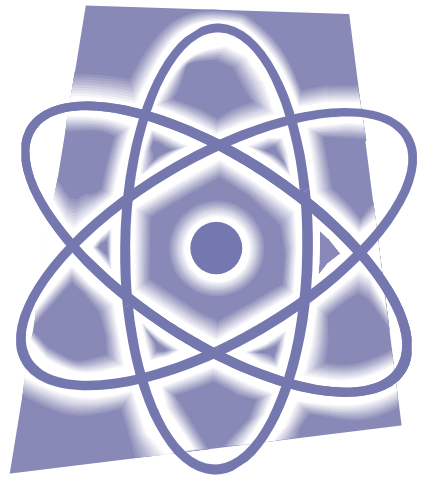


## *November Reflection with Merlin*

### *“The Next Dance Step in Your Journey!”*

Please Note: All pictures from the web are simply a suggestion. Please use your own imaginative images.



Greetings beloved beings! This is your friend, Merlin, and I am so pleased to come forth to chat with you once again. For, you have been journeying within new vibrational frequencies -- a dance that you are just now becoming a bit familiar with and I believe it is time to learn a new step for your next phase, a new step in your dance.

What is the new step? Well here we go! Now this is going to begin to sound like what you call “the same old same old”, but just stay with me and you will be pleasantly surprised, I do believe.

We are now together, all of us, in a vibrational frequency that holds our totality of being. It is from that frequency that we project forth what we currently reside within... that is, our physicality. Now it may seem to those who view physicality as a hologram that physicality is non-consequential or unimportant in the grande picture. And I might say that they are not partially wrong, they are totally wrong. Incorrect in their mind’s conclusions. They have not brought their consciousness to that realm of totality of being and viewed everything from there.

You see, when we place our consciousness in totality of being, we are setting aside the persona within which we are living in upon earth. Now that sounds like an extreme effort or perhaps it may sound like an impossibility. But it is neither. When you place your consciousness within totality of being, then that is all there is. The letting go of everything else is automatic.

Now the letting go of everything else doesn’t mean that physicality no long exists. It simply means that you are then residing in truth and it is within truth that you can view... well, you can view just about everything and anything.

But what I am getting to now – here it is! – when you have placed your consciousness in totality, you can then find great relief with all of the issues and problems

that exist for you in physicality and also exist through residing within your current persona... even if you have done a lot of work on your current persona.



Remember, your mind cannot figure out the solutions; that is, your mind cannot figure out the best, most expanded solutions for your issues... cannot give to you the answers to your most pressing questions or need-to-make-choices. Remember why your mind cannot do that, isn't not able to give to you the best solution? It is this... just a little refresher here.

Your mind works on already established parameters; that is, your mind interprets everything through its beliefs, usual pathways, and accustomed understandings. That is why, when you hear a new theory, perhaps you cannot quite grasp it... your mind hasn't developed a pathway for the concept to journey upon and... what! ...the pathway for the concept to journey upon leads it to another established vibrational frequency.

Sometimes the newly established vibrational frequency is quite valid and closer to your expanded consciousness. And other times, my dears, the new concept is a bit off... you know, a concept that has tried to be birthed within the illusion leads to nowhere or leads to that ever-continuing cycle within the illusion of separation from the whole, or also called survival.

So. Your mind, functioning on its already known parameters, really cannot give you the answers that exist beyond those parameters. Let's together accept the fact that if you could think your way into expanded consciousness, you would have done so long ago! If you have thought and thought and thought about what is your next choice or decision and you are still stuck with the question and not the answer, then my dears you are right at the moment of accepting the fact that the solution is bigger than the thinking mind's capability. Isn't that just marvelous?

Now, back to what we were chatting about. Oh yes, the next dance step! When you are residing within that totality of being... Now just a minute here... you might want to know more about the totality of being... just so that you can bring that knowing into your present physicality... a real treat for your questioning mind. (You will notice that I did not say "answering mind". Ha!)

Totality of being is exactly where we all are, as I began to say. It is a realm, but more so, it is a vibrational frequency that holds everything, that is everything. And it is from totality of being that we project ourselves into a lifetime, into another realm, into a dimension, into a consciousness. Yet even with the projections occurring—which of course appear to be quite real because they are—we are still always residing within totality of being. All of us... as one vibration, all of us as one frequency, all of us as the One Being.

And within the One Being are the multitude of frequencies which comprise the One Being. And, my dears, we are those frequencies... all of us. Isn't that just grande?

And here we also are, upon earth within this physicality, exploring this adventure within consciousness as it manifests for us in this projected manner of being which we call physicality. It is as if we are breathing ourselves forth from our Home of homes and then going upon a little journey, which we tend to call a lifetime or a series of lifetimes.

Now. Within this lifetime, you have discovered something that is occurring: a change in the consciousness incarnate, a shift in the incarnate vibrational frequencies. Why is this occurring? Ah! Here is the glorious answer! There are many more beings who are awake... awake to what? Now we are getting to it, my dears.

There are many more beings awake to the truth that they are actually, really and truly residing within totality of being, the truth that they are the One and the One is what and who they are. And the more that beings incarnate recognize this truth and then!... here it is!... and then choose to place their consciousness therein, the more that physicality begins to take on the vibrational frequency of Home, the vibrational frequency of totality of being, the vibrational frequency of One, and... the vibrational frequency of where you really are... right now, right in this moment. That is what is causing this change! Truly, my dears, it is most glorious.

Now. The next question might be how can I place my consciousness within the realm, within the frequency of totality of being, where I am residing already? Or, how can this persona, who I have believed I am, still exist but be set aside so that my real self can be experienced... and perhaps give to me the answers and direction... for what? For the next step in your dance! How can you place your incarnate consciousness within that frequency that is the totality of all that you are?

This is how. These are the dance instructions for the next phase of your journey,

the next phase that places your consciousness within the truth of who you are, yet allows you to remain incarnate in physicality, residing within a human body that is ever-changing, replenishing, restoring itself, and being made new. That dance.

Firstly is acceptance... acceptance that your mind cannot give to you the next instructions, the answers to your lifelong issues, or even the solutions to your current issues or decision-making dilemmas. This is easy, don't you see? Just reflect upon that fact and in a moment you will be able to accept it as a fact. Now really do this, my dears. You can't just "think" that acceptance might be a good idea. Thinking about it and doing it are two different energies. Thinking about it is the pause, just like being on hold. Many of you know what that is like! Doing something, actually reflecting upon what I am saying and then accepting the fact, is the action that is needed in order to move into receiving the next set of dance instructions.

Now don't be concerned that the next set of dance instructions are rules and regulations. You gave up that journey long ago. You have been thinking for yourself for a very long time. You, most of you, have given up the fear that you might not be holy, might not be spiritual, might not be on the right path, or might do something that will ruin your consciousness and its developing journey. Most of you have discovered that giving up all of that was another dance step, one that freed you to begin to discover who you really are. That was an important dance step, my dears!

Now, after you have taken the action of acceptance, next is learning how to breathe. You might think that you do know how to breathe. Some of you might even be breath therapists. Yet I am delivering to you a new dance step. New. It does not rest upon anything that you have known or practiced in what you call the past. It is right now. And in this moment, you are not who you have been in all previous moments. You are always new... of course your mind cannot truly accept that simply because it rests on the past conclusions and experiences. That is the mind's job and it does it well. Yet, as I have been saying, this is different. So then, let's get to breathing, learning how to breathe.

I'd like to invite you to imagine. Imagining is an avenue that by-passes the thinking mind. You can tell your thinking mind that you will call upon it when you are complete with this new dance step, but that until you participate with it, you have nothing to think about.

Then begin by imagining that you are in some kind of realm where you are looking

down upon earth. That should be easy enough to imagine, especially since you have all seen pictures of earth taken from a distance. So just imagine that you are somewhere – doesn't matter where – you are just somewhere and you are looking down upon earth. Go ahead and imagine that.



Next, while you are looking down upon earth, at the globe of earth, just pause for a moment and take a deep breath by breathing in through the top of your head, breathing in through your heart energy center, and breathing through your navel energy center... all at the same time. You are breathing in... yes, through your nose – if you can – and also at the same time breathing in through those energy centers.

Some of you can easily proceed in this manner... then go right ahead and do this. For those of you who cannot easily do this, I would like to guide you further... simply because I am most fond of you and of your sincerity of being. Then for you, I will continue a bit longer.

Firstly, just take a deep breath and allow that breath to flow deep within your being. You can even imagine that the breath is traveling inside of you, through the trunk of your being and all the way down your legs and into your feet and toes. Try that, my dears. Just take a deep breath and follow its energy all the way down to your toes. Breathe in this manner for a few times, relaxing and taking your time.

Next, breathe deeply once again and allow that breath to flow outward through your arms and into your hands, all while the same breath is filling your lungs. It is the energy of the breath that flows forth beyond your lungs. Yet when you are breathing, breathe deeply and fill those lungs... way down deep into the largest part of your lungs and then upward, until even the very top of your lungs are filled with your beautiful breath. Practice this for a few breaths... until you can feel your breaths getting deeper and deeper, filling more and more of your lungs, your arms and hands.

Next, breathe deeply and allow that same breath to fill the entirety of your being. The breath is filling your lungs and the energy of the breath is flowing forth and filling your entire being. Breathe deeply in this manner, my dears, for a few times and feel the peace begin to fill you, to fill your entire being.

Now, for all of you, just imagine that when you breathe deeply, you are

simultaneously breathing through the energy centers of your crown, your heart, your navel centers. Remember, you are in another location, looking down upon earth and at the same time you are breathing in this manner.

You are in the process of separating your consciousness from focusing totally upon your physicality, you are in the process of letting go of your need to maintain an identity within physicality. This, of course, does not mean that you are letting go of your life force as you reside within physicality. Be not concerned about that, my dears. You are simply placing your consciousness differently... all part of the new dance.

Once you have practiced this manner of breathing for a while – go ahead and do that, my dears – then we will continue.

Next, imagine that you are inside a vibrational frequency. It is as if you are inside flowing energy, watching it flow all about you as if rivers of light. Just close your eyes and imagine that, my dears. It will come to you easily simply because I am giving this to you.

Just continue to watch the flowing of energy for a while. Perhaps you will see it change from a golden color, perhaps you will see sparks of light within the rivers of energy; yet you are still within the river of energy... and it is quite delightful, quite easy, quite comfortable.

This is the portal to your Home. Ah! I knew you would find that glorious! Yes, the consciousness that you now reside within, with me right in this moment, is the dance step that leads you to the portal of Home, the portal of the location where you are really residing as you project into physicality. Do you see?



Let's go a bit further, shall we? Now if you feel as though you are losing your ability to imagine all of this, simply continue. You are just getting accustomed to the new dance step, the new manner of exploring the avenue to and from totality of being.

As you view the flowing rivers of energy, and as you continue to reside within a river of light flowing energy, you can actually choose to allow that flowing to carry you right along. Now when you realize that you have a choice, it doesn't necessarily mean that you are making that choice. You are, my dears, simply becoming aware that there is a possible choice to allow the flowing energy to carry you with it.

And of course you are now wondering where it will take you... and this is the best part of this new dance, my dears. You are going to love this!

The flowing energy carries you, your consciousness right through the portal – because it is the portal – and into your totality of being. Ha. Imagine that! Yes, this is the truth and it is the next part of your journey.

Now I am going to guide you, to journey with you... and, my dears, I will always journey with you in this manner, if you ask me to... again, I am Merlin and I am most fond of you... and, I am now your teacher... just of this dance step... your mind can still rest until we have had the entire experience together, and then you can really decide what you “think” about all of this. Yet remember, thinking about something is not the same as doing it. Two different journeys: thinking and doing.

If you choose, continue along with me, my dears, in this way. Continue imagining that you are residing within that beautiful flowing energy, as if it is a flowing river of light, and that you can actually “see” or perceive many different rivers of light, many different flowings of energy. Those are all the avenues to totality of being. You are already within your own avenue and now you can simply choose to allow your own river of light to carry you into your own totality of being.

You might “think” that this choice requires a bit of trust, but that just isn’t true. You are always residing within this river of light... always journeying back and forth, back and forth, from your totality of being to your projected self within physicality, and then back to totality of being. This is the pulse beat, the universal pulse beat.

You are choosing to allow the river of light within which you reside to carry you along is simply a choice to become *conscious* of what is occurring. And that is what this



is all about isn't it? Becoming conscious of truth, becoming conscious of that which you really are, becoming conscious of the more of that which you are... so that you can then consciously incarnate your totality of being. Ah. Yes.

Then, if you choose, simply decide to allow that river of light, of wondrous flowing energy to carry you along. Let go of thinking about it, imagine that you are actually doing this and, my dears, you will be doing it. Imaging simply sets the mind to rest.

The flowing easily carries you into the Light of lights. You might initially feel that the Light is too bright for you, even if your eyes are closed. But it isn't. What is occurring is that your consciousness is becoming opened, your consciousness is expanding... and because you are also incarnate, your nature is to interpret the brightness of the Light; yet there is nothing to interpret. You are simply coming into that which you are, your totality of being... the real thing... the real you.

As you continue to reside within this Light, allow... that is right, my dears, allow all the answers to all of your issues, questions, problems, to come to you. Allow all of the solutions to come to you. *They will not be in the form of words; the answers will be in the form of energy* and you are simply allowing all of the vibrational frequencies that are your totality of being to fill those queries with itself. Just allow now. Imagine and allow. Imagine and allow.

Remain in this manner for as long as you can. You might want to remain in this manner for the rest of your life! Ah, you can return to this manner any time that you choose... simply by practicing this new dance step.

When you are ready, simply breathe deeply once again, filling your entire being with your beautiful life-filled breath. Breathe deeply at least three times, my dears.

Next, return to viewing the earth by allowing the energy to be released. Know that you can, yes you can return to this dance any time that you choose, but for now you are allowing the experience to be released... and you are returning your focus to viewing earth, beautiful earth.

Take your time when you are doing this, my dears. It is easy simply because this journey has now been established, this avenues is yours and you have become familiar with it.

Next, breathe deeply and focus on how your breath fills your body physical. Breathe



deeply and follow your breath all the way down to your toes. Breathe deeply and allow your lungs to fill all the way down to the bottom and all the way up to the top of your lungs.

Next, seat your energy within your body physical. You can do this simply by focusing upon your feet and imagining that you are sitting right inside of your body physical. Follow your energy all the way out to your hands and move your hands and fingers. Move your feet. Open your eyes and simply allow yourself to be. Allow yourself to complete your full incarnating of your awakened consciousness. Allow.

Congratulations, my dears, you have participated with a new dance step for this journey called *the continuing awakening of consciousness while incarnate within physicality*. And, you have changed the nature of physicality by doing so.

I invite you to continue to become more and more familiar with this process, this new dance step. If you had a little difficulty following during this first time, don't give up. Learning a new dance step takes a little practice, but with each and every time, you become more and more familiar with the way that you experience the dance. More and more familiar. Remember, you are simply becoming aware of the journey that you are always residing within. You are becoming conscious of this journey and, my dears, when you are conscious of something, you can directly participate! Perhaps you would receive that last statement again.

Of course, that is all another dance step. The next dance step. But you will be ready, ready to directly participate in the conscious journey from totality of being to and into the projected you. This IS the awakening, my dears, and you continue to be the forerunners. Bravo! Bravo! Bravo!

Remember to call upon me. I am Merlin and I will assist you always.

Until we speak again....

