

*July 2013 Channeled Reflection*  
*with*  
*Expanded Consciousness*



Greetings! We are Expanded Consciousness and we come forth to speak with you concerning the cause and effect as it delivers to you the next phase through which you can and will journey in order to know yourself better and in order to experience the fulfillment of your purposes, large and small.

During your many journeys upon earth, you have discovered that in certain instances you seemed to grow tired or even bored of your own participation within that cause and effect. You then either changed your manner of relating to the journey or in many instances, you ceased to participate in that journey and began another, and the other the new journey began to give to you something different. The new journey perhaps gave to you some challenges. And the new journey gave to you an opportunity to explore your own what you call potential, your own ability to expand your creativity. And the way that you expanded your creativity was to create... to create either a new you or to create a persona that would better fit the new journey.

All of this changing, exploring and creating brought many to that moment wherein there was a realization and the realization was one that what you call in your slang vocabulary, stopped you in your tracks. What was the realization? It was this.

You began to be aware that though you were an individual, you were not only part of the whole, but that you needed that whole. You discovered that you needed more and the more wasn't in the form of success or money or love or a different geographical location. The more was bigger.

For some, the more's definition became illusive, while for others, there

came an invitation to participate in some form of gathering together with others. And it was within this gathering that you began to feel the more, even when you couldn't place a name upon it.

Sometimes you gathered and felt the more, and at other times you wanted to feel the more, but couldn't. You also tried to figure out what was either wrong with you or with the gathering. Of course there was nothing wrong. You were simply complete with that experience. What had you experienced?

You were beginning to expand your own knowing of self and within that



knowing there resides the Truth that you are all beings and all beings are you. You have, perhaps, heard those words before, but this time they seemed to ring clear to you. And though your mind couldn't quite figure out how this could be, you intrinsically knew it to be true. You knew that you were not only residing

in the same energies or frequencies as the other beings. You knew that the substance that resided within you, resided within them... and further, within all things, within the creatures and within nature and within everything. And this knowing brought you peace.

And here we are now, speaking with you about the more, which is actually all that you are. The more is simply your expanded consciousness within which resides Truth beyond physicality's explanation. Yet your expanded consciousness does exist and it is within this next phase of living that you are asking of yourself to experience your journey in not only a more fulfilling way, but in a way that will fill you to the brim with the more, with the peace and love for which you have yearned ever since your first stepping upon earth.



And what was that yearning but the deciding to make certain that you would remember the Truth, the Truth that you are always not only united with the whole, but that it is you and you are it, that you are the Love itself and it takes form as you, that you are the Peace itself and the Peace flows from and takes form as you, and that you are the fulfillment in all manners of being... even those manners that seem to be for naught and never fulfilled... because they are of you, there resides fulfillment with that which you call forth.

Then what does all of this mean? Yes, you are entering and have entered a new phase of your living. And yes, you have recognized that within this phase in order to experience real fulfillment, you are requiring yourself to be true, to be the most true to self that you can possibly be, the most honest to self that you can possibly be, and to care for yourself in deeper ways so that you are nourished first... first before you go forth to seek the kind of nourishment that only you can give to yourself within your innermost Chambers of Truth, Truth that resides within the core of your being.

Then what? Time. Next is the phase where you give yourself time to acclimate to this new manner of being. You might have changed geographical locations or partners or places of employment, but this change of which we speak is the change within the nature of your relationship with your very own self, your relationship with the real you, that inner being who has been waiting for your conscious attention, that inner being, the beautiful being whose wisdom resides within each and every breath, whose love resides within each and every pulse beat. That being who is breathing you forth to reside within this moment. The real you.

And when you have given yourself some time to let go of the personas that have served you well but have become fulfilled or boring or simply not

quite right; you will then begin to feel the pull, the call to journey within your own self to discover the more. Perhaps you will be looking for a persona, but you will not find one. Perhaps you will be looking for a new belief system that will include the expanded manner of living that you have touched upon, but you will not find it.



And perhaps you will discover that you are always being created in them moment and though you have physicality's forming to give you some sense of continuity, you are daring to admit that each moment, each breath, each pulse beat is new. And you are then asking yourself to reside within this moment... always. You are asking of yourself to dare to reside within this moment called *eternity*.

And you might be wondering, *"What does this mean? Does it mean that I will not be working at my job? Does it mean that I will place a satchel upon the back of my being and journey without destination? What does this mean?"*

The reason that you might have those questions or similar questions is that you are reaching outward to try to interpret the meaning to what you are discovering. What is the answer to all of the questions that will arise? It is this.

Whatever you do, wherever you live, wherever you journey, and within whatever relationship you choose to remain or enter... you will always be residing in the moment and you will always be the more of who you are.

And in truth, you always have been the more of who you are. Now you are simply becoming more and more conscious of this truth. Why? Why are you now able to become more conscious of the truth of who you are, the truth of that which forms as you?

You have dared. You have dared to incarnate during these times of



great transformation and awakening. You chose to be here during this time when sleeping humanity begins to awaken and challenge those who have been promoting the sleep state. *And you chose to enter within your own sleep state in order to anchor the patterns of awakening into physicality and into the totality of humanity's sleeping consciousness.*

You chose to deliver to the sleeping masses the ingredient that will be as a saving grace, as they reach outward. What is the saving grace? It is the way out. It is called awakening to truth. It is called daring to let go of being a victim and grasping upon those manners of being that point to the journey within which resides freedom from despair, freedom from struggle, and freedom from the olde patterns of victimhood.

And, beloved ones, you chose to give a gift to yourself, a gift that would manifest within this lifetime of the grande awakening. What was and is the gift? It is this phase of your journey, this phase wherein you discover the more of who you are. Your gift to yourself is your own emergence from that which you believed you were into the joyous celebration of Truth and its beauty as it vibrates and resonates within the core of your being. This is your time, your turn. it is here and it is now.

This is your turn to dare to let go of that which has proven to be unfulfilling, even though you can see just how it *might be* fulfilling... yet what you are seeing just doesn't seem to want to be made manifest. Now is the time to let go of that which is unfulfilling. Some of you say, to bless it and to release it to form again.

Yet we say to you, those patterns that you created within are missing something. What are they missing? They are missing what is called *the life*

*force*. You have done your very best to create... whether your efforts have been to create a business, a relationship, a teaching, a career; yet such creating was actually from your will, your desires.

And there is nothing wrong with such creating. Yet you are coming to realize that such creating remains unfulfilled. And the reason resides in the truth that we have expressed: *you had not yet created with the life force*. What does that mean?

You had not yet breathed the life force within your creation. And this truth does not diminish all of the efforting that you placed within your creation. For some, you have given all that you could possibly give. And still, you were unfulfilled. That which you call success did not occur.

Then you might be asking how, exactly how you can breathe a breath of life force into your creations. The answer is this, though the answer is not what you would expect or believe it to be.

There is not a step-by-step procedure for breathing the life force into that which you choose to create. More so, the words *choose to create* are the focus of the answer.

When you think of what you would like to create, your thoughts are resting upon the known to your thinking mind. And such creating then is missing the full, rich wholeness of that which you are -- something that your thinking mind doesn't yet recognize. Why? Because as we did speak, you are being created in the moment. You are not staid. In truth, you are not residing the same way long enough for your thinking mind to figure out anything.

Creating with the life force comes from within, originates from within the core of your being. Does that mean that any or all of your creative ideas



are not good or should not be participate within? Not necessarily so, do we say to you.

Firstly, there is the letting go of who you believed yourself to be, or who you believe you would like to be. Secondly, that which we have called time... time to get to know yourself, to recognize what is your own truth, what are your own likes and dislikes, and when you say "yes" when you want to say "no" and vice versa. Remember, this is called getting honest with yourself.

Thirdly, when you reside within the peace, the inner peace that forms as you, there comes forth from that peace certain concepts, certain ideas, and perhaps certain patterns that come to be interpreted as possibilities for creation. It is then that you can know that you have entered the creative realm.



It is then that you are open to all possibilities.

And when this occurs, your fourth manner is to ask of your innermost being, what is the best for you to participate within... now. Perhaps you will write the answer down, the idea or concept down. And then let it be. Do not consider it for at least three days. And then again, place your consciousness within that creative realm, that of you that is filled with the life force taking form and releasing of form, and ask again, what is the best participation for you... now.

Do not be discouraged if you proceed in this manner and you do not receive an idea or concept. What is occurring? You are still simply requiring of yourself to let go of trying to figure everything out, you are letting go of survival's last grasp. And we say to you, rest. Allow. Allow yourself more time to experience peace, more time to nourish your own self, more time to

remember that you are so very much more than you have ever believed.

There will come the day, the moment when you are feeling your own inner peace, our own inner love... and there will be the moment when you are gifted with those ideas or concepts that you know will take form for you, those ideas that are so very filled with the life force that they begin to form within your thoughts and plans and -- as you have the phrase -- before you know it, you will be taking an action that is so easy, that is so very natural.

Beloved ones, it is then that you are beginning to participate with creation itself. It is then that you are beginning to participate with the breath of the life force as it automatically and fully flows forth to take form as you creating within it.

This, then, is your gift to yourself, the gift that you placed within the patterns and encodings of this life upon earth.

And yes, if you go forth and create upon the olde ways, you will create -- perhaps something wonderful -- and you will then once again be disappointed that your creation did not grow or expand or give to you the fulfillment that you so desired. If this occurs, it is not a crime, not wrong. You have simply given the olde ways one more try.

And instead of residing within despair, perhaps you will return to our words, our speaking to you for you, and rediscover a new manner of being, the manner that you gave to yourself long ago before you incarnated into this lifetime.

You are most amazing beings. Your time is here. It is now. Right now.

We are most pleased to be speaking with you. And until we speak again, we are Expanded Consciousness.

