

# **UNIVERSAL TRUTHS**

What the Counsel of Twelve Wants You to Know

Information channeled through me by the Counsel of Twelve

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## Introduction

My name is Lisa, but the Counsel of Twelve calls me Lilia. I have worked with the Counsel for the past three years. I was introduced to the Counsel through my work with Angel Reiki. The saying, you don't know what you don't know, describes where I was three years ago.

I became a seeker in 2018 after a therapy session where I was introduced to the idea of medical healing through diet and intention. My search for information led me to Hay House Radio and my local metaphysical store. My interest did not lead me toward medical healing; it led me toward energy healing and connection to the other side.

From the moment I stepped into my local metaphysical store I felt as if I had stepped into a warm hug from the universe. At the time I was a licensed social worker working with families and children. That store became my place of safety and healing. Every event that fit into my schedule became my destination. I participated in sound baths, readings, and reiki. I bought crystals, incense, and oils based on their metaphysical properties. I started to focus my attention on repeat numbers that showed up everywhere, learning the energy each number carried. I found a space in my home that I could retreat to daily to meditate. This is where I met and started my work with Source.

I became a Level 2 Certified Usui Reiki Practitioner, a Crystal Reiki Master/Teacher, an Angel Reiki Master/Teacher, and a Certified Angel Tarot Reader. I completed a Bachelor of Metaphysical Science through the University of Sedona in 2021 and am an ordained Metaphysical Minister. My personal library holds books by Dolores Cannon, Louise Hay, Radleigh Valentine, John Holland, and more. My Audible library has close to 100 books on spirituality, energy healing, raising your vibration, and connecting. That library continues to grow. I find myself listening to books while I prepare meals, clean the house, drive from place to place, and do any task that allows me to listen while I complete it. The more I learn the more I realize I need to learn.

After learning that a QHHT session could connect me to who I was in past lives, I set out to find the closest hypnotherapist trained in that modality. After communicating with this practitioner about booking a session I learned that the house number where she practiced was 55. I also realized that the round-trip travel totaled 5 hours. Five carries the energy of change so I knew this session would change my life. Source talked with me the entire trip, there and back and during. The information I learned was eye opening and placed me on a journey that led me to the Counsel of Twelve.

This journey has not been without complications. As I mentioned, you don't know what you don't know. I opened a reiki healing and readings business using a method that combined all of my training. I worked with clients in my home as well as online. My clients reported emotional lightness and physical healing. These healings coincided with me experiencing the following: I broke out in a sweat, felt dizzy, and lost my ability to stand. I researched ways to protect myself from the energy being released but found that none of my attempts worked. I also realized that the energy needed to provide healing left my home open to visitors from the other side. I used metaphysical protection such as crystals, sage, and sound baths. These protections momentarily worked but never lasted. I could release the heavy energies by purging my home daily, but a door had been opened that I could not close on my own. I would get up in the morning and find that my house was filled with deceased beings who wanted to get a message to their loved ones. I made the mistake of contacting several of these people with seemingly wonderful messages, but the messages were not well received. I learned the hard way that for one to be open to receiving a message from the other side, one needs to be actively seeking that message.

Shortly after completing an online class where I taught lessons that were channeled through me from an archangel in the celestial, I was told by Source that I needed to shut down all reiki, readings, and classes. At the time I was devastated. I had finally achieved my heart's desire and felt that real miracles were being channeled through me, but I listened. Actually, I didn't fully listen. I stopped all business related activities but continued to participate in a texting group of wonderful human beings that I met during a reiki class. I

tapped into my intuition and learned quickly that without clear connection and direction, my intuition was not enough.

I have learned that for me to safely channel energy healing and messages, I need to be a pure channel. That awareness did not happen overnight. My first lesson was to respect all life. I started to have an aversion to all animal products. I literally experienced the smell of an animal when I handled food preparation for my family. Because my family does eat meat, I have to use rubber gloves when I prepare their food because I gag at the thought of the raw meat touching my skin. My diet now closely represents that of a pescatarian. It is roughly 95% locally sourced whole foods with the exception of when I travel or meet friends or family for dinner.

To be a pure channel, my body needed to mend. For a year and a half, I experienced discomfort during meditation. I was told that the discomfort was due to healing and realignment of my body's energy centers (my chakras). Gratefully, I am now at a stage where daily realignment happens first thing in the morning. Upon waking I roll onto my back and start to feel roots shooting out of my feet, grounding me to the earth. I feel movement in my crown chakra and experience the energy of universal healing. Peace washes over me and messages start to flow. Sometimes it is a message to be shared and other times it is a personal message that expands my awareness.

But enough about me. The Counsel of Twelve have asked me to channel twelve messages of truth that are meant to expand your awareness and faith.

Namaste

**Terms will be used in these messages that require further definition.**

**These terms and definitions follow.**

### **Life Continuum**

A label that defines you and me. Picture a bonfire and then picture a spark coming off that bonfire. That spark is you in your physical life. That bonfire is also you. The life that you are experiencing at this moment is that spark. Some would refer to the spark as your soul or your energy. The bonfire is the accumulation of all the lives that you have experienced. For many, the experience of this life is all they know and all they can conceive. While others are aware that this life is one of many and actively seek to learn more.

### **Layer**

A label that defines the structure of a planet and its governing system. Picture planet earth and its round surface. Then picture an invisible governing layer. For earth, the governing layer is celestial. For other planets that contain life forms, the governing layer is similar.

### **Celestial**

The Celestial is comprised of Angels, Guardian Angels, Ascended Masters, and God of the Celestial. God of the Celestial oversees the earth.

### **Angels**

There are many beings in a governing layer that receive the label of angel. There are angels that care for the earth. There are angels that care for the plants and trees. There are angels that care for animals, and so on. The angels that you speak of most frequently are guardian angels and archangels. Guardian angel refers to the angel or angels that are assigned to

you when you enter this life. The angels stay with you from birth until death. There is never a moment in this life that you are alone. They will be by your side in death and walk you home.

## **Earth**

Our home planet. Earth was created as a living being. In our present day, many have connected to the various chakras of the earth to receive healing. In earth's early years it was discovered that the gravitational pull of the planet was underestimated by the creators. There have been several interventions through the history of the earth where the creators attempted to wipe the slate clean and start again. Those interventions were not successful due to the earth's gravitational pull.

## **Life as a Human Being**

For most, from the moment you enter this world you experience a cloak that wraps around your awareness of life on the other side. Children under the age of five are often easily connected to life on the other side. As you age the cloak thickens and your awareness dims. The exception to this rule would be if you chose to live a life of remembrance so that it will guide you to your life's purpose.

## **Soul Family**

On average there are five or six sparks created that have identical patterns and attributes. These sparks will have a soul family connection that will lead them through multiple lifetimes where they will continue to find each other to live through karma balancing experiences that are meant to expand their awareness.

## **Life Purpose**

Life purpose is decided by the individual life continuum before a spark enters a new life.

There are three different reasons for the purpose you chose:

1. You are moving in and out of lives with your soul family. Soul family will often choose different roles in different lives with the purpose of balancing each other's karma and achieving higher awareness as a family unit.
2. You are from another planetary system and chose to come into this life with the purpose of healing this planet and humanity.
3. You are from another planetary system and chose to come into life to experience activities that your planetary system has evolved beyond. Examples of this would be sexual activity between male and female for procreation, war, and other base activities. I do not mean to insult with this information. It is universal truth that higher beings have evolved beyond the need for base activities. That does not preclude a life continuum from becoming curious and seeking personal experience.

## **Leveling Up**

Leveling up is a term that allows you to picture how your expanded awareness in this life affects the opportunities you may choose in your next life. The angels, archangels, ascended masters, and God of the celestial are all individual life continuums that have lived through the process of leveling up.

## **Higher Self**

Your higher self can be described as your higher awareness or your bonfire. You can connect to the wisdom of your higher self by connecting to the eighth chakra which is located above your head. The seventh chakra, the crown chakra, is at the top of your head. You must work on opening the seventh chakra to access the wisdom in the eighth chakra.

## **Karma**

Karma is the balance that must be maintained in your life continuum. For example: If you allow greed, judgement, self-indulgence, or similar heavy energies to guide your life you will need to balance those energies to achieve higher levels of awareness. To balance your karma you could choose that your next life be filled with sacrifice, connection, and other light energies. Balanced karma must be achieved to level up to a higher being.

## **Love**

Love is kindness, patience, openness, acceptance, non-judgment, empathy, and caring for humanity as a whole.

## **Energy**

Energy is a label that can be used to define many things, I will name three. There is pure energy, which could be referred to as creation energy. There is life continuum energy that is defined by the words bonfire and spark. There is emotional energy that can be heavy or light. Heavy energy could be described as sadness, anxiety, worry, lack of trust, or despair. Light energy could be described as hope, love, openness, or acceptance.

## **Like Energy**

Like energy is different than soul family because it is created in large groups. Within these groups of like energy, there are defining patterns and attributes that will vary from soul family to soul family. Like energy is experienced as an energetic connection. You will recognize like energy with your knowingness. You may refer to like energy as your tribe or chosen family.

## **Awareness**

The lens by which you see and interact within your role.

## **Home**

Home is where you go after you pass over. When you first pass over you are greeted by your soul family who have passed over before you. If you experienced trauma in your lifetime and need rest and rejuvenation, your soul family will wait for you. If you have soul family on this side who need your support to complete their life purpose, you may choose to come back into a life on earth to assist. Home could be the celestial if you originate from this planetary system, or the governing level of your planetary system. If your home is another planetary system, your angels will guide you home.

## **As Above So Below**

As human beings here on earth, your purpose is to evolve and grow. The higher beings that have achieved higher awareness are also in a role that they chose that will give them an opportunity to evolve and grow. It is easy to imagine that you are inferior or fallible. This is false. The beings that have achieved higher awareness have done so by experiencing and evolving. There is no perfection, there is no clear right or wrong. The purpose of all of this is learning and evolving.

## **Organizational Chart**

To provide an image to share this truth we will use an organizational chart as it applies to you as a human being.

The presidential level is the God of the Universe, the senior management team level is the Counsel of Twelve, the middle management team level is the Celestials, and you are the individual that reports to the Celestials (unless you are here in the roles of 2 or 3 as explained in Life Purpose, then the middle management level would be your home planetary systems governing layer and you would report to them).

### **Counsel of Twelve**

The Counsel of Twelve oversees the functioning of the universe. They report directly to the God of the Universe.

### **Original Twelve**

In the beginning there were twelve energies that were assigned to the God of the Universe for the purpose of creation and learning. Each of these energies has a different skill set. One of the twelve is the Mother of Evolution. The Mother of Evolution creates the original spark that is then populated with patterns and attributes to create like energy and soul family. Every life continuum that exists and has ever existed comes from the Mother of Evolution.

### **Vibration**

A vibration is the frequency of how you relate to yourself and others here on earth. If your vibration is low, you will attract low vibrations. If your vibration is high, you will attract high vibrations.

## **Suffering**

You may find it difficult to witness the suffering that is happening all over the earth. Many see this suffering and feel despair. This despair comes from a place of forgetfulness. You have forgotten that you chose this path, challenges and rewards, before you came into this life. You must achieve higher awareness to maintain a sense of connection as you experience your suffering and witness the suffering of others.

## **Holding Space**

Holding space is the ability to be present in a moment of time and not allow judgement or personal opinion to cloud the experience.

## **Twelve Universal Truths**

### **Universal Truth #1**

#### ***Nothing Matters and Everything Matters***

It is easy as a human being to get wrapped up in the details of life. One can get lost in worry, anxiety, fear, and other heavy energies. In those moments it may be helpful to remember that nothing matters. You are free to allow what is happening around you to not affect you. This is no easy task. To remove the emotional attachment from oneself as you suffer or witness the suffering of others takes mental strength. It is the ability to remain calm and hold space while being surrounded by heaviness. You will need faith that you are here for a reason and belief that you can reach your purpose. This faith will allow you to achieve true peace. You need to let go and allow.

Everything matters to your guardian angel who is here to solely support you and the purpose that you chose when you entered this life.

### **Universal Truth #2**

#### ***God is in You, God Works Through You, You are God***

Once you understand that your life is a single spark of your bonfire and that you are here because you chose to be here, you are ready to understand that you and God came from the same source, the mother of evolution. The difference between you and God is that God's life continuum is further advanced. By understanding that you are connected to all, you are able to connect to all and become the highest version of yourself in your life.

### **Universal Truth #3**

#### ***Do Unto Others as You Would Have Done unto You***

Once you understand that you are connected to all, truly understand! You can no longer live a life filled with greed. By treating all as if they are you in disguise you are connecting to the truest form of alchemy.

### **Universal Truth #4**

#### ***Through Love All is Possible***

Love is kindness, patience, openness, acceptance, non-judgment, empathy, and caring for humanity. Once you embrace the energy of love as your navigation guide the universe will respond and help you achieve your heart's desire.

### **Universal Truth #5**

#### ***Course Corrections are Blessings in Disguise***

Often a human being will be presented with a decision that feels impossible to avoid or ignore. This is a course correction. These course corrections are often brought to you through divine intervention. Your guardian angels along with your higher self are aware of your life purpose. It is their job to lead you to that purpose. If you have faced a course correction, you know it. It is either a lesson that you need to learn but have not yet learned or a path that needs to close because it is not the correct path for you to travel.

## **Universal Truth #6**

### ***Peace That Passes All Understanding***

There is peace available but must be achieved through openness and acceptance that the life you currently lead is a mere moment in time. Carrying the vibration of love opens your heart to accepting peace. Achieving the ability to hold space in the midst of suffering is achieving that peace.

## **Universal Truth #7**

### ***The Universe is Conspiring to Bring you the Desires of your Heart***

If you live your life at the vibration of love, you will attract your heart's desire. Your spiritual team- angels, higher self, and higher beings- will guide you toward opportunities.

## **Universal Truth #8**

### ***Balance Must be Maintained***

To live a life guided by the vibration of love, you must love yourself as much as you love others. Self-love can be eating healthy food, getting enough sleep, avoiding spaces and places that lower your vibration, being physically active, and more. There is no perfect formula for what you must do to maintain balance; you need to seek guidance from your higher self. Balance must be maintained so your vibration remains high and stays in a place of love.

## **Universal Truth #9**

### ***There is No One Path***

As a human being you came into this life and were taught by example and by lessons how to believe, how to speak, and how to function in the role of your life. If your heart resonates with what you learned, that is your path. Many human beings choose a life that leads to them questioning the path that they are taught. If you resonate with seeking deeper meaning and hidden truths, that is your path. There is no right or wrong, there is only learning and evolving. If the path you are on expands your awareness and allows you to remain open and free of judgement toward others, you can be assured that you are on your correct path. If your heart questions the validity of your path, you have seeking to do.

## **Universal Truth #10**

### ***The Truth about the Bible***

The Bible is a collection of stories passed from generation to generation written in Sanskrit on scrolls. It is divided into the Old Testament and New Testament to separate time when mankind used sacrificial actions to maintain balance and after Jesus walked the earth and offered himself as a sacrificial lamb to ensure that sacrifice would not longer be needed.

## **Universal Truth #11**

### ***The Truth about Jesus***

Jesus chose to come into his life to be a sacrifice that would shift how balance can be maintained on this earth. You can look at the stories of Jesus and see that he lived a life that held the vibration of love. He cared for his community. He overthrew the money tables in the temple to restore the temple as a place of prayer. He fed the hungry, healed the sick, gave purpose to the downtrodden, and offered himself as a sacrifice so that balance here on earth could be maintained without sacrificing an animal or a person. It is true that Jesus

gave his life for you. His sacrifice restored balance. It is not true that the Bible was meant to become a book used to pass judgement and fear on to mankind. If you want to be like Jesus and that resonates for you, live a life that vibrates at the level of love.

## **Universal Truth #12**

### ***All Paths Lead Home***

There is no one religion. There is no one path. Your path is to respond to what resonates for you as you live your life. If you seek to achieve the vibration of love- kindness, patience, openness, acceptance, non-judgment, empathy, and caring for humanity as a whole- you will attract the vibration of love. We want you to know that you have everything that you need within you. Achieving a vibration of love takes thought and action.

We are aware that the earth is in turmoil and many are suffering. Your team is here to guide you and to provide access to healing and peace. From the moment you pass out of your current consciousness and remember why you chose to be here; you will know if you achieved your life's purpose and will be guided home to rejoin your soul family who is lovingly awaiting your arrival home.