

There are three things that we are going to recommend as foundations for honoring You:

1. Your Body, which is of course the first thing.
2. The second thing is making sure that light is balanced in your system.
3. The third thing is bringing Order into your body as it is connected to nature.

Nature has the Order of the planet, the Order of this consciousness, because the earth consciousness has Order within it. When you connect to that Order, you immediately begin to feel a sense of relaxation and peace. *Peace of course is a precursor for healing.* If you honor your body, as a vessel, and stay in your body and live from your body and every cell of your body, then every cell of your body has a job, it has a purpose, it has an intention and that intention is to serve you. It's to bring your spirit into form and to create an understanding of what it is to be a spiritual being in a physical body. Many people are not brought into this space or spiritual connection because they do not have a road in. Many of you who will be listening to this have a road into the spiritual and can bring other people into that with you.

The road into the spiritual becomes a very important part of this communication because that's really what it is, communicating with your body and honoring it. It's holding it in light, it's connecting it to earth, and it's allowing the body to serve you in a direct way energetically with life force that is coming from both the heavens and the earth.

This process of separating from your own cells, the cells of your own body creates a duality. What it creates in your system is a sense of being either lost, not belonging, and not thinking about your consciousness in a way that opens it to the truth of who you are. It also has to do with how much environmental stress you are receiving, how much that stress is affecting you and whether or not there is a period of time every day when your focus is on relaxing.

That relaxation can be meditation, it can be a walk, it can be playing with a puppy or a kitty, making love, and baking something you love to bake. It can be having a conversation with someone you love, it can be drawing a picture, writing a poem, reading a book, taking a drive in the summer with the top down, having a sense of aliveness.

Everyday your body needs to recharge. If you are not recharging your body everyday that starts to have a negative energy effect on your body, because there is not enough life force. Anytime there is a cancer present in your body, there is a diminishing of life force because if the life force was alive in your being, it would be bringing light into every cell, it would be activating this experience of creation and connection and you would be having a sense of full aliveness.

You would not be warding off the environment—the things you are afraid of, the people that don't understand you, the conflicts that you are experiencing, and so forth. That warding off happens unconsciously. People are walking around with a constricted body sense. *Honoring yourself means bringing your energy field out as far as you can every day and aligning in some way every day with that relaxation as a kind of concept, however that is for you.* Meditation is fine, visualizing, writing, all those things we suggested – bringing those into your experiences of the day, so your field grows bigger. If your field is growing out, nothing can come in (nothing that in a dualistic sense is going to disrupt the balance of either your metabolism or your psychology.)

The idea is also as in each of your instances, *honoring the self* is opening the field of your own astral body, your own aura, your own alignment, your own subtle body, and this then allows you to have the sense of being free.

It doesn't matter what is going on in the world around you, you have a sense of being free. You have a sense that when you walk around, you are present. You are right there in your body and you are right there all the time. So, there is no need to defend, there is no need to attack, there is no need to step back.

It's just this sense of being present with who you are in ways that offer no challenge to the world. You are not worried about who's got the power and where it is going, but the sense of standing in your truth. It is *Honoring that experience, being in that cellular makeup of expansion*, bringing light into the body in different ways, and opening that out so there is cohesiveness in your field. It is allowing for there to be connection to the earth every day in some way and then the promise. *The promise of spirit is that every cell in your body understands, identifies with and is completely united with spirit.*

Your choice to sustain that connection is primary to your health and wellbeing. Each individual goes through a process of determination with that. How close are we to that experience? What are we going to choose? Are we going to stay open and walk around in that openness or are we going to close down? That's your choice. If you are closing down for any reason, then what you do when you are by yourself is 'practice staying open.' You practice opening. It is almost like your gills and your wings and your open space have a feeling like, 'I can be here in the body,

I can be alive and I can be well. What I can do, this is mine to do – I can carry this light so strongly that it actually recalibrates my system.’ That’s your metabolic system, that’s your psychological system, emotional system and social systems, all of those systems. Everyone says it is an inside job and it really is.

The understanding for each one of you is also about understanding you are standing in your truth, bringing in light, creating union in your body and living in order with nature. That’s **Order, Light, Truth and Union**. Those are the principles of creation and those are the spaces we want to think about every day.

If you are having a challenge with something, the first thing to say is: which of those four areas can I work with to fully support my health and wellbeing in this moment? Every time there is an idea of conscious awareness that comes to you about something – for instance, I think I understand this now or I feel like I could take a walk and something would be downloaded or I would understand something more deeply, or I would have an intuition about what to do or what that might be – listen to those messages. This is because as you stand in Order, Light, Truth and Union, in whatever kind of order you want to put those four elements into, you realize that you begin to actually see life differently. So that might be something we decide together. The precursor for healing is not just peace, it is establishing a connection with the Divine and how the Divine works to bring health, and healing and wellness—in a sense that perfection—not just to our bodies, but every cell, every atom, every thought, every response, and every relationship or experience.

All of the dynamics we are talking about are elements that you know inside you. You have been given an essence that balances Light, Order, Truth and Union automatically. You have been given a heart that balances all those aspects as well, as well as a soul. So, you have in the center of our body a sacred space, the heart at the top, the solar plexus and belly at the bottom, and that’s called the Sacred Space.

You have been given all the tools you need inside your own body. The idea for you as you go forward, whether you have a diagnosis of some kind of condition or not, is to forestall the advancement of whatever has happened for you or to preclude contracting a condition. In order to do that, have these elements *in your body, in your life and in your psychology*:

- What are you thinking about?
- How are you thinking about it?
- Where is it going to go with you?
- How is it going to unfold?
- What are the foundations that you are going to create in your world?

This is for your world to begin to vibrate at a rate of speed different than duality. Every time you separate from anybody else in any way, even minutely, as we said in the very beginning, the cells say ‘okay, so we are creating a duality here, alright what does that mean?’ And each cell has its own awareness of what that means. And it creates a gap. Duality creates a gap where something else that represents duality can come into the system. With the

understanding that you have, the awareness that you have, you do your best to hold the space that's full of integrity and that means integration. It means that all the bodies are working together.

So you have a physical body, and on that lies the emotional body, and on that lies the mental body, and on that lies the spiritual body. So those four bodies comprise the unified field that you carry with you every day when you stay in your truth. Standing in that truth then gives a message to everybody else. It's like you are fully here. You are not compromising. You are not doing a thing except standing there. *And you believe truly throughout every fiber of your being that there is nothing you have to do, that being is enough.* You don't have to prove anything; you don't have to tackle anything. You don't have to have approval for yourself for anything that you do. You are your own approval mechanism, you are your own understanding mechanism. You have your own need within you and the deeper you go to recognizing the truth with that, the healthier you will be.

Whatever the outer autonomy of the conditions of the world are, you will have this field that you carry that is so strong, that is impervious to all of the EMF's, the external environmental challenges that now abide in the world around you. And the idea for you is that you carry the light of truth with you to continue to infuse not just in your own body and in your own field but in everybody's field around you. There isn't a level that separates you from anything else and yet the expansion of your truth holds you in an envelope of purity that allows you to walk around in the world and share and send that out.

Be part of a light frame that illuminates things, that lets things know (people and things) that that's what's happening. This lets everybody know that something is present that allows for more balance. And all of the things that we have been talking about, actually respond to this idea of balance. The left and right brain are balanced, the above and the below are balanced, the left and right side of your bodies are balanced. Everything has its place and every part of your consciousness is speaking to another part of it and you don't have to worry about, *where is that, what should I do and how should I do it.*

This is because if you are going into that space of honoring yourself first, you just say, *I honor my body, I honor my presence, I honor what I have come to bring. I honor that I am here and I can stand in the steadfast truth of who I am and that is enough.* You say that out loud if possible because that then gives the vibration of knowing and honoring to every cell in your body and your body begins to vibrate at that rate of speed. So that's the first thing, honoring your body.

That means: *I am going to communicate with you where you are, whatever is going on. I am not going to judge that. I am going to communicate with you, wherever you are, body, and all your parts and all your cells.* In that communication, then *I am going to bring light in.*

The farthest way, the biggest, most expansive way that you can bring light into your body is to imagine that you are in a bubble of light, and that bubble of light is absolutely all around you.

When you lie down at night, all of that light comes into your body, every single part of your body, every cell and every point, every consciousness, and everything is light. You go to sleep like that every single night.

Then you order that reality by connecting to nature. If you can't go outside, look outside the window or look at a picture of a mountain or look at a plant or play with an animal. This is the idea that moving out of the left-brain and the cognition into the right brain heals the body. That movement is imagination, intuition, creativity, drawing, writing, moving, dancing, aligning, smiling, jump rope, whatever it is that brings fun, brings joy. And then you have this experience that everything starts to balance and order itself.

This is because you are giving time (it does not have to be a lot of time, it does need to be a very regular practice) so that in a 24-hour period you are honoring yourself. You are bringing light into every cell of your body, and you are ordering your reality by going into nature because that's where the order is. That's where the stability and steadfastness is. If you think about being healthy, the one thing that stands out is that this is a steadfast process, it is a steadiness. Your body is steady. It is balanced. You can count on it. Your body has the energy you need, the life force is flowing through you and there aren't blocks in that.

As you think about walking and moving, you think about light flowing out of you, flowing around you, and flowing through you. This is because the ideas that have to do with creating balance and supporting your own integrity also have to do with an affiliation with your spirit. That's what that means. It does not mean you have to pray every day for 3-hours on your knees (that many of you have done in your life times), or that you have to meditate for an hour and not have one thought, or whatever else someone told you is necessary. It's not necessary.

What's necessary is that you have a sense of what order is. You have a sense of how to create order in your own body, in your own life, in your own experiences. You have the sense that everyplace you go and every person you touch has the experience of receiving your light. This is because there is so much light, so much balance, so much steadfastness that everybody you touch and every place you go connects to that and receives that. The more someone receives light from you (all those who receive light from you) the more you grow your light. The more it will expand and grow. The more light you give out the more light you will receive, and the more connection you will have with the expansion of light in your body, the more the hormones in your body will balance. The enzymes will balance. The metabolic systems will balance. The Chakra systems will open. The central channel will flow. The collateral corollary circulations will expand so you have blood flow to all those organs and all those muscles, and the bones will strengthen.

This is all about your connection with your own sense of creativity. Who you are and how you want to come into the earth.

The other thing is the connection to the earth. We are talking a lot about that when we are bringing that in through your feet and when you walk or dance or skip or hop. What's

important in that space of the feet is that you go as deeply into the core of the earth as possible. We ask you to find a crystal or a rock with your name on it and put your feet in there and make a footprint that will be there forever. You go down to the center of the earth and connect to the earth. That is also where order is born in a very collective sense – where you connect to the earth, you have more order.

When you are walking around, imagine that your feet are going way down into the core of the earth, and that you are receiving a lot of energy, relaxation and expansion from the Mother earth – just like you are receiving a lot of energy from up above, from Father sky, from the light of your being, from your spirit and your Divinity. These energies will then start to mix in your body and the above will come into the below and the below will come into the above.

Because you have different experiences and are in different states of understanding, what will feel best for you is if you take these suggestions and see how they feel for you. How can you implement each of these areas in your experience in more direct ways? So you can have a checklist every day and could check it off:

- I honored myself today
- I received light today
- I relaxed for at least 15 minutes in a 24 hour period
- I open myself to receive more light from around me
- I connected in with Mother earth
- I reminded myself that I am strong and powerful and I am honoring myself as I walk around with others
- I expanded my field so that my field is so big that people are beginning to see me, acknowledge me, and understand me more, as I understand them.

The communication is easier and better and that's one of the things that is very important. If you have a sense of communication with your own body system and are recognizing how those systems work, then in a very direct way you will have the same connection with other beings. In some ways the disruption of harmony within you in whatever way that has been, perhaps not receiving light, order, or however it is, doesn't matter, because there is no judge. You just say, *whatever has been going on with my own creation inside my own being, ah, yes, that has been going on outside too. Outside and inside are interchangeable at times.* If I find myself having this experience in the outer world, I need to look inside of me as I begin to unfold this.

The direction that you are going in (regardless of how your space is in the moment — how you are feeling about your body or what's happening with your body) is to immediately implement the honoring, the light bearing, the light reception, the ordering, the connecting and the expansion. Those levels in each of your experiences will find what you could think of as an interwoven balance place where everything you have come to be and experience starts to actualize for you. This is because you are using these principles of Order, Light, Truth and Union. You are bringing them together in ways that offer opportunities for you to clearly recognize who you are, why you are here and what that moment of understanding brings to you in terms of going into the world.

How am I going to go into the world now? What is different in terms of the way I used to go into the world? This is that picture in your awareness, that understanding, that foundation place of decision that is the choice I am making. I am going to go into this situation that I have always had challenge with and I am going to be different in that situation. I am going to create what I want to create, and I am going to hold the intention for that and I am going to see it happening. You start playing with all these things in your mind, whether it is physical experience, your emotional experience, your social experience, it does not matter.

Those of you who are working with a condition or a diagnosis, the understanding is that you are going to have a circle and you are going to send the energy of Order, Light, Truth and Union in a circle. You are going to send it around whatever it is that has been diagnosed or that has been spoken, because sometimes it's words. So you will enter into experiences, circle up that consciousness, gathering the energy of what has been determined is there, whatever it has been labeled. You are going to put Order, Light, Truth and Union around those cells or around that organ or around that breast, or whatever it is. You are actually going to put the energy of this consciousness of Order, Light, Truth and Union, which is just pure creation, pure spirit, pure light, around those spaces.

Whether you are putting it around a breast or putting it around a partner or a job situation, or whatever it is, the circle of those attributes brings balance to each situation and offers you an opportunity to restore order there and to start again. Everyone that has some challenge with their health wants to start again. They want to start with "New cells," "New energy systems," "New awareness," "Strong immunity" – all those kinds of things.

As you have this Order, Light, Truth and Union revolving around every single cell or every single organ, or whatever understanding you would have for your particular focus, you bring that Order, Light, Truth and Union around it as many times a day as you can. This takes the gaps that have allowed those cells to enter into your healthy system and it precludes them from expanding. It is like saying to them, 'you are not going any further because the energy that was there to feed you is gone. You can't have this anymore because this is not the part of design that I am going to choose to live.'

This idea that you have *an opportunity – a choice*, can change an environment where nothing exists except the balance of the above and below in you and all the spaces in your consciousness. That choice is to create a new world for you, a new alignment, a new state of balance, a new commitment to who you are and why you are here and what you are going to bring. That intention creates a whole different system so that you are not the same person anymore. Almost like what you are doing is saying, *I want to revamp this and I want to acknowledge that, and I want to grow this and I want to let that go.* It is all kinds of mixing and matching of frequencies that have been there that no longer have the ability to sustain themselves because of the consciousness that you have brought is only light.

You can ask yourself, truly ask yourself – where in my body would I like to have more light?

Sometimes it's an organ, sometimes it's a space of a hormone or glands, or sometimes it's a system. Each system has its own proclivity for developing certain conditions when duality is present in the cellular system. You can look at your systems and muscle test your systems. How is my circulatory system? Does it need more light; it is probably going to say yes. Does your muscular system need more light? It is probably going to say yes. Then you can put more light into each of those systems and experience it individually or you can just immerse yourself in light in a continual way. If you have a diagnosis, use the light as a healing mechanism. That's the most important thing! It's the foundation of light of every cell.

Every single cell has a capacity to bear light, has the intention to bear light, and has the foundation of light within it.

When you bring light, you are reviving that energy. You are bringing more sustenance to that space, and are calling into being a very strong sense that you are the orchestrator of your very own design. You are in charge of your own life. You are not reacting to substances, conditions or diagnoses. You are coming back to center and saying, *"This is who I am. This is what I am carrying as my intention, as my gift, as my purpose, as my mission, and everything else does not fit into this process of choice that I have made."* And you stand in that.

It is all a vibration, what we have been talking about...all these different aspects of health and healing and wellness are all vibrations. When you put the vibrations together, it's kind of like a Reiff machine. It is going to vibrate at a speed that kicks all these things out of you, because it can. This is the vibration of a high spiritual acumen that you are carrying. Tapping into that, choosing that, restoring that and calling that in is foundational. Living from that, sharing that, that's the juice! When you live from the juice, nothing else can attack you. It's just not there anymore.

Yes, some of you have a proclivity, tendency towards certain things—so you have certain addictions, whether its sugar or alcohol or drama. It doesn't matter what it is. Sometimes there are these things. Sometimes there is karma, and sometimes you are working things out. You can work those things out by making choices to teach yourself, without an extra energy trying to come in to teach you from these very painful and very deeply suffering ways.

You can say 'NO MORE.' I am not doing it that way anymore. That time is done, I am not doing it anymore. NO PAIN, NO SUFFERING, NO DRAMA. I am going to raise my vibration so that my consciousness is so strong that everything else dissipates except the volume of my life force filling my being completely. I have absolutely nothing to fear because I am in that space of co-creation with all that is.

This is the basis now, for anything that you might think about in terms of factors that can influence your consciousness, influence your health, your wellbeing and your future. So take these foundational steps of honoring Order, Light, Truth and Union, these are the major ones. Experience the Peace of all of that together – that is P E A C E. Experience how you, as a conscious being, can choose all those in every situation.

That is really important because we are in the Easter time of March in 2018. This really means in kind of a literally way that we are in the *Coming Together of the Ages*. We are in a time when the most promise that has ever been possible for humanity exists right now. If you choose to stand in light and to call light in and to be part of the light that is making this promise come true, not only do you have all of the light you are able to incorporate, you have the Army of Consciousness that is choosing to carry light into this new time. That choice you are making means that shoulder to shoulder, in front of you, in the back of you and behind you are light beings from every dimension, choosing to create a non-suffering, non-dualistic world.

These health challenges are part of it but they are not all of it. Recognize that focusing on your fullness, the open aspects of all that you are, simultaneously with others doing the same, creates this wave or force of light that challenges that duality and sets it asunder because there is no resistance any more. Everybody is being pulled so far apart that you can go right through the center of light. Everything falls apart and the light rises to the top and here we go, bringing that light into the form of the understanding, the way it is to be fully alive.

The other thing we would say to you is to dream about what you care about and live that. If you love playing the piano, if you love walking in the sand, in the water, if you love the sunshine – whatever you love, helping to heal animals or being with the elderly or reading to children, or caring about something, do that also. As you dream and as you live what you dream, there is a very strong circling of Order, Light, Truth and Union. This is because that is your mission or at least part of your mission. Design your lives so that every day there is something you contribute, even if it is a thought for someone you care about that they have an easier time. Just one thought. And you can put that on your checklist too. You are dreaming of a life that has more compassion, or kindness, or sharing, or cooperation, or co-creation, wanting to be with people to create lots of different things.

This is all positive choice that changes the frequency you carry so your energy system has something to thrive on. It has something to live for – and it has something that you have chosen. Because you have chosen it in a free will system, because you are actually augmenting it and opening to it, and bringing it all together, it's being magnified by the consciousness of all of the dimensions simultaneously.

When you are living from your frequency of truth, when you are living in that space of co-creation with all that is and you are open to light, there is magnificence around you. Fields of consciousness support you in ways that you have never thought about before. Walk forward in light now, feet connected to the earth, heart wide open, and connect with all that you care about and walk that in as well. Think about it, dream about it, bring in the light at night, lie down in that light and have it coming into your body.

And when you get up in the morning, take some nice deep breaths. Connect into the earth and connect into the day, sending light out in front of you before you get there and just feel that sense or space of light touching everything and making it easier. All is full of grace, full of possibility, and opportunity.

The last thing we are going to say to you is that you each of guides. You each have systems of light that you connect to and you each have reasons for being born at this time. You have something to give. If you are working with what you are here to give, you are making it clearer for yourself, you are working on plans or designs or thoughts or dreams or connections. You are talking to people, feeling into it, and even having a feeling of something you care to actually contribute every day in that way.

What happens then, is that the pathway to creating that will start to open for you. In order to manifest, you want to have within your heart a seed and you want that seed to grow by nourishing it. You nourish it by reminding yourself of it, by remembering it, by coming back to it and bringing that feeling of caring into it. Then it is going to actually magnify, multiply and open gateways for you. So that will change your job if you don't like your job, it will help you with relationships, and other aspects of your lives—all of these things combined, creating an atmosphere or environment for your field to flourish.

Meditation:

As we bring our energies to you now, we would like for you to close your eyes. We bring your guides and the energies of your awareness around you, so you can receive right now all this light that the universe has to provide to you. Coming around in very beautiful circles of consciousness, flowing all around your shoulders, taking away any stress or tightness in your jaw, or across your forehead, or shoulder blades. Feel yourself opening and just know that nothing is wrong. Know that everything that is happening is to provide you with your next step, for bringing in more light, more consciousness, more order and more union.

Just take some nice deep breaths and let go of any thoughts you have about what to do and how to do it or what you should be doing or how to receive. Just imagine that the sun is shining and it is a beautiful environment and there is nothing you have to worry about. You are giving yourself a few moments of pure energy experience without any thought.

And your breaths are deeper in your body. Feeling the light coming into every cell. There is nothing you have to do. You are being blessed by light. And you breathe that light in fully and restore the depth of who you are, right now, remembering the frequency that is you, this essence that is you, and just know that you are going to take this essence forward now. This is the strongest part of you. It is your energy signature. And from this moment on this is how you come through the door, this is how you relate to people, this is your energy open and flowing, free and clear, Divine and deeply connected to heaven and earth, flowing from your heart and your soul.

And now the light around you has a color, and you just bring that color into your body. You let that color seep into every cell, every muscle, every bone, every tendon, every capillary, every vein, every artery, every system. Whatever your color is, let it in to fully magnify the healing of your own heart and soul, your body, mind and spirit.

And now make the statement -
I honor my body, now say it out aloud,
I honor my body,
I fully honor my body,

I open to the light of the Divine,
I open to the light of the Divine,
I open to the light of the Divine.

Every pathway in my body is in balance.
Every pathway in my body is in balance.
Every pathway in my body is in balance.

Order, Light, Truth and Union are present in every cell of my body, now
Order, Light, Truth and Union are present in every cell of my body, now
Order, Light, Truth and Union are present in every cell of my body, now

I fully open to live my purpose now
I fully open to live my purpose now
I fully open to live my purpose now

I easily receive the grace and peace of the Universe now
I easily receive the grace and peace of the Universe now
I easily receive the grace and peace of the Universe now

Now feel your heart open, and feel the heart connecting to all the other hearts, any hearts you want to connect with or all hearts, everyone's heart. This is our optimal living space. This is our optimal open life force. This is standing in your own power, just like this.

Know that you do not walk alone—that many, many who bear light are now standing with you and are walking light into the world. By making that choice to embody the light and bring it forth, all that you long for and all that you cherish will be born within you and within the earth and that is the promise of this time. So, rest assured that all is coming together and there is nothing to fear.

Thank you for your time and attention, for the searching in your heart, the caring in your heart, and the choice to be light again in the body.