

## *September Chat with Teacher!*

### *The Back Door*



Well now here we are once again to have our little chat together! I am Teacher and I am most pleased to come forth in this manner to give you another little hint about some of the best ways to go forth into your earthly living, while maintaining the truth of who you really are.

Yes, my dears, you have been discovering more and more about the truth of who you are, and of course then releasing some of the old ways of living, ways that no longer suited you. And during this little chat, I'd like to bring you along on a journey, one of discovery of the more of who you are; but more so, a discovery of the ways that are no longer working for you, ways that are actually sabotaging your fulfillment of being.

And yes, then we will together just get rid of them. Oh I know there is a better way of saying that. We could be using the phrase "release them to dissolve" or "breathe a holy breath upon them"; but let's get down to what we really want: to get rid of those debilitating ways that prohibit your real fulfillment. Yes! Shall we continue? You bet!

Now let's first talk about what ways we are referring to. How do you discover that is residing in your subconscious when by the very nature of your subconscious, you can't access that information? Well, there is what is called a "back door" to such access. Oh you are going to love this!

The back door to accessing the old sabotaging ways of being, ways that are resting in the subconscious, is this. Firstly, together we look at what is manifesting externally for you. Let me ask you a few questions so that we can get synchronized in what we are going.

Here are the questions, and I am asking you to pause and actually answer them. Why? This is the key to the back door. You might want to write your answers down, even if they are brief. Here they are:

How do you feel about success and the way it is presenting itself right now in your

life?

Are you really happy with your financial abundance?

When you think of an exciting plan, what is the unspoken statement that follows? Is it, "This is going to be such fun!" or, is it, "Let's face it, I'll never be able to afford that!" or, is it, "It's a nice dream, but..." or, is it, "I hope so-and-so doesn't want to go." Or, is it anything that tells you that this exciting plan is or isn't going to work. What is that underlying statement? Be honest, now, and give yourself a test. Think of a wonderful plan, one that you would simply love to do, and then listen to the answers on why it won't work.

Are you happy with your body physical and its condition?

What are your hobbies? If you believe you don't have any, write that down.

What do you feel about going into the city?

What do you feel about going into the country?

How do you feel about cheating on a healthy food plan and eating something that goes against the rules?

Do you easily access your own inner guidance?

Do you feel that you "missed the boat" or do you feel that "you have arrived in the perfect place, at the perfect time, fulfilled and joyous?"

All right now, after you have really reflected upon the truth of the answers to those questions, let's look at what you have. Underneath those answers, my dears, is an attitude. And I can tell you right now that, if you are not satisfied with your present fulfillment and journey within fulfillment, your attitude holds several beliefs, several old ways of survival. And there, there my dears, is the entryway into that hidden, seemingly inaccessible information in your subconscious! Here we go!

If you really have an attitude or feeling or belief that regardless of how hard you try, no matter what method you use, you just are not going to have the kind of financial abundance that you want, then that is one of the culprits from the past that holds you to it! That information is quite valuable! Even if you know that spiritually, you should not have that attitude, but you really do, then THAT is quite valuable too. Hold on to that awareness.

Next, if you really have the attitude that getting everything ready to enter into an adventure is just too much preparation, that every time that you do, something comes up and you have to postpone or cancel your plans; then that too is a residue of something that is holding you to it. Do you see? More valuable information.

If you think or believe that rich people are greedy and uncaring, you have what I call “missed the boat” and are living in a very old belief system. Now you might try to convince yourself that you don’t believe that way, but take the time to really think of a very rich person and then see how you feel about that person. Valuable information.

If you believe that there just isn’t anyone out there who fits the description of a good friend, a real partner – business or personal, a soul mate (that in itself is an interesting yet debilitating belief, but we might have to chat about that another time); or there just isn’t anyone who you can really trust. Think about this, reflect upon it a bit. Again, valuable information.

If you think of the past and continue to remember times when you were wronged and are still angry about them, you have what you call “hit the nail on the head” concerning a sabotaging energy system that has you in its grips! Bravo for admitting it. Or, perhaps the past events are so powerful, perhaps you have been gnawing on that bone for so long that you don’t have to try to remember them, they are right there as you say “in your face” and you can get angry about them again and again, at the drop of a hat. Wow. That is really helpful information.

Now I want to assure you that this admitting doesn’t mean that you are not a spiritual being. On the contrary, every being... every every being... has something that they are holding on to. That’s part of what the subconscious does. It does a lot more, of course, but we are speaking of the saboteurs to your fulfillment of being.

Now, let’s get to the job here. I’d like to guide you into a journey of what we previously called “getting rid of” all that comes in the way of your fulfillment, all that gets in the way of your ability to live freely, to dance, laugh, play and celebrate truth... with ease and delight... simply because the old ways of being, the old beliefs no longer have a hold on anything at all.

Here’s the journey. Firstly, make yourself comfortable, being sure that you won’t be disturbed. Take a few deep breaths and relax. Perhaps close your eyes for a few

moments.

Invite your mind to rest while you have this experience, telling your mind that you will really want to think about everything... later, but for now you want to explore the experience with Teacher.

Next, know that while you are receiving these words, I am with you and I am assisting you. That's what this is all about, after all, and why I come forth... to assist you on all levels.

Now I'd like you to imagine that you are in a boat. The boat is quite sturdy and it is floating upon a very calm lake. And just imagine that you feel totally peaceful there in the boat on the lake. It is a comfortable day and the temperature is perfect.



Imagine that you have with you several bottles of liquid. And when reach into the satchel that you have with you and remove one of the bottles, you see within it, a violet liquid. It is beautiful. The liquid is pure water, yet it does have a slight violet color.

What do you do? Easily, you open that bottle and you pour that pure water into the lake, pouring slowly and easily, knowing that it is the most perfect thing to do with that water.

Then you place the empty bottle back into your satchel and take out another bottle of water. This water is quite clear, no coloring at all and you set that bottle aside for later.

The next bottle that you remove from your satchel has water that is tinted the color of orange. Again, it is pure water yet there is a slight orange tint to it. And again, you pour the contents of the bottle into the lake and replace the bottle into your satchel.

The next bottle that you remove from your satchel has water that is the color of green, pure water with a slight tint of green. And again, you also pour this water into the lake.

The next bottle that you remove from your satchel has something different. It is a bottle, yet the bottle and the contents are totally black. You cannot tell what the bottle

is all about. You set that bottle aside.

And the next and the next and the next bottles are the same! They are all black. You cannot see inside of them. You do not know what are the contents.

After you have removed all of the remaining bottles and discovered that they are all black, you sit there looking at the pile at your feet and wonder what you will do with those bottles.

And as you are wondering, there comes from a distance, another boat, slowing moving toward you. And as the boat comes closer and closer, you can see that there is a being in that boat. Easily and without disturbing the sturdiness of your boat, the being brings his boat beside you, and simply asks, "Are you ready?"

You look at the being and wonder what he means.

Again, the being asks, "Are you ready?" And then adds, "Are you going to keep that old stuff there, in those bottles?"

You look from the being to the pile of black bottles and before you can answer, the being says, "It's all horribly old... and you know that you cannot empty that into this lake, it would spoil your day. Why the lake would begin to get rough and the waters would give you a horrible time. So," the being asked again, "Are you ready to give me those bottles? I will dispose of them for you. That's my job, after all."

"Who are you?" you ask.

"Why, don't you know?" The being smiles. "I have been known by many names. Some call me a guide, a teacher, a guardian angel... I'm just who I am in this moment, and I have come forth to receive all that black stuff that has been in your satchel for way too long.

"Oh," you say, perhaps not quite believing what is occurring. "All right. I really don't know what to do with it anyway. You can have it all."

"Oh Bravo!" says the being.

And the next moment when you look down to see the bottles, they have disappeared! And when you look up to tell the being that the black bottles have disappeared, you discover that not only is the being not there, but the boat and the being have also disappeared!

Yes.

And I, Teacher, am here to invite you to return to this moment, while we together rest and recognize all that we have accomplished in this little journey. My dears, that is just how easy it is to “get rid of” those debilitating old ways, those hand-tying beliefs, and those fears that reside beneath the anger and resentments of old. And, my dears, believe it: we have just done that!

Now. There will be other thoughts, beliefs and awarenesses that will come to you. What can you do? Call upon me. I will come to you and assist you, and together we can enter into the very same journey and “get rid of them”... so that you can be free, free to love, to laugh, to go forth, to discern what is your next right step, your next right decision.

All this takes, my dears, is a decision, a decision to get honest about what attitudes you really have, what beliefs you keep hidden... and then a choice, a choice to change. Why change? Well, I believe that is obvious. You choose to change the way you are living so that you can allow to be made manifest externally the beauty that you have embraced internally.

Yes, that truth still remains: what resides within manifests without. It is as simple as that. And even that simple statement can reveal quite a lot about what lies seemingly hidden behind that glorious back door.

Ah! We have had wondrous journey, haven't we!

Until our next chat, I am *Teacher!*

