

May 1, 2013

Channeled Reflection

Well now, here we are once again to have a little chat together! This is your friend

Merlin, and I come forth to speak with you about

your daily living. Oh, I'm not going to right-the-wrongs or give you a list of things to do. I just want to chat with you about how you are living within your day... and give you a few hints on how to live in a happier way, a more fulfilled way. Just a few hints, that's what this is all about.

Now I do know that many of you awaken each morn with a list of things that you must do during your day. There's nothing wrong with that list, and some things do need to be accomplished in your daily cause and effect. That's what living in physicality seems to be all about, doesn't it? Well... there's more to it than that. And you are going to love what I am about to reveal to you! Ready?

Here's the first hint. There comes a time in your life, whether you young or olde or in between, when you pause for a moment and realize that you have actually been hurrying through your life. You realize, for that moment, that your list of things to do has never really been shortened, but those crossed-off accomplishments have simply been replaced by more... more things that you must do, must accomplish.

Again, there is nothing wrong with having things to do. What I am hinting about is the fact that you are hurrying, hurrying to complete that *eternal* list. Yes, I inserted the word *eternal*... because I care about you and I'd like to see you get this. Oh, not only read the words and understand them with your thinking mind. But more so, I'd like to see you really get this...



inside, deep inside. And if you do, perhaps you will ask yourself — in your slang vocabulary — *where is the fire?* What is at that seeming but unattainable destination?

Ah! Maybe you have just had a little awakening? Maybe you never really put a destination on your list. That's what has made it eternal. You are never finished with it.

Then I ask you, if you are never finished with the list of things that you must do, when oh when, my dears, do you ever really rest, when do you ever really reflect, when do you ever really journey to the inner most of your own soul and discover what lives there? That is, when do you actually take the time or better stated, when do you actually *have* the time to discover your own spirit, your own beauty... inside... your own wisdom, your own spiritual truths? When?

Ah, yes, I do admit this might be a little more than a hint. I am asking you to consider this: just for one day, would you set aside your list? Now you might decide that you do already have a day off and you could set aside your list for that day. But I am talking about something else.

I am asking you to take an entire day and forget. Forget that you have a list. Forget that there is a structured journey — structured by your never-ending list. And forget that you have something to accomplish, to prove, to succeed within.

Just for that day, bring yourself into that day, and when your mind wants you to remember all of your on-going projects, tell your mind that for this one day you are forgetting about it all. Can you do that? I'll admit to you that it might take a little practice, but I have every faith that you can. That you can forget everything but yourself in your day.

You don't even have to try to figure out what you will do in that day. Just let it evolve. I challenge you to give it a try, my dears.

Here's another hint. After you have lived in that one day and have

successfully forgotten about your eternal list, maybe you will take another day and give it to yourself?

All right, I hear your questions. *What about my work? What about my appointments? What about my responsibilities?* Here's the answer to those valid questions. You are going to love this too. Why?

Because it is going to give you an avenue for inner peace, and that's what this journey in the cause and effect is waiting for. That is, your journey in your life, in your cause and effect in physicality... your journey is waiting for you to go forth in a way that will give you the glorious experience of inner peace... while you journey forth.

And you can't shrug off inner peace, my dears. It is the avenue through which all of your inner wisdom, your all-knowing flows. Inner peace is that manner of being that expands your experiences into what you call fulfillment, into happiness... the real happiness... not the happiness that you have decided will occur when you have completed the eternal list! Real happiness. Real fulfillment. So, here's the answer to those questions.

When you awaken and begin your day, a day that has within it certain responsibilities, certain appointments, perhaps a day at work, a day caring for someone... this is how you can go about your day and continue to forget your list. It's easy, my dears, and you will probably smile a little at your own self for thinking that I am reveal a great mystery.

When you enter the first activity of your day, keep your total focus there. Again, you might think this is easy, and it is... but it will take some practice to refuse to think about what you will be doing next and then next and then next, as your busy day unfolds. What am I suggesting?

Let's use an example. Perhaps you are going to go to your work on this day. While you are traveling to work, do just that. Reside in the moment, reside in your traveling. Observe what is occurring. If you are riding a public transportation, observe the other beings. Notice if they are talking with one another, if they are sleepy, if they are studying something. Notice.

Pay attention to your own self. Are you sleepy? Are you excited? Are you bored? Are you anxious? If so, ask yourself what you are anxious about. It seems to me that there is nothing about traveling to your work that would bring about your feeling anxious.

Then, if you are feeling in this way [anxious], my dears, you are not residing in the moment, you are refusing to pay attention to this one breath, this one movement, or to those about you. You have projected yourself into the future, the past, or into a possible difficulty... that isn't even happening in your beautiful journey to your employment.

You see? When you practice living in the moment, you are giving yourself a great gift. What is that gift? It is simplicity.

Now what if you are distraught about something? What if something is bothering you and you simply cannot set it aside. Perhaps it was something in your past. Perhaps it will be a possibility in the future.

Here's another hint. When you are distraught about something — and living in physicality's cause and effect can give you a reason to be distraught, there is no denying that — then I encourage you to do this.

Set aside a time when you are able to reflect upon what it is that is causing you to feel distraught, to feel worried, to feel ill-at-ease. Perhaps you will go into nature and determine that you will really reflect upon how you are feeling ...and more so, why. You might be quick to decide the exact why that brings you to feel distraught; but I encourage you to reflect further. Here's the challenge.

I encourage you to set aside all... *all*... reasons that live outside of yourself. Yes, that means setting aside any reason for feeling distraught that you believed was caused by a person, a place, or a situation. I know you would like to blame any of those categories for your feeling this way, but it won't rid you of the feeling. It won't bring you peace, my dears. It won't relieve you of that feeling and that's what you want.

Now part of you might want to continue to blame a person or a place or

a situation for your feeling distraught. *That's a human trait that has survived the sleep state and has followed you into your awakened glory.* Yes, blaming an outside source for your discomfort is all part of the sleep state. I suppose you do not like to hear that, don't actually love hearing it; but it's true.

So then, if it's true, what can you do about it? How can you rid yourself of the blame, of blaming something outside of yourself for feeling... awful. Yes, *awful* is a good description for not being able to reside within your beautiful inner peace, where the real you lives, laughs and loves.

Here's what you can do about it. Ask yourself these questions. What am I afraid of? Or, what do I fear I will lose? Will you lose your standing in your employment? Will you lose your friends? Does what has happened in the external world cause you to be afraid that you will lose something, anything? You might want to write your answer.

Next, ask yourself what you believe that you should have and are not getting? For example, is someone you love not giving you a good demonstration of love? Are you not receiving care? Are you lonely? Do you believe you are doing too much in a relationship? Are you not fulfilled? Ask yourself what is missing. You might want to write your answer to this as well.

Next... and here is the big one, the big challenge... ask yourself if you can accept what you have discovered. That is, ask yourself if you can simply accept the fact that you are not receiving what you would like from whom or from where you would like. Ask yourself if you can accept that fact that you are not going to be fulfilled in the way that you would like to be fulfilled... in those circumstances.

You might initially decide that you cannot accept this fact. However, until you can and until you do, you will, my dears, continue to feel distraught. But there is more! Don't despair! I am here to give you *the final hint*, and it's a good one, a great one. And it's where this little chat has been leading.

There is fulfillment. There is love. There is security. It's all for you and it is all real. Where is it? What is it's source? The answer is

simple... and true.

All of your fulfillment comes from your relationship with your inner peace, your inner truth, and with your awakening to the All that forms itself as everything, including you.

Now this all might seem a little illusive. Your mind wants to grab on to something, something that will give you not only relief from trying to make things happen in your external world, trying to do something that will give you fulfillment or success, trying to arrange a relationship so that it will give you the love, caring and nurturing that you want...and need.

Yes, you want to know how this seeming illusive inner peace and awakening to truth can give you all that you want and need. Of course you do. And what is that wanting? Hear this. *It is the beginning of your journey away from expecting anything from your external world and turning toward the real truth, the real you, the real essence of fulfillment.*

And you might right away think that the external world is real and that it needs to begin to manifest for you that called ease of living, fulfillment, love, joy, and wonderful surprises. And it will. That's the glory in all of this!

Once you let go of blaming others or other situations for your discomfort or unfulfillment, and once you begin to set aside your day that is lived without a list, and once you place yourself in the moment — whether you are traveling to work or shopping for groceries or preparing a canvas for painting or sipping your morning drink — and remain in that moment... you are daring, my dears. You are daring to really live.

That is, you are then no longer *roboting through your list*, your eternal list. You have relieved yourself of the treadmill and you have placed your steppings on something magical. The something magical is the real thing, your real journey.

And the more that you allow yourself to enjoy the moment, the more that you allow yourself to realize that your fulfillment — in all areas — do you begin your journey into and familiarity with your own inner peace; and the

more that your external world will begin to shift and change.

And when your external world shifts and changes, the magic becomes real to your conscious noticing. And when you begin to recognize the magic, you will also be able to say “yes” to that participation, that calling, that fulfillment... in the moment. Always in the moment.

And when you become conscious of the magic and its unfolding, your mind will want to jump right in there and make things happen... in a bigger and better way. But don't do that, my dears. Don't step away from allowing the magic to appear. It will continue to give to you, it will continue to give you the caring and love that you have been seeking.

What is the caring? What is the love? It is your own inner beauty. It is your own inner peace. And yes, you want another being, perhaps, to love you, to care for and about you. And you already know that words that I am about to say: until you can feel and love and care about and for yourself... in the ways that you are expecting another to care for and about you, to love you ... you will not find that fulfillment in the external world. That is the truth.

There will be no being or there will be no circumstance that will give you the fulfillment you desire if you have not journeyed into that fulfillment... inside of your own self, if you have not discovered what caring for yourself really means, if you have not discovered and participated with what caring about yourself really means, and if you have not discovered and participated with what loving yourself really means. How, my dears, can you allow yourself to be loved — in whatever form love comes to you, great or small — if you have no idea who you are and how to love the you that you are getting to know?

Yes, that's one of the real questions, isn't it. It's been around for quite some time and perhaps it has continued to return to your awareness. Maybe you are thinking, *“Oh, this again. This has never worked for me. I love myself. I do. I just want someone to really love me!”*

Well, my dears, it is time for you to get real. What do I mean by those

words? Here's the kicker. You have that phrase, don't you. Here's the kicker.

If you are wanting to be loved and there doesn't seem to be anyone to give you that love or caring, the answer lives inside of you. The first thing is to stop feeling so bad about what you are thinking, that you are just not deserving of love or that you are unlovable, or that no one in the entire world knows how wonderful you are and if you met the right person you could surely show him or her what gifts you have to share. Are you smiling? Laughing? Angry? Sound familiar? Yes, the first action in all of this is to stop yourself from thinking like that.

What's next? It's an easy conclusion, my dears. Next it to ask yourself how much time you spend with your beautiful inner self. How have you gotten to know yourself? Have you taken time to reflect upon what you enjoy participating with... all by yourself? Do you say that you always like to do things with others? My dears, it is time to treat yourself better.

It is now time to begin that relationship with you, the real you, the you who lives inside your inner peace, the you that has been waiting for your conscious letting go of the external reaching out so that you can reach within... and find the pot of gold.

You see, my dears, if you have been frustrated by not receiving anything in the external world — love, caring, money, success — you have been caught in the belief that it's an outside job, that when everything falls into place in your external world, you will be happy, you will be successful, and you will be fulfilled.

But you have heard the words again and again that this journey is an inside job. What does that really mean? It means, my dears, that when you being to change... inside... when you begin to take that responsibility for your own happiness... not by moving around the external world... but by getting to know yourself better, by becoming still and residing within your own inner peace, by letting go of external expectations, and by hearing your own inner guidance... that wisdom that is you, flows forth for your conscious awareness,

for your delight in receiving such guidance, and for your joy in taking the action that nearly always feels like play.

And that, my dears, is the placing of your feet upon the journey that has been waiting for you all along. It's your journey. The real you, receiving your own guidance, your own clear wisdom, and going forth to play, to discover, to create, to love, to laugh, and to reside fully in the moment... because the moment is so very full that any list simply cannot fit. Yes.

I suppose that's enough of a chat for this day!

I am your friend *Merlin*.