

## *Daily Reflection for August 2015*

Greetings! I am Teacher and I come forth to speak with you briefly, as if in a little chat that we could comfortably have on a nice morning. I would like to speak about a realization that you have been dancing around, one that perhaps you have even focused upon, but also one that requires a bit more awareness and then perhaps action.



The realization is that you are not who you used to be. For some, there was a type of birthing process, perhaps brought about by an illness or by a difficulty. For others, there has been a confusing and then liberating recognizing that many of the activities that you previously enjoyed had become rather flat, rather used up. And for many others, there has been a recognizing that there has been a change occurring, that you were changing, and that you began to pay attention to the inner changes that precipitated another change, a different choice. Now you could fit into one of those categories, or you could just now be seeming to catch up with what everyone has been talking about: entering into a new dimension and in order to do so, there was required a letting go of who you used to be and a birthing into a new being.

Wherever you are in the realization that you have changed or are in the process of changing, the truth remains that there is a deeper realization that I'd like to rest you within, so that you can enjoy a bit of relief and also so that you can play with getting to know the real you.

During this change – and everyone is experiencing this change, even if they are asleep to their experience – there came a moment when you decided to reflect upon what was not fulfilling, to reflect upon what no longer worked for you – whether it was a relationship, a job, a geographical location, a belief. And some of you came to feel that you were on a blank page, that you had wiped the page clean of what used to be, wiped it clean simply because nothing seemed to suit you, that the past manners were seemingly all used up. Well, my dears, they were!

Now others became aware of the change and let go of some participations in the external world, activities that no longer felt right. And after that, you just kept right on doing what you had been doing. Now that isn't a crime. But I'd like to speak with you...

and with you all... who have kept right on going, even after you realized that it was time for a change.

You did change, of course. However, there is something else that requires changing and that is your relationship with the spirit of you. You know, that spirit, the essence of who you are. You know that you are not simply a

human being, you know that there is more to you and more to your living than simply residing within human form. You know that you have a purpose, though how it will be made manifest in physicality is at times a bit illusive. That is all right. I'd like to speak with you about building a relationship with the essence that is you, that life force that flows forth to reside in this realm, in this physicality, in this cause and effect... even as it changes and evolves into a new dimensional expression.

Now what exactly is that spirit of you anyway? Do you know? You might have an idea or belief surrounding the answer to that question. That is a good beginning. Yet I'm going to speak now in terms that are more expanded in their nature and in order for you to integrate their meaning, it would be best if you would sit quietly, take a few deep breaths, and bring yourself to a meditative state. Now that isn't necessary, of courses. Some of you might just keep receiving this speaking while eating breakfast or sipping on a coffee while eating a Danish. That's all right too. I am simply inviting you to place yourself in the most reception manner possible so that you can call forth to your being that which has been waiting to be spoken to you.

Now you know all of these truths. They are intrinsic in your being, in your spirit. I am simply speaking them to you in a manner that will allow you to know better the spirit of that which you are.

That which is called *creation* occurs... always. The pulse beat of taking form and releasing of form occurs always. That means that, as long as there is creation occurring always, there is a spirit of you always.

You are the essence of eternity.

You are the breath within the life force as it resides within the pulse beat.



You reside not only within this realm, but in all realms... simultaneously.

You have every capability of knowing of your participation in all realms.

You are the Divine Consciousness itself.

You have entered this realm of the pulse beat which holds within it the sleep state to the awakened state, in order to experience the full richness of that spirit of you while in physical form.

The physical form of your spirit is but an expression.

The expression of your spirit is determined by your consciousness.

It is your belief and manner of thinking within the belief that determines your continued forming and the journey within that forming.

The more that you release the need to control the cause and effect within which your manifesting physicality resides, the more that you will be able to allow the perfection of manifestation to occur naturally.

Your essence of spirit being holds within it – always – perfect balance in every manner of being.

That which you have called your personality is but a story that you have placed yourself within, in order to experience the journey in a way that seems to need to be controlled. Yet this controlling is the producer of any and all difficulty that calls forth the less than perfect manifestation of your inner spirit, the spirit of you.

Your journey here upon earth is one of learning how to release your thinking and beliefs which inhibit the flowing forth of the spirit of you, which is the divine in all.

When you surrender your personality to dissolve in the spirit of you, you are daring to become incarnate who you really are.

You believe that holding on to all that you have accomplished will be the continued avenues to success and fulfillment. However, now that you have changed and continue to change, such holding on guarantees frustrations and eventual feeling of abandonment.



This does not mean that you are expected by earthly residing to refuse to enjoy all that you have accomplished. More so, it asks you to recognize that the reason that you have accomplished anything is the direct result of the parting of the seas of your limiting beliefs so that the truth of who you are may be made manifest.

When you let go of your need to manipulate the physical plane and then place your full focus upon the truth that it is your divine nature, the essence of who you really are, that delivers to you all, everything, every manner of being for which you have hungered; then you are beginning to be who you are and to experience the journey as you knew it could be.

The essence of who you really are... is that called God I Am, or Goddess I Am, or The Universe before Time, the All That Is, the One, Home. That is you. There is no personality involved. You simply are.

If you were to reside in this knowing, even for one hour, one morning or one day or one evening; you would be amazed at what flows forth to be made manifest *as* you. That which would be made manifest as you... is the real you, residing in this new dimension, new journey, new expression, new adventure. You, the real essence of you... incarnate. Eternity made manifest.

Yes. Perhaps you have come to the awareness that this is what could be called very big. It is. It is bigger than big. It is bigger than why you are here.

Now, if you will take a deep breath, sit quietly, and when you are ready, receive those words again and again and again. They are you calling you forth.

Then I believe we have had our little chat, my dear ones!

Until we speak again, I am Teacher!



*Photos Credit:  
Grayson Howell*