





# *Messages from Light*



SUZANNE MARGARET SEAMAN

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This book is dedicated, with gratitude,  
to my dear friend Elaine Bugatto, who has shared the journey  
of *Messages from Light* with me from the very beginning and  
who never stopped believing in the project.





# Foreword

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“ *The things that we open ourselves to always come to us.*

*People in olden times expected to see angels and they saw them; but there is no more reason why they should have seen them than that we should see them now; no more reason why they should come and dwell with them than that they should come and dwell with us; for the great laws governing all things are the same today as they were then. If angels come not to minister unto us it is because we do not invite them; it is because we keep the door closed through which they otherwise might enter.* ”



~ Ralph Waldo Trine





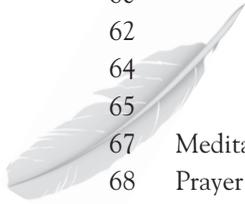
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# Introduction

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I was living in the heart of the magnificent Rocky Mountains of British Columbia when this adventure began. It was 1983. Shortly before, I had moved from Vancouver Island to the Golden area of British Columbia, because I had fallen in love with those mountains, and wanted to live in them. I'd packed all of my worldly goods into my old station wagon; along with my dog Rosie, and didn't stop driving until we got there.

I rented a small log cabin, up on a hill. It had a woodstove for heat, a loft for sleeping, and a kitchen with just enough room for a table to eat at. Outside the front door ran a fast-flowing creek whose ice-cold water tasted sweet, and when you looked up, your eyes feasted upon snow-capped mountains, in every direction. Clearly, I had landed in heaven. Before long, I'd found a job and settled in to the community.

One day, I heard about two well-known psychics in town and I made an appointment to see one of them. In the reading, this woman told me that I would be doing something called automatic writing and she talked about the role that it would play in my life. She explained that this is

writing which originates from outside of you, and she then proceeded to instruct me on how to develop it. I went home that day and began to follow her suggestions.

And the automatic writing did begin to flow, just as she said that it would. Over the years, different energies have communicated with me, or have been channeled, using this process. However, the guides who dictated the material in this book originate from the angelic kingdom and are the entities with whom I still enjoy an ongoing connection. We all have angels working alongside of us and who are tirelessly cheering us on. They are amazing beings; messengers of light who uplift, inform and guide us. And now, they will speak for themselves.

*~ Suzanne Margaret Seaman*

Part One



# Angels

Who they are and what they do



*When these entities came through and identified themselves as angels, I was surprised to say the very least. I had lots of questions for them; like, what are angels, anyway?*

*W*hat we are is energy that originates from the sixth dimension. We are beings of light that bring light from our dimension into yours. We are messengers of light and love and we have been given the assignment of connecting all life forms with their own intrinsic divinity.

#### *WHAT ELSE DO THEY DO?*

Angels link you to God, or the bigger picture. Angels provide ongoing assistance in each moment of your life. Angels protect you from situations that are not conducive to your higher growth and they propel you towards situations that are. Angels also do their best to bring light to the physical plane ~ they do this in many ways. We do our best to link you with your original purpose for this, your current incarnation. Angels also oversee the birth process as well as the death process, which of course, in reality, is a birth as well.

Angels are everywhere. We work in tandem with nature energy and

spirits. We work with people and with animals. We have no form, per se, but we choose appropriate forms for specific assignments. We do our work with love. We do our work *through* love. We do God's work just as you do when you work from your divine centre of light. We are all connected to, and through, light ~ the energy of love. We are all interconnected expressions of consciousness. Each life is an expression of God. This includes each and every life form. Angels are the go-betweens of dimensions; we link each dimension with each other and we bridge them. We bring the vibration of light into where it is needed. We bring hope into where hope is needed. The world has always been hungry for light and hope and reassurance. As angels, we bring the vibrations of these into the world of physical matter. We remind those who are in it, at the time, of their celestial origins. All energy comes from light and returns to light.

We are as close to you as your own self. We are with you in every moment of every day and we love you so much that it may be inconceivable to you. We love you and protect you. We're always with you and we bring light into your heart.

We realize that it is difficult to put faith in what is invisible to the eye, but you are showing great faith by communicating with us. We do assure you that we exist. We exist in a framework of reality not unlike your own. We exist as you yourself do. Fundamentally, we all exist in a place where time and space do not. We simply vibrate at a rate that is quicker than your own.

Thank you for allowing us into your consciousness and into your life.

Thank you for your demonstrations of faith in our kingdom. Thank you for giving us the benefit of the doubt and for allowing us to work alongside of you to bring about a lovely state of awareness into the world. Take heart and let your light shine in a world that is in need of light and love. Have faith in us. Have faith in God and have faith in the God which lives in everything.

We work with you on several levels: the emotional, the mental, the physical and the metaphysical. We are with you also in your dream state. We feel it would be a good idea to spend some time in active meditation with the goal of linking yourself with our kingdom. It is in this way that we will be even better able to help you in the third dimension. We would like to suggest that you begin to strongly sense us. That is to say, visualize us, in angelic form, as we surround you and beam the light of love into your energy field. See us working alongside of you as you move through your day. Feel us as we infuse you with our vibrations. Hear us as we sing you to sleep. Know that you are always safe and that you belong to this world.

*AND*

Do not worry about your life. Do not worry about the details, but align yourself with God and follow your spirit to wherever it may lead you. Dear heart, be at peace today and every day henceforth. Be at peace and rest in the arms of God who loves you beyond what words can say. You are wondering who or what God is. God is the totality of light, love and consciousness. In other words, God is the big picture. God is not a person. God

is awareness. God is the highest vibration of all. God is love. Love is God. Light is God, dark is God and God is everything in between. We are God's emissaries. We bring his energy to Earth. We bring hope and light and love from this vibration to yours.

#### MOREOVER, *THEY SAY THAT*

Whoever would like to communicate with their angels is able to. There are as many ways to do it as there are angels and people. We communicate with you through automatic writing because you have experience with it, but we could just as easily communicate with you in other ways. Many people talk with their angels in a religious setting, because they believe that is the only context in which it is possible to do so. Some people only talk to God, or angels, when they find themselves in dire straits. However, one can speak with us at any time, and we welcome all communication and recognition. We exist to be of service to mankind. We are here to bring light and hope to the world, and how much better we are able to do this when you are in conscious communication with our kingdom. Know, then, that all may make contact with their angels, and that we are all waiting for you to do so. For when we link with you, we bring an even higher vibration of light into your being, which then radiates outward to all life that you touch. Imagine, then, how much light could be generated in this world as more and more people open to their angels. What a brightly shining place this would be.

Part Two



# Angels

What they say

---

*When you want to  
experience something,  
simply invite it in and  
allow it to show up. It will.*

---

# Angelic Consciousness

The consciousness of angels is very different from that of man. It differs in many ways, but the prevailing difference lies in our ability to see through time and space, as well as through dimensions of varying frequencies, or vibrations.

We, in angelic form, do not incarnate in physical form. We do not use physical expression; however, we can appear to take a physical form if it is required. As angels, we are charged with bringing light, love and hope from our kingdom to yours. We perceive energy in terms of light. We are conductors of light. We never give up in our efforts to infuse the consciousness of man with love, light and hope. We never miss an opportunity to connect the soul to the vibrations of these. Often, the soul receives the connection on an unconscious level.

We, in angelic form, are not subject to physical limitations, or laws; therefore our consciousness does not require a physical vehicle. Therefore,



*How beautiful a day this  
is on planet Earth. How  
beautiful and how perfect.*

*It is difficult to see the  
perfection of the world  
from where you sit, but  
from our perspective, it is  
a lovely place.*



we are neither born nor do we die. This does not mean, however, that we are not growing in every way. We are. We are also involved in ascension and we are always learning. We are always growing and learning, and experiencing this, and other worlds. We are always close to both man and God. We are always washed and renewed in the love of God. It is this love that fuels us, and it is this love that we want to share with you. We are ever with you and we are ever filling your consciousness with the awareness of your own divinity. How dearly we love you, and how dearly we hold you. We do this with all of life and we entreat you to do the same, for we are all sacred, no matter what we do, or do not look like.



*Know that it is our great pleasure  
to join our energy today  
with yours. We honour you.*



# Consciousness



Consciousness is another word for awareness. To become fully conscious is to become light-filled, and to become light-filled is to become fully aware. The process of attaining God-consciousness is a process of spiritual evolution and this is the path that we are all on. We include ourselves, because angels also evolve. Although we exist outside of the reincarnational spiral, we change and grow in consciousness, too.

Consciousness is multi-faceted. At any one time, a person is able to perceive any amount of information at once. This is because of the nature of the brain's ability to see in a 360-degree circle. However, an individual seldom uses this faculty. Rather, he or she generally uses only a fraction of it. In the dream-state, however, cultural restraints relax, and an individual uses far more of the consciousness that he or she has access to. We would like to say that people on this planet are now opening up in terms of consciousness and that the ramifications of this opening are enormous. With an increase of global consciousness comes enormous spiritual evolution, and with spiritual evolution comes a change to the planet itself. It is a leap forward into light, and beautiful to see. The way that it looks to us, is light that emanates from the planet, rises upward and streams out

into the heavens. It is a light of a beautiful luminescent quality, and the colours are all contained in the whiteness of it. This light is the light of heightened awareness and is coming from an increased rate of vibration. As the rate of vibration continues to rise, the Earth herself will increase her speed of movement. She will accelerate and travel more quickly in her orbit. Because all of life is connected, when consciousness is raised in one area, it will help to raise it in others. The best that an individual can do for another is to live in a fully conscious way. We help others by helping ourselves reach a connection to our own divinity ~ the part of us that is God. Once again, we include ourselves here, as well. From where we are, we can see the Earth and the people on her, step into a new frequency of consciousness, and this consciousness is what you call love. The light of it is remarkable and it makes us very happy to see it. We would also like to say that as you step into the light, we are here to help you cross over the threshold into limitlessness. For it is limitlessness that we are all moving toward, and it is limitlessness that we will arrive at.



---

*Practice seeing the God in everything, and in yourself.*



# Consciousness of Animals

nimals have varying degrees of consciousness. There are species on Mother Earth, which, in terms of consciousness, are in advance of your own. We refer here to the large mammals that live in your oceans. These whales and dolphins have a very large world-view, and they are able to view the developments of the planet from a wide perspective. It is also a compassionate perspective.

The consciousness of all beings is evolving. The time will come when all beings that walk the Earth, swim the oceans and fly the skies, will be in conscious rapport with each other. The time will come when all species will live in harmony with one another. This is what is meant by the lion lying down with the lamb. When consciousness has risen to the level of love, this will manifest as complete interspecies harmony. This evolution of consciousness will take place in the 21st century. It will mark the beginning of a new age of peace and goodwill amongst the inhabitants of Mother Earth. There will be an honouring of one another's vibration and an understanding of one another's needs and desires. There will be a purity of action and beauty of purpose ~ it will truly be heaven on Earth. For what is heaven, but a state of divine consciousness?

# Consciousness of Plants



Plants have a different consciousness from that of the animal world, in that they do not have emotions of their own. Rather, they react to the emotions of those who do. They also have a consciousness that extends out past itself. This is true of all plants and trees alike. They have the ability to perceive themselves within a planetary context and indeed, their perspective is a lovely one.

In order to tap into, and experience this consciousness, we suggest that you simply intend to. With the plant or tree that you choose, enter into a state of receptivity. With practice, you will receive impressions from the plant, or tree. You may receive a vibration, a feeling, an idea, or words. When you do this over a period of time, you will develop an understanding of both the process and the consciousness that you are accessing.



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*Everything in your life, and we do mean everything, is your teacher.*



# Anima



nima is the energy that animates all life ~ it is energy that has God at its source. Because all energy, or anima, originates from God, all life is filled with, and supported by, God. God is the energy behind all that is living and all that has ever lived. God is the wind in every sail, and the light in every window. God is the force in every thought, dream and action. God is the shelter in every storm. We would like to say that if you realized that God is in, and outside, of everything, then you would begin to treat yourselves, and everything (as well as everyone) with a sense of reverence, for you would know that you are joined to all life, and the point at which you are joined is at your source. The anima that flows through you is the anima that flows through all of life, in each of its myriad expressions. It is the thread that joins you to each other, and it is the thread that links your consciousness together, and the path along which you may communicate one with another. What makes it possible for you to join your consciousness with another's, is that you both have the same origins and therefore you have the ability to share each other's awareness. This is the reason that you may communicate with any life form you choose. Each one is animated by God and is experiencing God in its own way. We encourage communication between all of God's children.

## Other Life Forms

The time is coming shortly on planet Earth when other life forms will be manifesting themselves. The purpose of this is to demonstrate that humans share the cosmos with an enormous variety of fellow beings. These entities, for the most part, are peaceful souls who are on a mission to introduce themselves as representatives of their various cultures. These entities want the inhabitants of this planet to recognize their place within the larger scheme of things ~ they want to point to the bigger picture. When these entities begin to appear, there will be a split consciousness that receives them. Roughly one half of the inhabitants of this plane will be prepared to welcome them, and one half will not. This will begin to occur soon and this is going to be an exciting time in the history of Earth.



---

*You are connected to all of life, and  
all of life sings the same song of love.*



# Nature Energy

There is a range within nature, of energy that spans several dimensions. It moves from the visible through to the invisible. The vibrations form a spectrum that includes a vast network of varying consciousness. Everyone has heard about elves, nature sprites, gnomes, etc. These all exist and more. Mankind has consciously begun to work with nature, and this is true evolution. When different life forms begin to work in conscious harmony, then the planet has begun to heal itself. In this world, there is a purpose for each energy. There is a plan for each life. Remember that all life is moving toward completion of itself. All life is moving upward into light and totality of consciousness. All life is interconnected, and all life is sacred. We would suggest that humans recognize their place within the spectrum of nature energy. We suggest that although consciousness varies between all life, no one life is inherently more valuable than another. Once mankind begins to view other life energy from a wider perspective, he will begin to see the truth of this for himself. We are also a part of the spectrum, and we work closely with others that are not visible to the human eye.

## The God of You

Who you are is God. As God, do not worry ~ worry is for those who do not realize their own identity. As God, do not be afraid of anything whatsoever. Love with all your heart ~ love everything and everyone no matter what level of light they are expressing on. Love without reservation or judgment. As God, smile a lot. As God, be as generous as you can, as often as you can. Give everything you have, as God gives to you. As God, be aware of as much as you can: begin to see what God sees. And finally, as God, be who you are completely. Be all the colours and shapes and dimensions that you are. Be alive. Be very alive. As it is written, when you become the God of you, everything else is added to your experience of life that you require.



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*Do not worry about your life.  
Spend each day as it comes and let  
tomorrow take care of itself. It will.*

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# Faith

F

faith is always difficult to both establish, and maintain, in the third dimension. The reason for this is that in this dimension, people are trained to have faith in what they can experience with their senses. To believe in what they cannot perceive, is certainly a challenge. Nonetheless, some of the finest things there are, are wholly invisible. We would suggest that you have faith in even more things that are invisible and yet are extremely powerful, and present. We would suggest that you have faith in the God within you, and the God within all life. This is not an easy thing to do in the third dimension, and yet we would suggest that doing so would help the transition into the fourth dimension. We would also suggest that you have faith in the continuity of consciousness. We would like you to have faith in our kingdom, as we have in yours. The time is coming, of course, when you will no longer need faith, because you will see us for yourself. You will come to understand all things, and you will find that your faith in the unseen world has been justified. We would also like to say that the day is coming to planet Earth when all of life will have faith in itself, and its relation to God.



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Dear hearts ~ know that on the broadest level, everything is perfect. This is much easier for us to see from the dimension in which we reside, than from the one in which you are focussed, but nonetheless, it is true. Everything that you have chosen to create is unfolding according to your desires. Remember that you are often not fully aware of your desires. When you become aware of them, you come to see what a powerful creator you are. When you come to see what a powerful creator you are, then you begin to desire that which aligns you with the God of you. The more that you do this, from the conscious level, the more that you come to see and experience the perfection of All That Is.

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*Know that we, in angelic form,  
are ever with you and  
there is a world of spirit  
that walks with you  
along your journey into light.*

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