



May Reflection, 2012

We are Expanded Consciousness

and we would speak with you concerning the transformation that is occurring within your very being, this very moment.

Some believe or are tempted to believe that the truth of who they really are is hidden from them. While others believe that the Truth of who they really are can only be revealed through spiritual practices. And still, there are some who believe that they will never be able to know their real identity simply because they are

in human form. There are some who believe that their Divine Nature must be separate from themselves because they have been taught that the Divine is separate from themselves and if they are most perfect, some day – perhaps once they leave this life – they will be able to have a glimpse of the Majesty of Divinity. Some believe that it is blasphemous to even think they are the Divine Essence itself. And, beloved ones, there are those who wish so very much to reach beyond the boundaries of physicality and speed into the Light of lights... that they be saved from earthly struggles and despair.

None of these manners of being are what could be called a crime; none are what some have labeled sinful; and none can stop you from being that which you are.

Yet, within the yearning to know the depth and truth of who you really are, there comes forth the fulfillment of that yearning. And it is your beautiful willingness to let go of previous beliefs and interpretations that will easily lead you into the journey of the discovery of your own divinity.

As we have spoken previously, your mind and its trying to figure out everything, trying to figure out the expanded-consciousness truths, has a

limited ability to do so. What do we mean by those words?

Your mind interprets and examines and understands according to its previously developed knowing. Perhaps you will reflect upon that statement. Yet it is the unknown of your own self that begs to be known. Then how can the mind be the avenue? How can your mind give to you the unknown of your own being?

It cannot. Yet, once you have journeyed into the unknown of your own self can you then bring forth your experience. And once you have delivered to your thinking mind the truth of your own experience, then can your mind assist you in understanding the incarnating of your grande truth.

And while we speak these words to you, our beloved ones, we dare to also say that there is no secret of yourself to yourself. You have always been the amazing being who you are. It is now time, however, for you to know more of that amazing self. It is now time for you to dare... yes, to dare... to let go of who you have believed you must be and to also dare to explore the deep inner knowing of your very own self.

One way to begin such a journey is to reside within your own self; that is, to sit quietly or walk in nature, to reside near the sea or to walk among the fields and flowers. But the beginning is to simply be with your own self.

Next we would ask you to set aside all thinking about other beings or other causes and effects, and to bring your attention right into the present moment. With yourself. Right in the moment.

Then we would ask you to pretend. Yes, pretend. Pretend that you are a new being. Pretend that you are stepping for the very first time. To some of you this might feel to be a bit foolish, while to others it might feel to be useless. Yet we ask you to dare to go forth in this manner.

In your stepping, place your awareness upon each step. Perhaps you will look down at your feet and watch as you step, first one step and then another.

Then, if you would, say these words to yourself, silently or aloud. Either

is correct, of course.

I am a new being.

With every breath, I am a new being.

This has always been truth.

Every moment in every day...

I have been taking form and releasing form.

I am created in every breath.

Within the forming of my being is there the essence called life force.

I am the life force taking form.

Within the life force is Truth of truths.

Within the life force is Love of loves.

Within the life force is Peace.

Within the life force is All-Knowing.

Within the life force is Innocence of Being.

Within the life force is Wisdom.

Within the life force that takes form as me, does there reside the

Truth of that which I am.

Then breathe deeply, our beloved ones, and be still.

Allow all residue of that which you have believed you have been to be released from your being. There is no efforting to release. The illusion always automatically releases itself in the presence of Truth. There need be no concern for who you will be. You will always be that which you have been

since the beginning of time. Illusion and distortion are easily released from your manner of experiencing that which you are.

And, beloved ones, though this may seem to be a simple manner of experience, it is what you might call, very deep. Going forth in this manner do you automatically journey into the core of your being, into the core of that grandeness of being, into your own divinity.

Later, your mind can think about everything. Yet for this moment, you can allow yourself to experience more and more that which you truly are.

Remember, it is from within that you flow forth into physicality. It is from the divine essence within the life force do you take form. And it is that which you have always been that whispers the yearning into your incarnate, searching self: you asking yourself to be what you call *real*. The real you: a most amazing being.

Until we speak again, we are *Expanded Consciousness*

*You will always be that which you have been
since the beginning of time...*