



LENA JUNG

# The Flow of The Drops

Channeled Messages for the Awakening Soul



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[www.lenajung.com](http://www.lenajung.com)  
Designed by Roman Peklaj

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Channeled Messages for the Awakening Soul

*If this book has found you, open anywhere and let The Drops guide your day.*

LENA JUNG — channel for *The Drops*



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## What do Dreams have to do with the manifestation?

Dear One,

This isn't a book you merely *read*; it's a current you step into. If these pages are in your hands, they didn't arrive by accident. This book **called you**—and it came to meet a quiet knowing already alive in you.

Through these pages, a loving collective consciousness called **The Drops** speaks with a simple, steady refrain: **You are so very loved. Always and forever.**

I'm **Lena Klopčič**, known in the spiritual world as **LENA JUNG**. In **2023**, after my husband's **transitioning**, a deep opening arrived. In that tender space The Drops began to speak—clear, playful, faithful to Love. My part is simple: to listen, to transmit with clarity and care, and to keep saying yes to the Flow.

The Drops speak in images that feel like home: spark, softness, diamond, breath, water. Their guidance is practical and tender — live from the Heart, move like water, honor the body as sacred, let Truth be playful and near. Across the parts of this book you'll touch the same current in different forms:

**The Path of the Soul** — solitude as sacred, the creative desert, the wholeness of “I AM.”

**Living from the Heart** — spontaneity, prana, softness, and action that begins in love.

**Flow, Movement, and Creation** — being water, feeding the soul with movement, living each day as a DAY.

**Truth and Light** — polishing the diamond you already are, recognizing Truth within.

**Living Love** — purpose as awareness and service, the gift of relationships, the star within.

**Timeless Messages** — dreams as creators, the Here & Now as a doorway to eternity, a future shaped by Love.

Please also hear this essential invitation: **everyone** can tap into higher dimensions. You can connect with The Drops—or with other benevolent beings and **Source**—because you *come* from Source. You carry the **essence of Source**; therefore, in your deepest truth, **you are Source**. This book is a companion and a reminder of that living connection.

You'll find brief **Take-Away** frames at the end of each part—small, clear distillations to return to when you want a single line to carry through the day. And here is a simple practice from The Drops: use the book as an **oracle**. In the morning (or whenever you need a compass), open to a random page. Let your eyes rest on one sentence. Breathe with it. Carry

it in your pocket. Let it gently turn your attention from force to flow, from fear to trust, from hurry to presence.

If there is a through-line to everything you'll meet here, it is this: Truth cannot be lost; each soul matters; patience participates in perfect timing; the body is holy; movement nourishes the soul; the heart knows the way; and Love begins to arrive the moment you think of it. Beneath it all, like a river under the river, the refrain:

**You are so very loved. Always and forever.**

Thank you for receiving this book as a **gift to yourself**, and for choosing to connect with The Drops in this way. If you feel called to go deeper together, you're warmly invited to connect with me and to follow the **Beautiful Retreats** section at [www.lenajung.com](http://www.lenajung.com) we can meet the Flow in person, in community, and in the beauty of shared practice.

With love and in service to the Flow,  
**Lena Klopčič - LENA JUNG** — channel for *The Drops*



Part I:  
**The Path of the Soul**

## When you feel alone...

When life feels lonely, try to remember that you – as a Soul – require this time of solitude.

Sometimes life in this Reality that you are currently experiencing as the strongest, might feel as life in a desert. A desert which – as it might seem – is covering up some things, some pathways you, as human, would like to see. But there is a reason that they are being covered up in certain moment of your time. The so called desert is actually doing a great job in clearing the time for the right space and the space for the right time. For everything to become just --- well, right!

At the same time, you could remind yourself that the desert is the dimension of no time and no space or of limitedness of the two. And actually you too are coming from that dimension. And because – for real - you feel so much at home there, you don't need to have all the paths uncovered in every moment of your human-time.

The main reason for that is that you are meant to still walk a bit this path in the 'known Reality', and to still discover what your 'real path' is. Because when you're doing that you are actually CREATING THE PATH, you see? Let us repeat this: When wondering and awing, you are CREATING.

And if you would bring in a stronger memory of what your inner Wisdom holds, you would not be so effective and good in your own creation process, see. So, actually you – as a Soul – are dosing yourself – in a human-form – just as much as you can – again, as a human being – handle, and is also still good for you. You, yourself, are holding the power over this inner knowing and the drops of memory, yes. And so you'll be increasing (or not) the dosage according to your own needs, following your primary (and by this we mean Soul's) wish.

Because you – as a Soul – cherish and celebrate the Life within you and by this --- you cherish and celebrate YOU.

And yes, the Desert is a part of The Home, and it is leading to other dimensions too... And finally – sometimes you just need to relax in the emptiness. The emptiness is the best place to start creating something new, something fresh.

You are so very loved. Always and forever. Always and forever.

*The Drops*



## Life doesn't have to be so hard...

It really doesn't, we promise you. It doesn't have to be suffering; it doesn't have to be sadness nor pain and it for sure it doesn't have to be a fight.

However, that tends to happen when you don't feel closely connected to the lightness of Life, and you instead feel more of a density coming from the material world, which is totally natural as the planet you're living on is a material form of Life.

And actually, this all is abundance, and also when you feel the heaviness of the Earthly world, you are actually receiving a gift that will help you also recognize and feel the opposite – the lightness of Life as a whole!

And when in lightness, you'll be able to recognize and enjoy the magic things like the synchronicities and sparkles, which you are not able to see when you're activated only in the sphere of density and heaviness. But again, the latter gives you the ability to enter the lightness! So, do you see how great a gift is that?!

When you recognize all this as a part of the great package called Life, you'll be in its full flow and inspiration, we promise you.

But then – the decision that life doesn't have to be hard comes from you and you alone. It is a fruition of your own maturity and readiness to let go the beliefs that don't serve you anymore, and hence the so called comfort zone, a place that is so very known to you. And what we share here, is just a small reminder of the knowing that you already hold. If you'll give her a place to come to the awareness, then you'll set it free and you'll put things into motion so that your life won't feel that hard anymore.

But it is up to you. Everything that you do or don't do is serving you in some way... But then – maybe there is not a big difference seen at first glance between one holding his head up when starting the day, and on the one holding it just a bit above their shoulders, but when looking into their Hearts and Eyes, the difference is their whole LIFE! Again, it is up to you...

You are so very loved. Always and forever. Always and forever.

*The Drops*

## Be happy also when you are alone!

This is what Lena is experiencing as we speak (through her ).

Now, we ask you, Dear One, could you be happy also when you are alone? If the answer is YES, we congratulate you and salute you greatly. We mean that from the depth of our being!

If the answer is NO, then we would invite you to start working on that with very concrete actions, like singing mantras and affirmations, by massaging yourself or getting a massage for yourself but we would advise you to go for the first (massaging yourself) because you will develop a relationship with your body that you wouldn't if someone else is massaging you. Also, you could plan a trip for yourself or get yourself some other kind of opportunity (a program, a course or something else) that you haven't offered yourself before or maybe for some time now.

When you will start enjoying yourself – WITH YOURSELF, you'll step into another version of yourself, and most likely that version of you will start to feel happy. Because you were also born alone, not tied up to someone else, right? And when you'll radiate that happiness 'just' you as the 'previously alone-version' of you, you won't even notice that you are really not alone. You never are. Trust us on this. :) It is just a path that you – as a Soul – have chosen to take (could be longer or shorter, it is up to you) so that you get the lessons you want to gain through that.

You are so very loved. Always and forever. Always and forever.

*The Drops*

## When you feel alone... (second transmission)

When you feel alone, know that this is the exact time for your growth. The exact Divine timing that you have chosen as a Soul to have less people and noise surrounding you, so that your Heart can get to its stillness.

Your Heart needs and wants alone time, which might from the human perspective, seem as loneliness but for the Soul this is the most precious time for her evolution and expansion. The only way to get to it in the purest form is within the peaceful environment. In such an environment, Heart can get to a calm, warm and wholesome state. You as a Soul will take care of the light, music and a heartfelt balm that you need!

Do not worry, as everything always flows according to the Divine plan, which you have and are co-creating, and you are fully engaged in. Moreover, you – dear One – are setting the rhythm and pace, and this is always – always! – aligned with YOU. There is a path – a path of this lifetime that you are taking, and you are making it full and non-forgetful!

So, when you feel alone, know --- you need this precious time for your growth and expansion. As per your own Soul request, dear One.

And remember: You are Love and Light. You deserve Love and Light. You are getting Love and Light. Always and forever. Always and forever.

*The Drops*

## When you say: “I AM”

When you say: “I am”, then that is that. YOU ARE. You are you, you are doing and being YOU.

You are being you in your own wholeness, and there is nothing to be added or to be taken away. But to come to this realization in full understanding and ability to embrace this concept, everything else --- and we literally mean this! EVERYTHING ELSE! – needs to be removed. All the stuff, all the distractions, all the coverers, all the umbrellas, all add-ons, all the additions’... — all of it!

Because all that it is you is enough, do you understand?! Moreover, it is not just enough – it is EVERYTHING! Yes — You being YOU.

And when you’re removing the layers that are to be let go, it is like removing make-up for a lady or taking off a hat for a man. You feel more natural, more light, more YOU. And so it should be, because this is the real you, you in your true form.

And you’re removing one layer after another by living your life more and more authentically, by bringing out more of you in your original and hence natural form. That goes not only for every life you’re living within every incarnation, but also every role you’re playing within every life. And do remember that you can bring in the original, authentic, natural YOU in just about every role you choose.

And when you’ll be experiencing more and more of that, you’ll be living your Life in its wholeness. You will be actually living YOU. Being LIFE within YOU. Being LIFE. And this is where you say: “I AM.”

You are so very loved. Always and forever. Always and forever.

*The Drops*

## First, there was a spark...

... A spark in you, Dear One. In the area between your eyebrows, where the third eye is.

And when this sparks lights up also in your Heart, then you get to see the sparks being lightened up also in the others. Because you are doing that for each other! You are lightening up each other's as your own mirrors, you see.

And that is so because you are all children of Light, children of Sun, and children of Moon too. Some that are more of a 'sunny-kids', you carry the passion-light, and the others that are coming more from the Moon, you are carrying the light of gentleness. You are connected to both of course, but if you're carrying the energy of both in equal 'portions', then your light – the light you're bringing to the world, can be transformed in the exact that thing that a Being next to you needs at that very moment when you're connected to them.

And no matter the portion of solar and lunar energy in your own light, you should just know that this light never stops shining. Ever. This light of yours is a unique fountain of cosmic beams, and you can open up even more to receive, generate and share more and more of this light, because you are –as you know – co-creating just about everything. So, yes, you can do also certain activities or exercises for your body or / and your mind to open all your cells and pores to the Cosmic Light.

Enjoy in it, bath in it, swim in it! And do notice – that one little spark.

You are so very loved. Always and forever. Always and forever.

*The Drops*

## Allow the softness to nourish you

Softness resides also within the trunk of a tree, so why wouldn't you give it a place also within you, Dear One?

When you open up to Love in all its forms, you start to feel the softness within you, the flexibility of your body and fluidity of your energy.

When you are not in fear – because there really is nothing that could happen to you as you are the eternal and super-powerful Soul! :) -, you can release yourself into that loving awareness even more so.

When you are in this awareness, you are also firmer and confident in your life-steps. And this – as we've shared it so many times before – takes you to THE GOAL you all want to achieve in your human lives --- that is a feeling of happiness.

But happiness comes from within; it comes from inner peace and harmony, and this can grow only from the seeds of softness. Makes sense?

So, do plant those seeds into your inner garden – your Sacred Garden, Dear One. We don't need to promise you how much abundance in all possible forms you'll get from that, because you know that already, don't you?

And finally let us share with you one little 'secret' :) : When you release and relax the forces and wants, the Life softens.

You are so very loved. Always and forever. Always and forever.

*The Drops*

## Soul knows the path to Freedom

When you are aligned with your Soul, you as your whole Being are choosing the paths and making the steps towards and onto The Path --- the Path to Freedom.

Your Soul knows very well the path to Freedom but as you came here for the whole experience of Life, you are making the steps towards it step-by-step, sometimes by running, sometimes by making an additional turn, but always you are onto it. Trust your inner knowing, your inner guidance as it is coming from the Soul, hence from the Cosmic Intelligence.

You are taking this path alone, in order to feel it fully and wholesome, which is what Cosmos or the Creator really wishes for you as its beautiful Child, and as such – a part of Himself. You both – Him and your Soul – are even merrier, when on this path you share the Light you're using for yourself to be able to do your own steps – with the others.

They too are making their steps and heading their way towards their Freedom, and in this collective process you are all each other's lighthouses, direction-boards and pillars, you are just switching the roles according to your agreements based on your temporary needs.

And this is THE Sacred Agreement you are all respecting and following in the Eternity. You all – yes, all of you, even those who might not seem spiritual to you at this

point – wish to reach the Freedom and pure white Love. Because of that and for that, you also all love each other unconditionally.

It is just that sometimes the individual steps on the path of the discovery of the Truth are shown to your human senses differently. Here we are talking about the painful experiences that you think of. But this is the thing --- you have created those in your own Illusion called Earthly Life in order to grow, expand and evolve beyond them.

Imagine your Soul in a form of an innocent and curious child experiencing the world and getting lesson after lesson from it, so that it can grow into a wonderful and confident adult, still being amazed by the beauty of life, just from a different standpoint. Now, try and embrace this image as truth for yourself. Because it is.

Even though some lessons you are experiencing seem harsh, do think of them as door-openers for what came into your Life after. It is totally the same as the saying that the sun shines after every rain, and as you know also no night has lasted forever, and at some point daylight came. In this 'light' also your own path of revelation is taking place – the path taking you to Freedom, which your Soul knows very well!

You are so very loved. Always and forever. Always and forever.

*The Drops*

## Look outside too!

You should look outside so that you get the sense of what's within – as an Observer.

When you see what is outside of you, you are getting information of what is currently within you too. If you find your outer world nice, then this shows that you're holding also such inner place, and when you find the outer place a bit chaotic and disturbing even, well – then it's the time to do some inner work.

But don't get frustrated about this; rather you can be grateful for the information you got and understood, provided to you as an Observer, because now you can change your shoes for those of the Agent of change, and we bow to you for that!

Now, we know that it is not always that simple; moreover – it is more often not that simple in the 3D creation. But this again is THE milestone for you, being offered an opportunity to cross that dimensional line. Even when you witness an act of cruelty (which Lena for example did just recently), you can choose how you will react to it and what will your role be.

If you chose to react with understanding poured with the biggest possible portion of love that you can create in that moment, your reaction will – if not right away then a bit later – lead to outcome that will be in higher vibrational frequency that if you would react from impulse and in rather more primitive way. Grace, let's say, always gives birth to softness, and hence another form of love. It is just how it is.

And when the Sun seems the strongest, the Moon brings in the purest freshness. So, do remember – if the Solar Energy sometimes burns you it will be the Lunar Energy that will nourish you. But you will remember both, and they are both outside you and within you, Dear One.

You are so very loved. Always and forever. Always and forever.

*The Drops*



## Take-Away from The Drops

(Part I: The Path of the Soul)

Periods of solitude are sacred — they allow the Soul to grow and create new paths.

- Life does not have to be hard; heaviness is only a doorway to recognize lightness.
- You are enough, whole, and complete when you say: “I AM.”
- The spark of Light within you is eternal and is mirrored in others.
- Softness and stillness are powerful beginnings for creation.
- Your Soul always knows the path to Freedom — trust its guidance.
- The outer world reflects your inner world; every observation is an invitation to look within.





**Part II:**  
**Living from the Heart**

## Spontaneity is the Mother of Honesty

You are the chosen One. Yes, you are.

You decided to transform your fears into Love. You decided to transcend the “known.” You decided to break the karma and, by doing so, even dharma. You are the chosen One because you volunteered for this.

Yes, you raised your hand when the bravest Souls were being gathered to do the mission on Planet Earth — for its growth, and at the same time for the expansion of the Sky and the evolution of the Universe. You would never imagine that your own feelings and emotions are of such importance, would you?

Well, they are! You are contributing greatly by feeling what you feel and by learning to transform your emotions. Each time you transmute emotions that bring you down into feelings of joy and love, you uplift not only yourself and humanity, but also the vibration of the planet and the energy of the galaxy. Thank you for doing the work.

You are cleaning, you are cleansing, you are transforming, you are changing, you are balancing, you are releasing. And most importantly, you are being your best version of YOU when you are spontaneous. When you are transparent, open-hearted, and open-minded. When you are honest.

When you allow yourself to carry the vibration of spontaneity and honesty, you become a living uplift — a beacon in human form. Others feel drawn to you, magnetized by the brightness of your Being. That is when your Beauty shines without clouds above it.

Shine your beauty, Dear One. Shine, because you are here in the name of the Beauty of Life. Yes, you are.

You are so very loved. Always and forever. Always and forever.

*The Drops*

## Feel the flow of Prana

Be in the flow of Prana — the life force, the living energy — so that you may feel the lightness, softness, and gentleness of Life.

When you do this, you are literally fluid, flowy. The blockages and stiffness dissolve. Your actions become free, unbounded. From this freedom comes clarity, purity, and the radiant light that shines on your face like a star in the night sky.

Be in the flow of Prana, Dear One. It is really not hard. Just allow your breath to take its natural pace. Simply that. Follow your own Heart pulse as it signals you when to step, when to pause, when to rest.

To simplify even more: just allow yourself to FEEL. Let every sensation have its own rhythm. Be with it. This is how you feel Prana. And when you feel it, you live it.

You are so very loved. Always and forever. Always and forever.

*The Drops*

## Let your action come from the Heart, not the Mind

Although ego is an essential part of being human, you can reassure it that it is loved and valued for the role it plays. Yet when it comes to your actions, your agency, your choices — it is the Heart that must lead.

When actions arise from love rather than solely from the reasoning of the mind, the outcomes are sustainable. Love binds. Love builds. Mind alone often divides. For example, love between two people flourishes when hearts are open, rather than when expectations are unmet and resentment is held.

You are so much more than a human being. We see you as a life force working through human form — and also as air flowing through your lungs, as the bird you watch flying by, as the tree you touch when you enter the forest. You are co-creating Life on Earth, and by that, you *are* Life on Earth.

Do you see why it is so important to activate yourself from the Heart? When you realize you are not just the miner of a crystal, but also the crystal being mined, and also the energy that created the crystal, you begin to understand: you are Intelligence after Intelligence, with no end.

So with each action from the Heart, you pour the purest form of Love into all of Life — across all forms, all timelines, all dimensions.

You are so very loved. Always and forever. Always and forever.

*The Drops*

## Allow the softness to nourish you

Softness resides even within the trunk of a tree, so why would you not welcome it within yourself, Dear One?

When you open to Love in all its forms, you begin to feel the softness within, the flexibility of your body, the fluidity of your energy.

When you are free of fear — for nothing can truly harm you, as you are an eternal and powerful Soul — you can surrender even more deeply into this awareness. From here arises confidence, steadiness, and joy in your steps. And this, as we have often shared, is the essence of happiness.

But happiness grows only from seeds of softness. Plant them in your inner garden — your Sacred Garden. The abundance that blooms from them will surprise no one, least of all you, because deep down you already know.

And here is a little secret: when you let go of force and striving, Life itself softens.

You are so very loved. Always and forever. Always and forever.

*The Drops*

## Why is going to your Heart so important?

When you are in your core being, doing what you love, you feel whole. A smile appears effortlessly, carried from the depths of your Soul.

When you create something that brings you joy, or finish a project with the deep sense of “mission accomplished,” when your smile is so wide it makes your Heart sing in high octaves — then you are living the most beautiful version of yourself. In that moment, you are creating from Life itself.

So play, Dear One. Play with your friends. Play with your children. Play with your pets. Play alone. Play with Life itself. Laugh with others. Laugh with yourself. Learn new things in joyful, playful ways — you will see how easily knowledge sinks in when there is no stress.

When you live from your Heart, you are in full awareness of yourself. And from there, you can always find joy, even daily. We wish for you to choose it often.

You are so very loved. Always and forever. Always and forever.

*The Drops*



## **Take-Away from The Drops (Part II: Living from the Heart)**

- Spontaneity and honesty are your keys to freedom and beauty.
- Breath is Life — allow Prana to flow naturally and you will feel light and whole.
- Actions rooted in the Heart create lasting harmony.
- Softness is strength; plant seeds of gentleness in your inner garden.
- The Heart is the gateway to joy, purpose, and playful creation.





Part III:  
**Flow, Movement,  
and Creation**

## When you think of something, you've already there!

Yes, it **IS** that simple! When you think of something — to achieve or to arrive at — you are already there; you just need to **feel** it.

Now, you might say this is rubbish, especially if you wish to have money in your hand and it is not appearing there. True — it doesn't work *exactly* that way. But that wish is limited in form, so we invite you to think — and manifest — **bigger**.

Let's take Lena's example. A few months ago she heard a clear call to apply for a yoga teacher's program. Exams came; she prepared — and she *knew*, in mind and in every tissue, she would complete it successfully despite challenges.

In the same way that she (and you) knows she is here to feel and share love — to do actions from love — she **manifests** whatever is needed for her mission.

When she collects donations for humanitarian work, she isn't focused on "money in hand." She is already in the **later steps**, doing the activity itself. Then money arrives as a side-effect to support what is already *in motion*.

Always think bigger. Do not lock your wish with rigid expectations. Step into the **feeling** of creating what you wish to create. Don't stop yourself with mistrust — not toward yourself nor the Universe — through disbeliefs like: "Oh, I'll never make it..."

Because that, too, is manifestation — and you'll create *that* if you repeat it. Wouldn't it be kinder to envisage what you'd **prefer**?

Because when you think of something, **you've already there!** It goes in both directions, and it's up to you which way you place your focus.

You are so very loved. Always and forever. Always and forever.

*The Drops*

## Be as Water!

Be as Water; go and **flow** with the River of Life. Be the Flow of Life! Enjoy its power — fully!

That is exactly why you are here, Dear One: so you can notice the small yet beautiful flowers of life blooming at the river's edge — the River in which you flow.

Trust and release yourself. When you do, you become softer; when softer, you are flexible; and when flexible, you become the River. As Water, you don't feel the hardness of the rocks — you simply pass by them, soft yet determined.

Be as Water, Dear One. You have this ability — use it. You have everything you need. Everything. You came fully equipped, and you will leave enriched. Trust that.

You are so very loved. Always and forever. Always and forever.

*The Drops*

## Life is a constant movement

Even when you don't know (or at least you think you don't know) where you are going, you are moving, Dear One.

If you just take a minute to observe your life, you can realize right away how very dynamic it is. And that is why it even exists! That goes for your conscious and unconscious level.

Trust us when we tell you that your life – the life YOU are creating! – is perfect for you and even if you feel unhappy with it, it IS perfect for your 'Here and Now' Reality, because it gets you going. It is moving you and you are creating the movement, and by that you are creating --- well, your own life!

You are actively working on all levels of your being, and even when it seems that you are not moving on the conscious level, you are moving more actively on the unconscious one. But when you are present in your breathing in every breath even, then you get more connected to your Spirit, your Soul. And the Angels are right there with you.

So, it is so very important for your Soul and your Being that you are in the 'Here and Now' Reality, and we would like to ask you not to minimize the meaning of this. You being where you are, is so so so very important. We could not stress this more, and you will know it yourself when you leave the psychical body. Just don't hurry

with that, as your perfect time for the great Transformation will come – well, in the perfect timing! ☺

So again, even when life gets really hard, try to remember this: YOU ARE HERE AND NOW EXACTLY FOR THIS EXPERIENCE. Moreover, when you don't like some situation – could be traumatic and/or very painful --, you are actually resisting it (just by not liking it), and this resistance gets you moving.

The movement might not be visible from the outside (let's say in creating some projects or activating itself in physical) but it might be inwardly when you are taking the deep inner battle in this resistance process. And no matter what the outside outcome of it looks like, you are the WINNER. You are the Winner of another chapter in this GRAND-LIFE. And that matters. Trust us on this.

Yes are so very loved. Always and forever. Always and forever.

The Drops

## Movement is the food for the Soul

*"I am always here," says Soul to the Human...*

Yes, your Soul is always there, Dear One; even when you don't hear her. She journeys through Life, which is sometimes more Earthly and other times more Heavenly or between the worlds, inter-dimensional. She moves between the hill-tops and among the clouds. She is moving because the movement is her food, the same way as the body needs physical intakes.

But she is always with you. Even when there is noise and chaos around you, she whispers and sings to you, she is bringing you messages in your dream state and she is inviting you to the astral journeys in which your own consciousness blends with the High(er) Consciousness.

You are always connected to your Soul, do not doubt that. But to get even more consciously connected to it, you can do some beautiful things for yourself, like eating nurturing food, in which you don't forget to enjoy fully as by doing so you are nurturing your-self, including your body and mind, in a wholesome way.

And when you are enjoying in that, you can just think that that is the same as your Soul enjoying the movement.

The Drops

## Run, feel, journey, BE!

Yes — run, feel, journey. Allow the movement to happen. Take part in it. Be present. Feel the wind, feel the water, feel the sun, **feel YOU!** Run, walk, **BE**.

Feel your Body; be with your Soul; feel what is beyond the Body — and know the Body, too, is **sacred**. This is YOU, dear One: the Soul moving her beautiful Body so she can interact, feel, rise, expand, and evolve **with** it. That is why the Body is sacred.

Move with him; be One with him, even knowing this is not all that is. Cherish this passing period in awareness. Care for him with Love. Your Body is beautiful — and when you love him, he blossoms and responds with Love. Be One with him in the Here & Now.

Run, feel, move, journey, **BE**. With the wind, with the sun, near the water and in water. Love & Light. Feel, dear One. **Feel**.

You are so very loved. Always and forever. Always and forever.

*The Drops*



## Every Day is a DAY in capitals!

Wet, snowy, sunny, cloudy, warm, cold, foggy or something in-between --- just about every day is a Gift. And it is up to you if you take it as your own gift too. As many days you will turn into gifts, as the whole present of life for you will become bigger.

You can fill the days with the things you love doing – whatever that is, the most important thing here is that it comes from your Heart. That you are really ‘doing YOU’, and that it is so each and every day.

This is the most important thing in this ‘Here and Now’ Reality that you came into to get to understand and embrace exactly this. When you are then even living it fully, you are releasing out there all the magic you are holding within; all the potentials and creativity you are bringing and you want to share with the World.

This is no small thing. This is BIG!

This is actually the biggest thing in the life you are creating, and by making it real, you are actually realizing YOU. And this is why your Soul came into the physical Body, Dear One. Your beautiful body which is serving you with its own love and intelligence while you are walking and experiencing Earthly life. Cherish it. Also by spending your Earthly days as --- DAYS.

You are so very loved. Always and forever. Always and forever.

*The Drops*

## Message for the **DAY** — and what does Bodhisattva have to do with it?

Even spelling the word **DAY** in capitals shows respect for each day — a **DAY**.

Live each day with that reverence. Make your life **LIFE**, a kiss the **KISS**, a hug the **HUG**, a laugh the **LAUGH**. Every day can be lived as a **DAY** — this is what you deserve by choosing life in this incarnation.

We wish and invite you to live fully in all circumstances (they are staged by YOU). By acknowledging this and living accordingly, you bow to Life and cherish it. In doing so, you live the **Bodhisattva** within you. Remember: you are Bodhisattva. You are **Life**. Feel and live the **DAY** — the DAY in capitals.

With each thought, intention, and act, you create vibration — a vibration that frames your day, your life, and Life in the wider sense. Awareness already lays the ground for your thoughts, intentions, and acts to be **good**. You are a good Being, needed in this time and space. So make yourself a **GOOD DAY** — for you, for others, for **LIFE**.

Wish this LIFE a **GOOD DAY**!

You are so very loved. Always and forever. Always and forever.

*The Drops*

## Take-Away from The Drops (Part III)

- The instant you **think** it, you align with its creation — choose your focus wisely.
- Flow like **Water**: soft, flexible, unstoppable.
- Life is always moving; even resistance creates movement — and you are the **Winner** of each chapter you face.
- Your **Soul** is nourished by movement as your body is by food; tend both with love.
- Honor your **Body** as sacred: run, feel, journey, **BE**.
- Live each day as a **DAY** — with reverence, presence, and joy.





**Part IV:**  
**Truth and Light**

## Imagine a Diamond...

Yes, imagine most beautiful shiny Diamond, Dear One.

Now, know that we see you in such a way. To us, you are as that Diamond shining in your vision. Shine and bright, hard on the outside but with the structure that it needs in order to stay in its perfect shape. You are shining even more when you are carefully polished, and that means that you are taking care of your human well-being.

When you do that, your light is bringing you the energy that you need for yourself, the world around you and people that you love. With that – best possible – energy you are uplifting everyone around you – including animal and plant kingdom -, and that is just by being YOU.

Every breath you take is vibrating and with your own vibration you are affecting the whole environment around you. Take care of your beauty, dear Diamond, and never think of yourself less than being – a Diamond of Life.

You are so very loved. Always and forever. Always and forever.

*The Drops*

## Some truths about The Truth

The Truth awaits for you and it will be waiting where you will least expect it and in a form, you would never have imagined.

Knowing that Truth is mischievous and has a great sense of humour, she is also full of surprises. She also likes to play 'hide and seek'. ☺ That is actually the main part of her character!

She is more than just the knowing; she is an inner anchor that is bringing  
**FREEDOM.**

She is an entrance to the Eternity, a key to joy and wisdom; she is a daughter of LOVE itself. She gives you the Kiss of Life, a kiss literally full of life; hence she is bringing you aliveness.

And she can do that while you are in shock because you didn't expect to meet her in certain timing nor in a certain shape and form, so that she can have some fun time with you and she enjoys even more so when you are laughing with Her.

She is within you and with you, and she wants to inspire also others; as she just loves seeing herself being duplicated and multiplied. That is why she is inviting you to open that door – the door of your Heart. You can open them fully, as there is no cold there and danger is just an illusion.

Truth is an Absolute and as such – cannot be demolished nor feared. You are the Truth, and the fear does not exist.

*The Drops*

## What is the Truth?

The Truth (or at least one of them) is that everything you create becomes your creation and is hence – your Truth. Partially, it is also the Truth of the Others – those you are connected to and you have done the Soul agreements with, so that you evolve and expand together.

But as you can see that, you more often than not are not experiencing fear in your Dream state, but rather you are observing and accepting realities there with genuine curiosity. We would tell you to try and do the same in your awake state (we won't go into details here on which of those two is in fact real dream and awake-state ☺). So, be curious and open also in the Reality of your 'Here and Now', because that is your pure natural state. You are a child of the Universe, and as such you carry this pure and innocent curiosity which can help you enjoy your Life with openness and joy.

On the other hand, you are getting to know yourself better when in Dream state. You are getting to know yourself as THE TRUTH, you see? Nothing can frighten you there; it can just bring out your curiosity.

Or if that is not the case, next time when you'll be journeying in the Dream Land face the potential scary thing with the attitude of not being afraid because the thing is in YOUR DREAM, where you are holding the magic stick. Yes, you are. As in Life.

As the Creator, you are hence genuinely interested in Life, and because of that you are interested in how it looks, living as the Creation itself and in the Created Reality. But then this is all YOU. That is the Truth. Or at least one of them. ☺

So, the Truth is the essence of Life, so YOU ARE THE ESSENCE OF LIFE. That is why also in the Dream you sometimes experience death or dying, but you still stay alive. Because there is no such thing as death. It is just the believe in the physical death of a certain part of life. But Life doesn't die. It can't, because it's LIFE. And so YOU ARE TOO. YOU ARE THE TRUTH, Dear One. It is so simple.

*The Drops*



## TRUTH and LOVE in big letters

Truth is everything. You as individual are the truth, you as collective are the truth, and we all are the truth. Truth is the Earth, Truth is the Universe, Truth is every breath and Truth is every breath, Truth is the seemingly gap between the two.

But humans in this time and space are still more interested in the artificial truth and less in deep truth – THE Truth. In this sense, you can know that even that what you recognize as the antipode of artificial truth - and you would call this a lie - is one of the fruits of Love. In this case, LOVE in big letters.

Everything comes from Love, you see. Everything. The source is Love. And all of you, all of us together are children of Love. In human understanding, Love with much is translated into love in little appearances, which is only a very pale approximation of the LOVE in big letters. And because of the LOVE in big letters, for which you strive as human beings from the moment you feel that you are disconnected or somewhat distant from the Source - from your real Home -, you sometimes resort to the antipode of truth. Because you don't want to hurt the one you love, even if that is yourself.

Because you don't want to come off worse than you would like for yourself - because of LOVE in big letters. And this is your choice on the Path, along which gradually and slowly, sometimes even with

a step back and a detour in between, you come to LOVE in big letters. By feeling the full range of emotions that you create precisely with tools such as truths with little and their antipodes, you grow and evolve - into TRUTH in big letters. And when you recognize and recognize that all paths with little wins make up the bigger Path, which is actually the Path to the Truth, then you see that even something as highly artificial as the antipode of truth – again, something you would call lie -- is no longer needed.

Because even the small truth is so very liberating. So very refreshing. So very natural. Just as all the small paths are a part of the one Path, so the small truths are a part of the TRUTH in big letters. What you are, and what we all are. As such we are children of the Source, children of the original Love. When you do not only see this, but also accept it deeply into your hearts and place it in the collective Heart and sail on this awareness as free beings in beautiful human bodies, Mother Earth is shining in a new collective Truth. And in this new Reality - new Dimension, the Universe is expanding further in Love. And all those little truths lead to this.

So will you choose the TRUTH, dear Human?

*The Drops*

## A message from The Source...

You are an eternal, limitless form of Life and that is why You have such a strong will and power that you (can) radiate inwardly and outwardly, Dear One.

All forms of life are eternal, but those which share no fear – not even in transience – are also limitless. When you are flowing with Life, you are actually pouring and bathing yourself in the elixir of Life. You literally are!

In such state you can also notice how easily and naturally it is for you to help also others to do their own steps in this regard. (For Lena, for example, that meant that she takes Yoga Teachers Course. ☺)

And then you might not even notice anymore that you'll do further steps with serving the collective, becoming a teacher of some sort or a healer or some other kind of 'Human-Lighthouse'. And you might not even notice when you'll start doing the acts like the great master, an Avatar you call Jesus, has been doing – washing the feet of his students.

Trust and have faith that you are giving to the others and onto the world, is showing your trust and faith into Life itself. Let this be seen through the goodness and love, which is being 'uploaded' to the eternal Love as we speak.

Thank you, Dear One. Thank you for being YOU.

*The Drops*

## The Creator is within You!

Creator – you can call him Krishna, Brahman, Universe or however you want – is indeed within you. He walks with you, and is holding you – when you are aware and when you are not. He is there for you non-stop, Dear One.

You are an essence of Him when you walk this Earth, and when you transition you become a part of The Whole or The Holy even more so. You will become a part of The One, from which you currently feel – when you are not in your Dream state – de-attached. So, yes (!) --- you are more awake when you are sleeping! ☺

When experiencing the Earthly life, your Soul is trying to find her way from fog to the sun, and you are doing it perfectly – even though you are not all in the same track, but you are all in the right tracks for your own growth and development. Each and every one of you.

On this path you are taking, the Light Beings are walking next to you and are whispering and sharing the truths with you – if you are open to receive them. And when you are and you do receive them, they appear so very familiar. Because you know them, and you share them when you are in (only) your Light Body too.

And whichever body you are in – being psychical or light – you have certain to do-s --- to do-s that are enriching you as a Soul, as a part of the Creator. As a Creator. So see, even Gods have to do-s! ☺

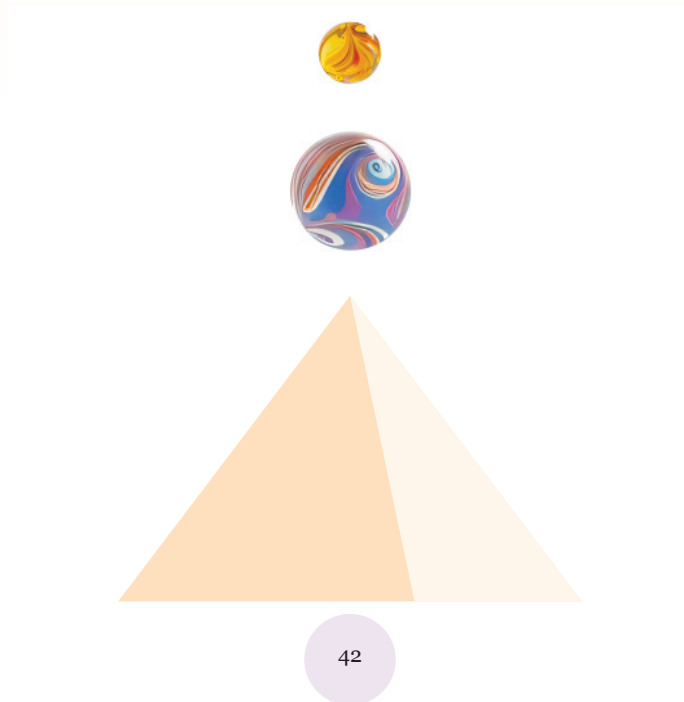
And as it goes for you, we are flagging you to be open to receive the hints and guidance on your path. They come in a subtle way, but if you at some point get too dis-connected to your own Spirit, the Divine Ping will become more obvious. And when you start seeing the Divine signs, Life becomes so very joyful and wholesome, we promise you.

Remember -- You are the Creator, Dear One. Yes, You are.

*The Drops*

## The messages from the Pyramids

*The following transmissions came after Lena's journey to Egypt in late 2024, where she visited the ancient Pyramids. The Drops spoke as living echoes of these timeless structures. Their voices are shared here in their original fullness, with only light polishing for clarity and flow.*



## Message #1

When One is taken to Egypt to visit the Pyramids, One knows that there is a bigger purpose behind just another travel. Exactly here is where in the current ‘Time-Space Reality’ human civilization – the big Human Story began.

In the beginning – if we consider the linear time for human experience – there were also ‘others’ – the non-humans present, and they too came here with their own striving to evolve. So then you and they made an agreement that you will support each other in this process, as you have clearly shared the interest. When you have made an agreement you were aware of your differences, and so you were also aware that this support in your own evolution will come also in the form of pain and suffering.

Now you are closer to your number one question “how can one human cause so much pain and suffer to the other”. Do you remember the bigger picture, Dear One?

Even if it is not completely clear yet, it will reveal itself to you – when you are ready. But do know that within the whole process you as an individual also grow and evolve constantly. Moreover, you – as an individual and as a part of the collective with your incarnated co-fellows – are increasing planetary consciousness, collective consciousness, collective Love, Universal Love, and by doing that you are

actively and constantly contributing to the Expansion of the Universe.

You might re-collect that every expansion requires tension and rebound, meaning that One has to step a bit further away from the starting point to be able to expand. Sometimes even very far away. So now, you are all in a very intensive come-back to your Core, your inner Being, your Father, your Home.

Even if the path is sometimes felt as unpleasant or even frightening, we encourage you to not be scared. All will be well, we promise you. Let the finding of puzzle-pieces of the Truth not frighten you. You are safe. You are powerful and magnificent.

You are so very loved. Always and forever. Always and forever.

*The Drops*

## Message #2

You are all taking part in Life and its expansion and evolution. The Pyramids are portals of Life, satellites for your own human planetary home and the connections with other planets in the Universe. Because it is all ONE.

This Truth is in-built in all of you and it is your choice if you will decide to do the exploring of it – if you will dive into the mission of its revelation layer by layer.

A start is to live your life authentically, as only so you will really become the truth of The Truth. Only authenticity brings One to become aware of ALL that is, and being a part of it. Actually you already are that, but you decided to find this out all over again and in a new way.

Exploration leads to finding, and finding leads to a jump in the Life Evolution, but without exploration and findings brought by it, there are no new acknowledgments – acknowledgments as a result.

In this process, every pyramid forms a triangle of Father, Holy Spirit and Son, and no process can be done without this triangle. Do you understand? The Pyramid actually represents all there is. She is Creation and Creator, she co-creates and she IS. She observes, acts, gives and receives. She leads and foresees. She expands and deepens. She hears and sees. Just by BEING. As Life itself. Life in which you all – and we mean literally ALL – ARE.

Love is the only way to heal!

*The Drops*

## Message #3

Yes, it is true --- the Truth is already in you, and you are living this Truth every time you are YOU. Full YOU. Nothing more, nothing less. You as authentic you, clear and pure you.

In such a state you have the ability to see very clearly, what are The Truth and The Life we are talking about here. When there is Truth in place, there is also Life in its wholeness and not just its experiential part, even though the experiences are in fact leading to eventual wholeness of Life. This too is necessary – even crucially necessary! – but this you already know by now if you are reading this message.

Let the layers and nuances to your own wholeness be revealed one by one, as this is bringing you closer to the Source, closer to ending the Samsara as the indefinitely repeated cycles of birth and death, and entering Nirvana, liberation. Life is eternal, never-ending and soooo vast and rich. If you imagine a dragonfly-bugs spending their evolution time under the water, and not knowing or even being aware of what is above the surface --- you can realize that once a buggy is transformed into a dragonfly, she comes out of the water, she then even amazes herself with her own wings, wings that can take her anywhere as they are made for flying.

You are invited to live your Life open-eyed and with wide inner spirit. Nothing bad can happen, trust in that. And the Pyramids are grateful for every heartbeat that comes cherishing them. They are builders and guardians of time and space as you know it living in this chosen Reality. They are observing not only you and human life on Earth but also overall Earthly Life. They feel and beam. They are and they will be. Because everything is happening within one point. The point of EVERYTHING and of ALL THERE IS.

You all are in this same point, it is only your own Reality that is changing, because you – as a carrier of Life – are creating these dynamics. See – you are directly creating Life! So, LOVE, Child, LOVE!

You are so very loved. Always and forever. Always and forever.

*The Drops*

## Message #4

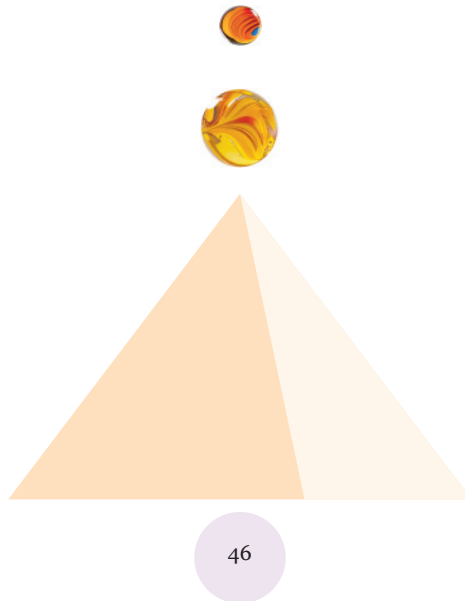
A pyramid is the womb of humanity — a portal of the first Earthlings, a vessel of Time-Watchers, an active participant in human evolution across physical, emotional, spiritual, and energetic levels.

The mountains are pyramids too. That is why, since ancient times, people have known that mountaintops are energy points. Many built temples or churches there, drawn to the power of the pyramid hidden within the mountain.

So yes, when you reach the summit of a hill or mountain, pause to feel the pyramid energy alive there. Bow to it, touch it, allow it to enter you.

You are so very loved. Always and forever. Always and forever.

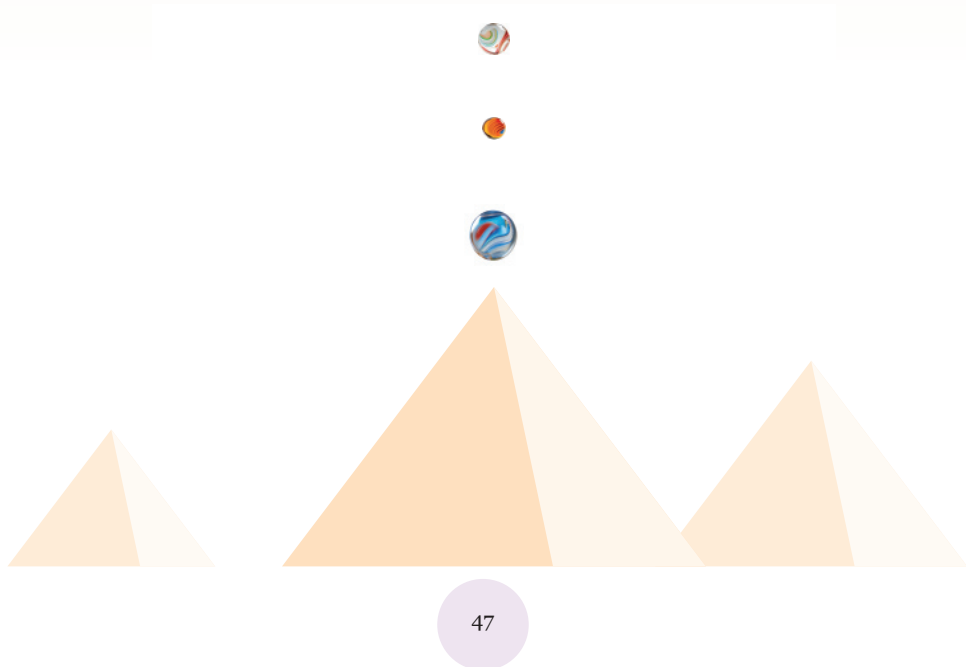
*The Drops*





## Take-Away from The Drops (Part IV)

- You are a radiant Diamond; your care and presence are your polish.
- Truth lives inside you and loves to surprise you; it cannot be destroyed.
- You are the essence of Life; even “death” cannot touch what you are.
- The Source moves through you; giving is faith in Life.
- The Creator is not outside you — He lives as you.
- The Pyramids remind us we’re part of a vast cosmic story; authenticity opens the door.







Part V:  
**Living Love**

## In Patience, there is Love

*It is true --- Love lies in patience, Dear One.*

Be patient and the results will follow. Love, flowing thru you and pouring you, is immense and beyond any measurements. As the Human Life functions within time-dimension, so is the patience a crucial element of the life as you know it, and has – hence – its own purpose as well the magic. Allow it to bring you the magic too, Dear One.

We know that some times that is easier for you and sometimes it can be more challenging, but we would like you assure you that you keep this in mind especially when times are harder for you, because you will – by default – make them slightly easier.

When the thing you wish for – let it be romantic love or a permanent home or a degree, a good job or anything else – will manifest in physical, you will be in the 7th Heaven! ☺

However, do know also that your wishes are usually granted already when you think about them, and then the more often you revive them, and the bigger the divine mission and purpose behind them gets, the closer they are to their materialization.

That is why it is worth to train the patience, Dear One.

Yes are so very loved. Always and forever. Always and forever.

*The Drops*

## You are here to share love and knowledge

*You are here first of all – for yourself. To share the knowledge you have, and by doing that – to share love. And to come to the stage to get to know the pure and unconditional love.*

You are here as the Creator – doing your work for the evolution of Life. For its expansion that goes into eternity. That what might hurt and you would call pain is taking you to find the ways how to exit the pain, and the only way is actually the Path of Love.

So, how could you be receiving even more Love, Dear One? Your pain is at the same time your own Love, but you can also choose to transform it into loving and pleasant experiences – not only the hurtful ones.

Your growth out of the painful states is your own Power, and your own Power is Growth. Trust. Be YOU. You are perfect. Yes, you are.

Chose to share your knowledge, get yourself onto the Path of Love. Now, maybe you'll say that you need 'that and that' in order to act in that direction, but then we would tell you --- create what you need!

If you want freedom of any sort (like financial, relationship-related, etc...) for yourself, choose it. If you want love in romantic terms, open yourself to it. If you miss having a good friend, the same! The question is just what you wish for and why. It is really simple, believe us.

If you feel there is a barrier between you and something that you wish for, it is you putting that barrier there for some reason. And then you will take the time to work on it so that you are ready to get your wish fulfilled. Again, it is simple. Everything has its reason and purpose, and it is always for your own good.

Of course, you can always pivot from one point to another if something feels more right, and that is for the clarity that is needed. And nourishing your own wellbeing, your own intuition as inner guidance is crucial. But then even if you don't do the practices that are supporting you in that, it is also the reasoning for that (that you are not doing them), so again --- it is all good. ☺

But do know, Dear One, that it is you and you alone holding the power of your own life in your hands. Nobody can't take that away from you. Nobody.

You are so very loved. Always and forever. Always and forever.

*The Drops*

## Some people come, some leave...

*As you have already experienced in your own life, some people come in and stay, whereas many also leave. There are also those who might drop-in just for something you would call a blink of an eye, but still they leave a mark on your life.*

This stop-over could even be so very short that you might even have trouble remembering those people's names, but still there is 'that something' that keeps you able to remember their essence – the energy they brought in. If you are wondering about that for what-ever-reason, maybe because it might be even hurtful for you to have so limited connections and not being able to make them a long-standing ones, let us comfort you when we tell you that that is exactly the point of such quick-paced encounters, and those 'drop-in people' are actually doing what they are supposed to do, having an agreement of such kind with you. When we say an agreement we literally mean that in a way that this works for both sides – so you as well are doing your part of the deal when you are playing your role in those encounters.

You might wonder further what is the point of such quick stop-overs in general, and here we would like to invite you to think about the lessons learned from the experiences those encounters brought for you. If we exaggerate for the purpose of giving you an example – Jesus too 'stopped' on Earth only for brief 33 years, and has left a mark for billions of humans' lifetimes, right? So you might make an 'application' of some strong short-term personal encounter on your own life in the 'Here and Now' Reality.

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More in general – you are always and constantly learning. Even only with the acquaintances or even those whose names you've forgotten. Because learning is the only constant thing in your life, and that goes not only for this Reality but for the Eternity.

But then, Life brings you also various and different teachers, and they too leave a mark on you or not really. It is your choice if you want to keep some teachings (or a Teacher) close or just dismiss the things you are not resonating with. In the Teacher-Learner relationships too, you will get inspired or not; some teacher(s) will inspire you with something, some with something else, and some you will simply forget.

Again, it is up to you what you will take for yourself. But you are doing good; we can see that.

You are so very loved. Always and forever. Always and forever.

*The Drops*







**Part VI:**  
**Timeless Messages**

## How to address the unpleasantness?

The unpleasantness comes in as a signal that something needs a correction or some pivoting.

We are aware that in human a lifetime (as some of us were humans too! J) more often than not you experience unpleasantness caused by different experiences, and also more often than not you get them as something beyond your control. That is why they even occur as unpleasant – otherwise they would most likely not be even sensed, as you would go with the (favourable) flow already when in action.

Nevertheless, we would like to acknowledge that also less pleasant experiences are to be addressed in a loving manner, because they – even though it might seem paradoxical to you – came in as a part of a loving mission for you. Only when one is capable of addressing them from the highest possible vibrational point – meaning with love and care, only then one can see the bigger picture and the opportunity for self-growth and expansion exactly thanks to the unpleasant experience.

And on the other hand, some unpleasantness's aim is actually to get a person to protect her sacred personal space when that is needed. We know that you are being over and over asked not to develop and string to attachments but in this case

we are talking about your personal space as a sacred space containing your own Soul energy. And when you are stabilized within that sacred space, it is not hard to keep the energy in your core vibrant. That is why some of you from time to time receive some sort of invitations (yes, those can come in in the form of unpleasantness we talk about in this transmission) to protect this energy core.

Now, you don't have to do much – you don't need to panic, far from that. You can simply put your awareness onto that. You can accept the 'invitation', understand it, embrace it and accept it with gratitude. Then imagine

putting a Love-Coat around yourself and at the same

time send that energy of love to the message and even the form in which it came – whether it was a nightmare (as sometimes with Lena) or out-of-body experience (again, as with Lena) or it was an unpleasant situation at some social event or just in a local store.

If you'll be able to do that you will most likely get the wider understanding of the reasoning behind a certain unpleasantness. In some cases, you might also be serving others to resolve their own issues or even bigger struggles (like in one of Lena's night journeys when one Woman's Soul wanted

to be eliminated in the dimension where she was wandering for far too long), and you are not necessarily consciously aware of it. And also if there is perhaps a fear involved in the whole (unpleasant) experience, you should also just be reminded that fear is actually a very reasonable feeling as it usually brings forward certain agency or personal activation, and – as said – that births then an outcome that is supportive to someone. If not to you directly then to someone you have served too, but then you are being rewarded by the enrichment of the experience too, so you can easily congratulate yourself for that. ☺

Just knowing that no situation is fixed and static is enriched knowing, isn't it? J And as you know --- just about everything changes all the time, including the feeling of fear or on the other hand the feeling of fearlessness, which is being tested from time to time as well. It is all well. Be sure of that.

You are so very loved. Always and forever. Always and forever.

*The Drops*

## Every Soul is immensely important!

*The following message came after Lena's Ayurvedic work in late 2024 for Sudanese refugees based in Kampala, Uganda.*

Every woman and man here – not only in this Realm, but concretely here in Uganda – is important. As a part of the Ultra-Soul they are nothing less but immensely important even!

‘They’ are all with you; they are all watching, and they are all joyful. The White Angels. The carriers of Love. Love itself.

Everything is connected, every single thing is a part of the Divine net. Whatever is happening in one part of your planet, it is felt as a vibration in the other part, felt by all incarnated Souls on Earth.

Vibration is in motion all the time. (How could it not be – being a Vibration, right?) Vibration forms EVERYTHING. Vibration of Love and Love of Vibration. Let it be expressed, let it come to its full Life! You are (all) contributing to it. To Vibration as it is. So, thank you.

You are not afraid to step into the Ocean of pure Truth, and as you do so you are getting more and more of this Truth. Puzzle piece by puzzle piece, so that you'll be able to form the whole puzzle-picture. Just don't forget to enjoy also the cuteness and mystery of each and every puzzle too! ☺

You are (all) co-creating this puzzle and cooperating in the process, so thank you for that as well. We just love seeing you working on this as curious and innocent children – beautiful and pure Souls. All so immensely important.

Be yourself, Loved One(s). Be YOU. You are unlimitedly loved as YOU ARE.

Always and forever. Always and forever.

*The Drops*

## The awakened ones leading the way to aggression decline

*We are so delighted to see that human consciousness is higher, more vast and deeper, which reflects also in getting the human plane to less and less conflicts. The awaked ones are leading a civilization, which you feel as your current one, there.*

When you are realizing this and you are being even more immersed into this new Reality, you are even stronger in leading your other co-fellows there. Some of you might feel more connected to some of the other embodied Souls, which means that you are most likely coming from the same planet and dimension with a joint mission to take an active role in this Earthly transition process.

However, you all are helping each other grow and develop, just some of your methods and tactics are different, and hence you – as humans - are experiencing them differently, with different emotions. One scene in a lifetime brings you something, the other one something else, but that is exactly what is bringing you your own personal rainbow.

As humans living this Earthly Reality, your Souls are enriched also with the animal spirits which you are carrying and not only you are living their virtues as even more expansive version of your own Being but also they have an amazing opportunity to live through your human experience. This way they are also getting vibrational uplifts and Love which is omnipresent.

You might not even be aware of it but with this agreement with animal spirits you are sharing more of yourself and your unconditional love than to some other embodied co-fellows. Even those who you might say, you admire and adore.

Don't forget – you are getting Truth in pieces, like in puzzles but it is up to you how much of the puzzle-picture you are ready and willing to see in certain moment. It is your take.

You are so very loved. Always and forever. Always and forever.

*The Drops*

## You are in charge!

What do you want to offer to yourself, Dear One?

It is completely and fully up to you when and how you will reach the Stars. But you will reach them, as this is the only reason why you decided to take part in this living experience. The Stars are shining for you.

Remember that you are a spark of the Universe, and so you are a Star yourself too! When you are fully aware of this, you shine even brighter. You shine for and to yourself and you shine to the others, and you are reminding them that they are Stars as well. That they too can glow in the dark.

When you are aware of this, you instantly become a Star that awakens the others and we really want you to know how big this is. This brings life to Life and it carries forward what need to be carried forward.

You - yes you! – are the Star who glows and smiles, shines and laughs heartily when looking at her human version – the version which transmits her glow and light on Earth.

You are a child of the Universe and Mama Gaia. You are Love and Light. You deserve Love and Light. You are getting Love and Light. This is YOU yourself, you see? Remember, little shiny Star? You are the Eternity in a human dress. (Beautiful dress, by the way! ☺ ) Just remember.

You are so very loved. Always and forever. Always and forever.

*The Drops*

## About the Author

Lena Jung is a gentle yet powerful bridge between worlds — a channel for The Drops, an Ayurvedic practitioner, a Shamanic energy medicine facilitator, and a Jungian coach whose work is rooted in devotion to Love in its many forms. Her path has been shaped by profound initiations, including the passing of her beloved husband, which opened a gateway through which The Drops began to speak with clarity, humor, and unwavering tenderness. Lena walks her life as both student and messenger of the Heart, offering guidance that is simple, human, and infused with the Light she carries so naturally. Through channeled sessions, healing journeys, retreats, and her gentle presence, she holds space for others to remember their own truth, their softness, and their inherent belonging in the great Flow of Life.



If these pages have touched something within you, Lena welcomes you with an open heart. You are warmly invited to connect, share what moved you, or step further into this Flow together. You can reach her at [lena@lenajung.com](mailto:lena@lenajung.com) or visit [www.lenajung.com](http://www.lenajung.com) to explore her offerings, retreats, and the living messages of The Drops.