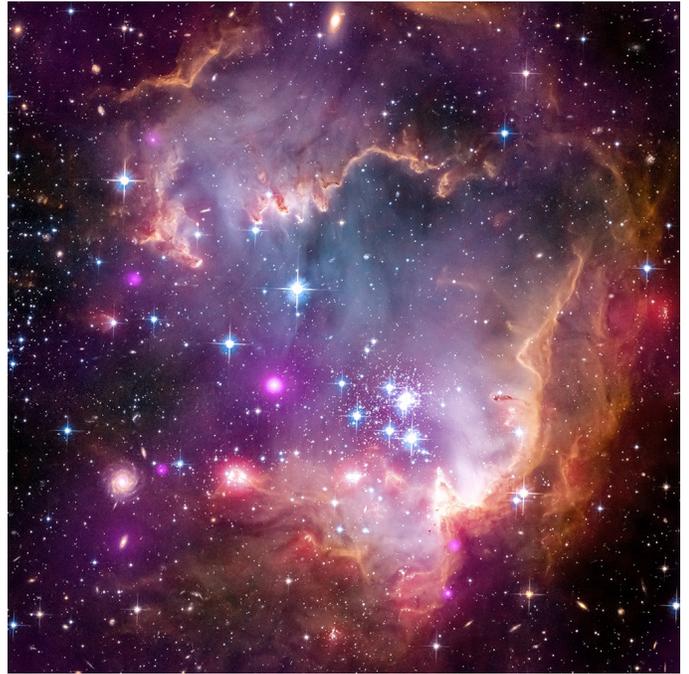


June 2014 Daily Reflection with Expanded Consciousness



Greetings our beloved beings! Greetings to you! We are Expanded Consciousness and we would speak with you concerning what you call your personal identity and how your concept of yourself and who you are or who you might be, then does determine the nature of your journey.

You see, our dear ones, there are truly two journeys occurring within your steppings. One journey is that of your Divine Spirit Self, the real you, which magnetizes to you certain options or choices... all for the joyful fulfillment of your beingness in all manners.

The second journey is determined by your need to experience yourself in certain manners or ways. For example, when you decide to enter into a new career, a new relationship, a new study; or when you decide to be a certain way, perhaps more or less giving, more or less sociable, or even when you decide that you are a good or bad person; it is then that the magnetic pull of this second journey begins to form itself... so that, again, you will be fulfilled.

You see, all journeys are the fulfillment of your inner choices. That is to say, if you have been examining or reflecting upon how you experience your day, for example, and you decide that you have been too busy and that you want to lessen your activities; it is then that the external world begins to shift itself to accommodate your choice. And, as you have discovered, this shifting continues to occur within the next three or four days.

In this example, if you find that your activities are still plentiful – seemingly against your decision – it is the result of a previous manner and your new choices haven't yet caught up with you. What occurs? At times, you participate with the old patterns, the busyness of the day, even against your own decision. Then what occurs? The magnetic pull toward your choice is paused, waiting for a clear pattern to call to you that which is fulfillment. Do you see?

There, of course, is no blame in our explaining to you what is occurring within your journey. Yet we are certain that you can easily understand the confusion that occurs within the cause and effect as it continues to move itself in the best way possible in order to deliver to you the fulfillment of your journey.

In another example, more directed toward determining your external identity, you might decide to enter into a certain career. You know that you are able to express your talents or abilities within this new career, or job, and you begin to see yourself within that role. Of course, again, there is nothing wrong with this manner of being. It is the nature of your cause and effect to call from you a way of experiencing your human nature through its presentations.

However, within this example, you are then journeying forth within a newly-forming identity, one through which you will experience your Self journey as well. What occurs? As you begin to experience success within this career, within this new journey, your identity-to-self begins to be seated within the career... and here it is... you begin to fall asleep to your Spirit Self, the real you. Not a crime. Yet such sleep does tend to distort the nature of your journey. The *nature* of your journey. And the result will be, always, a continued external fulfillment of being... and a slight emptiness within, an emptiness that continues to grow during this externally-fulfilling journey.

There is nothing wrong with success, of course. It is the forgetting, the sleep-to-who-you-really-are that changes the nature of your journey... because the nature of your consciousness has changed. At times, the real you seems to you to be lesser than this newly formed successful being. There seems to be more power, more fulfillment, and more of a magnetic pull within this new journey of success. Yet the power, the fulfillment, the magnetic pull all originate within you, within the Self, within the real you.

The forgetting is forgiving, however. There comes within this journey several continued experiences that cause you to pause for a moment, to reflect upon this new journey, and to determine how you can change a little... perhaps deciding to be less busy during your day – an example we mentioned at the beginning of this speaking. Perhaps during your reflecting you notice that emptiness and you try to understand what is causing it to be.

It is at this moment that your Self, the real you, is breathing a breath upon the external cause and effect, inviting you to change *the manner in which you experience*

yourself. Notice that we did not say, inviting you to change and let go of your new career. Your Self will not ask you to give up anything. More so, your Self, the real you, will rejoice within your fulfillment in all manners. Yet. What is occurring? And perhaps a deeper question would be, how can you experience your Self, the real you, within this new successful journey?

Then we are entering into the topic of our speaking, dear ones. For we have been observing you and your attempts to change the nature of your journey in order to fill that emptiness which seems to be residing within... but is not. Remember, *the emptiness is an interpretation of your slight forgetting*. The forgetting is a manner of focusing upon the external world and then concluding that it, the external world, actually is responsible for your fulfillment. And you are aware, all who receive these words, that all fulfillment resides within the Self and flows forth from the vibrational frequencies of Self continuing to take form, release form, take form... within the pulse beat of the All.

You see, dear ones, you are much bigger – so to speak – than the successful, or unsuccessful, self. In truth, the identity of the successful self has little to do with who you really are. It is simple a projection of a way that your human nature has decided will give you... what? You might think the answer is “success”, but it is not. The answer is this. Your human nature will always project an identity that will deliver a journey that will provide *safety*. The safety might look like success; yet if you reflect further, you will discover that the foundation of such a projected identity and its journey is the assuaging of fear, fear of loss, fear of lack, fear of harm, fear of abandonment, fear. And the successful journey gives to your human nature that called security, that called safety, and perhaps the safety within a greater power of choice.

The real you, the Self – upon this realization – can embrace the human nature’s need for security. Remember, the human nature’s need for security grows or increases when the consciousness begins to forget its real Self, begins to focus on the external world for fulfillment. And within that forgetting, of course, the human nature will begin to create an identity within which it can not only survive, but places its hopes on thriving, and reveling in great success... the human nature’s answer to that inner emptiness which harbors fear. Remember, fear is the signal that you have simply forgotten who you really are.

What is next? What can you be doing to change the nature of that pattern? It is

this. Firstly, love your human nature, as if you are loving a lost child that has just been found. Step back, so to speak, from your current journey and let go of focusing on the need to change anything in your external world in order to fix your inner calling. Next, remind yourself who you really are, Self, by speaking these words or similar words of your own choosing:

Breathe deeply, bring your focus within, follow your breath within your being, within your body physical and within your forming of the essence of being. Speaking aloud or softly to your own self: *I am the All taking form. I am Divine Essence flowing forth to take form. I began this journey long ago, a journey of continued awakening to the Truth that I am God/Goddess incarnate. I am now at the peak of my incarnations. I remember my Godself. The journey always molds itself to my steppings. Within my journey, I am given every opportunity to experience and express my Godself in large and small ways. Even my breath is the breathing forth of Divine Essence to embrace all that has formed within the sleep-to-awake state of consciousness. I am the fulfillment itself. I give great gratitude to my human nature, within which I reside. I carry my awakened Godself into my human nature, just as I have been doing for many many lifetimes. Within this lifetime, my human nature receives the nourishment of its real Self and rejoices within its awakening. This is the return to One occurring within physicality. I am One. One Being. One Heart. One Mind. One Spirit. One.*

Then breathe deeply once again and simply be, allowing this Truth to fill every aspect of your being, including your projected identity.

Beloved ones, as you go forth within your daily journey, pause for a moment and allow the flowing forth to come to your conscious recognition. When you feel yourself hurrying through an action in order to get to what you would really like to be doing or in order to get to something that you believe you must be doing; pause for a moment. Breathe deeply. Remember Self, the real you. And then continue while your inner peace enters into everything, every action within your journey.

When you feel yourself becoming frustrated by the external world's cause and effect, pause for a moment and remember your real Self, allow the confusion or distortion to pass, change your focus, bring your focus back to the moment, the breath, and allow the confusion to dissolve. You can do this, our dear ones. And the more that you practice this manner of being, the more you will experience its immediate effect.

And within the immediate dissolving of the confusion, your human nature will let go of its need to send a message to its Self, a message to the Godself, by tightening, by becoming frustrated, by letting the fear enter into the consciousness, fear that portents sleep.

And when the human nature beings to trust this process, a deep breath occurs and you... the real you, the Self, will flow forth and be. There will be no need for a projected identity. You will be. This is the continued birthing anew, the continued breath of forming and unforming. Do you see? This pattern of which we have been speaking is the nature of the forming and unforming as it presents itself within your physicality.

Perhaps you will reflect upon these words that you have called forth to your being.

We are most pleased to be speaking with you, our dear ones. Until we speak again, we are *Expanded Consciousness*.



(Pictures from Hubble Telescope)