



bright SPOTS

Motivation and Inspiration
to Light Your Path in a Changing World



COMPILED BY
CATHY L. DAVIS

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SOPHIE ROUMEAS

The Angel's Wings

H*is voice touched me and He said . . .*

You are rediscovering the path of Light; it could not be more grateful to Me that you harness yourself to it with intensity, faith, joy.

No one has His equal to rediscovering sacred spaces of freedom.

Your six senses activated, **it is now the turn of your body of light to be**; at the bottom of your depths is a treasure of knowledge which you will sooner or later have to bear witness so those whom you are supposed to guide can plunge towards this divine access.

Your cells have prepared over the days of your human life. But We can't wait any longer. On the ascent curve, you started to descend. Because your human spirit could not accept this internal force which is nevertheless yours.¹

That's the problem for many of you, Humans; this upward curve descends for lack of inner resources and collective mutual aid.

The "new generation of parents" emerges, to welcome the New Children of Light.² Some, sent before their time as anonymous scouts, burnt sometimes their wings or could not spread them. This veil of forgetfulness which falls on the soul and the individual consciousness, by being embodied in the human vehicle, is not the easiest to lift.

We need you and all who are in the Ascension aids: This time is coming and it is no longer possible for Us to keep the truth hidden from you.

Other worlds more advanced than yours have already ascended collectively, and the correspondences of this psychomorphic field are now too heavy for your organisms. The dissonances of this millefeuille³ of dimensions influence your system in ways We would not have imagined happening so soon.

1 Kundalini force

2 Millenium children (Rainbow, Crystal, Star...)

3 yarn

The sun that warms you may one day very soon burn you because the atmospheric layer is dissolving at a faster speed than we can replenish it. **The constitution of your bodies of light must accelerate.**

The virus⁴ that has already claimed so many lives is nothing compared to what awaits you in the next few years. All families of viruses and microbial strains are waking up, preparing to activate. Why? Because the garden of your humanity that has been dehumanized for so long cannot take it anymore. Synthesized seeds in clandestine laboratories will soon hatch in the open to the misfortune of our dear Mother Earth.

The roots of evil have entered our Blue Planet. The term “anchor” is no longer quite appropriate when some seek the solution to escape to other planets, before our own falls into disuse. Rediscover what “anchor” is.

You ask if there is a solution: It is written above. A mass renewal of beliefs, an army of people who facilitate the greatest number to externalize their suffering in breaths of consciousness. Only one air, on the planet, and if some countries still have the chance to breathe “clean,” this evidence will soon no longer be relevant.

As many of you felt through visions, dreams, recommendations, **the earth is changing poles.** From magnetic to electric. This is not facilitating our interactions with the other planets of our galaxy. Turbulences become stronger. Earth bodies develop more and more diseases that science does not yet know how to cure when we have never been so close to returning to the level of the Golden Age of yesteryear.

The Cathedral Builders have a lot to do.⁵ They try to reach the vault of heaven, whereas the foundations are not sound enough.

What do you think the soil is? **The ground for your ascension is human.** Your humanity made a vow long ago, when benevolence and Divine Love were everywhere, to rise collectively or not at all. This thinking is remembered to you today.

Collective consciousness. The sacredness of life left you a long time ago. The millions of children who have been enslaved alive, and sometimes from their tenderest years, can no longer bear this escalation of violence and contempt for them.

4 2020 global pandemic

5 In sacred architecture, the Cathedral is a Temple, built in the Image of the Universe like human being himself

Their hearts meet during their nights, and they share in secret their despair and suffering. Their souls sound the death knell for this indignity which rallies almost half of the population—yes, you read correctly, half of the population which takes advantage from Childhood.⁶

(End of vertical communication.)

Does this move you? Here are some recommendations:

Every day bring water to a plant, at home or in nature. **Nourish the earth with your positive intention.** It will raise the energetic vibration in and around you.

Use your senses made available by Creation. Use them to perceive the world as it is.

If you see, hear, feel someone in danger, don't ignore them. Take action, as you can, to help that person.

Remember the strength of the collective. We are not asking you to live in a community, it is already the case; your brain waves connect you all, even behind your walls; **we invite you to join forces with other people, whatever the cause.** Two people together can work miracles.

Spread your wings. Every day listen to the wisdom of your mind, body, and spirit. Specific areas connect your energetic and subtle bodies to reach and align with your higher Self.

Remember, the breeding ground of cathedrals is human. No neglect of children will be tolerated.

Rediscover the alliance of the sacred feminine and masculine, to nurture a balanced humanity where each one is respected in total integrity.

Know thyself. Many therapies work to re-establish our individual and collective divine presence.

Choose your actions. Silence helps to feel the next actions to carry out this quest for Light. Meditate when you can. Act now.

All humans who feel the calling must help themselves and their neighbors.

Each of you has the right to reach your bright spot. The Universe is designed to welcome us all. We are One.

"You cannot have wings, before you have roots."

— Francesco Di Castri

⁶ Domestic neglect, violence, trafficking, exploitation...



Sophie Roumeas is a facilitator for Change. She specializes in personal development, resilience, and activation of psychic abilities. She works with people who desire to align with their higher potential; transition between the old and the new “Me” often requires guidance and compassion.

Native of the French Alps, Sophie created **Alpes Meditation** to share a ritual of meditation for conscious living. **AM** provides classes for individuals, conscious entrepreneurs, artists, health leagues, children, and families...

Sophie tailors a unique formula with her clients, to access their inner gifts, and manifest their happiness, intuition, and innovation; coaching process is mixed à la carte with hypnosis, systemic constellation, past life regression, aura readings...

Her motto: ***Let's Voice Your Soul™!***

Sophie contributed to the No. 1 International Best-Selling anthology *Step Into Your Brilliance*. She is convinced that the future of our blue-green planet resides in the balance between our individual and collective consciousness.

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Bright Spots: Motivation and Inspiration to Light Your Path in a Changing World is a collection of essays, written by authors from around the world, in direct response to the events occurring in the year 2020.

"...in a dark night, the eye begins to see"
— e.e. cummings

We are here. Right now. On purpose. For a reason.

Although it may not feel all that pleasant, we have each been called to this adventure, at this particular time, for our own unique reasons. The future holds the promise of a new beginning, and we have been summoned to make a positive impact as we begin to mold a new earth.

- We are the ones who hold the magic—the magic fairy sparkle dust—that is so desperately needed right now to rebuild.
- We are the ones who are willing to extend a hand, share our treasures, and reach out to others in need.
- We are the ones needed NOW—to not only offer compassion, comfort, and consolation, but to also initiate dialogue and direction.

You, too, are the light—one who can shine and light the way for others. Yours is the light so desperately needed NOW—to rebuild communities, confidence, and broken dreams. It is time for you, too, to shine so that others may draw hope, strength, and courage from YOUR light and learn to let their own light shine.

***It is you. You have chosen to accept
this mission...at this time...on this planet.***

You are a Bright Spot.

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