

## Trusting Your Record Keepers

You can trust a message is coming from the Light if :

1. The message is simple and positive.
2. The downloads are uplifting and empowering.
3. You do not feel fear when you connect to the energy.
4. You feel full of love, tingling, warmth and cared.
5. The energy may bring tears to your eyes.
6. When you pass it on delicately, it helps you and the person involved, if any, to deeply heal.
7. It is not confusing or complicated in its delivery.
8. You just feel it is just right and timely for you.
9. If you are working on releasing your own shadow/ego you will be more able to discern Light from Dark.