

## *July Channeled Reflection*

### *with Teacher!*



Greetings! I am Teacher and I come forth for what we call a little chat! I would like to speak with you about declaring your independence. Now I am not talking about a date or political ideologies. I am talking about your personal independence from who you believe you have been. You know, that little hint that you keep getting that says that there must be something more? That is the avenue upon which we could journey together and during that journey, I believe you will discover a kind of independence that will give you a huge sigh of relief. Yes! Then let's begin!

You see, my dears, when you entered this lifetime you came with certain patterns, beliefs, and encodings, certain vibrational frequencies that held within them the histories of your own journeys, your own soul journeys. And as you have been here upon this earth for a while and you have been awakening to truth and its many wonderful adventures, you have also been pulled -- so to speak -- with those residues of the past.

Now the residues are not culprits within your daily living. They do not cause you difficulties. What causes you difficulties, my dears, is the belief that you are less than who you are. Now this is what we have been calling an inside job; you can't really just decide with your mind that you are not who you have been, that you are bigger, better or more spiritual. There is more to it than that.

What is the culprit? It's this. There comes that moment when you are ready to emerge, to emerge from the old patterns. Now it is true that we have spoken about this before and you have perhaps read or studied and practiced quite a bit about this. And that's why you are ready for this next phase of information about your very own selves and about your continued journey into becoming the more of who you are.

And yes, you have been emerging from the old patterns. Yet. Yes, there is a yet. The "yet" is this. It's the culprit. Your lovely human nature doesn't want to trust the unknown. Your lovely human nature enjoys knowing who he or she is and doesn't want

to be standing on quicksand or upon a cloud that he or she might fall through. You see, that's how your human nature views this emerging into a new manner of being, a new you. And you really can't blame that human nature for holding on to some type of security, especially because it has survived many challenges along the way. Many.

Then the question might be, how can we convince our human nature to let go of the old patterns of self? How can we encourage the human nature to dare to become more. That's what it is, my dears. We are actually asking our human nature to merge with its divine nature; the divine nature being the real you. Now merging isn't going to diminish your divine nature; your divine nature can't be diminished. It's impossible.

The merging process, my dears, is one of letting go, of trusting and of embracing. You... the real you has a very large part in this process. Your part is to love your human nature and to encourage him or her that letting go is the first step in beginning to have a much better life experience.

Now letting go is part of what? It is part of reducing fear, reducing it enough so that the human nature can actually let go of its grasp upon survival's techniques. You remember, I am certain, that what we are talking about, the emerging into a new and glorious way of being, has little to do with struggle and all of the techniques that your human nature discovered and held on to during this journey. Yet your human nature trusts those techniques, and that is not blameful at all.

Let's begin that process of encouraging your human nature to let go of those survival techniques just a little. Here's how we can do that. Firstly, go out in nature. Walk in nature. And while you are walking in nature, speak to your human self, the vessel within which you reside. Point out that nature is always present, wherever we look, wherever we walk. You would be talking or speaking as if you are speaking with a child, though your human nature is not a child but an adult. You are speaking in this manner because you want to enter this change in a very basic way.

And while you are walking, speak to your human nature about who you are. Perhaps you would say something like, *I am your divine self. I reside within you and you are my vessel. I love you. Thank you for all that you have survived. You have done a wonderful job. You learned many different ways to survive life's troubles.* Don't hurry with this speaking. Just have a relaxed conversation and allow your human to absorb what you are saying.

Now some of you might be thinking that you are too advanced for all of this, that you are more spiritual and are looking for something a bit more metaphysical. Well, my dears, if you are feeling that way, then you are in the right place... right here and right now. It is not an accident that you and I are having this little chat. Then, why not set aside those thoughts and dare to participate... and then you can see the results, you can experience the results. I guarantee you, you won't be disappointed. Yes, this is basic. And yes, it is advanced. You wouldn't be able to participate if you weren't awake. You see? So then, let's continue, shall we?

Next, tell your human nature that there are many changes coming along on the journey and that those changes are part of something that you will take care of. Tell that beautiful human nature that his or her job of going it alone is complete. Tell him or her that you are here now and you will take care of everything, that together you will both go forth into a new way. And the only action that your human needs to do is to let you take care of everything. Then pause for a while and let that all sink in, so to speak. Let your human have a moment or two to understand what you are saying.

Now here we go with the metaphysical part that you decided you needed. Next, pause, bring yourself to a peaceful state, breathe deeply several times until you are in a meditative consciousness where nothing else resides except the real you and your human nature. Then, breathe in through the top of your crown chakra and when you do, breathe that breath into your human nature and your Spirit Self that resides incarnate. Breathe deeply in this way several times; and when you exhale – here we go – exhale all the old patterns of survival. With each breath, exhale all the residue of the struggles.

Pause for a moment and tell your human nature that you love him or her, that you are here now and taking care of everything. Ask your human nature to just let go and let you clear away the debris of the past so that together you can go forth in this journey in a new way. Then pause for a moment, my dears, and allow your human nature to let go. He or she will... because you are present and can be felt and recognized.

Next, thank your human nature and begin again to breathe deeply, in through your crown chakra and now, out through your heart chakra. Then breathe deeply again through your crown chakra and out through your solar plexus. Then breathe deeply again through your crown chakra and out through your navel energy center.

And with the last breathing, breathe in through your crown energy center and follow that breath all the way down to your feet, out to your hands, and let it fill your entire human beingness. You might require yourself to breathe this last breath several times, breathing into your human nature's thinking, into your human nature's emotions, into your human nature's patterns of survival, into your human nature's past journeys. And once you have breathed inward in this manner, then expel your breath out through your mouth with force. Do this several times, each time, pausing and thanking your human nature for letting go.

Now you don't have to worry about how to do this, my dears. Just hold the intent and go forth as I have suggested. You can do this and when you do, you will begin to feel clearer and clearer and then you will know that you are complete. When you are complete, then breathe normally for a few moments and then speak the words *so be it*.

Next, an important ingredient, thank your human nature for participating in the best way possible. Tell your human nature, *"We did it!" and that this is how you will be able to participate together as your journey together continues*. You have now moved into the next phase which is developing trust with your human nature.

Now during the journey, my dears, when you feel an anxiety occurring, know that is your human nature's response to something. In that moment, remain awake. Pause and take a deep breath, tell your human nature you are present and that you will take care of everything. Then examine what was the anxiety-causing feeling. Was it something thought of concerning the future? Let it go, saying that: *only the best possible can occur for my betterment of being. I clear the way for the future made present, that it reside in perfect harmony with my divine unfolding*.

When you feel a worry come to you, or an anger, again pause and discover what is the source. Does your human nature want to control something externally? Is there a threat to inner peace? Is there a personal boundary that needs to be affirmed? What is occurring? Then detach from what is in the external world, breathe deeply, and say these words: *I am a divine being, I am awake, I am incarnate and flow forth through any and all frequencies, that they part the way for my divine stepping, that all that comes to me is in love and truth. I am truth itself. I breathe my breathe of love upon any and all, for the One takes form as the All. Clear the way for my being. So be it*.

Now, my dears, detaching is the primary ingredient in all of this. Your human nature is

accustomed to becoming worried, fearful, or angry. That's all right. Those are the reactions of the instincts. You are here, you are incarnate to guide what I am calling "the entire package, which includes the Divine Spirit – the real you – and your vessel, the human nature and its physicality" into a better way of being, a better way of journeying through this new phase.

Practice. Practice letting go, detaching from whatever is the external cause and effect. Yes, it is true that it may be illusionary, but this is physicality and there it is. Yet, when you detach, you are participating in a glorious powerful way. You are augmenting your Spirit Presence and in so doing, you are diminishing the *effects* of the cause and effect. What does that mean "diminishing the effects"? This.

From all cause and effect, there are ripples of energy, vibrational frequencies that flow forth as of the whole. Some vibrational frequencies are augmented by participating with them. That is, if a cause and effect is anger-producing, begging for that kind of participation, then your participating with those frequencies by becoming angry, augments them, causes them to increase. In a like manner, when you detach or choose not to participate, your Spirit Presence becomes the primary presence. Aha! Do you see?

And this, then, becomes your new and beautiful way of going forth within the continues journey of awakening! And you can be sure that your human nature will celebrate this new way. Why? Because inner peace is nourishing, inner peace is fulfilling, and inner peace invites that fulfillment to be made manifest in the external cause and effect. And your human nature can rest easily and peacefully in that fulfillment, which is more real than anything that has been trying to be made manifest for a very long time.

There you have it, my dears! There you have it. Simple. Basic. Powerful. Your avenue up and out of those frequencies that have given up working a long time ago. Hurrah for your human nature who has held on for so long, waiting for you to take hold of the reins and be as present as you possibly can be. That is what occurs in this new phase, my dears. You become more and more incarnate: divinity walking the earth... consciously incarnate. Fulfillment of purpose. You bet it is!

Then I believe we have had a nice chat, haven't we? Until we speak again, I am Teacher.