

*Your December Daily Reflection
With
Expanded Consciousness*



Greetings Beloved Beings! We are Expanded Consciousness and we would flow forth to speak with you in this manner for the specific purpose of assisting you to know about what you have been doing and more so, what are the upcoming possibilities with regard to your expanding consciousness and participation within the choices that determine exactly how you will experience who you really are.

For, there comes forth upon your planet called Earth those causes and effects that will surprise you in new and nourishing ways. You have become accustomed to hearing and receiving what is called the "news", yet this news is usually about something that is wrong, something that has happened that is horrific, or something that is about to happen that is wrong or horrific. And we are here to tell you, to remind you that there is much more occurring upon your planet and even much more occurring in your own cause and effect.

Firstly, we are most pleased to be speaking about your personal journey and continued discovery of your true nature. You might be wondering how we can speak in this manner to your personal journey; yet know this to be true: those who read these words are those beings who are awake and who are aware that your choices and manner of experiencing your journey... all determine how your journey continues to unfold. You are most amazing beings and it is for the love of who you are that we flow forth.

As you begin to enter into this next phase of your continued awakening, there comes forth from the consciousness of those who are awake and who are choosing to experience their journey through not only love but a keen awareness that all beings are one being... a new vibrational frequency, a frequency that is new to your consciousness. What is the frequency? It is this.

Within the fabric of the All there has always resided those frequencies that are compatible with your full emergence and residing within the new dimension called the Fourth Dimension. And, as the awakening consciousness has continued to expand, the frequencies have begun to

integrate within the patterns and encodings that would allow the full integration when -- as you have the slang vocabulary -- "the time is right". What is the purpose of the frequency?

The purpose of the frequency is to assist your journey. Perhaps you will reflect upon those words. You have been asking for assistance, you have been asking of your guides and those who are of non-physical presence to assist you to continue to reside within truth and love, to assist you to continue to release your attachments to what was, and to continue to celebrate the truth of now. And though you have been asking a certain essence which has taken the form of your guides, the truth remains that the frequencies that have been activated and waiting for "the right time"... hold within them all for which you have been reaching and for which you have been asking.



The frequencies hold within them the pulse beat of the cause and effect that is the bridge between your current journey and your full emergence in what you have been calling the Fourth Dimension. What does this mean? It means, beloved ones, that the way of living, that way that you know within your being, that way that you have always know and said with your words *"living is supposed to be this way, we are all supposed to be as one, we are all supposed to be loving and kind, and the life journey is supposed to unfold in such a manner that it will give to us those opportunities to be fulfilled in all ways... that our celebration of fulfillment will radiate forth and be as a beacon to those who are reaching for truth, for relief from struggle, and for those who are wondering if there is such a thing as love and paradise incarnate."* It means that this way of living that you have intrinsically known as wholeness of being is ready now to integrate within your physical journey. Now.

Then we flow forth in the great pleasure of speaking these words to you, beloved beings. The frequencies that hold within them integrated wholeness of being are now flowing forth to merge with your journey, to merge within your cause and effect, to merge within your own conscious awareness of what is and what is illusion. You have become quite aware of what is illusion, beloved ones. Yet there is more to know, more to understand, and more to recognize as truth.

There are those who are awake, as are you, and who are what is called

scientists. And those beings are now also receiving the integrated frequencies to assist their journey. They are preparing to discover new ways for healing. Yes, healing those illnesses that have been unable to be healed. They are preparing to discover and uncover new ways to continually replenish your body physical that it will give to you an ability to go forth and enjoy your journey in deeper ways, in ways that will not include physical, mental or emotional suffering.



And, there are those scientists who do not call themselves by that name who will bring forth from the expanded consciousness that is activated within these frequencies, those manners of residing that will relieve the multitudes from ways that have become a manner of harmful living, ways that have been promoted by those who are greedy to harvest the energies of the suffering masses.

Oh beloved beings, hear these words: because you have continued to awaken, because you have continued to choose truth and love, because you have continued to know that all beings are one being, and because you have begun to recognize the truth of who you really are; then the multitudes will be fed, the multitudes will be fed with those energies that will invite them to recognize truth and false promises. What does that mean?

It means that those ones who have been living their lives as if they are what you call in your vocabulary "brain washed or programmed" will begin to shake themselves free from such programming, such false truths. They will begin to know... yes, to *know*... that the illusion has held them captive... and they will begin to choose differently, just as you did long ago. The masses will begin to point their fingers at those who have been falsely promising based on the continued illusion of separation from the whole. The masses will begin to recognize the power of their own awakened state.

And it is then that the frequencies will be able to begin a merging and such merging will assist the many to turn from the old ways and begin, just as you also have long ago, to learn new ways, ways that originate within the spirit of their being, ways the patterns of which reside within the fabric of their being. And yes, beloved ones, this has been called the mass awakening. And it is at hand.

And, our beloved ones, this awakening will give to you a dance. What do we mean by those words? As you place your steppings upon your own journey, you will find that your steppings are lighter, are more joy-filled. You find that what had been struggles, struggles even in your awakened journey, will be as nothing, will be as a breath upon the waters... and the ripples will return to you, fulfillment of being.



You may be tempted to enter into a type of seclusion, a time when you can savor the rich nourishment of your spiritual joy; yet we say to you, this joy will remain with you. You needn't hold it to yourself, you needn't treasure it in such a way, holding it as a newborn child of your own self, in order to maintain a continued deeper relationship with your own spiritual nourishment.

This is truth: the more that you go forth, the more that you relate with others who are also entering into a similar experience, and the more that you allow your joy to increase and increase and increase -- as if you might burst with such fulfillment -- then, the more that you will be able integrate such frequencies into the physicality, into earth's physicality and energetic body, and then... yes, then the All taking form in a myriad of ways will have the patterns of wholeness of being upon which to journey forth. It is the birthing of the One Being within all beings.

Perhaps you will receive those few words again: It is the birthing of the *consciousness* of One Being within all beings. And this, beloved one, is what the entirety of humanity -- including your glorious beautiful self -- has known deep within as truth, has known deep within as "the way it is supposed to be", and has known deep within would one day come to pass.

We are most joyous to carry this speaking to you. We are *Expanded Consciousness*.