

## *July Reflection with Teacher!*



Greetings glorious beings! Greetings to you! I am Teacher and I come forth to congratulate you on your present journey! Yes, you are doing quite well, I must say. You see, you all know that you have come from a difficult time, whether your difficulties were in the distant past or whether they were just yesterday. Something happened to change the way you lived your life. Well, my dears, what was it? What caused the change?

I believe that you had enough. You see, there comes a time when your beautiful, glorious inner self sends a message, a strong message to your conscious awareness. The message might sound something like this: “I have had enough of this!” Or, “I just can’t believe I am supposed to struggle like this. No one else seems to be struggling.” Or, “I have tried everything and I just can’t figure out what I am doing wrong. I give up!” And I suppose you could list a number of different statements that you have made just when your inner self, the real you, stomped his or her spiritual foot and demanded attention.

And then what? Well, for many of you, there was a decision that came quickly, though the direction and action wasn’t easy. In some instances, the action you believed you needed to take was quite difficult. And, yes, not that it was a crime, some of you decided the action was too difficult and you remained within the same cause and effect. Again I’ll say, that is not a crime. I do believe that you have been doing the very best that you could do.

And now, here you are, reading these words. Why? Why are you reading these words? Well, that’s easy. You have been asking for help and I have heard your asking... and here I am.

Let’s talk about some of the steps that you can take to get you up and out of the struggle. Or, for those of you who have already done that, have already made some decisions and begun to take some action, let’s see what steps you can take to let go of that nasty residue of the past struggles.

You see, you can brush your hands off and be glad that you are deciding to let go of the old ways of living, and you can really mean it. Of course you do. Well, then without

belaboring the point, let's take care of that residue of the past. What residue? Oh, you know... those old fears that chase you around and sit ready to sabotage your next glorious journey. They want to protect you, you see, but really they have already fulfilled their purposes. They just don't know it yet. And until you disengage them, they will continue to whisper in your subconscious and then conscious mind, telling you that you might not want to take the risk of entering into a new way.

How do they whisper? What do they say? I am certain you will recognize them! One fear-inducing whisper might be: *If this doesn't work, I just don't think I can handle another failure. Or, I don't know who I think I am taking these steps. I've never done this before. Or, I am never going to make enough money doing this. Or, If I let go of what I have been doing, there's no turning back. I'll be burning my bridges. What will I do then if this doesn't work out? I'll be back to where I was... and I just can't go back there.*

Now remember, all this is just your old survival techniques coming forth to protect you in the way that they did long ago. They led you to interpret your comfort zone as a way of surviving day after day, having enough money to pay most of your bills, and feeling a relief that the wolf was not at the door. A type of security, yes, especially if your journey to that moment was a long and arduous one, struggling to get something going, to help you makes ends meet.

But! Ah! Here is the good news. Your inner self, the real you, has had enough and wants out... and wants in... into that new way of living that you have heard about. You know, the one where lives joy, delight, fulfillment, and ease of living. That one.

So why don't be just take this brief moment and together clear out those old patterns, the old fears that have already fulfilled their purpose... so that they won't continue to sabotage your beautiful journey into that fulfillment... fulfillment so wonderful that you find yourself giggling over it. Yes, I said giggling.

Then here we go. Let's do this together. Ready? Take a few deep breaths. And just for a moment, set aside all your concerns and worries, all your plans and lists of things to do. For this moment, take another deep breath and relax. I am going to be doing this with you, to help you, in answer to your call. So, what can you lose by participating? The real answer to that is experiential.

Now all of this might sound a bit simple. It is. But I can guarantee that it is powerful. Most truth is just that. Simple. Powerful. Don't give up. Just keep with me

until we are complete.

Take another deep breath, relax and keep receiving this message that you have called forth. Firstly, we are going to call forth all of those old fears and survival techniques in this way.

Repeat these words with me:

**Fears of old, I (your name here) call you forth. Come forth to me now.**

Then pause for a moment and allow. You don't have to try hard to remember each and every one. That isn't important. You see, *you are really calling forth an energy and the patterns that reside within that energy.*

After you have paused for a moment, then repeat these words with me:

**Thank you, fears of old. Thank you for caring for me, for assisting me in my journey. Thank you for keeping me as safe as you could keep me. Thank you for guiding and directing me. I give great gratitude for all that you have given to me.**

Pause for a moment, my dears, and allow your sincere speaking to flow forth and into that energy and those encodings and patterns.

Next, speak these words with me.

**Fears of old, I (your name here) by my divine right declare that your purposes are complete. You have totally and completely fulfilled your purpose with me. You are complete.**

**Fears of old, I (your name here) by my divine right, release you and your forming. I release you from my being, to dissolve and return to One, to return Home. I release you now.**

Dear ones, breathe deeply inward, pause for a moment, and when you breathe outward, speak the words: **I totally and completely release you now.**

Then speak these words. I will tell you ahead of your speaking these words with me that they are the ancient language that resides at the Portal to Creation, where the All That Is dissolves and is reformed again and again. It is not important how you speak the words, just that you do speak them. They are the finality of your relations with your old fears that resided in your previous journey within survival.

Let us speak these words together: **Kleenah Slorientoh Freenah Nacktah Schonacktoh!** [phonetic spelling]

Then together, let's speak the words, **So Be It** three times.

Take a deep breath and allow, my dears. Allow the residue to flow forth from your being. Drink water. Walk in nature.

You might feel a bit empty. You might wonder what you will do now. You might feel that you have no directions or parameters within which to reside. You might feel that you are on the edge of the great unknown.

The news is that you are. You are empty of the old patterns. Your entire journey awaits you, the real you, to place one foot and then another and another stepping and another until you discover that you are free... free to go forth into your own guided way.

Yes, you are at the beginning of the great unknown, which becomes known to you, my dears, as soon as you begin to participate in your new journey. You won't know the end of the journey. You won't know the destination. Yet little by little, as you have the phrase, you will begin to get a feeling of where you are heading and what is calling you... what is really calling you. And that calling is the beginning of you getting to know the real you. And at that moment, you just might find yourself emitting a giggle or two!

Remember, my dears, you are not here to struggle and suffer. Oh, I'm not saying that the journey upon earth is a piece of cake. It isn't. Yet the real you, the you who called me forth, knows how to dance and choose, knows how to go forth in the best way possible, knows the truth of life and the releasing of life, knows how you can reach out and assist others, and knows when to leave others to their own journey lest they forget that there is something glorious waiting for them, the same glorious that you have begun to discover.

You don't have to deserve this new way of living, my dears. It is the way you have always meant to live. It is here and it is now. Right now.

I am most pleased to be speaking with you. Bravo to you for asking for assistance! Continue to ask and I am at your side. I am Teacher.

**Note: for more speakings with Teacher see archives at [www.prettyflower.channeledDailyReflection.html](http://www.prettyflower.channeledDailyReflection.html)**

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