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## **THE KRYON TEACHINGS**

**Channeled by Mario Liani**

The Kryon Group is the name Mario Liani uses to describe the loving energy of Kryon, which is not a single entity but rather a group of highly evolved beings of the angelical realms operating as a group — not as individuals — in absolute synchronicity.

Kryon is currently being channeled in several languages  
by different spokespersons around the world.

Mario Liani is a channel for Kryon in the Spanish language.

### **YOU ARE AN EXTRAORDINARY BEING DISGUISED AS ORDINARY**

Channel Live – November 7, 2009  
Mexico City, Mexico

#### **Kryon's Voice...**

I am Kryon, in Magnetic Service to humanity.

And so it is, here we are together again... with Family.

And so it is that you, dear human, answered the called you synchronized yourself in your multidimensional clock... you set the alarm clock and you chose the time to wake up. And it is here that you have woken up. You are here, in this space that is no longer a physical space. This is now an interdimensional space.

Everything that has been done here today (speakers, concert and meditation before the channel), was done with the intent to take you to a higher level of vibration that would allow you to reach a certain state, where you could easily detach yourself from the influence the famous "veil" has over you that causes your attachment to matter.

#### **Smells like Home**

You are now in a space where words are no longer words, music is not just music, the chair you now sit on, is no longer just a chair. You are in a very familiar space that reminds you of something that you surely miss beyond measure. Smells like home, right? Yes. Smells like home; smells like Family. Is like coming home to your physical place and you smell something baking in the oven... that familiar smell, it's what makes you feel like your back home!

And we are here: Home!

Perhaps you think that we brought you here. It was not us who brought you here. You co-created it! You decided to wake up in this space, you co-created this homecoming,

in this space that has the energy that you so often miss and long for. This is the energy of a Spiritual Family reunion.

### **Inner journey through the Heart**

You heard it (someone here during this event told you this would happen); so many souls came here to be around you... Maybe you can't see them, but you can feel them. Dear, where do you feel them? Where do you think you feel the presence of someone you reproach for abandoning you (maybe recently or maybe not so recently)? Where do you feel it? Here, in your chest, in your heart! It's feels tight, it hurts, it moves you, doesn't it? Because what you came here to do today, dear human, is nothing less than an inner journey through your heart, which is where you find everything you need, what you most long for...

And who are we - the ones who speak now, not to your ears, but to your heart? We are an extension of yourself, the part you have deified and literally place on a pedestal, the one you look up to, imploring to be heard.

### **I Am only Human!**

Oh human! We think is so funny when we see you on your knees, your hands firmly pressed together... asking yourself to listen to you! How wonderful you are! That is why we, when we physically meet with you, literally prostrate ourselves at your feet, we hold you in our arms and we bathe you with our tears of joy and happiness, because you had the immeasurable courage to come here to transcend, to be what you now pretend to be: a human being...

Oh what a pretence! And you express it so: "But I am only human." Oh, if you could only hear yourself! If you could hear yourself now with our ears, you have no idea what you would feel! You would feel great self-admiration for having the courage to jump without a net - because, for you, this is a leap into the void, since you don't have a multidimensional perception.

You are attached to the concept of time, your judgment is based on opposites, you criticize and suffer, and then you ask yourself using the name God, "Oh, why, God, why do you do this to me?" When in reality, that God you cry out to, is yourself! And the God who answers, answers with your own voice from your own face, he smiles with the same smile, and touches your heart the way you would with the person you love.

### **Is it Good to Remember?**

That is how you, human being, decided to face the void, by forgetting your memories, shedding your atemporal state in this duality, and by coming here to pursue the dream of waking up someday... and then pretend that you remember everything!

How do you remember? It's not easy to remember, you could say, human being, that it is forbidden to remember, it would not be spiritually beneficial for you. Remembering wouldn't automatically place you in the desired spiritual state that would allow you to open your eyes and say to yourself: "Ah, this is the reason I came here and went through all these trials."

Why don't you come here with all your memories? Because it is necessary for you to wake up and when you do, you can see your world - the world you create with your thoughts - in a totally different way... and you can take that path you didn't even know existed.

### **You are an Extraordinary Being Disguised as an Ordinary Human**

You, human being, tell yourself: "Oh, Kryon, but I'm so ordinary, so common... I am only a human being." And you're stuck there, you don't move from that, because you are attached to that belief. You are tied to it, and you tied that rope yourself with all the beliefs that you decided to bring to this life in order to face them again, maybe "this time" you will overcome them. And you still tell yourself: "I'm so ordinary, so common. I'm only a human being."

That is the great paradox. You are and Extraordinary Being disguised as Ordinary Human! That is the great challenge, the great mystery and the great paradigm you came to tear down. This is a wonderful game you came to challenge in this journey you call "my life."

"Oh, Kryon, but that is my life... what do I do with it? My life has always been this way." No, dear human! Your life has not "always been that way." That's what you think. Your life is what you want it to be, but, lamentably, you have gotten used to walking with crutches, to depend on others... devaluing your life and your own worth before others but mainly to yourself.

Why to yourself? Because you are the cause of the reflection you see in your mirror, you see yourself in the mirror and decide what image you want to reflect. That is exactly what we want to point out to you this evening.

### **The Teaching is Only a Breath Away**

This is an evening for teaching, dear humans. You are here because you decided to come here to be with Family... and there is something to learn from family gatherings. The best things you can learn are not from what you call "Masters," whom you have also placed on a pedestal and hang on to with reverence in order to advance. No! The best teachings come from those beings that are around you, those who are only a breath away...

Why don't you allow yourself to inhale now, right now, softly, very softly. Feel it (Kryon inhales deeply) and know that what you just inhaled bathed you in an emotional inbreath that touches all the multidimensional aspects of your Being that are part of you, and also the fragments of everything you consider your Spiritual Family. Which you think - because you're human, of course - are only those "who departed."

Why don't you bathe - with the same emotional breath - absolutely every one of those memories you carry with you, as well as "everything" you cannot remember but you have a feeling is there - thanks to the faith you regained when you decided to take the evolutionary path again - that enormous faith that helps you believe that "that" is "there" as well.

## **What you Truly Are**

What don't you allow yourself, even for a moment, to stop thinking about your individuality and connect with everything that makes you "who you truly are." It sounds like a riddle, but it isn't. Everything that allows you to be "what you truly are" is what shapes you in all the different multidimensional levels where your perception and consciousness reside - what to you is unconsciousness - and receive constant retro-feeding from you.

Dear, do you know that when you heal an aspect of yourself - here and now - you are actually healing those aspect of yourself that reside in all those places you are not even aware of and cannot even remember? Do you know that when you allow yourself to get going, only stopping when necessary, on this evolutionary path you placed yourself on, that information immediately "flies" and is received by all the other aspects of yourself? You have no idea the responsibility you have over the growth and mental, emotional and spiritual health of all those other aspects, who are waiting for you to go up the evolutionary ladder step by step. Do you know that every time you go up a step, the others do too? That is what interdimensionality is about, dear human. that is quantum reality.

## **Infinity Possibilities From a Mere Act of Intent**

The moment you think about moving a piece on a chessboard, you are pulling a cord in the magnetic web, the famous grid we have talked about so much. Because of the grid, the mere intention of touching something causes everything to vibrate in unison, the intention is immediately and simultaneously transmitted towards infinite directions and creates infinite possibilities that didn't exist before... and this from the single fact that you thought about touching that cord.

Do you know that whether you pull "that" cord or "this" one is all the same? We know you don't know this, because every time you are required to move a chess piece to create a determined potential, you doubt, you think it through, you consult with others and in the end, you panic... "Am I capable of doing this, Kryon? Is this the right cord to pull? What if I try this one, or that one better?"

No, dear human. It's all the same, because the windows of opportunity to get everything you want... are there! Perhaps you ask yourself if it would have been better to pull this one instead of that one... but it makes no difference, because the totality of the experiences that are waiting to be manifested by the slightest intention...are "all there." Not one can be left out of the game or range of possibilities at the time you make your decision.

## **Action is in the Service of Intention**

Why do we say this, dear human? The only secret you need to know in order to open and enjoy the immense potential awaiting you is just this... It's very simple. These two words: "Get going." What do they mean? Take the first step!

Oh, Kryon, what would happen if I took the first step and three steps latter a hole is waiting for me? Well, dear, you either fall in it or you avoid it... but I want to ask you, are you going to stop yourself from taking the first step because of your belief that there are obstacles awaiting you down the road... even though you haven't even seen them?

Dear human, "action is in the service of intention," what this means is that if you have the intention of doing something, you wish it and therefore, you materialize it by "doing it."

Part of the secret to get everything you want or need is this: wish with intense feeling. And that's very good... but if you don't implement the second one, there is no point to the first one: you have to start moving. Once you have identified what it is that you wish, it doesn't matter if you haven't decided which way to go. Take any road! Take the first step and get going!

### **One Foot in Front of the Other**

In the end, what is a road? A road, dear human, is a succession of steps, it's taking the first step followed by the second one... and so forth.

How do you go on a trip? Taking one step at a time! During your trip, could you set your course or chose a direction? Of course! You set your course the moment you take the first step and overcome the state of inertia that weighed you down and kept you from making a decision for fear of a mistake! Set your course once and for all! And do you know what could happen? That all the windows of opportunity will be aligned in that direction, and they'll be all yours.

Why do you fear or doubt... if you are the architect of your destiny and master of your road? Your feet move because you tell them to... and you have amazing shoes.

### **Amazing Interdimensional Shoes**

We spoke of this earlier this year (2009), when we talked about the wonderful interdimensional shoes that you can wear during your evolutionary experience. It's the same you have worn in all the lives and all the moments as a human. You have them on now... and like we said before, maybe they are old, worn out and repaired... but they are your shoes! You have walked in those shoes your entire evolutionary path!

Observe your shoes! Close your eyes... because you can't see them with your physical eyes. Close your eyes... look at your shoes with love. Those are the same shoes that will take you in the direction you chose every time you allow them to take the first step. Those interdimensional shoes are the ones that open the road to understanding. The same shoes you are wearing when you say: Oh, Spirit, give me a sign! God, tell me what I have to do to change, for my life to change, and to walk into better opportunities, to be able to grow and help others grow. I want to be a Lightworker, I want to recapture my faith so that I can understand what I came here to do in this lifetime."

And the moment you decided to start moving, your shoes come back to life, like those shoes you sometimes see in the Disney cartoons - the old ones - where a character's shoes come to life the moment he puts them on and then he is able to "do special things"... and all because of the shoes!

### **All the Roads Lead to the Same Destiny**

What is the purpose of the road? Maybe you think there could be many "destiny roads"... maybe you think that every time you set off in a new direction, the point of

destination also changes... but I have news for you: the destination is always the same. How can it be the same when I took a different road?

The destination is the same, dear human, because no matter what you do here - in your 3D experience - you will end up in the same place: the place where you will realize that you overcame certain things in your past and left certain restrictions behind, beliefs that you intentionally placed there yourself... to finally grow spiritually and become a better human being in the end.

It doesn't matter if that place is geographically North, South, East or West of your point of departure. You will end up there. That will always be your Destiny, to realize that you have traveled the evolutionary road you were supposed to travel, understanding that no matter what you do, how you do it, or what tools you use...

Nothing matters! The only thing that matters is that you tell yourself this:

"I did it right this time, didn't I, my own self? Oh, how good I feel about that! I am so happy with myself, particularly when I look back at my life and I see the footprints I left on the road I traveled. That makes me feel proud of myself, because all the times I stumbled and all the obstacles I overcame on that journey, in the end, were the catalyst to help me get here. And this is what I NOW finally understand."

### **The Now is You in This Moment**

OH, human, I just said another magic word: NOW. What is now? You are the only ones who cannot completely understand what Now is. To you, "now" is to think about what you'll do tomorrow. Maybe you'll say: "now I'm going to plan what I'm doing tomorrow. I'm going to decide what to do with my life." But... when are you going to begin? To morrow. Not today. Now is NOW!

"Now, I will make some vows for the coming year." No, that is not being in the Now.

The Now is any given moment in life when you are completely present, you know that you are present and value everything you are, everything around you, everything you have, everything you manifest and have manifested... because everything is part of who you are in this present moment... and that is what you are. The Now is you in this exact moment, dear being, because there is nothing besides what you are experiencing and feeling right now.

You are not experiencing the long road ahead right now. You can't even see it. On the contrary, it's necessary that you focus on what surrounds you now and is part of your present reality. Look down: you are wearing a pair of shoes. Look again: you have two feet. Look a bit higher: you have two legs that only await your orders to move and take the first step. What is keeping you from taking that first step?

### **Becoming your Own Master**

The destiny we are talking about - which doesn't change when you change course - involves reaching a supreme and magical estate of being. It leads you to the moment when you, dear human being, become "Your Own Master."

The purpose of your life is to become your own master. We have reiterated this many times. When the times comes to become your Own Master, it doesn't matter what

trade or profession you have, or what tools you use.... It doesn't matter what position you have, whether there is a lot of light or very little around you... or whether or not you turned off the light! (laughter at Kryon's joke).

None of that matters. The only thing that's important is that you have the power, you make your own decisions, you know what you want... and how you want it. You are the master of your own evolution, which you manifest and create according to your inner guidance. In this tridimensional game nothing is prohibited. There is nothing good and there is nothing bad. Simply "there is." It just "is"... NOW.

### **Fight against Dogmas**

Unfortunately, you are a society that places labels on different situations that - according to the society you belong to - are allowed or not, morally acceptable or not, socially criticized or not... but that is what society is about, dear human: group beliefs. These are egregores or collective thoughtforms that came from a belief that took root in the collective until it became a dogma.

Part of what you came here to do, dear human, is to fight against all dogmas. I am not talking about any particular dogma. A dogma is a belief turned into an imposition that inhibits, blocks and hinders you from becoming your own Master. A dogma represents the essence of a law, structure or control that do not allow you to be what you think you should be... NOW.

So many of you have fought all of your lives against dogmas! In your workplace, in your home or community, even in your social environment, with your friends, with that "certain groups of friends" who decided for you how things should be: how to think, how to be, how to dress, how to act... and even how to pray to God. Who is this other human who believes has a right to tell you how to pray to God? - supposing you believe in the existence of a God or have a God to pray to.

### **Do you Feel the Message in your Heart?**

Part of the teachings of Kryon is to help you understand that we won't force you to follow a dogma. We don't criticize you nor wish to control you. We only hope that you open your heart and be happy in the NOW.

When you open your heart, dear human, your belief is your feeling, your belief is your God.. and your God is the love you feel for what you do. It doesn't matter what you do. This is something we have always suggested: that you reach that state of Being where you are guided by your feelings. This will become your religion, your truth and your reason for being...

The message you are receiving now - which, we repeat, is energetic, not verbal - is directed to your hearts, because you are the ones who requested it.

Humans, dear Soul-Group of this wonderful place, of this particular region of Gaia, of Mother Earth whom you love so much... you represent the human energy of this place, you came here tonight hoping to receive "this" and what you're hearing Now is, literally, advice from your angelic counterparts.

## **The Only Thing that Matters is What you Feel Inside**

The voice you are now hearing, dear human, is not the voice of this physical body who is channeling. The tone and inflexion of the voice we use - as well as the vibration that reaches your ears, circulates throughout your body and then reaches the center of your heart - are designed to work together so that you can receive and process "with all of your senses" the message we want to give you. Everything we have done this evening, was done to elevate you to a dimensional state that would allow you to feel that you are no longer in a physical space, and to realize that your wrist watch and your biological clock don't mean anything. The only thing that matters now is what you are feeling.

When we give you a message, the only thing we ask is that you try to "feel it." Once you have felt it, you can do anything you want with it... You can compress, store it, take it home and then decompress and use as often as you need... because this message we are giving you is being implanted in the magnetic DNA of your cells.

### **Making a Pact with your Cells**

And now we are back with the subject of DNA. We are again talking about the magnetism you possess, which responds to any influence, which you may or may not perceive in your physical body. We have appealed to multiple influences this evening, so that you can feel the magnetism of your DNA being shaken to the core... so that you can feel how the codes of your body's cellular memory are being reactivated and transmuted.

Because of all of the above, this is the moment to make a pact...

If we talk about your cells, dear human, is so that you can make a pact with them! Your cells will respond, because they are part of you and not something alien. They hear you and talk to you, they vibrate with pain when you suffer or expand with joy and are filled with a magnetic light when you are happy and connected, as you are now.

This is the moment to make a pact, because your cells are vibrating at a very high rate, makes it possible for you to connect with the holographic matrix - the Interdimensional Magnetic Grid - and easier to send the message for something significant to happen in your life... and for that something to be the best you can dream - no matter what you want - because everything is allowed.

The totality of your experiences is at your disposal, dear human. You are here on Earth - in the midst of your human experience - to have everything, nothing is forbidden. You simply have come to fulfill a work program with yourself. Therefore, work the program, intensely wish for what you want to achieve for you and get rid of what you don't need. Visualize how you want it, negotiate, make a deal... and take the first step! Put that energy in action and in service of your intention... your intention and not anyone else's!

### **Do it Now... by Being Yourself**

Become your Own Master. Throw away the crutches you have carried for so long, and that you're still carrying, and become who you truly are... because you are an Extraordinary Being... disguised as ordinary!

Maybe it's fun to make others believe that you are an ordinary being! There is some fun in that game, because the extraordinary human being that creates miracles capable of transforming lives in his disguised as ordinary human, it's a being who doesn't need to be seen as something extraordinary when he creates those miracles.

Be who you are. Do not pretend. Live your now and do it NOW. Enjoy the game of disguising yourself as ordinary human, dear human angel. How many times have we told you... how many times we have asked you to recognize the intrinsic divinity in you! It doesn't matter if others do not perceive it. The important thing is that you know it, that you have faith in yourself and know that you have the necessary energy to take that first step, and that you start moving toward what your heart so desires... because everything revolves around the heart.

### **The Human Heart Beats to the Rhythm of Gaia's Heart**

Your heart, dear human, is intrinsically connected to Gaia's heart, Mother Earth. In her bosom vibrates a gigantic, beautiful and radiant Crystal of Light that beats to the frequencies of all the human beings who no occupy the body of Mother Earth.

All those frequencies - that you all emanate - Gaia feels them in her own heart. Your heartbeat is her heartbeat. Your feeling is her feeling. Your tears are her tears. Your longing for your mother is like Gaia's longing for her child... Remember your Mother Gaia? She gave birth to you, in this place. What do you do to honor "all this"? Do you honor what you call "your country, your land, your city?" We gently urge you to allocated a portion of your projects, prayers and emotions to feed the heart of Gaia, because, in the end, Gaia's hear is what feeds you. That is why we are all ONE.

### **We Are All ONE**

We are with ONE with ALL: with humanity, with Gaia. We are a part of you, dear human. YOU and I are exactly the same... and when we say that we are the same, believe me, there is no difference whatsoever, except maybe for a small detail: in this moment, we reconnect. But even though we are in spaces that interdimensionally separated, we are here now, with you, one breath away.

### **Meeting of Souls**

There is a group of souls here who are literally bathing you with love. Do you know what they want? It's so simply! That you remember them... that is all. Dear, remember them! You don't have to do anything else (Kryon's channel is completely moved and overwhelmed by a powerful wave of love from this group of souls).

They are here, with you. The only thing they want is that you know they came here to see you. They are here with you, they want to embrace you... and they are doing so now... They want you to feel it in your heart. That is their only wish...

They are all fine. They are where they need to be, doing what they have to do... they are so proud of you, dear human, for your decision to come to this reunion and for setting up your interdimensional alarm clock to wake up here. Before that, you asked them to prepare "your chair," you asked "them" to come and watch your chair as the Guardians of Light that they are, so that no one would sit on it... because that is YOUR CHAIR, where you sit this evening.

They are beside you, caressing you, asking you to remember them and they came here this evening to see you again. They are part of you. They are in a different state of being... but they are part of you and love you immeasurably, just as much as we love you.

They are your family. We are your family. All those people you see around you are your Family, even though you don't see what you need to see or verify it, they - in soul - are your Family. As we said in our previous meditation, this is a Reunion of Souls.

In a reunion of souls, what do souls do? They come to hug, to give love, to heal one another.

### **Healing your Past and your Future**

Dear human, take advantage of this moment and heal everything you think needs healing with that beloved who has departed. Take advantage of this moment and say - from your heart - what you always wanted to say. This is the moment. They will hear you better now, because they are here with you. Heal what you want to heal and believe, because "it" is being healed now. Heal the emotions and the memories you have with this person. Forgive what needs to be forgiven and ask for forgiveness.

You were neither bad nor good... you simply did what you had to do, because it was part of the road you chose, and your road took you to that point. You decided to be "that person," but right now is the moment to heal. Did you know, dear human, that when you decide to heal an aspect of yourself that bothers you, you are also healing the past? Did you know that the past and the future, as you define them, is a concept we are not familiar with? Did you know that the only thing that counts is the present moment? If you decided to now to heal everything that has brought you here, this is the moment to do it. Heal it!

### **Traveling a Path without Road Signs**

We say it from the heart, because you are loved beyond belief, and we came here to give you all our love, but also to fill you with hope and faith. The only thing that matters is that you are here to continue your journey on the path you chose... a path without any road signs of any kind, it doesn't even tell you how long it is or how much longer you have to travel. This is a path that you create as you go along, where the only thing that counts is the step you are taking right now.

The only thing that matters, dear human, is that you give your intention energy, activate it in the physical. The only thing you should concern yourself with is to become your Own Master, always trying to be yourself. You don't have to change. Just try to be better. Make the decision to be better! This is the most appropriate advice we can give you.

We are part of you. That is why we are always with you and never leave you. In the darkest night, in the worst of times, those moments when you need us the most, we are always listening. Believe that we try to help you so that you can realize which are the best strings to pull or the steps to take, because we love you as much as a mother would, one who doesn't care if her child is good or bad. She loves him without restrictions. We, regardless of who you are, love you unconditionally.

## **There are No Goodbyes in Interdimensionality**

It's time to begin our departure... it's time to bring down the energy that transported you to that interdimensional estate where you were able hear and interpret the message we gave you. It's time to recover the human traits that allow you to process in 3D everything you received here. Come back slowly. Return from that sacred space... to this physical room.

Everything you receive tonight, is now in your hearts. You will carry it with you. You will take it home. Express it. Execute it. Make it a reality. Be better each day.

As for us, we don't really say goodbye, because in this interdimensional space, there are no goodbyes. We are always in your heart. So, go in peace. We love you beyond measure.

And so it is.

### **Kryon**

Channeled by Mario Liani

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