

# THE KRYON TEACHINGS

**Channeled by Mario Liani**

The Kryon Group is the name that Mario Liani uses to describe the loving energy of Kryon. This energy is not a single entity, but a higher consciousness group of angelic realms that operates without individuality and with absolute synchronicity. Kryon is channeled in several languages by different spokespersons around the world. Mario Liani is just another channel for Kryon in the Spanish language.

## **Placing the Energy of Action at the Service of Intention**

(More about the set up processes)

Channeled on 3-8-2005

### **Dear Humans:**

We are an energy group at the service of the collective enlightenment. Through this channel we come today to give you more information and teachings for the benefit of your own spiritual evolution.

We are here once more. We are the Kryon Group, joined with the energies of the Divine Plan of Light, the Angelical Group of Gabriel and Raphael. Does it sound familiar? Indeed it is.

It is time for you to take charge of your own growth. The clock is ticking for each one of you and there can be no more delays. The decisions that have been taken in the Now must be activated right Now.

Many of you have pompously affirmed something like this: "This year I will accomplish everything I've always wanted to do, this year I'll begin this or that." This year is Now, dears, when you formulate your intention the powerful energy of Now is generated. Therefore, Now is the moment to act on your intention and put in motion the process to activate your intentions.

How many times have we seen you mentally plan and structure paths to activate your intentions, paths that you never embarked on or activate through your will? Why do you think that we, on this side of the veil, are emphasizing that Now is the time to take the first steps in order to follow the path created by your intention? Did you know that the intention you place on your decision has a life of its own and begins its journey even before you do? and when you stay behind it feels sabotaged because it has to continually look back to see if you are following in your physical body? Did you know that when intention goes ahead of you and your physical body does not follow, the physical body's operational essence becomes imbalanced?

Your body is a living structure guided by multiple moving processes. Yes, that is right, just as we told you recently through our channel from Italy. These processes, when they are put in motion, need to maintain the rhythm of the intention you have given them. When the physical rhythm does not align with the spiritual intention an imbalance occurs, caused by the physical body's resistance to act in accord with the spiritual intention.

But –you may say- is it possible for this to happen, that a part of me, the spiritual, creates an energy of intention very powerful, but not enough for the rest of me, my body, to follow?

Let me tell you that this is the way it is, and the situation we are describing is precisely one of the human being's biggest paradigms. Generally, the human is afraid to move since movement represents the final action, the last resort, the ultimate possibility, which implies that he cannot go back and undo what he has decided to activate.

Oh, of course! Now you understand, don't you? Movement represents good bye to inertia, and therefore to that part of you which did not want to activate the intention, because this part of you was afraid of the consequences the final move would bring.

And we have now arrived at the point we wanted to make: fear. Yes, dear humans, fear is the emotional factor that paralyzes you in practically everything you do day after day. It seems your entire life revolves around the word "fear."

You are afraid to put into action the decisions you have accumulated in your consciousness for a long time. Every decision that is not activated, stores a share of fear in your bodies, something like a share of failed instructions in your systems, thus creating a deposit of aborted instructions that grows bigger every day due to your innate habit to automatically discard all those beautiful intentions you are always making.

In the end, you are left with a heavy sack full of fear and doubt that you have to carry with you all the time, and which causes a malfunction when you want to set your processes in motion.

When you continually discard your own intentions, you help originate in your bodies an energy that slows down all your physical processes. This energy could be described as a sort of viscous substance that covers your moving gears, slowing down the processes and keeping them from moving at the proper speed.

You, Humans, are perfect beings; you were born out of Divine Intention. Divinity placed Its maximum intention to create perfect bodies for you to inhabit, this was the first step to guide you towards the utilization of all the potential of physical perfection that your body can achieve through the spiritual improvement of your intentions. Body and soul together play a great role; the body is like a vehicle that requires spiritual fuel in order to run efficiently.

When you fail to coordinate your intentions with the movement of your body, is like putting fuel in the wrong place in the car, or knowingly adding fuel to a carburetor that needs cleansing.

Wouldn't you define this as self-sabotage? Yes, you would, dears...but calm down, it generally is an unconscious sabotage. You, in your Divine Essence, are not to blame for this because your duality does not allow you to realize that you are blocking your own processes.

However, now is the right time, you are receiving very valuable and precise information that will allow you to become aware that your processes should be redirected towards a balanced state, so that you can coordinate your Divine intention with the power of action.

You are probably asking yourselves how you can accomplish this, aren't' you?

Well, dears, the answer is very simple. There are no rituals or magic recipes. It really isn't very complicated to rid yourselves of the viscous substance that covers

the moving parts. The only thing you need to do is to be present in the Now of your intentions.

What, Kryon? What do you mean to be present? Are we not always present when we make our own decisions?

Dears, you think you are, but as a rule you are not, because you create the energy of intention but you do not set it in motion immediately. Now, how about some examples? "I am going to quit smoking; I'll start next month." "I'll go on a diet after Christmas, so that I can enjoy the Holidays." "I honestly intent not to lie to my spouse anymore...I'll break up with my lover very soon."

Do you see what I mean? You make important decisions but they are conditioned, or you postponed them for a later time that has not yet manifested in your Now. You put things off to "borrow time" so that you can get used to the idea and therefore mitigate the fear of the unknown.

To put in motion Now the energy of your intention is to do Now what you are planning to do. The process is very simple. The only way to dissolve this muddy, viscous substance that blocks the gears is to give action a little push; it's something like pushing a car with a dead battery. This little push will cause the vehicle to create the electric spark needed to produce the combustion necessary to start the engine. Not only that, this little push will also charge the battery that helps automate the launch of your action.

The little push you give your vehicle will release the viscous substance and shatter that state of initial inertia. The most important thing about this process is that the little push will originate a "facsimile" of the movement, an idea or example of movement, even before the real movement is generated.

It's like teaching someone to do something, to demonstrate something by example, or like the first in a series of movements that form the total action. For example, if you want to teach someone how to hit a nail with a hammer, you will show that person how to hold the hammer in one hand, how to hold the nail with the two fingers of other hand and how to hit it with the hammer with a mixture of firmness and gentleness, so that the nail –without loosing its marked position- goes in with the first hit so that you no longer have to hold it with the other hand. At that moment, you would tell the person: "I have shown you how to do it. Now you finish it..."

"Now you finish it" translates to: "Dear body, now that I have shown you how to do it, you are in charge of creating the necessary movement, so that together we can hold the reins of the process that we have set in motion Now."

The little push needed for the action must be done in the Now of the decision made. When you set your intention in motion and make a decision, the immediate result should be to set in motion the decision. This is a process that should be embedded in your physical body as an "automatic" process. If you don't exercise the "automatic" mode in your Now, that function will deteriorate little by little, and the viscous substance we spoke of earlier will begin to cover up the gears connected to the automatic processes, causing this automatic process to become manual. Do you understand? In manual mode is harder to take action, because when you are in manual mode you must be conscious of all the buttons you have to push and know what to follow and what to omit. Stressed and scared by the seemingly difficult process, you opt to leave it for later and you lose the power you placed on your intentions.

As you learn to give the initial little push to set the process in motion, your machinery will lose its rustiness and your physical body will remember again, little by little, how to automate your processes. It is then when your intention and action will walk hand in hand without doubt or fear, in the same way you go out for a ride in your car, you start the engine and take off in the direction you want to go. Don't you think that if you got in the car, put the key in the ignition, start the engine and then don't go anywhere would not feel right?

Dear Humans, you are immensely loved by us and we fervently wish that you learn to always take the reins of your own vehicle. The message we brought you today through this Spanish speaking channel has surprised him. He didn't expect it (he is smiling now), he thought we had a more subliminal agenda. The human mind is really something, isn't it?

He is smiling inside now while he channels and writes, he remembers that the majority of the people who attend his numerology courses have observed the repetition of this model again and again, and now remembers the countless times he has spoken about the difference between thought and concrete action, numerological aspects characterized by the interaction between the numbers 7 (thought) and 4 (concrete action or doing). The interaction between these two aspects, if it is adequately balanced, produces the right initiative (Numerologically speaking is number 1). On the other hand, when the two aspects of 7 and 4 are not balanced, it can result in an imbalanced or deficient initiative, something like -1 (it indicates lack, lack of initiative).

Our channel continues to smile even more surprised now, he didn't expect today's lesson to turn into some sort of mini-class in numerology, his students now read this, identifying the intention behind the teachings.

Dears, the purpose of the messages from the Kryon Group through this channel is to provide you with loving advice and the practical tools to help you learn how to handle your spiritual processes in accord with the times you are living in, and to balance the demands of your current life.

Your learning processes are intimately linked with the world that surrounds you. You came here to experience the physical world and to balance all the aspects associated with it. You represent the physical aspect of things. Your physical body and the earth that shelters it, Mother Earth, are intimately linked in a way that is difficult for you to comprehend and assimilate.

When you set your own processes in motion, meaning, when you activate and solidified them, you anchor your energy with mother earth who welcomes you, and you establish bonds with the experience you are expected to undertake. Each time you comply with the described process, you are helping the collective unconscious learn more about itself. When you automatically set in motion the activation of your intentions, you teach others how to do it and the great physical mass you call earth benefits from this and it's exalted.

This has been a message from Kryon through the Spanish speaking channel. We bless you, and know that the Kryon Group never says goodbye, because, inter-dimensionally speaking, there are no goodbyes. Now and forever we are with you.

So the Kryon Group still here...

**Kryon**

Channeled by Mario Liani

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Translator: Gilda Tangtam - solidgold@tangtam.com

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**Mario Liani** is a Numerologist and he directly advises persons, groups and enterprises from Caracas, Venezuela.

Transpersonal Numerology - The Kryon's Teachings: [www.38uh.com](http://www.38uh.com)

Kryon Reading List: [coilort@yahoo.es](mailto:coilort@yahoo.es)

Group home page: <http://groups.google.com/group/kryon>