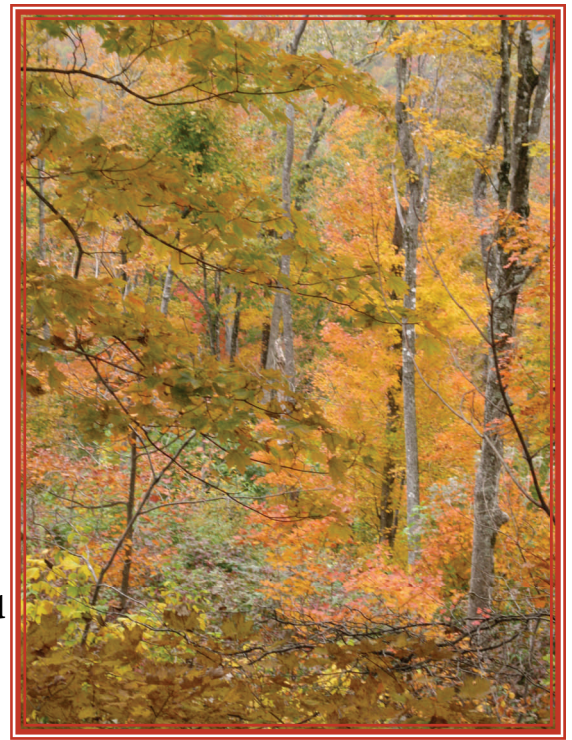


October Reflection
A Chat with Teacher
on
Transforming Disturbance



Greetings! I am Teacher and once again I come forth to speak with you who are choosing the awakened state of being and releasing the remnants of sleep; those remnants that continue to pull at your old beliefs, asking if you are certain that you no longer need them. Ah! Yes, this lively journey upon earth has its challenges and its rewards, so to speak. What I would like to chat with you about is how to discern what are the real rewards and what are the real challenges. Why? Well, my dears, I would like to see you live with more ease, more joy, and more comfort.

Yes, these are tumultuous times and the cause and effect is asking more of some of us, at times more than we believe we have to give. There are those who are struggling right this moment, trying to avoid the flooding waters that encroach the security of their home; there are those who are hiding lest the ravages of war discover their innocence and prey upon well-founded fears; and there are those who are wanting so desperately to cease from survival's grasp yet do not know how. Yes, tumultuous times in deed!

Now here is some good news. Every time one being — yes even *one* being — awakens, chooses truth, and dares to refuse the old beliefs that cause the illusion of separation from the whole to become more established in the sleep state... every time one being makes those kinds of choices, then, my dears, the entirety of humanity is affected. And I am not talking about a little ripple. I am talking about a *wave of consciousness* that continues to flow over those who are reaching out for help, who are reaching out for... something, anything.

Then, though the real reason for this little chat is to assist you, the secondary reason — not at all a lesser reason — is that the entirety of humanity is uplifted by your

innate ability to not only discern truth, but to also dare to choose to reside within it. What does this give you? Oh you are going to love this! It gives to you just what I have been wishing for you: ease of living, more joy, and a daring to continue on the path that you know deep within your being is THE path you were always meant to journey upon. Yes, all of that.

So then, let's get started, shall we?

The first step is to take a look at what is currently occurring in your life, that cause and effect that is a bit disturbing. It could be your health, your finances, your partner, a neighbor, your children. Anything that is a bit disturbing. Even if your mind has spoken to you and said, "There is no need for feeling this way"; yet you do.

Next I ask you to step back from the reason for your being disturbed and reside right in that feeling. What does this do? Well, my dears, it means that you are taking responsibility for your own feelings. You learned, of course, long ago that nothing or no one "makes you feel" a certain way; that everything is generated from your very own self. So then the disturbed feelings belong to you. Now this isn't a blameful acceptance. More so, it is empowering. That's the current well-used word, isn't it: empowering.

The reason that accepting your own part in the feeling of being disturbed is empowering is this. Because it is generated from you, you can decide to change that experience and expression — to your own self— of the interpretation your sleep state has given to you. Yes, the sleep state is the culprit. But it's a good culprit because it assists you to clear out the old stuff, the stuff that is getting in the way of your ease of living.

So then in this example of feeling disturbed about some one or some circumstance, you have let go of blaming the external and have accepted that the feeling is yours, all yours. This might take a little efforting, depending upon the external circumstances that pushed your buttons, as you have the phrase. Yet the buttons are yours, aren't they. If you didn't have them, then of course you wouldn't feel disturbed.

So then take your time and go through the process of letting go of attaching to the external circumstance to justify your feelings. Most of you are accustomed with this process of letting go, but perhaps you would like a little refresher. It's quite easy, once you decide to actually let go of what you call "the blame game". Here's what you can do.

You can speak these words softly to yourself: *I am a whole being. I reside in the wonder of essence taking form. Everything journeys forth from within to without. I breathe a blessing upon the external cause and effect as it takes form within the illusion of separation from the whole. My participation is to reside within the knowing of wholeness of being. I release any and all attachments to any external circumstance and free myself from the magnetic pull to participate in all forms of separation, all forms of illusion. So be it.*

Then give yourself some time, my dears, to actually let go, to feel yourself detaching from whatever has occurred externally. You might want to remove yourself from the circumstance so that your letting go is easier. Don't continue until you really have let go of focusing on the external. Your mind might want to return and point its finger at some one or some circumstance, but if you return to your statement, you will find even that attachment is lessened until it is no more.

Next, ah... here it is, my dears, the real power of your residing incarnate and being awake. Look into yourself. What did you feel was threatened? Was it your sense of self? Your sense of security, financial or social? When you ask yourself these questions, you are ferreting out that button, the one that said "push me" so that I can react.

For example, if someone was acting in a way that threatened your peace of mind and you felt disturbed by that, then the discovery of your button is just that: when your peace of mind is threatened, you forget who you really are, you forget that all beings are one being, and most importantly, you forget that your peace of mind begins within and resides within. Now it isn't a crime to forget; that's all part of the sleep-to-awake journey here upon earth.

What if an external circumstance threatened your sense of financial security? And what if that button was just aching to be pushed? You became disturbed, perhaps even angry. What is really going on? You are feeling powerless about your own financial flowing. But the truth is, you have choices in your lifely journey. Such choices can affect — either positively or negatively — your sense of financial security. An external occurrence brings to your awareness, perhaps, a need to change, a need to reflect upon our inner guidance, and then an action.

Always does this inner evaluation of your fears, of what feels threatened, give you a direction; and the direction is to go within, to sit quietly and access your inner guidance,

your inner knowing.

Now the truth is, and you can bear affirmation to this, when you are in the midst of feeling disturbed, journeying from being disturbed to then reside within your inner knowing can be quite a challenge. That is why I suggest pausing for a moment, detaching — really detaching from the *seeming* cause of your disturbance, and then identifying what within you is being threatened. Once you have taken those steps, it will be infinitely easier to journey within to the treasure of who you really are and then opening your consciousness to the guidance and understanding that will deliver to you answers, direction, choices, and yes... peace.

I encourage you to write down your discoveries. Why? Well, my dears, it is likely that this very same occurrence will present itself again and again... that is, until you develop a natural process of detachment and celebration of discovering what remnants of the sleep state are ready to be released from your being.

And don't be concerned about how those remnants will be released. You see, once they are no longer participated with, then they have fulfilled their purpose and as you say, off they go!

Now some of you might think this little chat is too basic. It might be... that is, it might be until you feel disturbed about something. Then, remember that I, Teacher, have cared deeply for you and have whispered this little process into your spiritual ear so that you can be freed from the residue of the past journey, the one you joyfully left behind when you began to remember who you really are.

I am most pleased to be speaking with you... always. Until we speak again!