

# FRIENDS OF THE HEART

BY JESUS CHRIST



CHANNELLED AND  
ILLUSTRATED BY  
LIZZIE OXOV NIELSEN

# Friends of the heart

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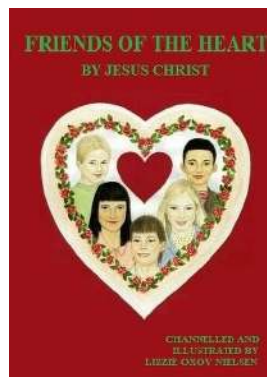
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# Frontpage

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Lizzie Oxov Nielsen was born in Denmark in 1937. She has lived in Sweden since 1976. Lizzie has also channelled a previous Book: "The Truth", from: **Sanat Kumara**, the Spiritual leader of the Earth.

**Sanat Kumara is God's deputy on Earth.**

A new book is also coming soon, called: "Secrets  
Revealed"

***Sanat Kumara:***

***Jesus Christ*** will come to assist men by preparing them for what will happen on Earth, and by bringing forth the message of the power of love and eternal life. He will do this through a book intended for children. In so doing, the children will influence their parents to change their way of life for the better, if they so choose.

In the face of Earth's entry into the fifth dimension, it is believed that major events will take place on Earth. Significant souls will come forward to help humanity. Many angels and star people have been appointed to help these great souls, having made a promise to do so prior to their coming to Earth. The great souls require assistance to help them spread the truth.

If a promise has been given and one has greatly progressed in their development on Earth, there is no turning back. If you refuse to take on the task that was meant to be performed, you will no longer have the benefit of this soul wandering on Earth. Instead, this soul will be called back to the spiritual world to assist there, as it no longer has a

purpose to continue its life here. A replacement from the spiritual world must then be found to take over his task.

# **FRIENDS OF THE HEART**

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FRIENDS OF THE HEART



Thanks to all the angels  
who have helped me

## FRIENDS OF THE HEART

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# **JESUS CHRIST**

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## **JESUS CHRIST**

### **FRIENDS OF THE HEART**



*Bokförlaget*

***Didarion***

## Foreword by Jesus Christ:

It is a great pleasure for me to be able to convey this book for children through Archangel Didarion, who walks on Earth spreading the word about the power of love. She has taken on the task of channelling this book for children so she can help the people of the Earth.

With this book, I want to convey the truth about the spiritual world to children and to give them knowledge of what is to come. I want to prepare them for the new era, when major changes will take place on Earth.

Children should know that death does not exist, and that they have eternal life. They have nothing to fear. Children can in turn influence their parents, and let them know how it will all be when the Earth enters a new era. The power of love is the life energy of the universe.

This book is my gift to mankind, and mainly to the children who are now growing up and who will be able to spread love and light to their fellow creatures.

I bless you all. May God be with you. *Jesus Christ*

# 1 ♥ TUESDAY

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In a small town lived a boy who no one cared about and who was often bullied. At home, it was not so good either. His parents worked in different areas, and the boy often felt alone and abandoned. One of his legs was a little longer than the other. As a result of that, he limped badly when he was walking. He found it difficult to participate in outdoor games and sports with the other children.

He was often very sad and sat alone by himself. He was often in the nature, where the animals were his best company. He was able to talk to them so to speak, by understanding what they were thinking. In that way he could communicate with them, because the animals have the ability, to understand people's thoughts. He also thought about all the plants and the trees, and talked to them in the same way. He was a very loving and kind boy. His name was Ola.

One day, when Ola came home from school, he went as usual into the garden and sat down under his favorite tree.

There was a very big old oak tree – yes, hundreds of years. It could tell a lot of stories from old times, and Ola understood, as he sat under the tree and leaned against the trunk, that the oak had much to tell. Ola sort of saw in front of himself, the events that had taken place in this location for very long time ago. He saw clearly, what had happened there. He saw the animals and the people who had been on this place before.

A scene was played out before his eyes, where he saw a hunter with a wounded animal. It was a bear, and the poor creature squirmed in agony. Why would this happen, why can't I live in peace in the stillness of the forest, why do people torture me? The bear thought, but it was so, that the hunter wanted the bear's fur to make warm clothes for himself and his family.

It was at the time when people lived in caves. There was no electricity, heated houses or other amenities, so they had to protect themselves against the cold and use animals' fur. There were no other possibilities, and animals therefore had to be sacrificed. It was also the case that the meat from the bear became food for these people. In the summer there were berries and fruits, but in the winter it was very difficult for these cavemen to find food and they would die of starvation if they couldn't hunt animals at the time. The animals had to be sacrificed for the people to survive.



Years ago there weren't so many people on earth, as there are today. There was no pollution, the air and water were completely free from all impurities. There were not so many diseases as today either. People were satisfied with their life. They lived in the moment and held together in the family. The image disappeared, and Ola sat for a while and thought about what he had seen. He understood that the world had been very different a long time ago.

Now the neighbor came by and greeted Ola, who sat under the oak tree. He was a kind old man, who lived alone in the house next door. He worked a lot in his garden. Now he had just been out to buy seeds for the new flowers he'd be planting. He was as lonely as Ola, so he asked if Ola wanted to come over to his garden and help, and Ola wanted that very much. He went to Henry, who the neighbor was called, and joined him in his garden. Ola was completely speechless, he had never seen such a nice garden before. A large hedge hid the garden from outside, and it was the first time, Ola saw it. Ola had heard of paradise in school, and thought that paradise must look like Henry's garden.

There were plants of all kinds, lush trees and bushes, everything was so beautiful. The roses in the garden were absolutely gorgeous, they bloomed in amazing colors. There were different kinds of fruit trees and bushes, and everything

had a beauty that Ola couldn't have envisaged in his wildest imagination. A small rippling source was also in the garden and a big beautiful bath for the birds was located next to the largest tree, where many birds had their nests. The bird song sounded so beautiful, and Ola was completely overwhelmed by all this beauty.

Suddenly he saw a little elf who sat on a rock and looked at him. Ola was very surprised that there was a living elf in Henry's garden and told Henry that he had seen an elf there.

"Yes, it's true", said Henry and smiled, "so, you can see him too. It's not everyone who can see the little people. Only a very loving person is able to see these beings. They are invisible to most people. Elves are so kind and loving and don't understand all the evil that some people do."

"It's like this", Henry continued, "many people hurt each other; they think more of themselves and their own profit. They want many things, more and more, and will never be satisfied with what they have. Their existence is to chase money so they can acquire even more. Some people steal from others, they beat people to death, they deceive each other, and egoism is large in many people. They boast to others about their possessions and they don't have time for each

other, for the children or to spread love to their fellow creatures”.

“It would be much better if they spent more time with each other in joy and laughter, and being more loving towards each other. Then there wouldn’t be so many diseases, because love cures. We see in these times, how a lot of people get sick. They stress them self to death in their pursuit of Mammon. The children almost never see their parents and become stressed and sad too. They get sick because they feel lonely and abandoned”. Henry patted Ola on the back and continued:

“Together, people will make the Earth a better place to live on. When everyone lives for each other, helping the weak and consoling the sorrowful, paradise will be here on earth. All that is created is true to life and everything is interconnected”.

Now Henry picked some tools from a tool shed in the rear of the garden and gave Ola a shovel.

“If we help each other to sow these seeds, which I bought today, he said, then we will see if they take root in the soil. They will reach for the light – the sun – and grow up through the soil. Next Spring they will be in full bloom. It’s like that with people too. They begin as small seeds, some wilt and die, while others grow big and strong and extend toward the light – the love and the truth”.

Henry made small holes in the soil, and watered them a little. Then he put a few seeds in each hole, and Ola patted the soil over the seeds.

“Now we will wait for them to sprout and germinate”, said Henry.

“Oops, look, there's a small figure among the flowers, a small creature, a fairy with wings”.

Ola looked and saw the little one, who fiddled with a beautiful flower.

“Yes, you see, I have a lot of help in the garden,” Henry smiled, “for all these beings are helping in the garden; they take care of the plants. That’s why the garden is so beautiful. All plants and animals here get a lot of care and love from these little helpers too. Now you can help me water the plants”, Henry continued,” because water they must have. This also applies to animals and humans. We all need clean water; otherwise we die. Light and sun are important too. The plants also absorb nutrients from the soil”.

“Light is energy and power for all living beings. The body is made up of small cells, which in turn are tiny living beings. Therefore it’s so important that we take care of our own body and love ourselves, for each individual being is a universe in itself, and all these little beings in our own bodies must have a lot of love too. Therefore, we must love ourselves

and give our body a healthy and wholesome diet. Many children eat too many unhealthy things and become overweight. Lack of exercise also plays a role. The girls have their ideals of beauty and eat too little; it's very harmful too. The middle way is always best". Henry looked at Ola and said:

"I see that you have a good and warm heart, it shines around you. I'll tell you about the little beings, you saw. Gnomes live in small crevices and caverns and fairies live among the plants. They are invisible to humans".

"Their bodies consist of cells, which rotates rotate with such great speed that the human eye can't see them. They live in a different frequency, so to speak, and people should raise their frequency as well, like the Earth".

"Eventually, more people will be able to see these nature spirits, when, by showing love to others, they will also raise their frequency. There are many other beings who belong on earth, but people can't yet see them. There are only a few that have such a high frequency. But it will come".

"Our world is changing, and everything will be different from how it looks today", said Henry", It's happening little by little. All of God's creations on earth will live in peace in the near future and spread love to each other. You should no longer kill others, and no evil thoughts and actions will be retained. The animals must come to live together without

chasing each other. They will stop eating their fellow creatures. They don't need it when they live in a higher frequency".

Ola was thinking, how often he had eaten other creatures! He had eaten meat from pigs and cows, fish and birds, and they all had blood, brain and heart as he himself have. They could also talk with their thoughts. Many animals were only here, to become food for humans. They often lived in captivity and were many times exposed to cruel treatment. He had seen on TV, how the animals were beaten when they were taken off to slaughter. Several animals were also used for experiments by medical science, and Ola also felt sorry for them.

He didn't know if it was possible to get mom and dad to understand that it was wrong to eat animals, but he decided to tell them what Henry had said. He wondered if his parents felt that Ola himself thought that this was real. He said goodbye to Henry and hurried over to his own garden. He was excited to see if his parents had perhaps come home from work, and he was eager to tell them about his experiences.

When Ola came home, he saw that both his parents' cars were parked in the driveway, so he understood that they were home.

He went into the house and took off his shoes. Then he looked into the kitchen, where his mother was just going to prepare the food that they would eat to that day. The father sat at the computer. He worked just as much at home as he did at work. He was a purchasing manager at a large company and had much to do. Ola patted his father on the shoulder and said:

“Hey, Dad, I have something to tell you”.

“Yes, that’s nice, but you must wait a bit, we can talk about it later, I don’t have time right now”, his father replied.

Ola went into the kitchen to his mother to tell her, but neither did she have time to listen to Ola. She was talking on her cell phone at the same time as she cooked the food. She stopped for a moment, looked at Ola and said:

“Ola, please, would you set the table? We will eat in a moment, then you can tell me what you have experienced in school, while we are eating.”

Ola nodded and began to set the table. He knew that his mother would be away in the evening too. She was a member of various associations and was often gone in the evenings. Ola really wished that he had a sibling he could talk to. He was the only child. He had a nice boy's room with everything a healthy boy could wish for. He received many toys, had his own television, and several other things which the parents

thought a boy must have. What Ola most preferably wanted though, was more time with mom and dad, so they could talk more with each other and do fun things together.

Now it was time to eat, and his mother called Ola, so he could help her carry the food. Ola took a bowl of potatoes, and the mother came with fried sausage and a bowl of salad. The father sat at the table and took a large piece of sausage, but Ola was content with potatoes and salad.

“What’s the matter with you, Ola?” The mother asked, “Are you sick?”

“No,” Ola replied, and told his mother and father, what he had experienced today, and what Henry had said.

“What is this nonsense?” said the father when he found out that Ola didn’t think that they should eat the animals, which are our fellow beings here on earth. The father got up from the table and said that he indeed had always eaten meat, and that he liked it.

His mother was more hesitant, and felt sorry for the animals, which would be slaughtered and be food for people, and that they just lived their life with this purpose. His mother had also read that meat stayed longer inside the human intestines than vegetables, fruits and cereals. She said that it was also in the article, that many people became ill when they ate meat. They got sore joints, and some got serious diseases.



Vegetables are a more easily digested food so when you eat a vegetarian diet, you should not get these diseases!

“I can imagine,” said his mother, “that you and I Ola can make an attempt to switch to a vegetarian diet, because now we have access to fruits and vegetables all year round. Previously, it was necessary to salt some vegetables to store them for the winter, but now everything is available all year round. We need to get vitamins, minerals and proteins as well, but in beans and lentils there is protein just like in meat. I can read a little bit about that so we can live the right way.”

Ola walked up to his room, and his mother went away. His father once again sat at the computer. Ola sat on his bed and thought about everything he had been through during the day. It was difficult to understand why people took advantage of the animals and ate them too. Ola sat quietly and heard a voice within him, who told him to look down at the floor. Ola looked, and there in front of his feet was a small entity which looked up at him. It was a little elf in grey clothes.

“Hello,” said Ola, “where do you come from?”

“I live here, said the elf, I hide myself most of the time, but now I want to talk to you about, how it is in our dimension. We live in a different frequency, and we are all friends with the animals. They can also see us as well as you can, and we love all the animals and help them. There are

many of us. Some gnomes live in the wild, and others live in human habitations. We help large and small. We have our families also,” the elf continued “and you may visit my wife and my children.”

The elf clapped his hands and shouted:

“Come out!”

Ola saw how they came out a little shyly from a corner of the room, where he had a shelf with toys.

“May I introduce”? The elf Asked.

“Here’s my wife, Evie, and this is my boy, Thor, and then we have a little girl, Tilly, and I myself am Absalom. We live here, and in the dimension we live, things look different than they do in this room. So we have our home here, but in another dimension.”

“Just look”, said Absalom and snapped his fingers, and in just a second Ola looked in to the other dimension. It was an amazing sight. There were small houses and trees, flowers and plants.

“We can make ourselves invisible, or we can show ourselves to you. The elves out there also have their houses of course but those who can see the elves in the countryside believe that they live behind the rocks; but they enter their own dimension, where they become invisible again. You can visit us there some time. Now at least we have greeted each

other, and we'll see you again soon", said Absalom, and scratched his beard.

"We wish you good night." Absalom once again snapped his fingers and the whole family disappeared. Ola felt a little sleepy and lay down on the bed and closed his eyes.

He dreamed so well. He floated up to the ceiling and saw himself lying there on the bed, and then he flew through the roof and out in the open. He saw all the houses and trees from high above, and he soared higher and higher into the sky. He sat on a cloud, looking down, and there in another cloud sat a little girl. She waved to him. Ola saw that she had wings, so she must be an angel, he thought. She smiled at him, and then she flew up to him and sat beside him on the cloud, where he sat.

"What's your name"? She asked.

"My name is Ola", he said. "What's your name?"

"My name is Maria", the angel said, and smiled again.

"Are you a real angel"? Ola asked.

"Yes, you can be sure", Maria said, and laughed. "We are many angels. Some of us live among you on earth in human bodies, because we have chosen to be among you in physical form. In that way we can better help those who live on earth. The angels' task is to help; each in its own way." Ola looked at

Maria and was filled with warmth, a strong love streamed towards him from the little angel, who laughed and said:

“We like you so much, all you earth creatures, and we want to help you in every way. I have looked at you when you are sitting under the big oak tree in your garden. I think highly of you, you're a good boy.”

Ola was woken up by a noise from downstairs; it was probably his mother who had come home from her evening course. She took a course to learn a new language. She liked to learn different things all the time.



Now he heard his mother and father talking to each other so Ola went down the stairs and into the kitchen and sat with the parents.

“Have you done your homework, Ola”? Mom asked.

“Yes”, said Ola, “I read them once, when I came home from school.”

“That’s good Ola. That way everything is ready for tomorrow”, Mom said. “Now you can have a sandwich and a

little warm milk so you sleep well.”

His mother and father drank a cup of tea and ate a sandwich.

“Now it is probably time to go to bed”, dad said. “You have to be rested when you have a job to do.”

“Yes”, Mom said. “We do have things to attend to whatever employment it is. Ola has his school, and I have my job. Now I pray that we may get a good night's sleep and dream sweet dreams.”

So Ola went up to his room again, but first he brushed his teeth, put on his pyjamas and put his fine-folded clothes on a chair. He lay down under the covers, turned off the bedside lamp and asked that God would help Mom and Dad to cope with all these jobs and tasks. He also wished for all the best for everyone in the school and his friends: Henry, Maria, Absalom and his family. He smiled happily when he thought of them, and after a while he slept.

## 2 ♥ WEDNESDAY

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The next morning, when Ola woke up, he didn't think so much about what he had been through the day before as he had to pack his school bag, and there was much more to do before he was ready to go to school. This was not far away. His mother and father had left home a while ago and had said goodbye to Ola who now locked the door and began to walk to school.

They would have sport today, but Ola didn't look forward to that. However he was pleased to learn how to write and count. Regarding the other school subjects, he liked to hear about other countries and learn about how the flowers were made up, and how humans and animals looked inside. He didn't like sport so much as he was often bullied by other stronger boys because he couldn't run so fast. When they played football, Ola usually stood in the goal.

Now he saw the school. There was a large red building with an open space in front where the kids went to get fresh