

# *June's Channeled Reflection*

## *With Teacher!*

*There comes the time* when all beings ask of themselves to shed that which they are making believe they enjoy, when in truth they either do not enjoy what they are doing or more so, are residing in that flat, bored manner, waiting to do something else, something that will give them a feeling of fulfillment... inside.

Yes, I am Teacher, and I am inviting you to pay attention to your inner nudgings so that you can begin to understand what will bring your fulfillment. Now what does that mean and how can you do that? Like this.

Firstly, there is the taking of a deep breath, slowing down for a moment or two, and then giving yourself the dedicated time to reflect. Now this is a major ingredient, my dears. So many are either running from here to there or are partly asleep while they perform what they must do... that there is little time for reflecting. I am asking you to prepare to do this. I am asking you to deliberately set aside a time when you can really reflect. That is, then a time when you are undisturbed... by anyone or anything, including your phone.

Once you have set aside that time, then I am asking you to look forward to it, as if you are looking forward to a wonderful event. And it will be. This reflecting that I am going to guide you through will be one of the most significant events of this phase of your journey here upon earth. So, the, look forward to this dedicated time and let your excitement of possibilities build.

Now do that before you read further... because as we continue, you will want to participate!

Ok. Here we are now, right in that time. No one is going to bother you, you have seen to that. Your phone is not going to ring – or vibrate, you have seen to that. You have water, a pen and paper, and you are ready. And here's what we will do together, my dears, if you choose to investigate what your innermost being is leading you toward.



Begin by taking a deep breath and setting aside all concerns for anything outside of this time you and I are having together. Take time to set aside all concerns about finances, about people you love, about your work or non-work. Just bring yourself right into this moment, right here and right now.

Most of you are accustomed to doing this, yet don't feel badly if you are not, if you have been just too busy to relax in this manner. It's not a crime, you know, to not be familiar with relaxing and residing in the moment. Yet here we are, doing just that.

So, If you are unaccustomed to doing this – that is, setting aside all outside issues and focusing on the present moment – then there might be some concerns or worries that will creep back into your thinking. That's ok. When you realize that is occurring, just tell those thoughts that you'll think about them later, that you are doing something else now. Then take a deep breath and refocus on what we are doing together. I'll assist you with that.

Now, after taking a deep breath and bringing yourself right here right now, I am inviting you to bring your attention to your Solar plexus energy center. That is a center just below your heart and above your navel; right in the center of your body. So then, while you are breathing, just bring your focus to that center. With a deep breath, you can easily focus there, my dears, because your body will expand and contract with each inward and outward breath.

Once you have brought your attention to that energy center, then imagine that energy center to be fully open, aligned and just spinning nicely, in perfect harmony with your all fulfillment of being. Now you don't have to say all those words. Just imagine that center to be perfectly adjusted to your well-being. Take a few deep breaths, focus on that area, and imagine that center to be perfectly adjusted for you.

Next, speak these words: *I give gratitude for my entire system. I am open to receive and understand any and all messages that come from my innermost being. I set aside all doubt and intellectual analyzing until later, when I will really think about everything. First, I am asking for my inner being to allow me to know the truth that resides there.*

Now you may have some of your own wording, but I suggest that you begin with those, so that your mind won't engage and take over your experience.

Once you have allowed those words to be residing inside, then we'll continue in

this way. I am going to ask you some questions. You can write the answers or you can just become aware of them. What you are primarily doing is allowing truth to flow forth – so that you can know more about yourself, my dears. After all, that is what this is all about. Here are the questions.

In your weekday, what do you really enjoy doing?

In your weekday, what do you not enjoy doing?

What is your favorite snack?

What is your favorite thing to do on a day where you are not working?

Think about a day, any day in the week; perhaps yesterday. Was there anything that felt heavy about it? Were you asked to do something that you did, but wished you didn't have to? Was there something that you really enjoyed doing? Did you wish you could do more? Were you satisfied?

Ask yourself: If I could do anything, anything at all, what would I like to do? For how long?

Ask yourself: What about yourself would you like to change? To keep?

Ask yourself: Do you know that you are an awake being and are on a most amazing journey?

Do you believe that your spiritual journey is the journey you are participating with right now?

What do you believe you can do to become more fulfilled?

OK. Now just rest a moment. *Those questions are designed to clear out the debris.* Next we will get to the nitty-gritty of that we are doing together.

Again, just breathe and relax. Set aside all of those answers and wonderings. Focus on your solar plexus energy center and speak these words: *Allah Kleeah Kontoh.* I know, I know. You don't know what those words mean. That's all right. They are ancient words that will allow you to further enter into the spirit of who you really are. So, just speak those words several times.

Next, ask that innermost part of your being: *why am I here?* Then wait for an answer or a feeling. Now don't be disappointed if nothing seems to come. Just keep with me. Next, ask that innermost part of your being: *What really feels joyful?* And then wait for a realization to come. Then ask: *What would bring me the most fulfillment?* And then wait for your response.

Now this part of what we are doing together might be new to some of you. That's all right. This, however, is not kindergarten and you are not really just beginning all of this. You have, actually, been on this path for a very long time, for lifetimes. If you are reading these words, you have been waiting for this moment for a long time also. You see, now is the time for ALL beings to really get in touch with what will bring them fulfillment, what will bring them joy.

And some of you might be saying that you already are fulfilled and that you are already joyful. Good. Now let's get to that nitty-gritty. Yes, there is more. You wouldn't be here if there wasn't more, my dears.

Ask yourself again. Even though you might be fulfilled and joyful, ask that innermost of your being to reveal more. Sometimes this revealing is soft and gentle, simple, delightful. And other times, there is a groaning, a saying that you wish you could stop doing something... but you can't figure out how to stop. That's all right. Just receive the information.

Now. If that occurs and you realize that you simply cannot stand to do what you have been doing, that you just don't know how to stop; take a deep breath and hear my words. You are not trapped. Yes, it is time for change and perhaps you just cannot figure out how to make that change. I am going to make some suggestions and maybe one of them will light up for you and you will know that you can – you really can make a change. Here are some of those suggestions, just for you.

Make a list of what you do not like about what you are doing. And make a list of what you like about what you are doing.

Ask yourself why you do not like the non-likeables. Ask yourself why you like the likeables.

Decide to research what else is available for you to do, something that you might enjoy. Now in this option, your mind might tell you that a change is impossible. Just ignore that and research anyway.

Talk with a confidant about your feelings and ask for suggestions about changing.

Now this is not the same as complaining to friends; this is different. You are asking someone to assist you in your determining of possibilities. Perhaps you will speak with two or three folks, just to get a good gathering of suggestions and ideas.

Decide to volunteer to help someone, even if it is one hour per week. Don't skip this one.

Walk in nature and ask nature to give you a feeling of love, a feeling that will help you to feel whole and cared for.

Give yourself at least one half hour a day to do nothing, talk with no one, listen to no recorded sounds. Just you with yourself.

Write three really good statements about yourself and your talents, abilities, and accomplishments. Three really good statements.

Now, my dears, return to the asking of your inmost self and begin again. This isn't like climbing a mountain, my dears. Give yourself this little opportunity to discover what you can choose to do, how you can change for your own joy and fulfillment.

The answers are always from within; yet sometimes you will just happen upon a person, an ad in the paper, a posting on a bulletin board and that message will just get your attention. Why do you think that happens? You have called it forth. Yes, you have and that is just what we will be doing together if you continue with this practice. Changes are on their way to you... from within to without. Count on it. Just be sure to take the action, to participate.

Remember, my dears, it's okay to be dissatisfied with anything. Yet it is not okay to sit right there in that dissatisfaction and believe that you are trapped. Take the action, more than once or many times if necessary, **until you feel the shift inside** that says, *"Yes. I have the answers."* Or, *"Yes, I will get the answers."* Or, *"I can do this."* Or, *"I am a wonderful being and I am on the right path now."*

I'll be with you. If you ask, I will assist you, my dears. Yes, I will. I am Teacher.