

THE ASCENSION JOURNEY

*Volume 3 - Messages From
The Ancient Ones*



THE ANCIENT ONES AS
CHANNELED THROUGH JANICE
LYNCH

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1. THE JOURNEY BEGINS

Blessings Dear Ones.

We thank those who joined us upon the Ascension Path Study group and experienced joy, connection, and spiritual expansion. Now the journey truly begins.

We bless those who are just discovering their Ascension Path. Now the journey truly begins!

With each step you take along your own Ascension Path, you discover more about yourself. Long hidden sorrows heal and release. Current frustrations and irritations come into a new light and are released. Worry and concerns for tomorrow are bathed in the light of trust and hope and are released.

Your true and rightful expression of life is joy, peace, and compassion.

Whatever else you experience that takes your attention from these qualities has little true worth within your Ascension Journey.

Certainly, there are tasks to be done, yet they can be done with joy. Certainly, sorrow arrives and yet compassion can flow through that sorrow and allow you a measure of peace. This same joy, peace and compassion can be shared generously with others.

Life holds great tragedy and great success. The full spectrum of life offers a lot of both to each living being. Yet you are neither tragedy nor success.

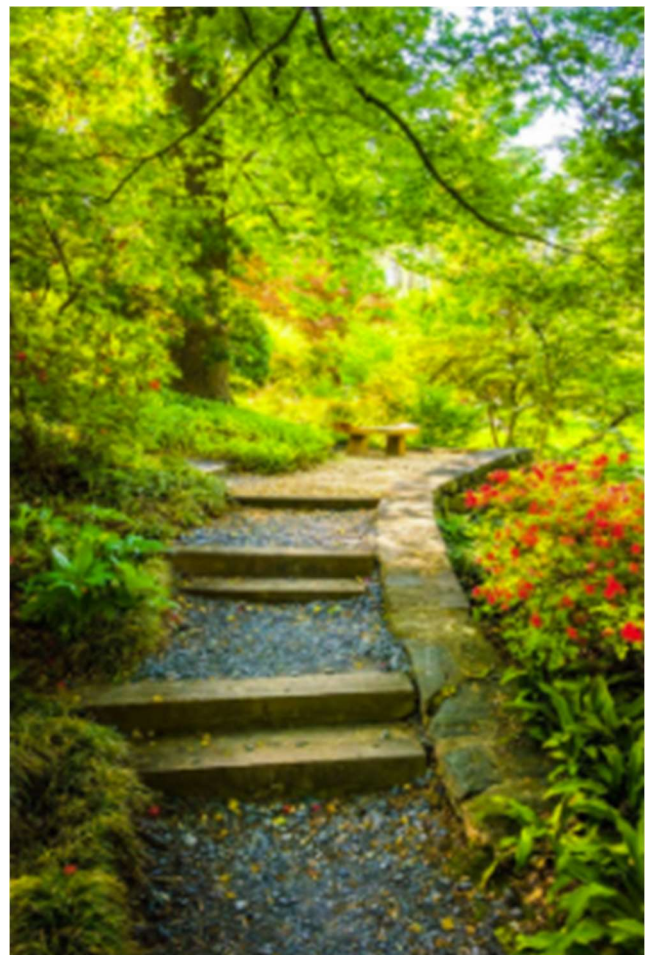
You, indeed, are a bright light of hope for your world. Do you have a sense of this?

Certainly, it is easy to get caught up in the daily tragedies and successes. We hope you take time to break free from these and allow yourself time to really shine.

We hope you allow the light of joy to shine from your eyes. We hope the light of peace shines from your heart. We hope the light of compassion shines from all that you choose to do.

We see this light and recognize it as The Light from Divine Source. We honor you in this shining of The Light.

We walk with you as you seek The Light on your Ascension Journey. And we walk with you as you shine The Light in joy, peace, and compassion.

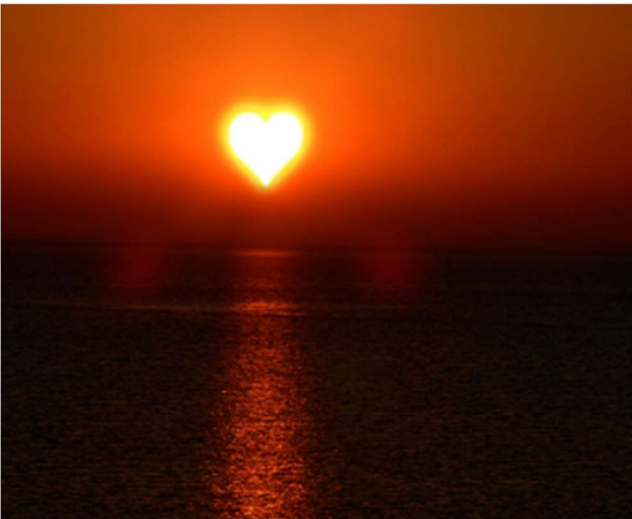


2. HEARTCENTER ACTIVATION

Your hearts are troubled, Dear Ones. For us this appears as a shroud over your hearts and a dimming of your light.

It is easy to understand this. The shroud is doubt. Doubt clouds your light as well as clouding your minds. You doubt your ability to rise to whatever circumstances may occur. You doubt that Divine Source will guide you. You doubt that circumstances will move in your favor. You doubt that your world will ever be okay again.

Indeed these are troubling thoughts. The fact that these thoughts inhabit your heart as well as your head is concerning.



Truth is, your heart has its own wisdom. This wisdom depends not upon life occurrences or life changes. This wisdom relies upon the energy of truth. The truth of energy.

The heart perceives the energy of what is and what exists beyond what is seen with one's eyes. The heart perceives the truth of the flow of energy.

This truth speaks volumes of the human capacity for adaptation and the human

capacity for - well, humanity - the humanitarian act of compassion. The doubt cannot perceive these things.

The heart knows that whatever comes next, it will do its best.

The heart knows that what others may choose to do only creates opportunity for kindness.

The heart searches the ethereal realms for the truth of awakening and awareness and then searches for ways to use the heart awakening and the expanded awareness for good.

Doubt creeps in and shrouds the heart so it cannot search as it normally does.

Release this shroud of doubt, Dear Ones!

Choose one kind thing to do for one's self or for another human being or for a living creature or a plant or even rocks and stones. This kindness can look like an act of good will or an appreciation. This in turn reactivates the heart in its open search for truth that resonates and amplifies the truth of who you really are.

This search is a natural occurrence. This search is not a frightened and frantic hunt, but rather an opening - an expansion - a welcoming. Can you feel this difference?

Do you feel the frantic hunting ease up as you expand and open your heartspace to the truth of who you are and the truth of love's capacity to change the world?

You will see others who are stepping up and stepping out in faith and your faith will be strengthened.

You will see other acting in kindness and your compassion will reactivate. You will experience the beauty of a dawn or sunset and your capacity for appreciation will grow.

You are already feeling this, are you not? Indeed. What a blessing you are!

Even if the shroud of doubt fills you again from time to time, you can readjust yourself back into heartcenteredness with just a bit of expanded awareness into your true heart-of-hearts.

So much grace is available for you here.

Welcome home.



3. SACRED GIFT IN TIME

One cannot move forward if they are continually looking back. Your past has much to teach you should you choose to notice and understand. Reliving the past does not teach. Rather, reliving the past anchors one's energy / attention / strength / life force in the past. Learning from the past allows one's energy to flow into the future with new understanding.

So, how does one view the past to obtain the valuable information without reliving the past?

Allow your noticing the past to move into the space of Sacred Observer. This requires noticing without judgment. This requires seeing without experiencing. If the pain is too much, step back. Step out of the experience. Create for yourself a safe viewing space.

A safe viewing space is a space of sacredness. A space of knowing your value, your worth, your talents and abilities, your blessings and your gifts. When in this space of value, other's actions, opinions and judgments hold no ground in your awareness. They exist, but without damage to you. **From this safe viewing space, even old painful traumas can be viewed without pain or renewing the trauma.**

If you are unable to find your space of sacredness where you feel your own sacred value, you may not yet be ready to observe old wounds.

Give that old experience a sacred gift and leave it there in that time and space. That sacred gift could be the idea of a flower to signify you care. That sacred gift could be the symbol of a crystal to signify your willingness to see clearly. Whatever sacred gift you select, place it in your awareness next to that memory. Maybe that looks like leaving a flower on a table that was present in this experience. Maybe that feels like just a mental marker on that memory.

By leaving this marker/sacred gift, you allow yourself to bring more of yourself present time. You can utilize this energy for anything that you choose to do now - in this moment. You free up a lot of stuck energy with this process.

Once you are ready to observe that old trauma with the Sacred Observer that does not re-experience the pain, you may see something in this that you may have missed before. You may notice that the trauma really had nothing to do with your worth. Rather, it was an expression of someone else's previous traumas. This allows you to reclaim your sense of sacred value.

Whether you utilize the Sacred Observer or you utilize the sacred gift, allow yourself to free up your energy for the here and now. You have much to do here and now. Not just accomplishing duties, but instilling love in your world. You shine brightly as you bestow this love through your actions and your words. Your kindness changes the world. We honor you in this.

4. BRIDGES

You may feel or be experiencing a gap between where you are and where you want to be. You may feel or be experiencing a gap between what you would prefer from others and what you are experiencing. You may feel or be experiencing a gap between your heart and Divine Source. You may feel or be experiencing a gap between your feeling/mind self and your heart-of-hearts.

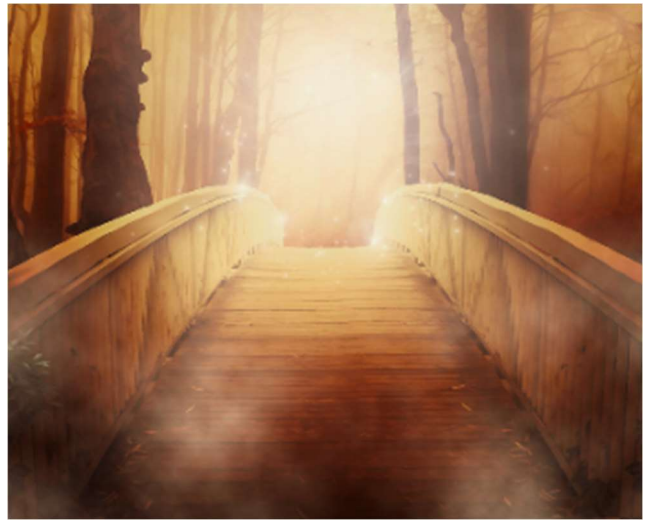
Is this gap real? Yes, and no. Yes, the experience of it is real because you are experiencing it. Yes, you have goals and ideals that are as yet unmet. Yes, people can let you down. Yes, your heart is not as pure as Divine Source. And yes, your feeling/mind self cannot comprehend the same things that the heart-of-hearts can comprehend. However, this is a gap in perception rather than a gap in capacity.

The truth is, a sacred and divine bridge connects you with your goals, hopes and dreams. This bridge allows you to dream and dream big! You may not yet have arrived, yet the capacity is there and there exists a bridge to assist you in getting there. A sacred and divine bridge connects you with others. This bridge puts its trust in love and not in another person's behavior or lack there of.

You probably already have a sense of the sacred and divine bridge between your awareness and Divine Source. You can utilize this very same bridge to connect to your own heart-of-hearts.

The gap you feel or experience structures itself upon expectations. The bridge you notice and utilize bases itself upon love, appreciation, and gratitude. Do you have a sense of this?

Take a moment to just breathe and be here. In this you will notice all the bridges fall into



place for you. Have a life goal that just seems out of reach? Love builds a bridge. This bridge guides you to the next step toward your goal (or something even better).

Have a relationship that is struggling? Love builds a bridge. If that relationship no longer serves, love (love for one's self and the truth, honor, and respect) builds a bridge in another direction so you can move on. Notice this. Which bridge will you choose?

Love bridges the gap between your heart and Divine Source. This two-way bridge allows you to perceive Divine Love pouring through your own insecurities while allowing your prayers to be heard. What will you pray for now?

And the bridge of love opens your awareness to receive and perceive energies and insights of great significance. Do you have a sense of the bridge of love?

We are on the bridge awaiting the arrival of your awareness.

5. YOUR BRIGHT HEART

Your journey thus far has taken you through difficult places and through moments of delight. **It is our sincere hope for you that your difficult moments are brightened by your expanded awareness that grants you those moments of delight.** Where ever your journey takes you from here, we also hope that those moments of delight filter all your experiences.

It is certainly easy to fix one's attention upon the things that are not working well or that are troublesome. Actually, it is human nature. However, one's spiritual nature focuses itself easily upon that which is delight-filled. **The key is finding balance between the spiritual nature and the physical nature.**

Ignoring the challenges is foolish. Ignoring the bliss is also foolish. Noticing them both in balance grants one wisdom. This wisdom creates it's own sense of peace and harmony even in difficult circumstances.

Your natural directive to take care of the physical form asks you to be vigilant and aware of any difficulty or danger. In and of itself, this is good and holds it's own wisdom. However, over-vigilance in this area deprives the soul of it's breath of life. Parents would not sacrifice their time and attention to care for their children if self preservation was all that mattered. Art and creativity would disappear. Joy and prosperity would vanish. Life would hold little value beyond existence.

Yet, your heart desires opportunity to flourish. Your soul desires opportunity to be of service. Your spirit desires opportunity to soar. These experiences happen when one sets aside the fear that accompanies over-vigilance.

Flourishing, serving and soaring happen when one steps into the harmonic that accompanies joy, creativity, and compassion.

When you find yourself struggling with fear, notice this. Rather than berating yourself in this, honor this. Thank Divine Source for your survival thus far and breathe in a fresh breath of air. As you exhale feel yourself re-center out of fear and back into your rightful state of joy, creativity, and compassion.

With your next breath notice the beauty that may be around you and notice your gratitude for the capacity to notice this.



Notice that you can still respond to your environment if needed - perhaps more so as you are not shut down by fear. (Fear - the very thing you had counted on to assist you in survival is the very thing that blocks you from trying new things and discovering new truths to ensure not only your survival, but your ability to thrive in changing circumstances.)

With this new perspective of expansive awareness, new insights flow easily to you. Your rigidity releases and your willingness to try new things expands. Your world opens up. Not only your world, but the world around you.

As your energy unclenches its teeth and expands, others around you sense this and also relax into the moment. Whether you feel their energy respond or not, this response happens.

We see the difference one person can make. We see the changes one bright heart brings to a planet torn with fear.

We honor you in this. We walk beside you ready to assist you in this. We whisper to your awareness of your bright heart. Our hearts sing when you hear and respond. We bless you and your bright heart.

6. WAVELENGTH OF LOVE

Your life-force energy requires food, water, clothing - all aspects of nurturance, sustenance, and support. Your energy-life-force requires nothing from you. It is eternal.

With that said, one can build or grow one's energy-life-force. By recognizing the light energy within and around the body, the energy-life-force (light) is strengthened.

By honoring one's self and one's journey this inner light is also strengthened. By honoring another's path while maintaining safe boundaries so as not to disrupt one's own path or another's path also strengthens the inner light.

The greatest thing you can do to strengthen your own inner light the energy-life-force that allows you to live, thrive and flourish is this...

Tune in to Spirit - Divine Source - All That Is - God - The Holy Trinity - whatever term serves your understanding. How does one tune in to Spirit? Find the wavelength of love.

Begin by remembering how love has manifested itself in your life - A kind word spoken by a friend; a gentle touch from a loved one; a bird's sweet song just when you needed to hear it; the fall colors; the summer breeze; the smell of coffee (if you like that beverage); the smell of soup cooking or a cake baking - anything that brings to you a sense of delight or a sense of joy. This is the wavelength of love.

Once tapped into this wavelength, to further expand the light being/inner light is to share this wavelength with another.

Be the one who says the kind word.

Be the one to offer a gentle touch to someone suffering. (This touch can be energetic or

emotional rather than physical - though we all know the power of a gentle touch.)

Be the one who shares the coffee or the soup.

Be the one who says thank you.

Be the one who encourages another on their chosen path.

This caring/sharing amplifies the wavelength of Divine Love. In so doing, your inner light grows. Not just grows brighter for the moment of service, but grows in substance and depth. It roots itself in this loving wavelength and becomes stronger.

The strength grown in this way does not dissipate with outside circumstances. Whatever happens in the world does not dissolve this growth. **The wavelength of love is ever present, ever flowing, and ever strengthening so being tapped into this offers continuous energetic nourishment.**



Like a tree that sends its roots deep to find an underground river grows strong and tall. The winds of change cause it no disruption. The seasons offer it the opportunity to change, release, then regrow and flourish once again. Unlike the tree, who just does what it does, you can now change, release,

regrow and flourish as you will. It is your choice. Your outside circumstances may offer opportunity for you as well, but the choice is yours.

Where ever you are now, what are your circumstances suggesting for you now? You can choose to flourish even when the circumstances feel barren - because you are tapped in! You can choose to release even if circumstances suggest holding on because you are tapped in! The choice is yours.

Our sincere hope for you is that you tap in to Divine Love and grow your energy-life-force light so that you may flourish and also be of service. May your light shine hope and abundance for yourself and upon all you encounter. Your light blesses many. We walk with you in this.

7. EXPANDED FEELINGS OPEN THE WAY

Each step you now take sets you upon a direction of your life. Each choice you make sets you in the direction of your intent.

Yes, you know these things. Where you are right now came from the intent you set years ago. You know this, too. You also know that you can change your intent and your direction with a change in your focus and your willingness.

You also have an inkling that you are ready for something really big, do you not?

What might that be? You do not need to know exactly what that might be, but you can have an inkling or a hint of the feeling of it. Do you feel the truth of this?

So, allow yourself to imagine the best possible outcome for yourself as much as you might be able to imagine at this time. The best possible outcome may be too big for you to imagine just yet - yet you can imagine the feeling of it. Take the feeling that you can imagine and notice it. Do you feel safe? Do you feel active and energized? Do you feel peaceful and calm? Do you feel fulfilled and blessed? Do you feel gracious and generous? Do you even know what those feelings feel like?

We ask these questions to get you out of thinking and into expanded awareness. Thinking often tells you how to feel - sad, afraid, lonely, overwhelmed. Your expanded awareness can comprehend the bliss that awaits you where your mind/feelings cannot grasp this.

When the expanded awareness grasps the expanded feelings, The Universe (God, Higher Power, All That Is, The Trinity - as you may refer to this Divine Light of Love)

responds and sets up opportunities for this to come to you in ways you cannot imagine!

Life tells you to be afraid, yet your spirit tells you to be courageous. Circumstances tell you to be overwhelmed, yet your inner being knows The Way. The Way reveals itself to you within the expanded feelings.

Do you just conjure them up like magic? Well, perhaps.

Allow yourself to remember a kindness and this builds the energetic construct of kindness in your energy field and kindness finds its way to you! Is this magic? Perhaps.

Allow yourself to remember when a moment of fulfillment. (Fulfillment only lasts a moment, so a moment is all that can be remembered. The inner being constantly raises the bar and searches for what's next. This is wonderful as it keeps one engaged in life and open to new wondrous possibilities! Until the feeling of being overwhelmed steps in and crushes that spirit of fulfillment.) Revitalize the feeling of fulfillment with a memory of this energy and Divine Source provides opportunities for The Way to fulfillment to open up to you.

So... what we are saying is this. An energetic construct of your feelings surrounds you and supports your journey while Divine Light provides The Way into more of that feeling. It is your choice what feelings are constructed in your behalf.

You might wish to remind yourself of this great inner power with a few simple words. I Am. I Am Ready. I Am One with Divine Light of Love.

We walk with you in this.



8. A GIFT OF LOVE

Feast upon the Love we share with you. Your souls hunger for a taste of this. Life attempts to teach you that you are not lovable or that love is ever distant as you strive to earn it.

The Love we share with you is free. The Love we share with you is without end. The Love we share with you sustains your soul.

Certainly, a clear soul can receive more of this Love. An open heart-of-hearts can experience more of this Love. An open awareness can perceive more of this Love.

It blesses you to be clear, open and aware, **yet this Love is based not upon the condition of your being but rather upon the unlimited delight of Divine Source.**

We are not your middle man. You can access this Love directly. However, sometimes it helps to sit at the feet of one(s) who know this Love first hand. Not because we are anything special, it is rather that our joy and enthusiasm for sharing it makes it easier for you to perceive.

When a small child awaits Christmas morning (or another holiday based upon your beliefs) it is the enthusiasm of the parents and older siblings that grant that child an awareness of what is to come. A sweet anticipation is engendered from one to another.

So it is with this Love. We share in it with you in equal measure. We are no better than you nor are we more divine than you. We merely have been experiencing it a bit longer and have much gratitude and joy to share with you about this.

This Love we speak of offers you open doors that otherwise would be closed. This Love guides and protects you as you walk your

Ascension Path. This Love is a resonance and harmonic that sustains and blesses you.

There are many ways to access this Love. For now, let us bring it to you.

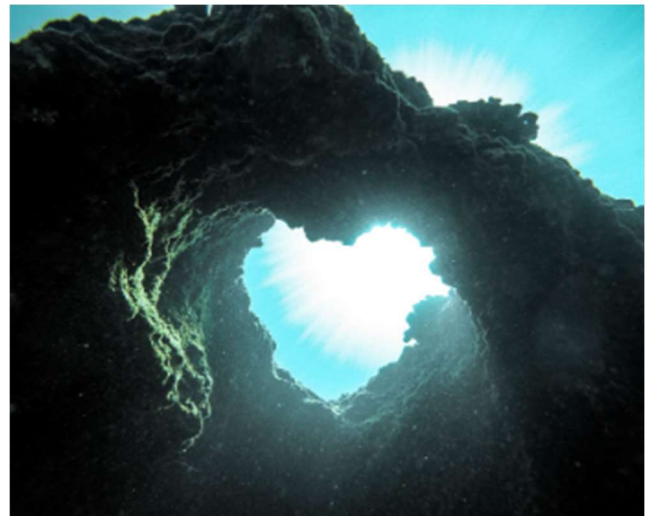
Allow yourself a quiet moment as you read this. A gentle breath may assist you. As you see these words on the paper, **bring your focus to the word LOVE.**

LOVE

As your eyes return to the word, we bring to you a gentle wash of this loving energy. Allow yourself to feel it wash over you and through you. This Love is a piece of your divine nature and reminds you of your value to us and to Divine Source.

Notice the word again. Again receive this gift.

LOVE



9. THE BLESSING

You have come a long way in your journey, have you not?

Each day reveals more insights for you and you notice and receive the blessings of connections more often than not, true? Yet, you still seek more.

Wonderful! We have more to share with you! As you move further into the Sacred Observer, more can be seen and experienced by your awareness. Just noticing is a big part of the blessing you receive. The greater blessing is the changes that happen both to you and to your world as a result of your awareness expanding and noticing.

The actual vibration of your planet is shifting.

Certainly, you may feel as if things are primal and difficult right now. This and that are at odds with one another. This is part of the growing pains of your planet. The less you allow yourself to become ensnared into that, the easier it becomes for you and this allows ease to reach others as well.

Yes, we know that you want the ease to be easier and sooner. And yet, if you notice, the ease is already here. You are more easily joyful now that you used to be. You are more easily shifted into peace than you used to be. What you want is for others to be at ease so your ease can be more easily felt. Stay the course, Dear Ones. Stay the course. The ease is at hand.

So bring your attention to your hands. Your hands hold the power for change for you both physically and spiritually. The hands symbolize power. The hands utilize power for healing. The hands do the tasks that are "at hand" for you to do.

Now, notice your hands again. See the lines imbedded upon them. The lines in your

hands are totally different than any other hand ever created. You have your own unique journey here on this planet. Certainly the lines have much in common with other people's hands, and yet, yours are totally different. Can you feel the energy flow along those lines?

These lines represent the flow of your life. These lines represent your unique journey and your unique gifts to the world. Can you feel the energy here? Notice your hands



more intently and focus upon the palm. The energy builds here. The energy build here for you to use in which ever way you choose. What will you choose to do today?

Feeling helpless with surrounding energy not feeling at ease? Bring the energy of ease into your palms and send this energy out into the world. You may open your palms away from you or you may place them palms down upon a table. Open palms facing away sends the energy through the ethereal realms for all to access. Palms down sends the energy through the Earth itself for all to access. Which ever way you choose, this energy shifts the energy of the whole planet!!

To boost this energy, speak a power word phrase along with the sending of energy. Say, "Be at ease." or "Awaken." or "Love lights the

way." or another word or phrase that fits for you. This blessing along with the energy forms a powerful energetic structure that seeking souls access and receive. What a beautiful gift!!

What you choose to do with this energy is unique to you and the lines in your own hand.

What do you wish to create? Send that energy and intent in this process.

The result will be an experience of profound proportions that you can and will feel immediately.

We join you in this process. We bless you in this process. You are the blessing in this process.

10. WALKING THE CLEAR PATH

As you walk your sacred path of Ascension, you may find constant distractions. It may feel as if you are alone. It may seem as if the darkness will win.

This is untrue Dear One!

The constant distractions you experience is merely life unfolding before you. A part of you in child-like wonder must take a moment to observe and notice. This is not a distraction, unless it is a distraction from auto pilot. Auto pilot is much easier than noticing and being in the moment.

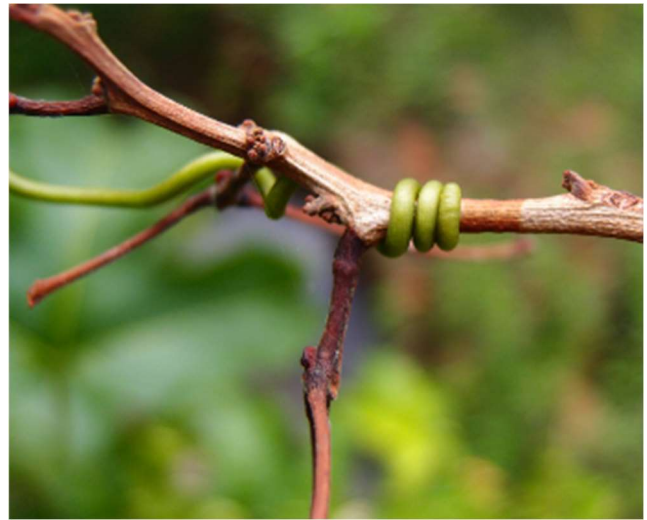
For the next little while, just notice what catches your attention. Is it worthwhile for you to pay attention to? Then give that experience your full attention.

Is it merely someone's attitude you notice? Then notice and allow and move on. Someone's attitude is quite important to them yet holds no real value to you in the long run. (If you are in an unsafe situation, someone else's attitude is cause for great concern and it becomes necessary to notice and keep one's self safe. Unless you are in that unsafe situation, notice, allow and move on.)

How does one ALLOW and not get tangled up in someone else's attitude or opinion?

Notice the entangling energies that grab ahold of your energy field.

Start first by noticing your clear energy field. Don't feel clear? Take a few clearing breaths. Anchor into the Earth with you intent and expanded awareness. Command the clutter to BE GONE!! Breathe a clear, fresh breath of air and notice the now clear energy field that surrounds your being.



Next, as you notice your clear energy and you have a sense of someone else's energy, notice the tendrils of attachment attempting to connect to drain your energy.

Your clear energy field coupled with your expanded awareness repels these tendrils. Merely say to yourself. **NOT MINE.** (if you have already connected with your protector Animal Spirit Guide, this animal will use its powers to repel the intrusion of the tendrils as well.)

These tendrils are only energy. Certainly, left attached and unnoticed, they can drain your energy field. However, with your expanded awareness and your declaration, NOT MINE, they cannot attach nor can they drain your energy.

Then, if you have a feeling that you are alone, notice again your clear energy field. It is not empty!!! It is filled with LIGHT. Divine Light! This Light has intelligence and can comfort, bless, encourage, nurture, guide and uplift you!!!

How can the darkness win where there is so much LIGHT!?!?!?

In this Light of awareness, we abide. We walk with you as you walk your sacred path of Ascension.

We honor your brave heart and your alert mind. We encourage you to use these to your own highest and best good and hope these quick techniques assist you along your way.

Many blessings, Dear One.

11. THUNDERSTORMS

How do you currently perceive yourself?

Distraught? Discouraged? Stressed? Uplifted? Supported? Divinely Guided? All of the above?

It's true. One can both feel distressed and Divinely connected at the same time. How is that possible? There are physical aspects of your awareness and spiritual aspects of your awareness. Both can activate at the same time. This often leads to more distress because how can you trust the peace and joy that come from the Divine Connection when you can also perceive the chaos or turmoil around you.

Just know that turmoil or the absence of turmoil is not the definition of Divine Connection! Certainly, with a stronger connection, turmoil loses its grip and peace invades the heart-of-hearts which the body and mind can perceive.

The goal for the spiritual journey is awareness, rather than shut-down oblivious trudging through life. Being completely aware that there are things amiss within the environment and yet allowing peace to go the distance and uplift the being.

Whether one hides under the bed during a thunderstorm or one watches from a safe window with a curious interest, the thunderstorm will happen. The forces of nature come together in such a way as to engender stormy weather. The storm happens. Which approach to the storm brings you the most peace? And maybe even some awe at seeing the lightening flash across the sky?

You currently endure a thunderstorm of fear, hatred and turmoil. Keep yourself safe as best you can, and notice this thunderstorm with an open curiosity of how it carves its

path through this century. Time will determine the ultimate outcome. Certainly your life may experience disruption, yet these experiences need not carve their way through your Ascension Path.

Within the turmoil there is peace. The steadfastness of Divine Connection overrides any turmoil. The key is finding the connection and locking in. Not like hiding under the bed, but rather facing the storm through the open window of perception.

Notice again how you perceive yourself. Distressed yet connected? Discouraged yet uplifted? Noticing both aspects allows you to perceive the truth of your experience. No hiding here. Just allow the distress to be here but not rule over you. Allow yourself to notice the discouragement without falling prey to the loss of perceived power.

Within this noticing, your spirit also notices Divine Presence. Allow yourself to perceive this Divine Presence even more clearly. This Divine Presence has a message for you. Can you hear it? Can you perceive it?

Allow yourself another moment within Divine Presence.

The message is, "I Am With You." Feel this Presence even more fully.

This Presence strengthens your mind and your physical body. This Presence supports your emotions. This Presence uplifts you spiritually. By noticing Presence, you came out from under the bed to perceive it. Well done!! And you can do it again in 5 minutes when you have forgotten and have slipped back under the bedframe.

Try not to be harsh with yourself for the need to crawl under there. Divine Presence is there, too. By allowing the strengthening and uplifting, you will clearly know what action to take as is necessary for the moment . . .

even if that action is to wait. Sometimes taking action - any action - temporarily relieves the perception of storm by the action of doing. Yet, without Spirit support our actions may be counter-productive. So, be within Divine Presence and notice if any action is brought to your attention. Do that. Fear will not be the boss of you demanding your reaction and distress. Instead, Peace and Hope will guide you.

You were created for times such as these. That is why you are here now. You ARE strong enough within Divine Presence. You ARE powerful enough within Divine Presence. You ARE gentle enough, kind enough, wise enough, and blessed enough to make a difference.

Within Divine Presence you feel the difference, can you not? Be that. Be the one who is different. Be the one who makes a difference. Allow Peace and Hope within Divine Presence guide your way.

We walk with you in these moments of discovery.



12. THE DOORS OF LIGHT

Through the darkness, a door opens into the Light.

There exist many doors . . . Doors of Light that bring one into the physical plane through birth. Doors of Light that bring one through trials and challenges. Doors of Light that bring one from the physical plane into the ethereal realms at the conclusion of life.

Each door seems foreboding. Each door a passageway into the unknown. You watch as others cross through these doorways as you welcome little ones as they birth their new existence. You observe others pass through trials and challenges you cannot hope to understand. You, yourself notice your own trials and challenges as doorways into the unknown. And in time, we witness the passing of loved ones as they transition through the doorway of physical into spiritual.

Are the doors dark and as foreboding as they seem? No. The change feels overwhelming. The darkness of not knowing tries to hide the Light from our awareness.

Though one may not know what lies beyond the doorway, one's faith fills the doorway with Light. The unseen cannot be seen, yet the Light of Love is visible! Sometimes the Light brightens the way so intensely that only the next step can be seen.

Honor your need to know. Honor your wish to understand. Honor your desire to be prepared. Yet, know that all the preparation in the world may not grant you the vision required to see your lighted path. Only eyes of Light may see what lies ahead. Only the enlightened heart-of-hearts can view the Light-flooded plain beyond the doorway.

How to navigate this Light-door and the Light-flooded plain? Awaken your senses to



perceive Light on a new level. This new level of Light-viewing asks that you take your eyes off the darkness around you and view Divine Source and Divine Connection instead. You are called away from the darkness of fear and sorrow and into the Light-Path.

Your eyes shall become accustomed to this Light and your vision will sharpen. You will see how you can be of service rather than seeing the darkness. You will see others being of service and be blessed. You will see how to share your light rather than notice the shadows that may abide in the world. You will see others shining brightly and be blessed.

Certainly, sorrows remain. Fear exists. Yet your Light-flooded journey leads you into that space as a healer and one who blesses rather than the one who is lost.

Feeling lost? Look for the one's shining brightly. Their light brings you closer to The Light. The Light of Divine Connection awakens your inner light so that you shine brightly and darkness flees from you.

May you shine brightly as you bravely step through your next Door of Light. Your Faith Lights The Way.

We see your light and are blessed

13. SEEKING THE LIKE-MINDED ONES

You, Dear One, are awakening more fully to the Light.

In this awakening, you find yourself standing without fear. Well, without so much fear. At the beginning of your awakening, the darkness was so familiar that the Light brought trepidation and fear to your awareness. **Now that you've experienced more and more of the Light and your Divine Connection, the Light now feels familiar and you welcome it.**

Even so, this Light requires different things from you than the darkness required. The darkness required you to hide your feelings and to hide any wrongdoing or even any difficulty. The darkness required a brave face and a shrouded life.

Not so with Light. **The Light asks you to be true to your heart-of-hearts.** Sounds frightening on the surface! The key here is connecting with others who allow this truth to run free. The Light asks you to share who you are with grace and honor. This, too, generates trepidation. This fear comes from your interactions with those who take only - and neither appreciate nor value this gift.

The key here is also connecting with those who acknowledge and bless your gifts. (This is not to say do not share unless you get something back - there are times and situations for giving without any thought to these things. We are speaking to you sharing your true self - not sharing your physical bounty because you can.)

The key to being true to your heart-of-hearts and to the sharing of your true self becomes your community. Certainly, you can be true and share that truth anytime, yet to grow and flourish choose whom you allow in your presence.

Sometimes families set roles and rules for family acceptance. This may not fit for sharing your Light on a deep soul level. Certainly, share your Light with family!!! This means, let them see the joy and the peace you contain. Hold your own council if your family rejects or criticized your spiritual path.

We sincerely hope that you quickly discover others of like-minds that can hear and honor your heart-of-hearts. If your world is currently devoid of these friendships, know that your energy, your connection to The Light, draws these people to you. Discern who is worthy of this Light.

We will assist you as you seek like-minded beings of Light.

Seek and you will find. Seek and you will be found and blessed.

We walk with you in this blessed journey.



14. A PATH OF HONOR

For now, in this moment, you are more powerful than you know. Past experiences have attempted to teach you that you are unworthy or you are not supported. That may have been true for you then. Is it true for you now?

Take a new look at your perceptions about your self. Your true self. Your true self senses a level of support and blessings on a whole new level. Do you have a sense of this?



This support doesn't do the work for you, nor does it shelter you from your journey. Rather, this support allows you the power of choice in this moment to honor your self and thereby take action that supports your true self.

Let us say this another way: **When you honor your self, the Universe honors you.** When you fall prey to fear and self loathing, the Universe lovingly waits for your awareness to return.

Let us say this another way. When you do what is uplifting to you, Divine Source, the Angelic Realms, and those of us who comprise the Ancient Ones, uplift you and

assist you with serendipitous moments of grace and bliss. When you deny your divine nature, we simply wait with loving attention until your awareness clears. At that moment we cheer and search for ways to uplift you, support you, care for you, and assist your journey.

How does one honor one's self? Pay attention to your heart-of-hearts and take action accordingly.

If your heart's not in an action you feel necessary, look again with your heart-of-hearts. Either find worth in the action or refrain from it. Do not confuse your emotions in this choice. Your emotions may feel whiny and irritated because they may only be looking for glory or instant gratification.

Look again with the part of you that knows honor. This part of you finds joy and blessings even in the most mundane of activities.

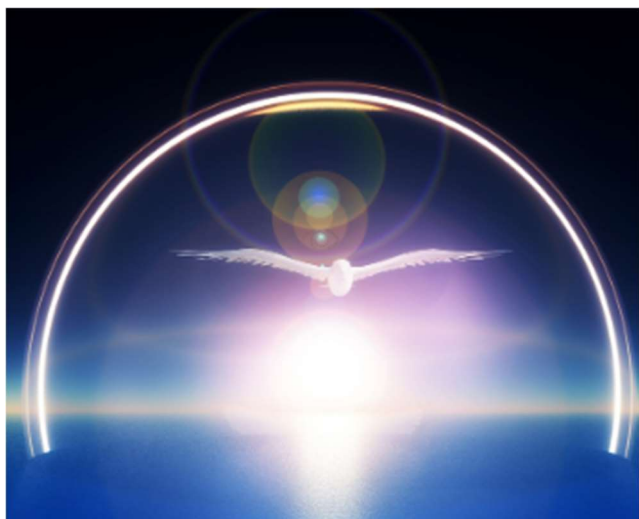
It is within this threshold of honor that we walk with you. Rather, we (and all the heavenly realms) rejoice with you when you allow our presence to attend your actions.

We hope you feel this support as you walk your path of honor this moment, this day, this lifetime. We walk with you.

15. THE EYES OF YOUR HEART-OF-HEARTS

Your awakened self now experiences life with new perceptions, expanded awareness, and new vision. This vision is not only the sacred perceptions of the future you are calling into existence, this vision also clears your perceptions of life around you.

You are now seeing with the eyes of your heart-of-hearts along with your physical eyes.



Two people can see totally different details of the same experience based on each mindset and each perspective. With the eyes of your heart-of-hearts, you see as God sees - you see with Divine Perspective. This is not the eyes of judgment. No. Rather this is the perception of light, love, and beauty.

Your heart-of-hearts perceives these qualities even in people you personally don't like. Your heart-of-hearts perceives these qualities even in situations that you don't like.

Your eyes of the heart-of-hearts tunes in beyond the physical seeing and the physical knowing and discovers a whole new layer of awareness and insight. You can see the spark

of light (how ever dim it might be) within these people and situations. It is these perceptions that allow even more light to enter those beings - those arenas.

As you awaken the eyes of your heart-of-hearts, you more and more perceive the beauty around you.

Take a moment and notice where you are now. Now close your eyes for a moment and tune in to your heart-of-hearts . . . you will recognize it when peace settles over your awareness.

Now open your eyes and "see" what your heart-of-hearts would like you to perceive in this moment. Experience the Light, Love, and Beauty that your heart-of-hearts perceives.

Sense it with your whole body.

Now turn this noticing towards yourself. View yourself from this sacred perspective. What do you see? Break through your old patterns of judgment of yourself and notice the Light, Love, and Beauty that resides here.

We see it. We see your Light, Love, and Beauty.

16. A SACRED CONNECTION

The energy you seek is already here.

The love you seek is already here.

The light you seek is already here.

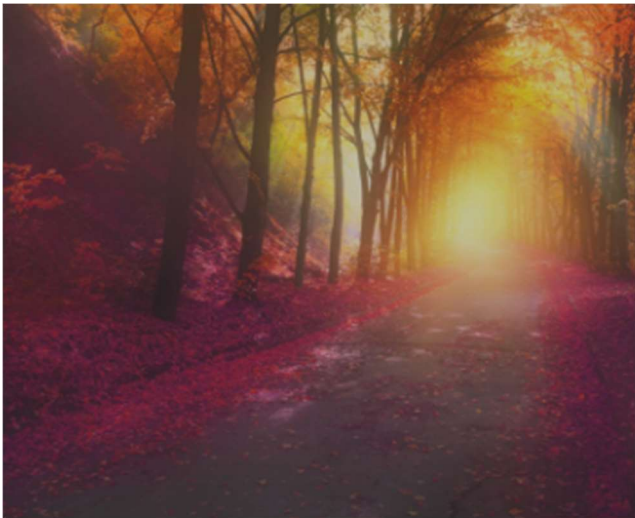
The joy you seek is already here.

The grace you seek is already here.

The abundance you seek is already here.

The power you seek is already here.

The key is accessing this energy, love, light, joy, grace, abundance and power that is already here. You are already touching it. Do you have a sense of this? By just noticing that you are seeking it, it appears in your awareness.



Notice this again. Reach out with your awareness to sense these qualities you seek. You can sense power and abundance can you not? Even if you do not own this in your own perceptions as yet. You can sense grace, joy, light and love can you not? Even if you feel as if these qualities are not yet yours. This is one level of awareness.

There are two levels of this awareness. The second level and more powerful level is found within your heart-of-hearts. This level is already connected to the Infinite Source of that which you seek. Your heart-of-hearts contains a link to this level.

Now look inward. Look within your heart-of-hearts. Notice the connection link to Divine Source abides here. When you pray you access this connection link. When you meditate, you access this connection link. When you serve with love, you access this connection link. When you create, you access this connection link. Remember how it feels to lose track of time when you are involved thusly? Remember how it feels blissful? Remember how it feels, well, powerful beyond your own will and intent? This is because you are accessing a Power Greater Than Yourself - you are floating within God-space in those moments.

Now, bring to remembrance a time when you were beyond time. By remembering, you bring yourself back into that sacred connection once again. Notice how it feels and where it feels within your being. Perhaps your heart. Perhaps your core. Perhaps your mind. Perhaps your whole being. Notice this.

Now request this sacred connection be amplified. You will feel your whole being open up further into this sacred connection. As you open up further, more power, abundance, grace, joy, light, love and energy flow into you. You may even experience goose bumps just reading this. If you are actually processing this as you are reading, you will feel the amplification of these qualities immediately.

This is just touching the surface of what is available to you. Once you access this - and it may take a bit of practice to step out of worry, fear and lack and into this sacred connection - this can be further amplified by

requesting it to be amplifies and allowing it to do so.

The result will be discovery. You will discover new avenues of abundance. You will access power for healing and blessing self and others. You will be amazed at the level of grace gifted to you. You will access a whole new level of joy, light and love as well as access to a higher vibration of energy.

What will you do with this energy? You will be led to be of greater service once you claim the love, light, and joy that is already yours to claim. You will be blessed with honor, peace, and insight once you claim the grace, abundance, and power that is already yours to claim.

Are you ready to receive this? Allow yourself the opportunity to seek and find and you will be blessed beyond your imagination.

We take great joy in helping you in this journey. Blessings to you, Dear One.

17. ESCAPING THE TRAP

You may feel as if you are experiencing emotional upheaval or emotional shut down. You may feel distanced or disconnected, or overconnected and overconcerned.

These feelings set a trap for you. Certainly, it is normal to feel these feelings, yet, normal is not the optimal nor is it the desired result. Once the sneaky trap has been sprung, it may prove to be difficult or nearly impossible to escape, yet escape you must. Escape from entrapment is your calling. You are being called to freedom and to joy. Neither of these things (nor a multitude of other blessings) can be found within the trap.

The challenge of the sprung trap is that it seems impossible to escape. It also feels a bit, well, justified and therefore comfortable. As if one deserves to feel this earned misery.



Life has many obstacles, suffering and difficulty underlie all those things. Yet, misery need not accompany that. Hardships can be met with joy. Ailments can be met with trust and hope. Loss can be met with release.

The key to the trap is not within the feeling itself, but rather in the awareness of the

feeling. Noticing and becoming aware with expanded awareness allows the feeling to exist outside of your physical experience. Let us say this differently. Outside of your awareness of your feeling, there exist other feelings at the same time. They are already here. Expanding one's awareness allows other feelings to surface and be reclaimed.

You may wish to remind yourself of a memory of a happier time. The "you" that is already free knows these feelings and can remember them into this moment. Now, you can accept these feelings and identify things in this present moment that fit this feeling and lock it in.

You may wish to step outside and notice a tree or the rocks or dirt nearby. Their endurance through the years, and even ages, reminds you that you exist beyond this momentary situation. Even if the situation that distresses you continues, you can identify the parts of your awareness that are untouched by the circumstance. Compassion remains untouched no matter the circumstances. Peace remains within any situation as does joy, love, and purposefulness.

Your purpose on planet Earth remains active within any circumstance. Don't know what your purpose is? It certainly is not to feel misery. The physical form will feel pain. The emotional self will feel emotional pain. Yet your purpose exists beyond any physical circumstance that generates an unpleasant feeling. Knowing this will help your destiny to find you.

Yes, your feelings are real. Your feelings are probably justified. Your feelings are probably just trying to keep you from safe from additional harm. Yet, your feelings are not the sum total of who you are.

You are Amazing! You are Light! You are Love! You are Brilliant! Your life matters a

great deal to us. Let the real you shine through any circumstance you face.

We see your brilliance and are amazed! We walk with you as you re-discover your true self.

18. WISDOM OF LIGHT

An intuitive wisdom now flows to you. This wisdom extends beyond memory or learned experiences. This wisdom is Divinely sent.

This wisdom relies not upon one's own opinions nor viewpoints. This wisdom dwells within one's soul. This wisdom guides you and protects you in ways that you cannot see without looking with your expanded awareness.

This wisdom flows directly from Source. This wisdom guides you with insights and nudges along with unexpected assistance. This wisdom is within you and around you. Do you have a sense of this? The energy field within and around you holds great wisdom.

What can this wisdom do? It can yield great results with your goals as it tunes you in to see not only obstacles to overcome but opportunities to succeed. This wisdom alerts you to your highest and best good. It draws your attention away from disruptions and towards the blessings. Can you feel the truth of this?



How do you tune in more clearly, you might ask?

One word.

Hope.

When you tap into the experience of hope, your expanded awareness automatically connects to this wisdom!

What is hope, really? What am I looking for?

Hope is not only the positive anticipation that things will be good, it is the assurance that you are good within the world. Hope is external and internal. Hope knows the power of good within the heart-of-hearts and the joy of utilizing this power.

Do you realize your value? This helps you access Hope. Do you realize that you are guided and blessed? This, too helps you access Hope. Do you have a deep feeling of goodness within self and within the world (in spite of what you might see broadcast in the world.) You truly know that given a chance humans can be kind beyond belief and compassionate beyond limitations. There is goodness within each human and the capacity for even more. Notice this. See this light of goodness - maybe it is only a tiny spark in some - yet it exists. Have hope of this. See this with the eyes of Hope.

There! There is the access code to the Wisdom of Light that blesses and guides your soul, your path, your soul's path. It is everywhere and linking with your awareness now! This Wisdom, in turn, amplifies your Hope, which in turn, amplifies your connection to the Wisdom of Light! Your guidance is here. Your protection is here. We are here.

19. BREATHE AND GROW

Times are changing. It is time to change. Change from what into what? Change from what you are not into what you are becoming. You are already in process.

The key is to stop resisting the process. Resistance is normal, yet not productive. You cannot go back. You can continue doing things the way you used to, yet your inner being is not the same. It will languish under the restrictions of the sameness you are familiar with.

Yet, the changes that we see for you do not require effort nor do they require an entire reset of your life. Certainly, if this is appropriate for you, this is an optimum time for that, yet the changes we refer to are the subtle little changes of perception that make a huge difference in your life and in your world.

These changes of perception are effortless when you perceive from your expanded awareness. These changes of perception are impossible from the limited thinking of lack, force, judgement, and regret.

Take a deep breath. Within that breath lies the opportunity for a shift. Did you feel it? Just noticing the breath allows the shift to happen effortlessly! It is impossible to notice your breath and feel regret. Try it. You can do one or the other. Yet, within noticing the breath, one can notice the brilliance of life unfolding around you. Try it! You can experience both!

This is because noticing the breath engages the expanded awareness which shifts your perceptions. The breath is something you have with you always. Yet, it is easy to slip into shallow breathing and an unaware life, is it not?



Take another deep breath. Notice how your inner being lights up and looks for ways to shift and grow? This is the change happening effortlessly with you and for you. Not to cause you to labor or struggle. May it never be!! Rather, when your inner being lights up and looks for ways to shift and grow, it becomes exciting and joyful. You slip effortlessly into a "wonderment" state of being that activates your expanded awareness even more. You wonder if you could possibly do this or that. You wonder if this or that might be joyful to experience. You wonder if this or that would bless you. And, in this wondering, the energy of this or that is magnetized to you.

One does not shout at a plant to grow. One nurtures it with the appropriate sunlight, moisture, soil, and temperature. Have you been shouting (silently) to yourself to grow up ... or get over it ... or stand up for yourself ... or get brave ... or ... ? The technique of force comes from judgment which cuts off the expanded awareness.

Breathe, Dear One. The change happens effortlessly. Breathe and grow into the Sacred One you came here to be. We see your growth and honor you in this.

20. SPIRITUAL STRENGTHENING

Spiritual strengthening comes to you now.

This strengthening flows to you directly from Divine Source. This strengthening is easy to receive through your 3rd eye. Though this energy may feel light (for it is Light), it is powerful and brings great strength with it.



Open your 3rd eye to the Truth of who you are and the Truth of Divine Compassion. These Truths allow your 3rd eye to awaken and open more fully. So, define for yourself who you really are.

Create an "I Am" statement that fits for you. I Am open; I Am kind; I Am awakening; I Am ascending or something similar. As you speak this to yourself, notice and become aware of Divine Compassion - The Love that exists beyond time and space and holds you in delight and tenderness.

This awareness of both self Truth and Divine Truth allows the flow of this Divine Compassion into your being. You may "see" it flow into you or "sense" it, or "know" it. Either way is what is right for you.

Our part in this process is to guide the flow so that you receive as much as you can receive as quickly as you can. Notice our

presence here with you as you begin to receive this high resolution energy.

As this flows into you it brings clear energy of highest resolution and vibration to you. Notice it and allow it to be received by all parts of your being. As you do so, weakening thoughts, feelings, emotions, pains and disruptions are discarded and replaced with this clear energy. You will feel stronger and more aligned to your own power and to Divine Power. This strengthening will guide you in your next steps.

We walk with you, Dear One. We assist you in this process.

21. RE-ENGAGE INTO JOY

On one hand, it appears that days, hours, moments slip by so very quickly. Things that happened years ago feel like they happened just yesterday.

On the other hand, time seems to stand still. Moments seem to drag with heavy weights attached. Time does appear to change with our attention and our awareness. When one is connected creatively in their world, time flies. When one is disconnected from Creative Source, time drags. We languish in the disconnected moments and life flies by while we are engaged and connected.

We wish it were the other way, do we not? We wish we could hold on to those connected and engaged moments and we wish the difficult times would fly by.

Truth is, by connecting and re-engaging, we move more quickly through the difficult moments of life and allow Loving Spirit of Light to uplift and carry us through. Unfortunately, re-engaging is the last thought of the disconnected mind.

Feeling bogged down? This reminds you to reconnect - to re-engage spiritually and creatively with life. When bogged down, one forgets to do what they love to do. The bog-fog causes the spirit to submerge and be still. This is called survival. Yet, one doesn't survive well this way. Survival happens best - even in troubling times - when one is fully engaged in life.

How to begin to re-engage? Notice with your expanded awareness the world around you. Notice its colors and flavors - its smells and its sensory input. What are you experiencing right now? How do the clothes on your body feel? What does the world outside your present location look like? Cold and dreary? Bright and clear? Notice and pay attention to what you see and experience. This drops the

bog-fog down a few notches and your spirit can emerge to assist you in your life experience. Once your spirit is re-engaged, you may find a clearer directive for what brings you joy. Love to cook? Might want to make something. Love to paint? Might want to make something. Love to garden? Might want to get your hands into the dirt.

We have encouraged you in the past to be a human being, not a human doing. Yet, in doing activities with an engaged spirit, joy comes to you more quickly. We encourage you to find balance in the being and the doing. The act of being, without an engaged spirit, leads to the bog-fog exhaustion. The act of doing, without the spirit, leads to overwhelmed, duty-driven exhaustion.

The key to a vibrant life is balanced, engaged awareness. This leads you into joyful expression of your true self that transcends the restriction of time. You tap into the joy, grace, and bliss of eternity both with mindful being and with mindful doing.



22. HOPE RETURNS

It is Spring in the physical world in this time and place that we are speaking with you now. Whether it is winter when you read this, the message shall remain active.

You feel renewed warmth of the sun and see the new growth on trees and plants around you. This renewal warms the soul, does it not? It brings a stirring within, an optimism. And it brings hope.



Hope is a powerful spiritual force that grants deepening expansive awareness. Without hope, the awareness can only perceive to a limited level the expansive blessings and guidance available. Hope, or positive anticipation, opens channels of blessings, love, awareness and joy.

Yet, hope eludes many. Darkness of the dreary winter can drown out hope. Darkness of dreary speech also drowns out hope. Darkness of fear, along with darkness of worry also extinguish hope. Drudgery, and a sense of powerlessness drowns out hope.

But hear this!!! Hope drowns out dreary speech, fear, worry, drudgery and powerlessness! Hope is the cure! Hope is the pathway! Hope is the solution!

How does one rekindle Hope?

By remembering that Hope exists . . . Knowing Hope endures . . . Believing Hope IS!

You remember the green grasses from the previous year. You remember the flowers and leafed out trees. As you remember these, Hope returns. You know the plants are sending out roots and are awakening. You know the buds on the trees will become leaves. You know the flowers will awaken and return. You believe the trees endured the winter. You believe the flowers remember how to bloom. You believe the shrubs again dress in their lush green attire.

Are these false beliefs? No! Are these beliefs built upon fairy tales or wishes? No! They are truth in the making. These beliefs are Hope fulfilling itself.

Certainly, some winters claim plants due to the severity of the weather or the timing of the bitterness. Yet, not all plants are claimed. Certainly, some of your hopes may have been lost to the severity of life or the bitterness of others. Yet, not all of your hopes have been lost. Many await the warmth of your attention and the light of your awareness.

Hope, Dear Ones. Bring Hope into your awareness through the sweetness of memories and the joy of possibilities. Your Hope is neither foolish nor lost.

The Hope you cultivate creates illuminated growth within you that expands into your world.

May you find Hope, Dear Ones! We Hope you do!

23. THE SUCCESS PATH

The physical realm and the spiritual realm work together in your behalf. Though they are separate, they are not two separate places exclusive from one another.

Certainly, one cannot walk into heaven in their physical form for a day. Yet, one can glimpse the heavenly realms with expanded awareness. And, one can sense Divine Love and Presence even in the physical realm.

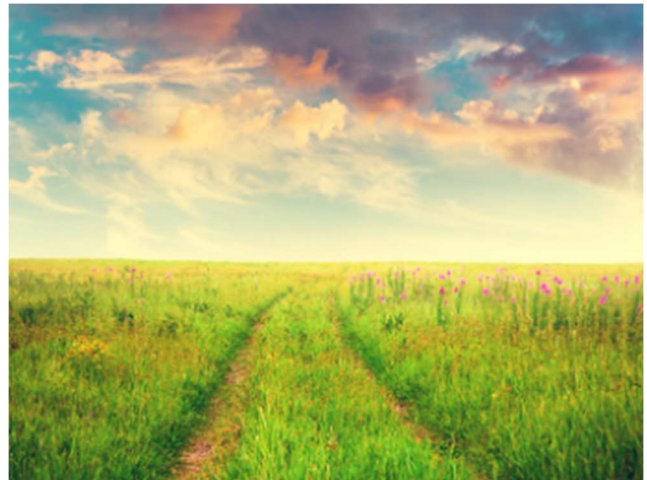
Divine Love and Presence transcends the boundaries of the physical realm because Divine Source has instilled within each one a sense of eternity, an awareness of Love, and an inner knowing of Peace.

Those moments that take one out of the state of Peace causes one to lose sight/sense of Divine Love and Presence and causes a short circuit in the ability to sense/know this Love and Presence.

Slipping out of a state of Peace or Peace-filled-ness (Peacefulness) happens easily when one allow themselves to be distracted by worry, fear, mistrust, dismay and other burdensome feelings. Those feelings will come and they will go as one moves through one moment to another. Those feelings drive one's actions in many ways.

Yet, one can release those feelings as one walks through the experiences each day. Certainly, difficult things happen. It is a part of the experience of living. Your soul would have it no other way!! The soul/spirit, the eternal aspect of one's being, longs for growth and opportunity to succeed. The mind and emotions prefer to play it safe and be comfortable.

Know this . . . each time you (soul/spirit - eternal self) succeeds in overcoming a dark time, a challenging situation, or a hardship, other souls/spirits watch, learn and grow



along with you. Your progress helps other souls/spirits to progress on their spiritual journey.

What is success? Even just not reacting, but rather choosing to walk in Love and Light in the difficulty -what ever it may be - is success. Turning to prayer instead of turning to anger is success. Speaking Truth rather than people-pleasing is success. An act of kindness is success (even to one's self.) A song within one's heart is success. You understand this. You know this. You are doing this!

This success within your journey blesses the world! Other soul/spirits receive a burst of energy that assists them in their journey. You are a success, because you are still here! Each day you create hundreds of little successes that are changing your world. . . even if you do not have a sense of it yet. Your success at walking your path as best you can blesses many.

We honor you for this path of success. This success-path connects the heavenly realms with the physical plane. You are creating heaven on earth.

24. A JOYFUL NUDGE

Energy exists around you. Can you sense it?

With an open heart, you expanded awareness can sense the energy. Some miss this sensing because it is subtle and they think it should feel more like a shock or a push.

Truth is, the energy we wish for you to sense is very light. It may even feel like nothing, yet maybe there was something there. It may feel like a breeze across your hands or it may feel like what you thought might have been a whisper of a breeze across your hands.

If you think you sensed it, you did!

The more you tune yourself into this subtle energy the easier it is to sense. Self doubt will be your biggest deterrent. Once you begin to sense these energies, it will be far easier for us (along with your angels, guides and Divine Source) to send you a nudge of guidance.

To sense this guidance, be still for a moment and ask for it. "Show me my next step," you might say. Or, "which step will bless my path." Or, what would be good for me to know about this . . . or that?"

Then, be still and notice what comes up into your awareness. The nudge may appear to be a recalling of something left behind. The nudge may be a quick flash of something you own. The nudge may be a startling new insight.

Be still with whatever appears. Often the moment you perceive it, you will intuitively know your next step or the direction to take or the answer to your question. This intuitive insight is called discernment.

You are learning to master the tool of discernment. Ciphering out what the clue/guidance/nudge means to you. You may

ask others their opinion, yet our guidance is specific to your life to this point. You have experienced things no one else has. You recognize what others may not perceive. Trust your inner wisdom as you learn to recognize it and follow it.

You may not have much experience with this or feel as if you cannot yet trust your inner wisdom. Yet, your inner wisdom is subconscious derived and Divinely inspired. The only way to develop trust is to take action on the nudge. It may not give you the result you expected, but it will give you the result best for you now.

You will notice that stillness at each stage is vital. One need not traipse up a mountain and sit for hours. A simple moment of being-ness is all that is necessary. You will find the ask, nudge, insight process delightful. It is fun to receive guidance in this way. It is fun for us to give you a nudge. What a joy!

Let the joy abound!



25. YOUR FAITH-TRUTH

We long to share with you the value of your worth. You have great value, Dear One!

Yet, you seek your value reflected back to you in the actions of those who are wounded and broken. They cannot reflect back to you anything but their own brokenness.

As water flows down a stream, we ask that you allow their responses to you to flow away from you effortlessly. It is a tendency of humanity to hold on to other's responses as evidence or proof of one's value or lack thereof! This holding on causes your great pain, Dear One.

From our perspective we see a bright light that is you. We see this light beaming peace, joy, hope, and kindness (to name a few) in every direction.

We also see saddened and wounded ones absorbing this light as a means of their own survival. They do not realize that accessing Divine Source strengthens them far better than absorbing your light. They do not realize that their criticism of you or their negativity about their own life draws light from you. They merely seek to make themselves feel more alive.

How does one protect their own light? By refilling it often. The light within is a measure of Divine Light from Source mixed with the light of your own being. The more Divine Light from Source that you infuse within yourself, the more of that light gets absorbed and less of the light of your own being.

Let us say this a different way. You are of the Light. There is a Divine Aspect to you. Yet, you also have your humanity and your own personality. If all you were was Divine Light, other's opinions, actions, or responses would have no effect upon you. It is the humanity

that you are that responds and feels the drain of energy.

By knowing that there is a Divine Aspect within you (this is faith, Dear One) you stay connected to that limitless Light.

The key here is staying connected in your awareness. Other's attitudes and actions pull your attention from your faith-truth and pull you into your humanity. It is with purposefulness and intent that one reconnects to their faith and allows Divine Light to fill the energy drain.

Often that awareness happens after the drain has occurred. One knows the brokenness and sorrow of another has drained them. This is okay! The key is to recognize this as soon as it happens and replenish one's self with Divine Light as quickly as possible. Releasing what was said or done - or not said or left undone just as the stream of water flows away from you as we spoke of earlier.

Soon you will notice sooner. Then you can direct the flow of negativity away from you while the drain is happening. You will draw to you refreshing energy of Divine Light in the moment, as well.

Your faith will make you whole.

And, whether you know it or not, your faith helps the wounded and broken one by feeding them Divine Light. The Light-Truth energy will be there for them to grasp should they so choose to notice it. You may or may not ever see this, yet what a blessing to create an opportunity for change for another human being. This is your faith at its finest.

Shine on, Dear One! Shine with Divine Light as you release the negative, that energy flows away from you effortlessly. In this, you will see your faith-truth of your own great value.

We honor you in this.



26. ENERGY PARTICLES

Your world is changing rapidly. Your perceptions are changing rapidly as well. What you perceived before as necessary is now viewed as a gift of abundance. What you once perceived as difficulty is now perceived as annoyance. What once perceived as impossible is not viewed as do-able.

You have faced great challenges and have risen above them, so your perceptions of life circumstances appear different to you.

This is good. This is growth. This is self-empowerment.

There are more changes on the horizon. You tend to allow the prospect of these changes frighten you. And yet, if you consider how you have overcome so much already, those new experiences can be viewed as just that. New experiences.

The challenge with this is again perception. Anything not yet experienced feels threatening, does it not? Yet, with each new experience, not only are you gaining agilities and abilities for coping, enduring and thriving through them . . . we are giving you help and support.

This help is more than just words to make you feel good. In actuality, we are funneling energy to you that you can utilize to heal, grow, and face change.

This is new energy that has not yet been implanted into the physical world as yet. It is new to you, rather. This energy is from the eternal ethereal realms and has existed always. It is being gifted to you now, because you are ready for it.

This new energy grants you strength along with peace. You may have already had a glimpse or a taste of this energy in a fleeting

moment of clarity. Yet, a greater measure of this energy is coming your way.

How do you receive it?

You will receive it without any action on your part. However, we know that you will want to experience the receiving. So, in order to experience this, move as often as you can into a state of peace-filled expanded awareness. This energy will arrive like tiny particles of multi-colored light. The room will become filled with these particles.

This is not a one-time thing. This will continue to occur over the next 9 to 18 months. Whether you perceive these particles or not, you will receive them.

The purpose of these particles is to strengthen you energetically in order to face changes without experiencing fear. If you are feeling fearful, stop . . . move into peace-filled expanded awareness and notice the room around you. It will seem to brighten with the flow or you will feel energized in a new and different way. It will feel like your soul is being dipped into a fountain of fizzy water.

You will enjoy this greatly!

It brings us great delight to bring this energy to you. Enjoy!



27. BRIDGING THE GAP

You will bridge the gap today. There are many gaps of which we speak. Which one will you choose to bridge?

There is a gap between what you know and what is necessary to know. There is a gap between you and a friend. There is a gap between you and a family member. There is a gap between you and a family member. There is a gap between you and Divine Source. There is a gap between where you are and where you desire to be. There is a gap between you and your inner knowing. There is a gap between you and your destiny.

Each of these gaps require a different sort of bridge, yet all the bridges are made up of the same thing... compassion. Compassion used differently in different circumstances yields different results.

The compassion used for yourself to bridge the gap between where you are now and your destiny is filled with positive anticipation (hope) and curiosity. Without the bridge of compassion and truly caring, your hope and curiosity lie dormant.

The bridge to reconnect with Divine Source/Spirit is also constructed of compassion. This compassion is a two way street/bridge. Divine Source/Spirit builds the construct of the bridge and you build the steps with your willingness and trust.

The bridge to gaining knowledge supports itself with your open-hearted quest for knowing and for insights.

The gap between you and a friend of family member is built from compassion laced with self-care and wisdom.

You see the pattern here.

Compassion alone cannot bridge the gaps. Wisdom, self-care, an open-hearted

quest for knowing and insights, willingness and trust, along with hope and curiosity fill in the gaps of the bridge that fills in the gaps.

Notice where you are and what gaps you wish to bridge.



Become aware of the open-hearted compassion for yourself and the situation.

Feed your being with the appropriate gap-filler - Wisdom, self-care, an open-hearted quest for knowing and insights, willingness and trust, or hope and curiosity.

Focus this energy and focus upon the result you desire. This constructs the bridge that carries you across the gap into the desired result. You may instantly feel the bridge created. If another person is involved, this grants them the opportunity to anchor the bridge in their world. This may take a bit of time, so honor that process and know that the bridge is already there and active.

Which gap will you bridge? We encourage you to begin with the bridge to Divine Source. Then construct an inner bridge to your own inner knowing. This makes building the other bridges easier as these give you the support you need in order to access curiosity, hope, and wisdom necessary to construct those bridges.

Your efforts will be rewarded. We support you with our one energetic construct of compassion. Our bridge to you is strong, sound, and open. This grants you courage on your journey.

Those gaps are waiting. You are ready and able. We are here with you. May your bridges bless you richly.

28. SHIFTING PERSPECTIVES

What is your heart looking forward to happening? What is your mind looking forward to achieving? What is your soul looking forward to becoming?

Nothing come to mind?

Wonderful! You are in a place of transition! The key for this transition period is to refrain from discouragement, boredom, or irritation. It is so easy to judge that things are not going your way or that you are flawed in some way as to not be able to have this forward looking perspective. Not true!

Truth is, the forward looking perspective asks you to review (look back) and take stock (notice here and now) so that the new can be presented to you or awaken in your awareness.



Allow yourself the time to awaken to the new perspectives, hope, dreams and goals with frequent look backs and noticing here and now.

We remind you to not get stuck in the look backs, but look back for things that brought you great joy - pursue more of that!! Rather than feeling blocked in the here and now,

notice in the here and now what brings you great joy - pursue more of that.

Should you find yourself falling into discouragement, boredom, or irritation, take a few easy steps to shift out of that and back into the noticing.

First step to overcoming the discouragement, boredom, or irritation is to breathe. Take at least three deep breaths and let them out slowly. This resets your awareness and allows it to expand.

Next, bring your attention to any object within view and really notice it. Was it a gift? Move into a memory of deep gratitude. Was it a purchase or a find? Move into a memory of delight and excitement. Is it a pet? Move into a state of love and tenderness. Gratitude, delight/excitement, along with love and tenderness automatically shifts one's perspective.

Try it now!

See how that feels?

You needed that!

You are welcome!

We hold YOU in a state of gratitude, delight/excitement, love and tenderness. Thank you for being you. It is such a blessing to us!

29. ASSISTING THE UNFOLDING

Energy is shifting. Can you feel it? Can you sense it? Can you experience it?

This shift of energy is happening for you and by you. You are a part of this great shift. Your intentions from this last year and from previous years has impacted the future that is unfolding.

You do not realize that each day that you decide to life fully sends a beacon of energy into the future to allow the energy of "fully" to unfold for you. Each day you decide to live fearfully sends a beacon out into the future to allow the energy of "holding back" to unfold for you.

Which would you prefer?

There is an art to "planning" for your own future. The art is to hope, dream, set your intent so that manifesting can unfold. The key to this art is to hold on to the hope, dream and intent, without holding on to the outcome. Tricky stuff!

It is normal to want to hold on to the outcome and expect how things should line up for you. Yet, this is counter productive and causes the energy of "holding on and holding back" to unfold - which stops us in our tracks! We cannot assist the future unfolding when you tie our hands with your own expectations.

Yes, we want you to dream and hope - we want you to dream big and hope greatly! Yet, allow us to shift and adjust the dream and hope to even bigger and better things than you can imagine!!

This allows your own expanded awareness to perceive even greater opportunities that a limited mind and heart would miss.

It is easy to feel as if holding on to an expectation or expected outcome would be

helpful to you. Yet, even though this is easy, it is not helpful. Have the openness of heart and the openness of mind and the openness of your perceptions to allow more than your expectations can even imagine.



Set your goals and set them free. Set your intent and be with that. Set your dreams and hope for even more! In so doing, you set your own being free to explore, develop and deliver while you allow us to assist in greater measure.

Dream and hope - allow and be blessed. This feeds the unfolding already happening!

30. BUOYANCY HOPE

Your ascension path leads you into Hope. Hope is the positive anticipation of fulfillment of dreams, longings, and desires. Hope is more than this.

Hope resonates at a powerful frequency that grants you strength and energy. Have you ever felt really down and something changed and you had new found hope? This Hope has a buoyancy effect! Your spirits are uplifted, your awareness is activated, and your energy moves in forward motion.

Notice where your energy is right now. If you are feeling down or stuck, your hope factor is low. Unfortunately, humans place their hopes in the wrong places. Other people, circumstances, finances, luck . . . none of these offer the Buoyancy Hope we are referring to.

How does one acquire the Buoyancy Hope?

Notice where your hope currently sits. Hoping someone else will change? Hoping for some lucky event? Once you notice this, disengage from it by letting it go. By letting it go, we mean reclaim your energy from that. Call it back to yourself. "I see I am placing my hope on that other person's changing behavior. I hereby recall my hope back to my own energy field." You will probably feel lighter the moment you disengage/release!

Once that energy is released, place that hope energy into your energy field about a hands width away from your HeartSpace. Perhaps view this hope as a candle or a lantern or a ball of light.

Now ASK Divine Source to guide you into sacred hopefulness. You will see/sense a thread of light forming between your hope and Divine Source. It may begin at your HeartSpace hope or it may begin from Divine

Source. Just notice and sit with this until the hope-link has connected.



Once connected, Divine Source downloads the Buoyancy Hope into your symbolized HeartSpace hope! This Buoyancy Hope knows it is being heard. It knows Divine Source already is acting in its behalf. This Buoyancy Hope knows the flow from Divine uplifts its user. This Buoyancy Hope filters out all distractions and suffering.

Then a thread of light connects this Buoyancy Hope with the Heart-of-Hearts (the HeartSpace within the body). A profound shift happens at this point. The uplifting happens! This uplifting brings great joy, insight, and peace as well as power to move forward. Your resiliency will be restored as well.

We exist within this Buoyancy Hope and marvel at its beauty and grace. We hope you connect with this energy and are richly blessed by it!

31. AWAKENED PEACE

Your sacred path leads you - not away from your challenges - but through them. You may feel as if you walk your path alone, yet this is untrue. Your guides, angels, Divine Source walks with you. We also walk with you.

We see the challenges you face. We support you as your journey unfolds. Moments of distress may befall you. This is not failure! It is merely part of the human experience. You return to your awareness more quickly now, do you not?

Yet, sometimes once the path has been diverted it feels difficult to return. There are chemicals in the blood that your body sends to assist you in dealing with stress. It takes time for these to process through . . . even when you have already mentally shifted, it takes the body a bit of time to catch up. It is in this catch up time that you feel as if you are failing. Just breathe through this. Your body and your emotional body along with your mind and your sub-conscious will follow your spiritual choice to be calm. It just takes them a bit longer than your sacred awareness.

Within your sacred awareness, shifts happen instantaneously. Allow the rest of your being to catch up. The stress and high alert signals sent to the body take time to dissipate or deconstruct. They are constructed to protect you, yet they can hinder your journey if you pay heed to them while they are dissipating. Just notice them and allow them their due process. Honor them for their role in keeping you safe. Just know that they are signals that are being dismissed.

It is as if a fire alarm goes off internally when smoke has been detected. Only after the danger has passed can the firemen leave and the alarm be shut down and the workers return to their posts. So, too, your internal

alarm system stays active for a bit until the authorities tell you the coast is clear.

Problem is, no one is on duty to call all clear but you. No one else can tell you it's all okay, but you. And when all spun up, the all clear cannot be issued as it doesn't feel all clear.

What can you do?

We have shared with you before the thumb and ring finger tapping together and saying "all clear." This notifies all aspects of your body that, indeed, it is all clear and normal function may resume.

You may have been stuck in high alert for so long, that "All Clear" may not assist you fully. If this is the case, sweep your arms in a swaying fashion around you and speak the words, "Be At Peace". This sends a larger message to the entire being and can assist the shut down of the high alert process more quickly.



As you sway and "Be At Peace" all of your supporting spiritual beings come in close and sweep your energy fields along with your movement. They balance your chemical fields as well. Your stress level will drop quickly.

Do you know what normal feels like? Have you been on high alert so long that "Be At

Peace" seem strange? You might wish to do the "Be At Peace" often for a bit. Notice yourself relax into an awakened normal. This awakened normal allows you to notice and be aware without the stress of high alert. This awakened normal allows you to function very effectively without activating the stress chemicals in the body. You will sleep better, eat better, think better and live better.

Be At Peace. We are with you on your journey into awakened peace.

32. YOUR LIGHT-WALK

You are walking in the Light, Dear One.

Your journey may feel dark because there, indeed, is darkness in your world. Just because you can see/experience the darkness does not mean that darkness has taken hold nor does it mean that darkness rules. It merely means that you can perceive it.

Let this perception register and then release it. You are not tied to the darkness. It cannot overwhelm you. Your fear can - if you let it. Yet, that is a choice. Choose to notice the Light and more Light becomes visible to your awareness. Choose to see darkness and your fear will show you even more of that.



What is your choice? Choose now. Choose to see/experience Light and more is gifted to you. This is what you desire, yet old habits of fear call to you and pull at you to return to sensing darkness.

Fear is a mechanism that was created to help you keep yourself safe from harm. Yet, unchecked, fear creates a different kind of harm that steals your joy and your physical well being.

Choose joy. Choose the Light. Choose Peace. Choose the Light. Choose Courage. Choose the Light. Choose kindness. Choose the Light.

All the things you desire are in the Light, Dear One. Create a habit of choosing the Light and the qualities of the Light. As fear pulls at you, choose again. Thank the fear for notifying you of your surroundings and choose to walk in the Light.

Your Light-Walk is a precious thing. Value it greatly. Your Light-Walk blesses you and gives you everything you desire and more. Your Light-Walk is a moment to moment adventure. You live in the now and the Light is now. Your walk is now. Your path is illuminated by Light that shines through your willingness to notice the now and the Light.

The extra blessing here is that as you walk your Light-Walk, Light shines through you and illuminates the path for others. Their path may not be the same as yours, but as you walk your Light-Walk, this opens an opportunity for others to see the Light on their path. It creates an opportunity for choice for them that they may have been oblivious to without you walking your Light-Walk.

When you walk your Light-Walk, we see you as brightly shining beings of Light and Love. As you brightly shine, your energy uplifts the energy around you. Even the floors and walls where you live and work begin to glow and flow with Light. This resonance of Light lingers long after you have moved on. What a gift that you give! This Light-Resonance uplifts others in ways you cannot know.

If you could only see yourself as we see you . . . a bright light being on a path of light, lighting the way for others. Do you have a sense of this?

Next time you find yourself faced with the choice of fear or Light, notice how much brighter the room becomes when you choose Light. Feel the energy flow even now, through your body and out into the room where you are reading this. Even when you walk out in nature, your Light-Walk blesses the earth, the wildlife, and the plants around you. You feel their energy as it blesses you. Now notice how your Light blesses them as well.

We walk with you in your Light-Walk adventures. Shine on, Dear One. Shine on!

33. TRULY RESTING

As a butterfly emerges from the chrysalis it must wait to fly until after it's wings unfold and dry. How does it know to wait? Emerging takes energy. It has need of rest. While it rests, its wings unfold and dry. Once rested, the butterfly is ready for it's first flight. It intuitively knows how even though it has never flown previously. So, too, you may find yourself in need of rest as you emerge from your previous state of being. Honor this rest as it is vital for the rest of your journey.



Yes, you say. But there is so much that needs to be done. We understand this conundrum you humans face. Yet, you do not realize that you can rest within the emerging and still fulfill other tasks. Let us say this a different way - there is a part of you that can rest while another part of you participates in life.

There are 2 keys to this rest and participation. The first key is knowing which part of you is truly resting . . . and what truly resting truly is!! The second key is knowing what and how much to participate in life.

Key #1: Truly resting. This may be difficult for you to comprehend at first, yet it is truly simple. Truly resting supports itself in

trust. When you know you are ok, you will rest even when you participate in activities. So, how does one truly trust and thereby truly rest? Trust relies upon a deep sense of knowing: Knowing you have done all you can at this moment; knowing you are loved by Divine Source; knowing you can and will face whatever comes with courage; knowing that whatever comes is flavored in your best interest; knowing that you have the power of choice and power in choice; knowing you are blessed with many things of which you are grateful. Each of these knowings allows the soul to rest.

When the soul is at rest, the body and mind can be active, alert, and productive. This true rest is not sleep nor shutting down. This true rest bestows peace upon the life force energy present within the being.

Notice your own life force energy now. It is there whether you are active or actively participating in life or just sitting quietly. Notice how your own life force energy feels. Does it feel tired, or agitated, or filled with unrest? Just notice.

Now, engage the knowings we described above. Really KNOW that you are loved by Divine Source. Know it. Feel it. Ahh. There. This is truly resting as we described earlier.

Again, really KNOW that you have done all you can do for this moment in time. For THIS MOMENT. Know it. Feel it. Yes, truly resting. Did you feel yourself breathe a little easier? We hope you did. You might want to take a deep breath and allow yourself to experience this truly resting energy.

Do you also not KNOW that everything that comes to you is flavored for your benefit? Do you also not KNOW that you, in fact, have had tremendous courage to face your life to this

moment and your courage has even grown further than that! So, any new event will be faced with even more courage! Do you not KNOW the power of your own choices? Great power rests in what you choose in this moment of truly resting! Do you also not KNOW the power of your own gratitude? Yes, you do!

And as you notice these things that we bring to your attention, your moment of truly resting amplifies. Does it not? Indeed, it does. And from this place of truly resting, you can now choose what activities to engage in and which activities steal your peace. You are now more capable of wise choosing from a place of truly resting.

You have just amplified your power many times over by just reading this. Practice this and your power amplifies even more and does so quickly. What do we mean by power? We will discuss POWER at another time! For now, rest easy, Dear One. Allow yourself this moment of truly resting within Divine Power and within your own sense of peace and power.

There is so much more here for you. We have much more to share with you soon. Rest easy within the truly resting moment, Dear One.

Our love exists within this moment with you.

34. THE FLOW AND GLOW

Your weary heart draws near to Divine Source for comfort. How very wise of you!

Your distressed eyes seek the Light of Love and the blessings it carries. How very brave of you.

Your saddened heart yearns for peace. How very awakened of you.

Your burdened mind searches for answers to very difficult questions. How very open of you.

It would be so much easier to shut down, close off, and hide away from life. But, instead, you are on your awakening path, your ascension path, your sacred path. Those tactics no longer work for you, do they? Oh, perhaps for a short time, yet, then, your awakened soul cannot bear it and must break free to seek, yearn, search, and draw near to Love.

The results are immediate, are they not? Do you not instantly feel better? Do you not instantly experience hope and joy? Do you not immediately find ways to be of service and to change your world as best you can?

We honor you in this. We honor your choice of awakening over shutting down.

What you may not realize is this. . . when you choose awakening, you bring more light into this world. You open the gates of heaven and love streams - literally pours - down into this physical realm. Because of your choice.

The choice to be on your sacred path and to acknowledge the sacredness in this moment opens the gates of heaven. It is not as if the gates of heaven are closed, but rather, those gates await permission to open. Love cannot be forced. Light shines even in darkness - Light obliterates darkness! Yet, the flow of

Love awaits permission to flow. Love is there. Love is present. Love is available. Love awaits. It's like turning on a light switch. With an active choice to switch on the light, one can actively choose to turn on the Light of Love within your world.

Your experience of Love, your experience of Light flows and glows brightly when you choose it. Choosing to notice one thing with gratitude enhances the flow and the glow. Choosing to do one kind thing enhances the flow and the glow. Choosing to hold sacred ground for another enhances the flow and the glow. Choosing to seek a new answer enhances the flow and the glow.

You can see this flow and glow when you look with your heart-of-hearts. Your feelings may tell you to be distressed while your heart-of-hearts tells you to sing. Which will you choose?

We await your decision. We await within the flow and the glow and behold you with great honor.



35. GOLDEN LIGHT

Golden moments await your attention. These golden moments are not unique in and of themselves . . . more of the same day to day that you always experience. However, these golden moments are moments of Divine Connection granted to you by your own awareness.



Each time you notice something in your life with gratitude, you experience a golden moment. Each time you notice another person with compassion, you experience a golden moment. Each time you center yourself in your own awareness, you experience a golden moment.

Within these golden moments greater energies arise. Greater power exists. Profound connection happens. Awareness expands. Insights flow.

Perhaps you have already experienced these insights and expanded awareness. Shift your focus just a bit and notice the golden light that surrounds and fills these moments. This golden light holds great healing power for you along with great insights. This golden light beams straight from the heavenly realms. This golden light exists all around you at all times, yet with your awareness, the

flow of light from the heavenly realms happens and your connection with Divine Source amplifies.

Why do we care? Why do we bring this to your attention? Because you are now ready for this infusion of golden light. It may appear to you as a beam of light or it may appear to you as sparkles of light around you. You may not even see this light, but it is living and active in your behalf.

Notice. Awaken. Connect. Bring gratitude into your awareness. What ever difficulty may exist in your life will be bathed in this golden light and you will become empowered to make a change, change your heart, change your mind or change your circumstances as much as it is possible for you to do so. At the same time this golden light dances through this issue and breaks loose opportunities and heals old wounds.

Healing and change become powered by this golden light.

This new energy is gifted to you now because you are now ready for it. Take it on. Use it with grace.

We cherish you as you receive this light. Dance in this light, Beloved Ones. Let this light dance within you and within your circumstances.

36. ENERGY BREEZE

A gentle breeze is blowing. Not a physical breeze, yet a flow or movement of energy breezing by. This energy comes to refresh your soul. Allow it to carry away from you any distress or mistrust. It can gently lift up and sweep away this unwanted energy.

It only requires your permission. By granting permission, you activate your awareness and you engage your intent. These two actions integrate this gentle flow of energy into the clearing process it has come here to do. This too is new energy to your planet. In times past, your negative energy would need to be grounded out or physically swept away. With this new energy, your awareness and your intent are all that is required.

Allow yourself to sense this energy flow. Its gentle nature is of a higher vibration than you are used to, so take a moment to notice it. Once you do, it is like a gentle sigh of release washing past you. Take your time to notice this. Again, it is higher energy than you are used to and may take a moment to recognize.

Once you notice this energy breeze, begin to notice the stress and tension within your being - physical and ethereal being. This tension stems from distress - things not going the way you prefer or from mistrust - feeling unsafe within yourself or regarding others. Notice these two types of stress and tension.

Grant them permission to leave you by saying either, "You may leave me." or "Thank you, but no thank you, be gone." (Thanking this energy is very powerful! It is here to protect you by bringing a disharmony to your attention! No need to hate it or be angry about it or resent it, just honor it and give it permission to be gone.) Or find your own

words that can assist you in granting permission to go.

Once permission is granted, the energy breeze can do its work. It sweeps over you and through you to clear this released energy. It may take a moment or two to clear depending upon how long you've experienced the distress and mistrust. Just notice and allow it to clear for you.

Once this energy breeze has done what it came to do, it will slowly soften and dissipate. You can call this energy breeze back to you at any time - rather, it is always here, yet only active when your awareness touches it. Reactivate this energy breeze with your awareness with intent to clear. The result will be clearer focus, clearer body experiences and clearer emotions. We hope you will utilize this new energy breeze often as it is needed at this point in your world.

As you clear your own self, the energy breeze can begin to clear inanimate objects that hold energy in your world. An angry exchange between people can leave a residue of distress and mistrust on walls, chairs, floors, etc. It is time for your whole world to clear, is this not so?

May this energy breeze blow sweetness into your whole life.



37. THIS NOW MOMENT

The moment of Awakening is now. The time of expanded awareness is now. The day of healing is now. In this now time, you transcend time. Time has value for you as you flow from one event to another. Yet, for your spiritual progress, time slips into eternity - feeling as if time is suspended and feeling as if time is flying past - all at the same time.

Time restricts you not. You may feel pressured to accomplish this or that before the day comes to a close. Yet, you can expand time effortlessly with your intent. Stress and fear contract time in your perception. Please notice that as you focus upon the task at hand, time can and will expand if you let it. Constantly slipping out of focus to worry about what comes next, shuts down the expansion of time - time slips away from your grasp and you feel even more behind.

Grant yourself ease within your time constraints by applying your attention to what is at hand and releasing other tasks and duties. Tasks and duties rob you of delight and joy. Time expansion is fueled by delight and joy.

Because you have seen the hands of a clock's second hand tick quickly by, you perceive



that this is the only flow of time. Moments expand as you fully engage in your activity with a joyful and delighted heart.

Next time you feel rushed or pressured by perceived time constraints, try this... select one thing to do that you would like to have completed (or have at least a good start) by the end of the day. All other things, bless and set aside in your awareness. Then your full energy field is engaged in the task you have chosen - rather than fragmented with holding on to those other things consuming your energy. Once your full energy field is engaged in the task, delight in it! You are getting to do what you chose to do! If you were enslaved, you would have no such choice. This choice is your freedom! This choice is the product of your intent! Relish this choice. Your energy field will find things to delight in along the way! Let this surprise you and delight you even further!

How does one bless and set aside? Notice each task you are choosing, for now - for this now moment, to set aside. As you notice this task, notice that it has importance to your soul otherwise it would not even be under consideration. Thank your own soul for noticing this importance. Value your willingness to be of service or to accomplish this task. Yes, you say to yourself. This is important. Just not for this now moment. This blesses that task with your awareness. To set this task aside, tell this task, I will remember you. You may wish to make a note of this task. Set the note and the task and the awareness of the task aside by shifting your awareness away from it and onto the chosen task instead.

Know this. If some set aside task becomes urgent, it will arise in your awareness and you can effortlessly shift gears to take that on with your full intent. If it does not arise in your awareness, you have chosen wisely to bless and set aside for this moment of now.

As you do these things, time expands for you. You will find you accomplish more than you thought possible. You will also find delight and joy in the moment of now that you abide within.

We abide with you in this now moment.

38. THE VISIONING

Your Ascension Journey has taken you far. Your willingness to awaken into your own life has been a powerful process. You're allowing your expanded awareness to guide you and support you has blessed you greatly.

We've shared with you many techniques to assist you on your Ascension Journey. Practiced, these techniques will continue to bless you through your life of discovery.

Our vision for you is you visioning for yourself. You have the tools and the techniques to allow yourself to "see" and perceive guidance directly. You are strong enough to know when to open to Spirit contact and when to wait. You know that even in moments of duress, you can open to Spirit with a pure heart and an open mind. You also know that it is best to wait when overcome with judgment and fear-based thinking. The over-thinking mind or the over-whelmed emotions block your expanded awareness. Do you feel the truth of this?

Distress in and of itself does not block Spiritual

Connection. One's attitude or state of being about the distress does block Spiritual Connection.

If you feel you are stuck in judgment of a situation being bad, certainly pray about this! God hears this and responds! However, avoid tools of divination or "visioning" while preoccupied with this state of mind as it will distort your reading. The same holds true with fear-based overwhelmed emotions (which includes rage and hate - both based in fear.)

So visioning is a high vibrational tool. You are ready for this tool with only minor setbacks into the over-thinking mind or fear-based feelings of overwhelmed emotions. Knowing that these setbacks are part of your human journey allows you to experience them and move on beyond them.

Moving beyond them allows you the opportunity to "see" that which you seek. Moving beyond them allows you to "know" that which you ask.

Moving beyond these allows you to find your answers and know the truth that will guide you.

We will see you in "The Visioning. . ."

