

# *Christmas message*



*December 15, 2024  
Theme: Love and Thoughts*

*A warm greeting to you all.*

*Leontien van Dalen is my name and I am one of (Mia &) Tonny's spiritual guides.*

*From 1981 to 2019, Mia and Tonny received a Christmas message every year, passed on by one of their guides. Those Christmas messages were collected in a book. In 2020, a Message was passed on by Mia herself and that was the last Christmas Message from this side at the time.*

*Tonny then received inspired Christmas-/end-of-year messages.*

*The years are of no importance to us on this side, but you still live on earth, where people speak of seconds, minutes, hours, days, weeks, months, years, etc.*

*Why did our Christmas messages stop?*

*Let me explain it this way:*

*as a child, you go to kindergarten, primary school, secondary school and maybe university. After you finish school, studies and training, it is time to put what you have learnt into practice. Maybe you do some further education, but usually you don't return to e.g. primary school. That is behind you because you have completed your studies and learnt a small part of what you need in your life.*

*We, as spiritual guides, have passed on Christmas messages for decades. These were - and still are - available to everyone. The core of the Messages was always L O V E.*

*Many themes have come up over the years, but LOVE was always the core, was the most important part. And these messages were meant as lessons, as information, as a gift to be able to look within and benefit from it, for your inner growth.*

*After 40 years of these loving lessons, it was time for you to work on all that you had learned yourselves. Many of you did, some worked hard on yourselves, others a little less, but either way there was always enough information to look back on, to remember what had been said again.*

*It was never about the words in a Message. It was about the energy behind the words, the energy of Love, meant to lift everyone to a higher level of consciousness.*

*Everyone who understood it developed the gift of helping others purely by example in your daily life.*

*This time I really wanted to pass on a Message, especially to remind you that we are always around; "we" as in guides, companions, family and friends. We are connected to you by love, forever.*

*Although time does not play any role here, through the connection with you, we are always aware of everything that happens on earth.*

*Currently there is an energy going on that has a lot to do with fear:*

- *Fear of not being good enough*
- *Fear of being alone*
- *Fear of the future*
- *Fear that no one will love you*
- *Fear of loss*
- *Fear of pain*
- *Fear of war and its consequences.*

*Of course, there is always more at play, but fear is currently something that could almost be called contagious. However, fear is just an energy. Love is an energy. Fear and love (or power) are two sides of the same coin. If you have fear, flip the coin so you see the other side.*

*You can never prevent anything from happening, but you can always control the extent to which you allow yourself to be influenced by this fear, especially by your way of thinking.*

- *Fear of not being good enough?*  
*No one is perfect, thankfully. And fear will never make you good enough, on the contrary. Besides, not good enough is just a thought in and of yourself.*
- *Fear of being alone?*  
*Learn to be happy with your own company. If you make your happiness dependent on others, you will always be disappointed. You are the only one in whose company you will always be. You were created just the way you are.*
- *Fear of the future?*  
*Future? There is no such thing. Neither is the past. Only the NOW exists.*
- *Fear that no one will love you?*  
*Then start by loving yourself first. Who are you? What makes you a loving person to yourself? Do you have a loving heart, especially for yourself?*
- *Fear of loss?*  
*You will never be able to avoid loss. Earth is a learning planet and lessons take place within a certain time frame. You forget that you are a divine part in a body, in a coat. And when you have finished your lessons, you take off that coat and go to ..... that's up to everyone.*
- *Fear of pain?*  
*Fear of pain will never prevent pain. There are many kinds of pain, both physical and mental and without further ado, everyone will experience some form of pain or suffering in their lives. The question is how you deal with that pain, whether you learn from it, or perhaps others learn from the way you deal with it. Everything has more than one good reason.*
- *Fear of war and its consequences?*  
*For as long as the earth has existed there have been wars. In some very long periods of perhaps millions of years, the earth evolved, earth consciousness evolves, as a whole and at the individual level. During these periods there are highs and lows.  
Currently, the earth and humanity are in a very dark period, which is, however, the prelude to a period of high consciousness, to a long period of light. And for that, it is necessary to clear up first. Think of it as a wound that gets inflamed and eventually ulcerates.  
Only when the ulcer is cleaned can the healing process begin.*

*Will you experience the period of light? That is impossible to say, because there is still free will and it determines how humanity evolves.*

*The power of thoughts has been mentioned more than once in the Christmas messages. And the "power of thoughts" combined with the "power of Love" can bring about incredible things, in any direction.*

*So be careful what you think. Every thought affects your personal energy and subsequently that of others.*

*Be consciously loving, especially in relation to people who have hurt you in any way. There is nothing special to being loving in relation to people you already love. You will do that anyway.*

*But also be aware of your own mortality and that of others.*

*Strive to know, when your time one day comes, that your last words and your last thoughts, that those words and thoughts were filled with love, words and thoughts of love.*

*With much LOVE, I embrace you and wish you a blessed and LOVE-filled time, now and later.*

*Leontien*

