

September Reflection
with
Expanded Consciousness



Greetings! Greetings, beloved beings! We would like to speak with you concerning your journey and possible adventures as you go forth during this month of September. For many, there comes forth the opportunity for change, a change the initially appears to be challenging and daring. Yet, as you go forth, if you decide to step into this possibility of change, you will discover that your entire lively journey becomes easier, that the stressful cause and effect has been removed, and that you are experiencing something that you haven't for a very long time, perhaps for years. What will you be experiencing? The answer is the topic of our speaking, beloved one. It is this.

During your previous phases within this current journey, there came to be developed that called extreme efforting. Of course, you did not necessarily decide to step in to extreme efforting. It occurred... especially when you were faced with survival's pinch, with trying to manifest hopes and dreams, or when you chose to continue in your same avenues because change would involve others in your lives, others you cared for deeply. All not a crime, of course.

With your extreme efforting, something else occurred. In many, if not all, instances, you let go of something that seemed to be easy to place somewhere in the future. You let go of play. You told yourselves that you would play later, when you were finished with your extreme efforting... to survive within the circumstances of the current cause and effect.

And when you let go of play, something else occurred. You began to lose touch, so to speak, with who you really are, with the real essence of you.

Perhaps you felt a slight twinge of this loss, but the survival's needs begged, enticed you to continue.

And now, during this month of September, you are given an opportunity for change. For some, the opportunity will perhaps be for a gigantic change, and for

others, perhaps a subtle change. Yet for all beings, the change will occur.. in some instances, almost without notice.

When the opportunity for change occurs, you might find yourselves acting differently. If you have been "stuck" in a certain cause and effect, you might find yourself more short-tempered, less able to accept what is occurring and what you have expected of yourselves within the circumstances. What is occurring? Your inner self, the real you, is stretching as reaching for something else, reaching for a different journey, a different way through which that real self can be expressed.

We encourage you to dare to not only explore the possibility of accepting or entering in to this change, but we also encourage you to dare to choose for yourself. Dare to set aside the needs of the many, and then ask yourself the question, "What do I want? What is calling me?"

For some, asking such a question might be fearful, simply because the possible change has been long in coming. For others, such an asking might be set aside because caring for others has become a way of life, or struggle. Yet we are asking you to set aside all concerns, temporarily; and then take a deep breath and relax a little. Then ask that question of yourself.

Initially, you might be tempted to answer with a dream that you have placed just out of reach, so that it can continue to entice you and at the same time place you in a sadness that says it will never come true. Yet we are speaking of something else. We are speaking of something deeper... inside.

What is it that you want? Is it peace? Is it to live in a way that is free



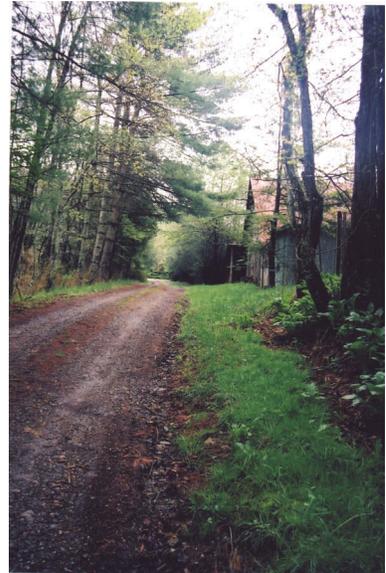
from struggle? Is it to have more time to yourself? Is it to be loved? Is it to be in a cause and effect that not only supports your well-being, but also respects your continued journey in discovering who you really are?

If your answers are "to be away from" any person or difficulty; then we ask you to turn and face a new direction. That is, if you are wanting to be away from something, what are you wanting to be journeying within and toward? For example, if you do not want to be working so hard, is the answer then

that you would like to change your work, have more time for relaxation, and be able to feel secure at the same time?

At times, when answering this question, your thinking mind will try to stop you from discovering the answer that might arise from that very deep place inside of you. Why? Why would your thinking mind do that? One of the jobs of your thinking mind is to protect you... protect you from doing anything that might be unbeneficial. The thinking mind might not be able to figure out how you could have a change in work, more time for relaxation, and also to be secure. The thinking mind, upon not seeing any solution to that kind of choice, might try to sabotage such a choice simply because its fulfillment doesn't seem possible.

Ask yourself how many times you have wanted something, wanted a way of living, and then followed that dream or that wanting with statements such as, "Sure. For someone else, but not for me." Or, "Sure, during some other lifetime." Or, "Sure, if I win the lottery." Or, "After my children (or parents) have a life of their own." Or, "That just isn't practical." Or, "If I did that I would be irresponsible. What would people think." How many times have you reasoned away what you would really like to be doing, simply because your thinking mind could not figure out how to proceed and make it happen.



But, beloved ones, this isn't about making it happen. This is simply a beginning. The beginning is to dare to ask yourself, to go deep within your being and ask yourself what it is that you really want to be doing, how do you really want to be living. And then allow yourself the



asking several different times, so that you can journey beyond the first few layers of answers, of old answers, the old answers that your thinking mind might decide might be a little all right. Continue to ask yourself the question until you know, really know, that you have the answer.

For example, you might find that the first answer would be to move to a different geographical location. Then the next question might be, why do I want to move? What will I have there? If the answer, after deep reflection, is to be closer to cultural events, to be closer to friends, or whatever the reason; ask yourself again, What will my inner self have, what is it asking? Continue until you are certain that you have reached the real core, the real answer.

What will the real answer be? It will feel like peace. And you will know. You will know what you are wanting, needing, searching for. You will know what your inner self is reaching for.

And then. Then, when you have the opportunity for change, large or subtle, you will know if the answer is "yes", because it will begin to fulfill the real desire, the real wanting, the real new direction for this phase of your journey.

The change might be temporary. It might be a step, a large or small step, toward a different pathway. And if you dare to go forth, you will feel something. The something is that feeling of relief. What is that about? It is a feeling of relief from the struggle, from the forcing yourself to do something that you could no longer do... but were doing because you could not see a way out. The feeling of relief comes when you take the first step in the change.

For some, the change might be to decide to surrender previous futuristic plans, plans that were held as a carrot in front of you so that you would continue to effort and strive. For others, the change might be to pack your bags, so to speak, and



journey forth. For others, the change might be to dare to accept an offer from a trusted friend. And for others, the change might be to shorten the list of what must be done... so that there can be time for play, for relaxation, or for doing nothing... nothing at all. Remember, wasted time is never wasted.

Then, we would say, beloved ones, that during this month of September, there will come forth the possibilities for change. Some possibilities will challenge your sense of what you believe you must be doing. Some possibilities will offer you an opportunity to step into a new way of living, a new direction. Some opportunities for change will ask you to dare, to dare either to go forth, or to dare to cease from placing a carrot in front of your journey.

Yet we say to you, nearly all beings will find coming to their awareness, that opportunity for change. And we ask you, beloved ones, to be prepared. How? Begin now by asking yourself the question, What do I really want? What does my deep inner self want, what is it reaching for? Remember, to ask your thinking mind to rest, while you ask.

In every area upon this great earth, there will be the presentation to nearly all beings, the opportunity for change, for a new direction, for a completing of one way and a birthing of another. As the ripple of new breath flows upon the earth, many lives will be transformed, even before there is an opportunity to ask such questions. In some instances, change will occur and it will initially appear to be a disastrous change; yet, after a moment's reflection, there will be the realization that everything has occurred as a blessing, as great love flows forth within the breath.

You are amazing beings. You have journeyed through many changes and transformations even during this one lifetime. This change, beloved ones, is for your benefit. You will know. You will know beyond a doubt.

It is always our pleasure to be speaking with you in this manner. Until we speak again, we are *Expanded Consciousness*.

