

## Teacher's Chat for October, 2015



Greetings! Greetings to you, beloved beings! I am Teacher and I come forth to speak with you during this little moment in what we call *time*, about a topic that is near and dear to your every day journey. I would like to speak with you about the nature of your journey, your every day journey.

You see, as you go along in daily cause and effect, there is something that is occurring that you are perhaps unaware of. And while you have read and studied different methods of manifesting or attracting to you that which you desire, and while you may very well be practicing those methods; there is something else that is going on. What is it?

Well, here are the facts, my dears. And then I will speak with you about how you can participate with these facts in the best way possible.

Let's look at this fact. You have been journeying through the time stream, you have lived many lifetimes, you have awakened, fallen into sleep, and then awakened again. And now, you are continuing a grand awakening and holding on to it, much to your credit.

When I say *holding on to it* what I mean is that it is quite evident that you are able to objectively examine your feelings, your thoughts, your actions and then decide if they are actually how you want to be participating in your own lifely journey.

Many of you have successfully let go of blaming the external cause and effect, blaming any person, place or situation for what is occurring. You have stepped into the next phase of your residing incarnate and know for certain that you are the creator of your own experiences.

Then. Let's look at this fact. Sometimes, regardless of how much you have visualized and determined what you would like to be made manifest, the manifestation just doesn't occur. And you think perhaps that you have "wanted too big"; that is, you conclude that the reason your highest goal or dream hasn't been made manifest is that you dreamed too big or aimed too high. And just that conclusion does what you call "messes things up". Yes it does, in a very big way. And even that is not a crime, my dears. You are truly trying to figure it all out.

Let's look at this fact. You can only hold your breath for so long. That is, you can

only walk on eggshells for so long before you are so very frustrated that you give up and swing to the opposite side of the road. You stomp around, you are angry, disappointed, and don't know which way to turn. You only know that you can't keep trying to be a way that you read or studied about; a way that guaranteed fulfillment. And perhaps many are experiencing fulfillment, but you have decided that you just can't turn yourself inside out, or you can't make believe you are someone you are not.



Now that moment is a wondrous moment, my dears. It is a primary moment. Why? You are giving up trying to be a certain way in order to make the external world manifest for you. Okay, now you think that you know where I am going to go with this talk. But you really do not know and perhaps cannot even guess. So stay with me.

Here is another fact, though you might not be able to swallow the entire picture at once. Here is a tidbit of the whole picture: Your entire fulfillment is being made manifest right now.

What is your question? It's this. "Why aren't I getting it? Why aren't I experiencing my fulfillment? Where is it?"

Here's the answer, which is another tidbit of the entire picture. Your beliefs determine what you see and what you experience. And this statement is the part that you already seemed to know but really do not know how to act upon. And that's all right simply because you do not know how to really act upon the truth that your beliefs determine what you see and what you experience; that is, your beliefs determine how you perceive or do not perceive your fulfillment as it is *always* made manifest for you in the moment.

Let's look at another fact, another tidbit of the entire picture. It's this. You are a most powerful being. You are comprised of such amazing energy fields and encodings, creation itself resides within the fabric of your being. Pretty heavy, isn't it? Pretty amazing. What does this mean?

It means, my dears, that your beliefs and interpretations of what you perceive to be the external world actually create a filter for you. You see, your beliefs and perceptions,

your interpretations all work for you, for your betterment. They are part of your glorious system.

Now where those beliefs, perceptions and interpretations seem to be a cog in the wheel is when they haven't changed and your fulfillment has. What does that mean? As you grow, as you have experienced your own spiritual awakenings, you have changed your manner of journeying. You are more clear in what you perceive to be your wants, hopes and dreams. Yet.



Yes, there is that *yet*. The yet is that inside your being there is an energy pattern, some call it the unconscious or the subconscious. It holds all of the previous beliefs and conclusions, choices and interpretations... of the past. And even though you are a different being in the present and consciously decide differently than you used to before your most recent awakening, the truth remains that the contents of the energy pattern is dedicated to maintaining itself... for you.

Remember? Everything is occurring for your benefit. And if that is the case – and it is – then how can you change that energy pattern so that it will deliver to you permission to experience that fulfillment that is always manifesting for you? Ah! Now that is a great question, isn't it? You bet it is. It's at the crux of our little talk.

So here are the facts that we have talked about together: Firstly, you are a powerful being and the energy patterns within you are creation itself. Secondly, your fulfillment, your greatest fulfillment is always manifesting for you in the moment. Thirdly, you have tried to change nearly everything about your thinking and visualizing, and it just isn't working for you. Fourth, your inner energy pattern holds for you all of the previous beliefs, conclusions, choices, emotional reactions or responses, interpretations and any and all confusion that occurred in your past, confusion that caused upheaval in your experience of your journey. Yes, all of that. And fifth, you want to know how you can change that.

The good news is that the energy patterns, the unconscious or subconscious just is. It gives you what it has. In fact, it decides for you what you will think next, what action is best for you. It decides. Yes, it does. And it sends a message, an electrical impulse to your conscious awareness. And guess what? When this happens, you actually believe that you have just had a brilliant idea! Something new. But what has really occurred is

your unconscious has decided what is best for you, based on all of the past including the sleep state, and sends the best conclusion or idea forward to your conscious awareness.

Perhaps you want to reflect upon that. You see, my dears, what a mess this can be? Do you actually get an idea of what is in the filter that prohibits you from experiencing your total fulfillment? It's a real mess, wouldn't you say? I would.

Here is the solution. The real solution. And I am not just spouting out some words here. I care deeply about you and I want to see you experience a wonderful fulfillment in your life. Here we go!

In order to shift or change the messages from your subconscious, it would make sense that you would need to change the patterns and encodings that have developed there. How do you do that? That is what I am going to tell you right now.

The unconscious is a great sea. It believes what you tell it. Now that doesn't mean that you can yell into your innermost being and declare that you'd like the unconscious to be cleared away of all limiting beliefs and patterns. It just doesn't work that way. And for good reason. The unconscious is your friend, my dears. It is created for you. For you.

What we would like to do together is to clear away the clutter so that what remains is the current truth, and your current choices. Now when I say your current choices, I am not talking about whether you will go shopping today or tomorrow or whether you will decide anything about your external world. Your current choices have to do with how you are choosing to experience your spiritual journey. You see, it's the only journey there is.

Let's have a little experience right now to assist your understanding of what we are about to do together, if you so choose to participate, of course. Let's just imagine something together.

Take a deep breath and relax. Just bring yourself to a calm state of being. Then let's just imagine that you are sitting in a boat on a lake. The water is calm and you are enjoying yourself. You feel safe and happy.

Next, there comes a slight breeze across the lake and you see tiny ripples in the



water. You enjoy looking at the ripples and also enjoy feeling the slight breeze kiss your face.

You begin to wonder what would occur if you breathed a breath upon the lake. Would it cause ripples? And in the next moment, you do breathe a deep breath outward and on to the lake. Nothing happens. There are no ripples.



You wonder more about how you could affect the surface of the lake, and you try and try to breathe a deep breath, a powerful breath, on to the surface of the lake. Still, nothing happens.

As you are sitting in the boat, there comes a white flash and you think that it might be the sun shining or reflecting upon the surface of the lake. Yet the flash comes a bit more solid and you notice that it is moving toward you. You are most curious.

When the light is closer to you and you can look into it, you see there inside the light, is a being. The being is smiling at you and you can feel love emanating toward you.

And in the next moment you find that you are closing your eyes and are hearing a tiny whispering in your mind. The whispering is saying something. What is it, you wonder and you strain just a little to hear. The whispering becomes clear and it says, *Inside is everything.*

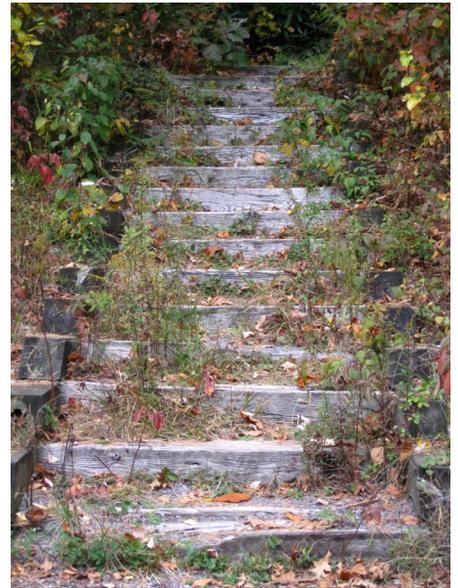
And what occurs? You see inside of yourself, a vision. You see the surface of the lake beginning to churn. You see the surface of the lake begin to have some waves! And when you open your eyes, that is exactly what is occurring on the surface of the lake. You quickly close your eyes and cause yourself to see a calm lake, no ripples, no waves. Just a calm lake. And when you open your eyes, you see that the surface of the lake is just that. It is calm once again.

So then the question is, my dears, what just happened? What were you doing in that little experience we imagined together? *You consciously participated with your unconscious, with those patterns. You actually parted the confusion and you determined what you would like to occur... in the unconscious... so that it could be made conscious.* Think about that.

Now let me ask you a question. How do you think that you can clear away the

confusion the rubble of the past sleep state, and those negative conclusions and interpretations from your unconscious? Just take a moment to ask yourself. What is the real answer.

Yes! I believe you have just had a mini spiritual awakening! Do you see? You simply bring your consciousness within and cause the image to occur... inside. Inside. Always inside. You are **not** causing yourself to envision something that you would like to be made manifest outside. This is different.



You are bringing your conscious awareness into your unconscious by bringing yourself to a quiet state of being, setting aside all of the external issues, and you are then... then, my dears, causing your inner self *to be to actually be what you would like*.

Firstly, there is the clearing away of the residue of the past, that residue that inhibits your being able to discern your own fulfillment. How do you do that? Easy. While in that inner state of being, that peaceful state, where you are residing within our own divine self, create that place to be clutter-free. How do you do that?

In gratitude. Gratitude is the key here in this step. All of that clutter has served you and now it is complete with fulfilling its purpose. Then, as if you are humbled by all that has been occurring for your benefit, you are breathing a breath of gratitude into that before you. You are creating, then, clarity of being. You are breathing your breath upon what could be the clutter, in gratitude, and dissolving it from your being. Some call this the dissolving of karma.

Yes, you are doing this from your own divine self, from the core of your being. Now this isn't a mystery, my dears, this core of your being. Your own divine nature isn't a mystery to you. It is who you really are. And that is what this spiritual journey has been all about. Letting go of trying to walk on eggshells in order to make manifest what you believe will fulfill you.

Now you might want to practice bringing your consciousness to that location, to the unconscious state, that beautiful great massive part of your being. And firstly, you would want to be able to reside in your own divine self, the real you. How can you do that? Easy.

Just bring yourself to a peaceful state. Breathe deeply and journey within your being, as if you are a beautiful drop of glorious divine nectar that is floating down inside of your own self, floating down inside until it comes to the totality of all that it is, the totality of all of that divine nectar, divine essence.

Now you might think this to be difficult. That is just your mind and it's thinking that it just doesn't know how to do this. But the mind isn't going to be doing this. You are simply bringing your consciousness to your innermost being, where your divine essence resides, where the real you resides. And you do this all the time. You are just now choosing to participate consciously.



When your mind tells you that you just can't do this or you just don't know how to do this or that this isn't going to work, then just thank all of that thinking and concluding, and tell your mind that you have already done this countless times every day and that you are just going to float your consciousness right down to your totality of being. Now your mind isn't going to know what to do with that statement. Good.

Next, just close your eyes and imagine. You are good at that. Just imagine that you are floating inside of your own self, that you are as if a drop of golden essence and you are just floating inside, floating downward to the very center of your being. And you don't have to be concerned where the center is because that drop of essence will continue until it is exactly in the center of your being. And there, the golden drop is home... and home is the entirety of who you are. Do you see? Now reading these words won't do it, my dears. Just participate in this way until you can let go of thinking about it.

Now, when you are there in that of who you really are, you will begin to feel peaceful. You will begin to know more of your own self. And you will know that your fulfillment is you and it is being made manifest always. All you are doing is clearing away the clutter. Easy.

Ah, now we have just had more than a chat, haven't we! We have nearly had a class together and if you were hearing these words you would be enjoying a class. Yet this chat is a good one, my dears. It is my gift to you and I do hope that you will step beyond your mind's thinking or concluding that it doesn't understand. It will understand *after* you have participated and reflected upon your experience. After. You see, your mind thinks it

comes first, but we have already established that the unconscious' messages are ignited first and then flow to the surface.

I believe you are filled to the brim, my dears! Until we speak again, I am Teacher. I am most proud of you. Remember, if it feels simple and easy, you are probably on the right track! Until next!