



Tore der Liebe Foto Christoph Schellnast

The second 21-Day-Wave of Love 3.- 23. Feb 2012

The longing for Freedom and Peace

Beloved Earthling – I welcome you to the second Wave of Love 2012. I am Ashtar Sheran and it is my pleasure to guide you deep into a well hidden room of your heart.

Mankind has now come to the boarder of a consciousness, which has the ability to create a global transformation of all aspects of life. Countless people have begun to feel and to think different to the way they have done before – thanks to a relatively small numbers of Masters who have awoke on Earth – just like you have.

Countless people have begun to open themselves, to really feel and to think lovingly. Something is moving them from the inside, something that might appear strange or even threatening to them. This is because a deep longing grows within them without their knowing. Following the opening of their life-systems, as part of the activation of the Master-Heart-Light. In effect this caused - and is continuously causing- a big exhilaration of their physical cell-rotation. In their inner self the life frequency is rising high, whereas in their outer life a deep relaxation and peace will settle in.

Of course a lot of this is also due to exhaustion. As well as resignation, depression and burn out. As a matter of fact it is a deep tiredness of life, the surrender after the ages of struggle, the sword will be dropped and also all of the other weapons. The symptoms might seam dramatic on the outside. The centre on the other hand

is strong and stable – filled with golden Peace and an quenchless longing for unconditional Freedom.

Beloved Brothers and Sisters – we're asking you
to strengthen this flame in their hearts of all mankind
with the coming 2nd wave of love

New Networks and Awareness

Every change of each individual is also changing the world. You must understand the following – the capacity of the individual consciousness was never as grand in all of the history of humankind as it is right now. This means that your collective consciousness has never been fused to such a high level.

For example – various scientific groups are now working together and are coming to the same conclusions and results- something that was unthinkable in the past.

Due to the previous separation of life's areas. But the time has come, here and now, the phenomenon of separation is being lifted from your life.

New awareness is coming to the surface every day, many of them changing the previous understanding of what your life is meant to be like. Duality as you know it is changing. Your observations are continuously coming together to an all-inclusive truth.

Research and Longing

Your scientists are observing things, which has never been seen before. They are confronted by unknown Phenomenons. Measuring things, which were previously unthinkable. They're trying to grasp it, to prove it or even to refute it – one thing you already know and understand is: that a stream of universal intelligence, cosmic truth and boundless Love, which is flowing to earth. What they are measuring is liquid light, cosmic spirit-matter, a galactic ray of love. They're measuring the longing for life, as it is striving to reunite with itself. But how will they ever be able to understand their results as long as they're not willing to receive it with their hearts?

Help them – beloved Brothers and Sisters.

Help your researchers and scientists to examine everything powered by love
and to view their results with the heart.

An ever increasing number of Lightworkers, awoken Masters and Crystal-Men and Woman are present. So much breathing Christ- Consciousness, which is attracting a massive amount of Light-Energy of a higher kind to the earth and is getting anchored on a daily basis.

From the kingdom of the silver earth's sun, the golden sun of the sky and the diamond-white central sun - it is flowing to you without interruption.

Remember our own intention of incarnation: tireless heart-light, your cosmic strength to love and your human warmth of your heart.

We're telling you: help THEM, so that they can help YOU. Open your hearts to them, so they can receive our transcendental power of love.

Don't forget this: The only way we can reach them is by accessing them through the sunny paths of your love- the ray of light which comes from your heart.

Stir the longing

All of your can do your part by activating your own tool, which was given to you on earth - your bodies - but in a whole new way. By embracing the inner longing for peace and freedom your will awaken the higher cosmic heart frequency. Peace and Freedom - way beyond all boundaries!

Maybe you might think that longing is a weakness, an interfering emotion, a pain which you'd like to avoid. But this isn't so.

Longing is a basic form of strength, part of the uninterrupted free flow of life. Longing is an ancient path, which you've been walking on for many ages. A narrow path, which has led you on the edge of two steep drops – to the one side you had to fight the inability to make decisions and on the other side you were confronted with the cowardly retreat to save grounds. Longing is the connecting cord to god and goddess. The cord by which they pull you alongside them, higher and higher on the road to your maturity.

Longing is a holy strength, which you're meant to surrender to. Longing is a guide full of wisdom within your heart in which you can trust. On this stream of free flowing longing your cosmic will can reach your heart. This combination – your longing and your will – will enable you to remember what you are, bring the wisdom and power into your present moment. Longing will teach you to use the present moment on earth in order to fulfil your purpose in being here. The reason why you have come to earth. Longing is a free flow of the intelligent life and subsequently also creates healing from suffering of the mind and soul.

Longing becomes self-contained

Not only you are feeling this longing within you. The collective soul of humankind and the soul of the earth are also carrying this deep longing within their hearts. And also our scientists, politicians, developers and economic leaders. The pain of longing is even been felt by those, which might appear as if they don't have a heart at all any more.

In these days all hearts share the same restless longing as it will finally come to life. Your longing already knows what you might still find hard to believe: The 5th Dimension holds so much Freedom, Peace and Riches, so much Love and Harmony for all mankind. This is setting a pulsating stream of longing into motion and is setting free life itself.

I am Ashtar Sheran
Accompanying you in the pulsating stream of longing.
Peace and Freedom beyond all boundaries!



21 Days active Stream of Longing for ourselves

Lets strengthen this collective Stream of Longing on earth for the next 21 days. By opening ourselves to the free flow of our longing – these are diamond-white, golden and silver streams of light – we can cleanse and transform all ages, areas of consciousness and life on cell level, which are still poisoned by unfulfilled, ignored longing and even longing that has died.

How to recognise your own longing

The longing for Freedom, Peace and Love is not just an unnecessary or luxurious emotion. It is the foundation of evolutionary power of our human evolution. Our awakening and our ascension. So for the next 21 days we're asking you to dedicate yourself to your own personal longing subjects. Get to the bottom of them, communicate with them and let the ones that are striving for fulfilment shine into the world with all your heart!

You can start by answering these questions:

- Do I feel longing in my heart?
- Since when do I feel it – and what does my heart long for?
- How did I deal with this in the past – and what used to be the outcome?
- What does longing mean to me?
- How will I deal with longing from now on?

As part of our higher cosmic soul-strength we can identify longing as a female ethereal being. As a opposite to our Self. And this is how we can contact it:

- Longing – what would you like to show and tell me?
- What do I have to say to you?
- What would we like and can we accomplish?
- What can I do in my outer life in order to fulfil my longing?

21 day Streams of Longing for the world

The ascension of our Streams of Longing is structure in 3 steps:

Step 1: Awaken the longing within your self

Step 2: Awaken the longing in 21 persons

Step 3: Direct the interwoven longing into the world

For this there is a creative time frame of 21 days

Beginning: 3. Feb 2012 at 0:00 am

Ending: 23. Feb 2012 at 12:00 pm

The 3 steps are running parallel within the 21 days

Step 1 – 21 day highly active transformation

We – Sabine Wolf and the hierarchy – are building a big dome of light. It is made up of the spiritual threats of our longing for freedom and out of our streams of defined wishes for peace for human kind. Out of the temple of Christ they're coming, in which you've been active for the past 200 years, whenever your bodies are sleeping.

The physical centre of this 21-day longing wave of February 2012 is in the heart of Sabine Wolf. This is where we will direct our spiritual longing to, it is where we will connect our life's frequency with hers. Any pains that you might feel during this time, due to unfulfilled longing, can be transformed here. From there the power of longing will be bundled and then flow back to you and awaken your inner most longing - and fulfil it.

Connect to this process by actively opening your hearts every morning and evening and connect to the heart of Sabine. It will happen just as you intent to do so. A minimum of 2x 10 minutes per day will be sufficient. It is not necessary to arrange certain times of the day as we're operating beyond time and space.

Be prepared to let your longing for Freedom, Peace, Love and Comfort, Recognition and Meaning be fused with our longing, which we in return we have for you. Also be open for your heart temple to fuse with the temple of Christ an all temples of our spiritual presence in your physical universe. It is the longing of all of us for you to embrace the true life that is possible on earth, let is grow as a new

source of light in your bodies – let it roll like a wave of light into the hearts of humankind. 2 things will happen in your life as part of this active connection:

1. Painful energies, which are rising due to ignored and unfulfilled longing, will be pulled towards us and we will clear them. This freed and cleansed power of longing will be directed back to you after it was fused with our spiritual Longing-Matrix.

2. The new Light-Strength will feed into various fields of your life: into your physical organs and systems, into your field- and connection systems as well as your many inter- dimensional structures and entanglements within your life, which you will only see clearly in the near future. The new Light-Strength will enlighten your consciousness and open your genetic base-code. Up until now these have been programmed to LOCKED and DESCENTION but now these are reconfigured to OPEN and ASSENTION. This will have a measurable heightening effect to your frequency and health, is strengthening your power to transform through your pillar of heart-light. This will give your more clarity in your crystal- body.

Step 2 – 21 Days of highly-active Longing- Current

Compose a list with the names of 21 persons. Make a colourful selection of light and dark: friend and enemy, partner and opposer, parent and child, acquaintance and stranger.

For 21 days give them access to your current of your hearts longing. Let them bath in it as you do in theirs. This way their life-systems can undergo to same cleansing and transformation as yours. They can experience the same kind of healing and fulfilment. Only contact them through your spirit and soul and not by words. As for permission and connect to them on the inner realms with all of your heart and all of your love. This is all happening in the name of unconditional love. This is not interfering with their free will as this is an act of healing divine grace, manifesting through your awakening heart.

Step 3 – 21 Day highly-active Global Ascension

Permit for longing of all of us to be fused with the longing of the soul of humankind and also the soul of the earth. Flow and bath with them in the light. Notice that day by day the strength and quality of your hearts love- longing will increasing. Also your life's frequency will rise continuously and your will radiate evermore powerful.

But this is not all. We're aiming to consciously lift the global frequency of mankind. Understand that this spiritual action of yours will set into motion and sensational signal. This strength and power deep within you, which is now changing and will signal out into the world will effectively change the consciousness of the masses

and humankind. In return this will have a huge effect on you. Dark waves will come up from your depth and will flood you with old energies – and it might take a while until your heart-light will be able to transform this into crystalline energy.

You must be prepared for this. Observe healing- crises as a passing proof for the global transformation, which you are being part of even though they might be painful. Continuously open and breath into all aspects of your body when they are locking up in pain.

These energies can't actually connect with you any more but you are human and have chosen to come here and help. Stabilize your current of heart-light by continuously sharing. Sharing spiritual strength means: Multiplication, Expanding, Strengthening and Stabilisation.

Stabilize your one transformational stream by shining your hearts longing straight into the world for 21 day – into the hearts of ALL humans on earth without any exceptions. Be sure: if you even leave out as much as one human that walks this earth from all 1 billion then your transformational power will collapse in itself. Nothing will happen. This is unconditional love my beloved beings – the highest challenge for you and also the highest support for this world, which you had chosen to descent to.

May there rise a giant wave of longing for Freedom and Peace in this world! May it transform all the pain of all the ages into crystalline energy! Now, in this year 2012 - may your heart open and release the master in you! May the spirit of Christ come back to earth and into your current of love!

We're here with you all the way.
We're ONE with you.

Ashtar Sheran, Saint Germain and Sabine Wolf
in the name of the spiritual world and mankind

28. January 2012