

## *November's Chat with Teacher!*

Greetings! Well here we are once again to have our little chat! I am Teacher and I am so very pleased to come forth in this manner... to speak with you and more so, to bring to your conscious awareness that which resides within the depths of your Spirit. And why would I do that? My dears, so that you can know



more of who you are and in so knowing, go forth in a way that will be fulfilling, fulfilling even before there is a need. Do you see? This manner of living is what you have been striving for, even in your sleep state. Then, let's get to speaking about this chat's topic!

The topic is all about the power of gratitude. Now I know that some of you are thinking, "This again?" Yes, this again. Yet I am speaking of gratitude in a different way. Something different than forcing yourself to be grateful, even when you don't like what is occurring.

You see, first there is honesty, honesty about what you are feeling, what you are experiencing, and what your journey is delivering to you in the moment. Notice that I did not say, what you are thinking.

As you go forth in your journey, there are moments when you know, intrinsically know that something is a bit off, that whatever is occurring is not quite correct. You feel it, you know it. And it is that moment that I'd like to begin with here in our little chat.

In that moment, I am asking you to pay more attention. That is, when you stop and realize that something is a bit off, that you are struggling to do even the most mundane things; or, you are going along in your day and every plan just doesn't seem to work out; or, you just don't feel as if you are really present... and your plans tell you that you need to be very present. When any or all of that occurs, how can you pay more attention? And why would you want to pay more attention? Here's the answer to both questions.

Firstly, you want to pay more attention so that you can change the patterns that are unfolding for you. Remember, you have already participated in the creating and directing of whatever is occurring in the moment. What does that mean? You are most advanced beings if you are sitting in on this chat, and that means that you are already

awake and aware that your thoughts, your beliefs, your choices, and your unconscious patterns are what determine the *nature* of the cause and effect of your lively experiences.

Then, if this is true – and it most definitely is – then it would be best to stop right in the moment when everything seems to be a bit off and... what? That's what I am getting to now. I suggest this procedure, my dears.

Just let go of reacting to the moment; that is, if you have been frustrated at things not working the way you expected, or if you have had unexpected challenges; just stop for a moment. Refuse to allow your emotions to drag you into that victim role. You know, that role that asks, "Why is this happening to me?" Or, "I knew it! I knew something would go wrong." Or any of those statements that carries the subtle – or blatant – meaning that you are a victim to the circumstances. What does that mean?

It means that you are taking full responsibility for the nature of your experience. Now I am not saying that you are blameful. More so, I am simply asking you to pause, to step back from what is occurring, to take a deep breath and then let go of your reactions, your frustrations.

Next, I am asking you to remember what is most important to you and that is to remember who you really are: a divine being incarnate for the purpose of awakening to that truth, that you are divine – or whatever word you would like to use, God incarnate, the Universe, the I Am, the All That Is – you are that All taking form in physicality for the purpose of awakening to the truth of who you are. And this awakening continues, my dears. It IS the journey.

And along that journey, you have the great pleasure of – in the moment – changing your focus and then watching the external cause and effect match itself to your focus. Isn't that just grand! Yes, perhaps you would like to reflect upon that?

You see, in that moment when everything seems to be a bit off or frustrating, you are viewing what could be called a hodge-podge of beliefs and thoughts, patterns and old ways of being. They are all mixed up and are needing a director, needing a clearing out of the old dusty ways that no longer work, and a celebrating of real truth, which of course changes everything.

You are that director, of course, the one who clears away your old beliefs and unfounded fears, the one who remembers the truth of who you really are, and the one

who consciously chooses *how* you will experience your own journey.

Now there is a bit of refinement going on here. Do you see it? I am not saying that you are consciously choosing to make the cause and effect what you would like it to be. That is the old way of trying to manipulate physicality from the outside in order to feel good inside. That has always been backwards.

The refinement in all of this is what you are most ready for, my dears. When you let go of your reactions to what has occurred in our example, you are then ready for the next step. And the next step is not to figure out what you would like to have happen in your external world. This is bigger than that.

Then I am asking you, in that moment after you have detached from what is occurring, after you have let go of your reactions, after you have refused to be a victim to the external circumstances; I am asking you to ask yourself how you would like to be experiencing your journey. How.

For example, you might choose to experience your journey as a joyful unfolding of fulfillment. You might choose to experience your journey as one that is filled with delightful surprises. You might choose to experience your journey as one in which you are participating in your best manner and knowing that you are what you call “on the right page” of your own story.

Reflect upon that, my dears. Right now, reflect upon the answer to this question: how do you choose to experience your journey? Remember, I am not asking you to describe the cause and effect in detail. More so, I am asking you to take a deep breath, let go of your external circumstance, and ask your innermost being how you would like to be experiencing your journey, in this moment, right now. I am not asking you to decide how you would like to experience your journey tomorrow or next month or even next year. I am talking about this moment, right here and right now.

Now this all might seem a bit moot, but it is not. This particular choice, this decision is at the foundation of all that you will experience in the external world, in your cause and effect.

Perhaps your choice will be one that I have described. Perhaps you will find yourself choosing to reside in peace, love and fulfillment in all manners. Perhaps you will decide that you would like to experience your journey as one of success in fulfillment of purpose. Perhaps you would like to experience your journey as one of continued

awakening to more of who you really are.

Within your choosing – and you will know which is right for you because you will feel it deep inside, feel that your choice is right – so, within that choosing you are actually clearing away the clutter of your thinking, of your old purposes. Yet you can actually take a more active part in that clearing. How? In this manner.

Firstly, after you have decided or chosen your manner of experiencing your journey, allow that choice to live inside of you, to fill you to the brim and overflowing.

Next, simply say these words or words of your own choosing: *I thank all other purposes and patterns of new and old. You are complete now and I release you to dissolve and return to wholeness of being. Thank you.*

Now isn't that simple? Yes, it is. And that is what this phase of your journey is all about, my dears. When you return your consciousness to that of you, that Spirit of you that resides within your human nature, within your physical vessel; when you remember who you really are and let go of trying to manipulate the external world, then! Then you can choose and upon that choice, clear way the debris of the past... so that what? So that you can go forth and experience the alignment of the cause and effect to allow you to journey in the manner in which you have chosen.

Now that doesn't actually mean that everything will match your wishes and commands. More so, it means that your inner fulfillment will be taking place... within every moment. What if it appears that that isn't true? What if the frustrations continue?

Ah! Here we are at the core of everything. The core of this little chat. You see, the next step after you have chosen, is to ask your inner Self, your intuition you might call it, what is your next action. Yes, action. Remember, you cannot sit in the closet and expect your journey to slip that fulfillment under the door. This is physicality where nothing is staid.

Asking your inner Self for the next action is different than sitting down and making a list of what you think you should do next. Your thoughts and your thinking mind will deliver to you everything that rests upon your experiences of the past. Of course. There is nothing wrong with that. Yet you are wanting something bigger. You are wanting that intuition, that inner nudge that says to you: go do this. And the "this" isn't anything that you can figure out. You only know that you have that nudge and it is there for you to

follow.

Now here is the great good, fabulous news! IF you follow that inner nudge, you will be placing your feet on the path that you have always wanted. That is the truth. Yet, remember that nudge comes from within, from your innermost self. You might not receive a nudge right away. Be patient. Everything is occurring in perfect timing and in perfect order.

For example, what if your nudge is to go to a coffee shop, perhaps one that you pass by often but have never entered. Then go do that. You might be thinking that this kind of nudge is a bit unimportant and you want to get on with the important things in your life. Well, my dears, that surely is the thinking mind doing its thing. That is, it can't figure out how following this nudge is going to bring your fulfillment. That's all right. Just tell your thinking mind, your thoughts, that you are just going to go do this anyway, that this is a new way of exploration.

Now in this example, perhaps you go to the coffee shop, get a coffee and are just about to sit at a little table when someone approaches you and asks you directions to a certain location in your city or town. You know the location, but to get there is quite complicated. Perhaps in the conversation you suggest that you will show this person how to get to that location. And, yes, *and...* while you are walking together, you begin to chat about certain things and you learn that this being is looking for someone to take charge of a part of his company. Yes, you know what I am going to say, don't you. Yes, you are the perfect person for the job and you then make arrangements to meet and talk about it.

Now this is just an example. Perhaps another example might be that you go to the coffee shop and you see on the board a notice about a concert that evening and you feel a little tug inside that says this might be enjoyable. You go to the concert and there you meet a friend whom you haven't seen in years and years. Wonder what that meeting will bring forth?

You see? You are actually asking yourself to live in the moment. I'm not saying that you never have plans. Of course you do. Yet, the more that you determine the manner of your journey, your choice of experiencing your journey; and the more that you remember who you are; and the more that you follow that inner nudge, that intuition... then! The more the magic of your fulfillment will make itself known in your life. I believe

you will experience that invitation. What invitation? The invitation to be as real as you can be in your own life... in the moment, right here, right now. A divine being choosing the *nature* of his or her experience and then delighting in the unfolding of that choice.

Yes, this feels like play! It is! It is You, the real you, playing in the real thing: Fulfillment of purpose, divine joy and delight, and the creating of experiencing your wholeness of being while incarnated. Sounds wonderful, doesn't it? It is. It's your turn. Right now. Go for it!

I am Teacher and I am most fond of you, my dears. Until we speak again!