

Channeled Reflection for September, 2014

Expanded Consciousness



Greetings beloved beings! Greetings to you! We are Expanded Consciousness and we flow forth to speak with you upon the topic of fear and its pattern that resides within the cause and effect, such pattern at times determining the nature of how you perceive your own cause and effect and more so, the perception of your earthly human residing as that called humanity.

You see, our beloved ones, long ago there was a developing of what is called fear, a developing of a reaction to something that was missing, something held dear yet that had become illusive. That something, of course, was the true nature of your own being, the knowing that you were of the whole and that you and that which you call Home had never been separate and would never be separate from each other; in truth, that you and Home were one in the same.

Yet in this journey upon earth, there came the density of physicality and it was the density that thrilled you initially simply because you had never entered into such a manner of being. When you did enter into the density of matter, of physicality, you began to feel yourself to be different and as explorers, you delved further into this strange new experience. And it was there and then that you began to forget.

Of course your forgetting was not deliberate. It was not even conscious. You simply became so very involved in exploring the density of physicality that you did not notice that you were forgetting the true nature of who you were and are and also then forgetting Home.

After a time, so to speak, you began to notice that something was missing. You searched and searched for that something, but could not find it nor could you call the nature of what was missing from your memory. And it was then that you became lost, lost to your own true self and to the real nature of who you were and are.

Your journey back to consciousness has been long, brave, and determined. And we have and are now celebrating your fulfilled efforts. Many of you have lived within grave

difficulties when you could have released physicality and returned Home; yet you did not. Why?

You wanted to clear the way for the others. You wanted to assist the many to remember, to return to wholeness of being, to awaken to the true nature of truth. You bravely entered and re-entered physicality, taking to yourselves the many hardships and sufferings with which those who floundered about in the density and illusion were so very familiar. Again and again you suffered until you forged through the darkness, a pathway of light. And it is that pathway of light that you have journeyed upon to complete this final awakening, the awakening of truth.



And now we will speak about the fear that resides as a residue, a residue of that fearless journey. The fear, our dear ones, resides in the very core of your being. You deliberately placed it there... why? You placed fear in the core of your being for one reason and one reason alone.

You wanted to pull yourself back into your own journey. You wanted to feel lonely, lost, depleted, and confused... one more time. The one more time would come after you had forged your way into the light of truth, would come after you had awakened. The one more time is now. You have been feeling a bit confused, perhaps lost to your own purpose. You have struggled even when you realized that you had given up struggle and it had returned. You could not figure out why it had returned, why struggle placed itself in your path once again.

We are here to tell you why. We, those of expanded consciousness who have been observing you, assisting you, guiding you, speaking with you, and encouraging you to continue onward.

You deep-seated fear has a purpose and the purpose is to bring you back to your own self. You have all been so very focused on assisting the masses. You have been friends, teachers, counselors, healers, guides, and much more... all helping anyone and everyone who came to you, either deliberately or even perchance. And now, now it is time for you to focus upon yourselves, to let go of reaching outward to those who are still suffering. There are others now who will assist them. Your purpose now is to heal yourselves, to love yourself.

Yes, we realize that you have heard those words before; yet you have loved on the surface, something for which you are not to be blamed. Now it is time for you to go deep, deeper into your being, past the hurts, past the sufferings, past the painful memories and into the very center of your being. This, our dear ones, is called the Return to One.



Many have believed that the Return to One occurs when you have completed your physical living, your physical journey; yet it occurs now. Perhaps right in this moment.

And these words are given to you, our dear ones, words that you yourselves have written to be revealed to you now, upon this occasion. These are your words to your very own self:

I am not my journey. I am not my purpose or purpose fulfilled. I am not my identities, those that I have taken to myself to aid in the unfolding of a journey well laid and fulfilled. I am not a lost one. I am not a found one. I am.

In this moment I surrender the shield that I have placed about the core of my being. I dissolve it to nothing. It no longer serves. Now. If I am hearing these words, if I am receiving these words, I am complete with all that I did flow forth to accomplish in this journey. I am freed of purpose. I am freed of the need to suffer ever again. I am freed of the need to prove that I am whole... even to my own self.

Now I speak these words to myself, perhaps to my future self who will one day drink them as if nectar of the soul. These are my words to myself:

Annah Tee Nah. Annah Tee Nah. Annah Tee Nah.

I say to myself: speak these words aloud. Speak these words as you walk, making the words and your walking a rhythm. With every speaking, with every step, I say to myself, you will begin to remember... you will begin to shed the cloak of illusion, and you will be... whole to your own self. Then your steppings are in the moment and nothing else does exist.

All of your family awaits your speaking and stepping. All will speak and step with you. It will be as if the vastness of the universe is speaking the words with you and stepping with you. Walk and speak during the day, during the dawn, during the evening, and under the stars. The words will echo back to you. Everything has been planned and prepared for you. I am you and you are that of me. I am the One Being. You are the One

Being.

And then you will begin... begin the gift of entering into a new way of being, of living, of discovery... of discovery of who you have always been.

Those are the words, our dear ones. Your words from yourself to yourself. We have never been so joyful for your entering into this phase of your journey, this phase of... all that you will discover.

We are Expanded Consciousness... ever with you.



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