

After having signed this treaty, be proud of yourself and place it somewhere so that everyone can see your ethics towards Humanity and any other creature of the Universe.

P.S.: You will find the peace toolkit with important information by clicking on this link: [plasma-laurentides.org](http://plasma-laurentides.org)

## You are about to create your reality

You are the creator. Create your new reality slowly, exactly like you want it to be. You only have to change your reality and only your reality. Make sure that nothing worries you. Don't let yourself get distracted – continue in a trustful way to elaborate your creation in your vision and calmly construct it in its totality. Focus on what you want exactly. Become totally neutral and indifferent vis-a-vis all so called 'news' wherever they may come from. You are the creator of your reality. That is why your mind and your emotions must move forward in silence through the fields that you're about to generate. Keep your environment very clean and of a high level of vibration. Trust the process. Please don't be distracted by all that is happening in the world.

Through this process, you continuously add new field forces which exclude all negative or low vibrations. They simply won't be able to touch you anymore, while you are in your NEW POSITION as a CREATOR. You will be in wonder about your own creation.



With all my heart, Carolina Keshe

### Morning Meditation

Right after getting out of bed, step in front of a mirror. Look into your eyes. Feel the connection. Pronounce your first name and add: "... I love you my soul, I live by you, I love through you and I adore you!". Appreciate what you see and continue: "I love you", and give you a splendid smile.

### Evening Meditation

In bed, just when you are about to fall asleep, think: "While I sleep, I share the energy of my soul to elevate the souls of whoever needs it. I am a wo-man of Peace and I give from my soul to come closer to the other souls. My soul belongs to Humanity – and Humanity has found Peace now". Feel the Peace after having finished this exercise; this confirms that your wish is received.

### Elevate their soul

You can say this internally whenever you are not in harmony with another person:

**"It is my wish that the souls to whom I am speaking now, will receive my energy. I am not alone; by my soul I am connected to all in the Universe. All together we wish for Peace in the world. And there is Peace.**

I give from my soul without condition as much as they need to enable them to find their own way to create Peace in the world. Afterwards they could help me, too.”