

Laurent F. Carrel

Messages from Melanie

365 Pearls of Wisdom and Hope from Afar

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This publication is based on the German title
“Trosttropfen der Hoffnung, 365 Engels-Botschaften und Ratschläge” by Bear CaLaFa
© tao.de · First Edition 2013

Published by tao.de, Goldbach 2, Bielefeld, www.tao.de, eMail: info@tao.de
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First Edition 2015

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Photos and wooden sculptures: Laurent F. Carrel
Design: Kerstin Fiebig

ISBN Paperback: 978-3-95802-727-5

ISBN Hardcover: 978-3-95802-766-4

ISBN e-Book: 978-3-95802-767-1

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Bibliographic information published by the Deutsche Nationalbibliothek.
The Deutsche Nationalbibliothek lists this publication in the Deutsche Nationabibliothek;
detailed bibliographic data are available in the Internet at <http://dnb.d-nb.de>.

Dedication

To the Messenger from Afar, my daughter Melanie.

In appreciation

To my wife Rebecca and my son Marc
for their assistance in translating the German into English.

To the trance medium Summer Bacon (channel for Dr. J.M. Peebles)
and the clairvoyant medium Jaimee McCabe
for their encouragement to travel the road of a spiritual warrior.

Foreword

All of us – whether we admit it to ourselves or not – struggle with Life in one way or another. How can we improve our lives and that of others? What is the meaning of our experiences? How can we heal from physical and emotional injury? What happens after death? If only we could understand what it is all about, perhaps through comforting messages and practical life counsel miraculously received from a knowledgeable Source

I am not that Source, only the transmitter of the messages that found their way onto paper *through* me, part of the almost 3000 which I have received and recorded since mid-2007. Sometime during each night, in a half-awake and sleep-heavy state, I scribble onto a waiting notepad, returning immediately afterwards to a deep sleep. The following morning, I am as surprised and delighted as you will be when I transcribe the nearly illegible words to reveal full sentences with profound meaning. The words that are written in *italic* were emphasized during the transmission, while a word in parentheses signals a double meaning. The use of “we” or “us” signifies the communicators in the Spirit World.

Exactly how the messages are transmitted is a mystery to me; some speak of the “nonlocal consciousness” to which we have access in many ways. If you have doubts about the origin of information in this book or you scoff at the process through which it arrives, you have my full understanding. With an academic and scientific background, as well as a keen interest in brain research, I would also prefer a rational explanation. However, over time it has become clear to me that it is less important whether I *believe* in this recurring contact with the spiritual realm than whether I *accept the reality and value* of the product so delivered.

There is no right or wrong way to interpret each message; the value is what you, the reader, give it. The meaning arises from your personal understanding. I hope you will agree with me that within this book there resides a power to console, to inspire, and to heal, as well as to make us smile.

I would like to offer another level of explanation about the origins of the Pearls of Wisdom and Hope from Afar, one that has its roots in my recurring bouts of sleeplessness and in the painful story of the premature death of our daughter Melanie over 35 years ago. After a long period of despondence about her loss, I was surprised one restless night that she appeared to me as a joyful, radiant spirit to accompany me into the world of sleep, then and every following night, thereby helping me as my “sleep angel” to instantly overcome my lifelong problem with insomnia. However, while the gift of a good night’s sleep was already a miracle, another problem remained unresolved: I was still tormented by dreadful nightmares that made restful regeneration impossible. Encouraged by Melanie’s presence, I appealed to the Spirit World for help. The very next night a spirit who had been a close companion during my childhood appeared in my dream, gave me his name and offered to help me overcome the nightmares. My guide was of the opinion that the frightening dreams were important for me and should not be suppressed. He would, however, assist Melanie to transmit a short message or piece of advice after every one. And that, dear reader, is how it started and how it continues to this day.

The current selection of messages was first published in 2013 in German under the pen name Bear CaLaFa with the title of “Trosttropfen der Hoffnung, 365 Engels-Botschaften und Ratschläge.”

The Author's Journey

Dr. Laurent F. Carrel (*1945) lives in Switzerland with family ties to the USA. He completed law school and wrote his dissertation on U.S. environmental policy. After working many years as an attorney, strategy expert, crisis manager, university professor and author, he now runs a private practice in leadership coaching.

Since childhood, the author felt himself magically drawn to Nature's sources of energy where he could nourish ties to the spiritual world which continue to be strengthened and enriched today by profound life experiences. Additionally, he actively pursues an agenda of continuing education in spiritual growth where he has a particular interest in such subjects as mysticism, quantum consciousness, metaphysics, energy healing, yoga and meditation. While he has heretofore considered his spiritual experiences to be private, the author was gently encouraged by his contacts in the angelic realm - particularly by his daughter Melanie - to share the inspirational messages with the larger world and to drop his pen name Bear CaLaFa. The photos and wooden sculptures adorning this publication are the work of the author as well.





January

- 1 We bring you light, we are the light:
the dark in you has no chance!
- 2 The power of prayer
is rooted in a deep promise –
to yourself.
- 3 Listen well!
Learn to pay attention to your inner voice –
we speak softly.
Pay heed to our advice,
take it to heart without hesitation,
we are with you.
- 4 What one has not experienced, one does not understand;
that is why your soul has undertaken a worldly experience.
- 5 Your longing for peace and simplicity
is a painful desire for closeness to us.

January

6 Sing your unique song with abandon –
sing it for yourself and then for everybody.
Carry the melody of your heart into the world.
We are ready: without you, our choir is condemned to silence.

7 To simplify is like to forgive: balsam.
It compels you to let go and brings healing.

8 Wonderful memories
are the salt in the tears of your life story –
they burn in the wounds of the unlived present.

9 The good you can do for each other
is without limits!

10 To approach people opens the world – and yourself:
practice it daily! In this way you give a gift to others to take with them
which later (without your knowledge) opens doors
and enriches their experience.

11 Your T-shirt carries the inscription “I am searching for (my) Self”.
We have read it.
The answer lies on the path to yourself – and to us.

12 “Travel light”: a motto for traveling and for living.

13 Everybody recounts his life stories, all tales from yesterday.
Let go of them and take what is – life, *your* life, now!

14 Before you lies a whole day.
Even if you fragment it into unrecognizable small pieces,
it remains a *whole day* that we place at your disposal.

15 You move in closed circles. Even when you change these,
you are either in or out, included or excluded, insider or outsider.
It is a game with boundaries that do not exist –
you are creating the illusion yourself.

16 Your true self flows in Being, in Light and in Eternity.
Only your worldly illusions of ego, power and possession are finite.
All that is important is timeless – love, hope, faith.

January

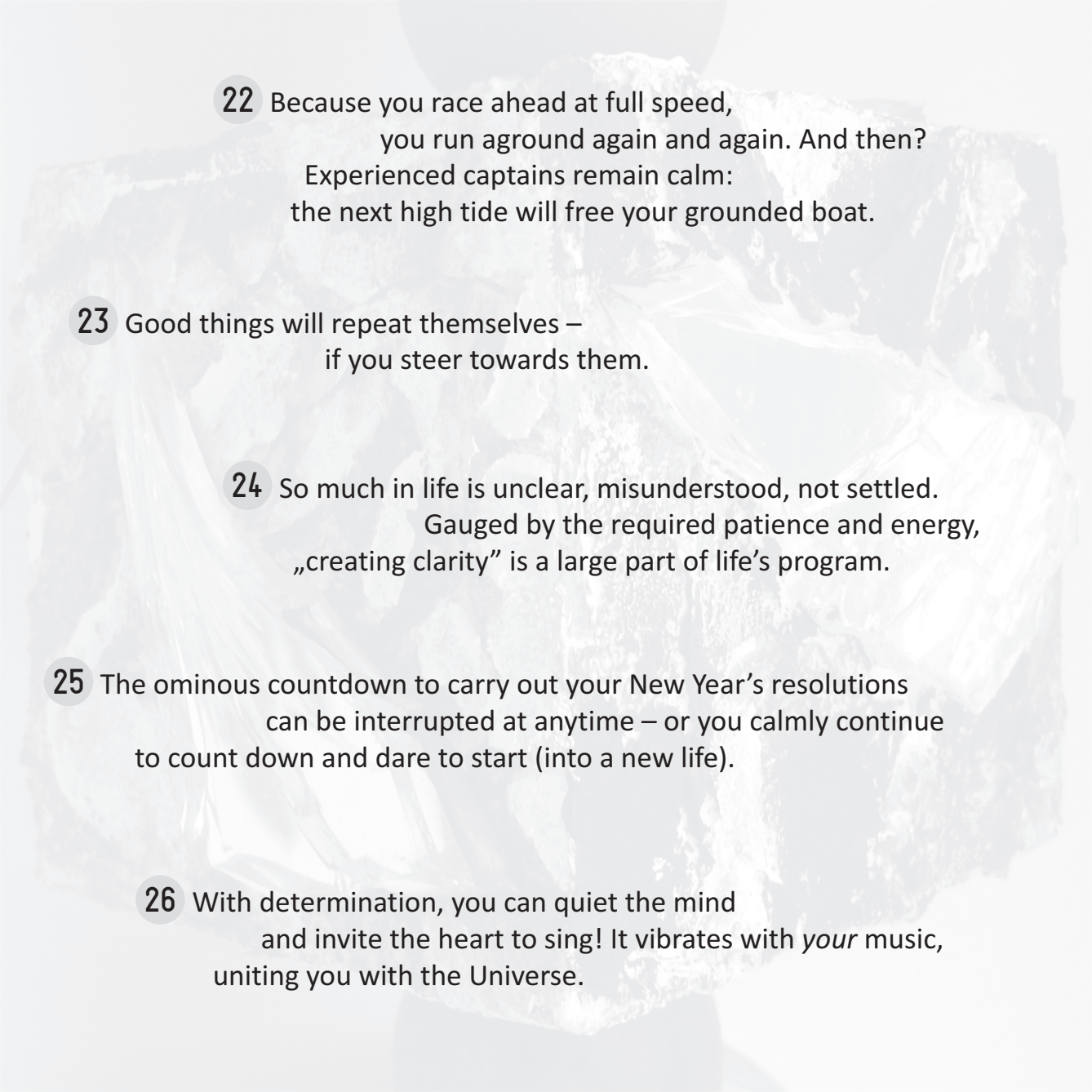
17 To help someone is a happiness booster!

18 At every moment, you can be both here and there –
in the presence of your ancestors
and of your descendants.

19 When your body rebels against the inundation of external stimuli
and closes the shutters, our advice is, “lay low” –
in a supine position you will discover new perspectives.

20 Create happiness!
Every moment is an opportunity to be the creator of your joy.

21 Roll out the red carpet for each new day
before you take your first step – today you write
your own script, tailor-made for yourself.



22 Because you race ahead at full speed,
you run aground again and again. And then?
Experienced captains remain calm:
the next high tide will free your grounded boat.

23 Good things will repeat themselves –
if you steer towards them.

24 So much in life is unclear, misunderstood, not settled.
Gauged by the required patience and energy,
„creating clarity” is a large part of life’s program.

25 The ominous countdown to carry out your New Year’s resolutions
can be interrupted at anytime – or you calmly continue
to count down and dare to start (into a new life).

26 With determination, you can quiet the mind
and invite the heart to sing! It vibrates with *your* music,
uniting you with the Universe.

January

27 When you look at your small world through the lens of gratitude, the corners of your mouth will turn upward without fail.

28 Doctrines and dogmas are compiled in your inner dialogue, by you and for you – you decide what has validity!

29 If you do not take your life dreams a small step closer to realization without hesitation, they vanish unused – like nightly dreams.

30 Light in the light – sunlight reflects on glistening white snow. There are many ways to increase the intensity of light. You too can shine more brightly: let your loving kindness radiate!

31 Savor the moment in which you are overwhelmed with gratitude. Let your feelings flow freely and carry you into the ocean of the All-Consciousness.





February

- 1 Your existence on earth is a precious vase which is at your disposal. What will you fill it with? What will you carry home in it?
- 2 To the question behind the question, there is always an answer behind the answer.
- 3 Dwarf fruit trees are pruned regularly to make it easier to pick their fruits. How many people are not allowed to grow to their full potential because others want to take advantage of them?
- 4 Every page in the calendar is important; do not carelessly tear off any. Each one deserves your notation on the back: "I am thankful for...."
- 5 One can sleep too long in the morning and "miss the day" but gain it back nonetheless. Win depth instead of covering a lot of ground!

February

- 6 Your great dream to live as you wish,
free of expectations and according to your vision of the future –
becomes reality if you live it.

- 7 Children become your acid test: they check the authenticity of your feelings,
the sincerity of your love, and your ability not to judge
but to accept without prejudice – how *IT* is.

- 8 We always long to spend time with you
but you often prefer to play with the distractions of your ego
than to heed our wishes.
At the end of the day, our claim on your time
is based on your need – you just don't realize it yet.
Thus, our question to you is, what conversation will we,
with or without you, have anyway?

- 9 Dark, negative thoughts can be brightened with loving counter thoughts;
you cannot forbid or ban them,
but you can dissolve them in the light of love.