

December's Chat with Teacher!



Well now, here we are once again for our little chat! I am Teacher and how perfectly wondrous that we can speak in this manner. I'd like to bring up the topic of how to dance through your life even when difficulties and frustrations seem to want to take the lead. Yes, that might be a good topic. Now many of you might be wondering why I am not speaking upon a soft and gentle topic, this being a holiday month for many of you. But! Yes... there is a "but"... you see, for a variety of reasons, holidays seem to bring out much of the frustrations and difficulties. So then, let's get started, shall we?

Let's look at how difficulties take form. The answer is simple, my dears. To state it outright, difficulties and frustrations flow forth from the *parameters* that we set upon our expectations. Ah, yes, those expectations. Now I am not saying that expectations are bad or wrong. No, they are not the culprit at all. In fact, one of the ways to have a wonderful dance of life is to expect it to be wondrous, to expect that everything that occurs is for your highest good, as the old saying has developed to be.

Now that saying, expect that the highest good will always occur, has come a long way and many have decided that it just isn't practical to believe or think or expect the cause and effect to delivery just that. But it is not the cause and effect that will delivery that. What will? Oh you are going to sigh and remember when I say this. Your inner beliefs and manners of being *with your own self*, knowing the truth of who you are... that is what will cause the delivery of the fruition of that statement.

You see, your highest good always is manifest. All right, now hold on for a moment. I know some of you are thinking the "what abouts". Of course you are. When I or any being makes the statement that your highest good is always being made manifest, there is a natural reaction. Now who is reacting? Ready? Your human nature. Remember?

You, the real you, resides within that human nature. Your beautiful and vulnerable human nature wants to know why it hasn't received the best, the fulfillment of all dreams, or whatever the highest good might be. And that is natural... for your human nature. Is it natural for you? Only if you are asleep. And if you are receiving these words, my dears,

you are very far from the sleep state of consciousness. You are awake and proceeding with the fulfillment of your purpose in residing upon earth incarnate.

So then what about the fact that your human nature is not satisfied and is not fulfilled? Do you ignore it simply because you are who you are and just residing within that human nature? Of course not! It is your job your responsibility to take care of that human nature, to see that the journey unfolds in the best way possible.

Now it would seem that it would be to your advantage to see that everything unfolds for your highest good, for the highest good of your human nature.. simply because *it is through your human nature that you experience your continuing awakening while incarnate*. You are continually awakening and experiencing the truth of who you are: creation incarnate, the All That Is taking form. You are probably aware that it is only in physical form while incarnate that you actually can have this experience. Why ? Well, my dears, without the sleep state, how can you experience awakening? That is the beautiful gift of physicality: it leads us to believe that we are separate from the whole, by the very nature of physicality. Yes, it's a glorious playground here upon earth!

But let's get back to those difficulties and frustrations and clear the way for your human nature to go forth in the dance that has fulfillment taking the lead. And that lead all begins with you, with who you really are and how you determine that dance will unfold. Ready? Good. Here we go.

I am going to speak through a few simple steps. You already know about them. They are nothing new to your expanded consciousness. Yet, in order, they can give you a manner of clearing the way... so that those difficulties are transformed, so that those frustrations are transformed... and the dance can be one of celebrating the recognition of your highest good being made manifest. Now that is what you call *a mouthful*, isn't it.

Firstly, take a few deep breaths and set aside all of your concerns, even those frustrations and difficulties. Just bring yourself right into this moment with me, Teacher, right here and right now. And when you do this, my dears, I will be with you. You can count on me.



Secondly, continue to breathe deeply and reside in peace while I ask you to bring your awareness to the inner of yourself. You know, that of you that is deep within called the core of your being. You can do this easily by just letting go of who you have believed you are, by letting go of your name, temporarily letting go of any description of yourself through what you do in your cause and effect, by letting go of your job description, by letting go of any actions that you usually take, any lists of things to do. Just letting go of any attachment to figuring out the external world of your residing upon earth. That is, you are just perhaps closing your eyes and being right here right now. Inside.



Next, breathe deeply again and discover that peace inside of you. You know, that peace that lets you feel that everything is ok, that peace that IS your breath, that peace that IS the pulse beat of your being. And let that feeling of peace fill you, as if it might overflow and even fill the area around you, into your entire auric field.

Next, I am going to speak these words and they are designed to help you remember who you really are. You can whisper them to yourself, if you choose. They are:

I am the One Being.

I take form and release form in every moment.

I am the All That Is flowing forth and taking form.

All purposes are fulfilled within the Breath of Creation which forms that within which I reside.

I am One.

I am whole.

I am peace itself.

I am hope fulfilled.

am the great abundance flowing forth to take form in every manner possible for my experience of the Whole.

I breathe truth.

I rejoice in love.

I embrace the truth of that which I am... even as I step forth within my own embodiment of physical form.

I embrace my human nature and whisper to that human nature: I am here now. I love you. I am taking care of everything. Rest. Play. Love. I am here.



Now. Just take a few breaths and allow all of those truths to be....

Next, now here we go, my dears. This is at the core of all that we will do together here in this little chat. I would like you to imagine what it would FEEL like if everything that is made manifest IS actually for your highest good, for your benefit, for your joy, for your total fulfillment. Now I am not asking you to become specific and pick out what item or event would make you feel that way. More so, this is bigger.

I am asking you what it would feel like to be totally fulfilled because you are living in truth. Now this isn't a mind thing. You can't think your way into this. It is a feeling that comes from deep inside and builds and build until it fills you until you are basking in the feeling. Let's begin with that.

Just close your eyes and feel what it would be like of all your dreams have come true, if you have had day after day after day of continued fulfillment, where everything is easy and everything falls into place even before there is a need.

Now you might think you don't know what this feels like, but you do. You see, you all have lived in this manner before this present lifetime. You have carried this pattern into this lifetime for the specific purpose of being able to call it forth. And that is just what we are doing right now... together... calling forth the full, rich, real... very real patterns of fulfillment before a need exists. It is the way that you are meant to live, my dears.

In truth, this is why you are here. Now some have said that the reason you are here is to incarnate truth, to anchor it in physicality. Well, that is just another way of saying the same thing! I have simply added the notion, if you would call it that, that you... that you and your human nature are really going to love this. You are supposed to

love it. It is your dance. It is your fully awakened state of being. And this is how you can continue to reside within it. Yes. This is real. It is the real thing.

Now, once you have imagined that feeling as best you can, set it aside. The first imagining will be from your mind. That is natural. Next, I am asking you to go deep within your Spirit, deep within the core of who you really are. Your mind might want to tell you that you can't do this, but of course you can... it is the most natural thing that you can do... just like deep breathing. Where does your mind think that deep breath comes from anyway? Ah!

So then, go deep. When you breathe inward and then outward, know that is the pulse beat of the life force as it continues to create a vibration within which you reside. Yet YOU are residing therein. The real you. Go deep. The real you is there. You are there. Inside. THAT you holds the feeling of fulfillment. Why? Because, my dears, the feeling is who you are. You are perfect creation taking form... always.

Feel that feeling. It can feel to be very full, can't it? Yes. And now, allow that feeling to build and build and build until it is rising up into your being. You might feel a bit of exhilaration. Allow that to build also. That exhilaration is your physical body embracing the conscious knowing of the truth of who you are. Allow that feeling to build until it can flow right out of all of your energy centers and fill the area around you.

Now you might need to practice this a bit, my dears, if it doesn't occur right away. It WILL occur. It is you, the real you making your presence known. And the real you IS the fulfillment itself. There is no separation between a need and its fulfillment. Everything resides in the same pulse beat. Right here. Right now.

You might think that there is more to this, but this is it! The more that you do this, the more that you participate in this manner... well, my dears, you are in the process of clearing away all of those difficulties, all of those frustrations. How? How can this be happening? Yes, I will tell your mind now.

When you change the vibration of HOW you express yourself incarnate, the entirety of your physical cause and effect will give it back to you. The vibration of truth always flows outward and causes a celebration in physicality. Why? Well, my dears, everything



wants to be remembering its wholeness of being. Everything and everyone has within itself that yearning to remember truth. And in this process, you are breathing forth truth, pure truth.

This is how you celebrate fulfillment, how you clear the way for the dance of a lifetime, and how you love your human nature and prove to it that you are really here, that you are really taking care of everything... just as you promised long ago.

Yes, as you have the phrase: that's it in a nutshell. You can do this, my dears. It is easy as worrying, but oh so much more fruitful. It is as easy as reacting to a difficult situation, but oh so much more fruitful. It is as easy as feeling the energy of frustration, but oh so much more loving, kind and abundantly giving... to yourself... and of course, to all of humanity. Remember, you are all of it anyway... right?

Oh this has been a real pleasure, my dears. I will reside with you each and every time that you practice this manner of being... consciously. Remember, you are already doing this. Now, however, is the time to consciously participate. You are going to love this!

Until we speak again, I am Teacher.



Hi Everyone and Best Wishes for a Wonderful December!

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