

Reflection for August 1, 2013

with

Expanded Consciousness

Beloved Beings, we would like to ask you a question. It is a simple



question, and your answer might come quickly. Yet, then we will speak to you about the truth of love.

The question is this: Do you know that you are loved, deeply loved, always... regardless of what you are doing, thinking, feeling? Do you know that there is nothing that can decrease that love? And, do you know how to bring your awareness to that love? To feel it? To assure yourself that you are, indeed and in truth, loved beyond measure?

"Yes," you might say, "I know that I am loved." "Yes", you might say, "I know that I cannot decrease that love." And then what do you say? Can you say "yes" to knowing how to bring your awareness to that love, to feel it, to know it, *really know* it? That is what we are going to talk about in this speaking.

We are Expanded Consciousness and we would be speaking to you about how you can bring your awareness to that all-encompassing love. And why would we speak upon this topic and why do we believe that it is important, so important that we would teach you how to access or bring your awareness to the love that flows forth for you always?

During this phase of your living incarnate upon earth, there comes to you many challenges. Some of the challenges are generated by the cause and effect of your journey and require choices, sometimes painful or difficult choices. While other challenges reside within your innermost being, where you are discovering that you are not who you have been, that the persona within which you have been residing is not longer filled with energy and focus,

and that you are seemingly at a loss for knowing who you really are. And within this challenge and awareness, do you reside... not quite knowing what to do, where to go, how to know yourself better.

We would speak with you concerning your first flowing forth into the very first lifetime that you lived upon earth. How did you flow forth? You journeyed upon that avenue called *love*, dear ones. You flowed forth upon that energetic forming that was created for you by those who remained in spirit form. Why was the avenue of love created?

Those beings who remained in spirit were and are committed to caring for and about you. As they observed you flowing forth, they breathed their breath of love, of strength, of truth as a pathway for your spirit to follow into physicality. In a manner of speaking, because all beings are united always, you were journeying for them. Your journey was and continues to be their journey.

All of your experiences within all of your lifetimes have also been their experiences. How can this be? As you have perhaps discovered or read or learned through teachings that propose the truth that you and all beings are united, that there is no such thing as separation... from anything or anyone; we say to you, this truth is bigger.

You are not only united with all that is incarnate, you are united with everything and every spirit being. And before you recoil from such a truth, we would say this: you are not united with the personas of the many beings.

You are united with something bigger. You are united with their spirit, that of



them which resides within... and also resides in non-physical form.

You see, beloved beings, that of you, that spirit of you that flowed forth and into the first lifetime and every lifetime thereafter is the One Spirit... flowing forth to take form in every manner possible, for the pleasure of

adventure. And that which resides within every being is of that One Spirit. You are of that One Spirit. And, herein resides the great truth: the One Spirit cannot be separated from itself. It is impossible. You and those who breathed forth an avenue of love, truth and strength upon which you could journey into physicality are One Being, One Spirit. Always.

Then, we would further say, the love that resides for you is always. There is no end or concept of end to that love. In truth, it resides within the very breath of your being, within the very pulse beat of that which you are taking form and releasing form. The love that flows forth forms the very essence of your being. Do you see? You, too, cannot be separated from the love that is created for you... because it resides as an integral part of your being. And as an integral part of your being, there cannot be a separation between the integral part of your being and the entirety of that which you are. When you have the phrase in your philosophies, Love Is, you are saying in effect, I am; and then you are saying, I am Love. Love Is.

The how can you bring that love to your conscious awareness? Firstly, what are you looking for? A feeling? A knowing? The totality of Love is an unknown to the thinking mind, yet it is a known to your entire being... simply because it is comprised within your entire being. Then are you actually asking your thinking mind to recognize the love that is you? Or, are you asking of yourself to adventure into the unknown of that which you are and then to discover the truth of your very own identity.

We believe during this phase of your journey, you are asking of yourself to adventure once again, to enter into the unknown so that you can discover who you really are. You have been calling this *emergence*; yet we say to you, before you can experience your own emergence from that which you have been, there is a moment within which you reside, within which your



consciousness resides; and in that moment, there lives the truth of all that you are.

Such truth is gigantic and it is small, it is an overwhelming feeling of an all-consuming vibrational frequency and it is a tiny hint of peace. Such truth of who you are and the awareness of this truth that resides within a moment, a moment before you emerge into that beginning knowing and experience of who you really are, begins to fill your conscious knowing.



In this moment, at times you might feel as though you simply cannot experience a moment longer of this truth... simply because it seems to be so very intense. Yet the intensity is not the vibrational frequency. What is the intensity of the experience? It is your resistance to it. Your mind and your human nature are holding back a little from the experience, simply because it is a seeming unknown and the seeming unknown tends to generate fear. What is this fear? It is the fear of losing self, of losing your identity, of letting go of that which has served you well but is also complete. And the fear asks, who or what will I be or become now?

Yet the more that you surrender to the feeling of intensity and the all-consuming knowing, the more at ease you become. Why? You are in the process of allowing yourself to know that which you are. You are exactly in that process of bringing your consciousness into the full knowing of that love, that strength, that truth that forms itself as you... yet is forming itself simultaneously as everything and everyone.



Then the question might arise: how can I bring myself to that moment? And the answer is this. Firstly, know that the moment always exists... always. And the moment continues to be for you, especially for you. The moment was created and

continues to form for the specific reason of fulfillment of knowing who you are the second before you emerge into this next phase of your residing upon earth incarnate... to reside fully awake to the truth of that which you are.

The more that you remain awake in the moment, the more that you pay attention to who you are in the moment, then the more you will be setting aside those priorities, those beliefs, and those patterns of olde that have fulfilled their purposes for you. And when you feel that completion, you will know beyond a doubt that the choice you are about to make, the change that you are about to make... has been waiting for you, patiently waiting, filled with the rich nourishment of love, strength, and truth.

Then you are ready. Ready for what? Ready to dare to enter into a new experience. Any new experience. You may be choosing to change your manner of living, your geographic location, or your living partner. Or, you may be choosing to change the manner in which you journey through your day, deciding to reside in nature more, to be still more, and to pay attention more. No choice is right or wrong.

However, when you decide to change, when you simply decide that it is time for a change, the avenues will open to you. The many choices will come to your awareness. And what will you do? Initially, beloved ones, you will perhaps say to yourself that you simply cannot change in that manner, the change might feel to be too big, too overwhelming. Yet even in that moment, there will come to you a being or beings who will offer to assist you, will point out to you how easy such a change can be.

And if you dare to say "yes" to even one part of the change, everything will begin to fall into place, so to speak. You will find doors open to you, opportunities open to you, and then what will occur? You will begin to feel something deep inside. It is peace, the peace that has been waiting for you,



waiting for your awareness. It is the peace that resides in the knowing that you are no longer staid, but that you are daring to take one step and then another.

And it is within this going forth that once again, the avenue of love, strength and truth flows forth. Yet this time, so to speak, you are more awake than you have ever been during a change. You are paying attention. To what are you paying attention? You are more and more aware of the evidence of that all-encompassing love, that bottomless strength, and the richness of truth itself.

The unknown remains, yet there comes a moment wherein you realize that you are no longer afraid of this unknown. You know, somehow, that everything is unfolding for you, just for you, that you are loved, that you are cared for, that you are... that you must be... more than you believed yourself to be.

And, yes, within this moment, do you become fully incarnate. The real you, daring to be, as if nude from the past, as if innocent to the future. Residing in this one moment. THE moment. The moment called eternity.

And then, beloved ones, you are Home.... wherever you are, whatever you think, whatever you do... always Home, always Loved and Love Itself. The real you. And then, beloved ones, you can breathe deeply and know it is THE Breath that flows forth to form as everything. All breath, one breath. All strength, one strength. All truth, one truth. All beings, one being. Everything, every thing, every creature, every part of nature... all one... one being... you.

Yes, we believe that is what we came forth to speak with you about, beloved ones. Until we speak again, we are Expanded Consciousness.

