

Your Daily Reflection with Expanded Consciousness August, 2012



There comes forth during this phase of earthly residing, those energies and frequencies that support that which is called the incarnating of perfection. What do those words mean?

We are Expanded Consciousness and we flow forth to speak with you upon the topic of your natural perfection, as it continues to pulse forth into physicality for your joy and celebration.

We have spoken many times upon such topics, yet within this phase of earthly living, because the nature of earthly frequencies support – so to speak – such perfection, we are most pleased to bring to your awareness the possibilities of what you call not only perfect health, but perfection inclusive of the nature of your journey as it presents itself in its most fulfilling manner. Again, what do all of those words mean?

Firstly, we would speak of exactly what is perfect health, for there are those who would lead you to believe that perfect health means that you would never – in your journey upon earth – experience difficulties, maladjustments or what you call dis-eases. And the truth remains that within physicality and whilst residing within these times of deep sleep and insistent survival patterns, it is nearly impossible to allow your bodies physical, mental, and emotional to be made manifest in pristine perfection. Why?

Such manifesting and allowing requires residing within that environment that would not in any manner be threatening to peace of mind and spirit. Such allowing would require your ability to remain fully conscious within your most expanded manner in order to match – so to speak – your consciousness with those frequencies of pristine perfection.

And we are not saying that such a manner of being is impossible; yet we are saying that you are journeying toward such manifesting, toward such allowing. And within your journey, you are most naturally learning how to enjoy your journey... instead of struggling through your journey, trying to make the external world, the external cause and effect form to your *believed* wishes.

Then what is perfect health within your current journey? And, how can you continue to move toward, so to speak, a more natural breathing of allowing your continued expression of the most perfect health possible... within such journey?

Firstly, as we have been speaking, the energies and frequencies upon and within earthly cause and effect are more and more supportive to such incarnating... and within such incarnating, a greater experience of your perfect health.

And then we would speak in this manner. As you are continually forming and unforming, you are also continually able to -- in each and every breath, in each and every moment – allow your own forming to... as you have the slang vocabulary... *do its own thing*. That is, you are more able to let go of what your mind tells you must occur.

Remember, your mind's concept of what is perfection and perfect health and how to make it occur... resides upon your previous abilities to expand your consciousness to a frequency that could give to you a glimmer of what might be, a hint of what awaits you within your own journey, and a yearning for the more of your own self.

And as you have been expanding your consciousness deliberately and then practicing moving through your daily living whilst maintaining such consciousness, your manner of experiencing your own cause and effect has changed. You are now residing within a most expanded consciousness. And some of you might be thinking that you are not; some of you might be thinking that you are not yet able to maintain your own expanded consciousness.

Yet we say to you, you have already accomplished what you either believe you are unable to do or, because such frequencies are now your most natural residing, you are unaware of your abilities and accomplishments. In a manner of speaking, just as you breathe at times without thinking about breathing; do you also expand your consciousness and reside therein... for the

most glorious purpose of enjoying truth and the understanding what your objective viewing delivers to you.

We beseech you to hear these words! Your most natural manner of being is as close to perfection as can be made manifest within physicality. And by expanding your consciousness, by practicing maintaining your expanded consciousness... can you begin to dare to let go, to dare to trust the gift of the journey itself, and then to allow... to allow the best to not only manifest before you but to reside in you and as you. Do you hear those words?

Your perfect health is always flowing forth and preparing to take form... for you and as you. And as you are able to let your mind and thinking rest, as you are able to set aside what you believe to be true, and as you are able to reside within the seeming unknown as it takes form within the moment... are you then able to experience more and more the fulfillment of your own perfect health.

What does this mean? Does it mean that if you are suffering with physical ailments that they will disappear? Does it mean that a long-suffering condition will lessen to such a degree that you will no longer be disabled? Does it mean that you will be able to walk, talk, breathe, sing, dance, explore and love... without the controlling efforts that have been developed through your own emergence from survival? The answer is perhaps and yes.

Yet remember, you are residing within physicality and you are residing within a journey. And your journey will always give to you those avenues through which you can choose fulfillment... choose fulfillment by recognizing truth within your own being... and it is this truth that is not easily recognizable by the thinking mind which rests upon the seeming known or its own interpretations and conclusions of its own past cause and effect. And we are speaking of the seeming unknown.

What is the seeming unknown? We have before spoken of your familiar manner of journeying through the cause and effect. And we do not speak in this manner to be blameful, beloved ones. We speak in this manner that you might be able to understand in a more expanded manner what has been occurring.

You have been journeying as if in a row boat. That is, you are moving in one direction, but you are sitting in your boat, rowing, and you are facing that through which you have already journeyed. You might say that it is your back

that is facing the direction in which you are going. And your viewing is that of what you have experienced. And you have become quite adept at analyzing where you have been, what you have experienced, what was right or wrong, and what you could have done better.

There is nothing wrong with this manner of being. Yet it is now time, so to speak, to turn yourself around... and face the direction in which you are journeying. What does this mean?

It means, beloved ones, that it is now time for you to leave the false security of the manner in which you have been journeying. That is, what you have been viewing, what you have been interpreting... has already occurred. Do you hear those words? You are currently, in each and every day, living in the past, so to speak; living in that which you have already experienced.

And most certainly, it does not quite feel that way to you... because the newness of each moment is not called security. The newness of each step, each flowing, is the great unknown... making itself known within each stepping, within each blink of your eye, within each breath, within each expression *in the present moment*. Beloved ones, you have always been journeying in the moment, in the seeming unknown as it makes itself known to your consciousness. You have simply been facing – as you have the words – backwards.

And now you are able to turn, so to speak, and face the direction in which your journey unfolds before you. You are now able to let go of the need to view and interpret where and how you have been. You are now able to – more and more – reside in this present moment and cease from deciding if the last moment was all right, was perfect, or if you made a mistake, if you were less than perfect or if anyone else or any circumstance should have been different. Yet again we say... this manner of being has held you in the past and has refused to allow you to revel in the ever-present perfection of creation as it takes form for you and as you.

And now! Now you can and are daring to step in this seeming unknown. You can and are daring to remain in this present moment called eternity. And you can and then are able to allow your experience of your own health to be more and more perfect, serving you and your joys and fulfillments.

And your mind might want to know exactly how it's letting go, how its allowing will actually cause your perfect health and fulfillment to be made

manifest. And the answer, as you are already able to discern, is that there is no causing... no manipulating... no doing one thing in order to make manifest what your thinking mind believes is fulfillment.

And the only way that your thinking mind will actually incorporate into its understanding of this truth... that all is made manifest for you in its most perfect manner automatically... is through experience. And as you go forth, facing the seeming unknown and holding within you the truth that as you place your stepping within your journey, does your journey become manifest *in the moment*; then do you experience truth incarnate and *then* does your mind have that frequency – the unknown becoming made known to consciousness – that will allow the releasing of the grasp of the previously believed truths that began long ago in the illusion of survival and the distortion of the belief that there is and will always be separation from the whole and therefore the need to do something that will cause the reunion of the divine with the human nature.

The divine nature of that which is you IS always, and is always being made manifest. And that, our beloved ones, is what we have been calling perfect health and fulfillment of being. The only thing – so to speak – that can diminish the divine nature is the mind's concept of the divine nature... and such diminishing resides only in the unconscious patterns of olde. And even in those patterns does the divine nature reside... waiting for the conscious awareness of its beauty and rich totality of all.

Then we say again, there resides now upon earth and within earthly cause and effect, those frequencies which provide the beauteous foundation for the expression and experience of perfect health and fulfillment of being. And we believe that news, so to speak, is most wondrous. Then we do breathe a breath of Truth upon and within you that that which resides in the very fabric of your being might become made known to your consciousness.

It is our great pleasure speaking with you, beloved ones. Until we meet again, we are **Expanded Consciousness...**

