

*April's Channeled Reflection with Teacher on
The Next Level of Leaving The Struggles Behind!*



Greetings wondrous beings! Greeting! I am Teacher and I come forth for another glorious chat with those who gather together to celebrate Truth and the way it can manifest each day for you... so that why? Well, my dears, so that you can have an easier go of it, so that you can really enjoy your journey, and — not lastly of course — so that you can fulfill your purpose for being here.

Then let's being, shall we? You see, Truth is really what? Truth is the vibrational frequencies that flow forth to take form. And these vibrational frequencies that flow forth are in their most perfect balance, their most perfect alignment, and their most perfect relationship with each other.

And when the vibrational frequencies of Truth reach the physical plane, something occurs. Now you might think that I am going to say that there is so much distortion and illusion occurring here upon earth that there is not a chance that those most perfect frequencies can remain perfect. But I am not going to say that simply because it just isn't true.

Those perfect frequencies do enter physicality and form themselves *as* physicality. Now isn't that interesting. You might, then, be wondering how everything becomes so distorted, and the answer is that there has always been something occurring upon earth and it has to do with you and with everyone else. And the something is called *awakening*. Now in order to have awakening, there has to be sleep. That makes sense, doesn't it? How can you awaken if you have not been asleep, even just a little bit.

As the sleep state became more manipulative so that the awakening could be more profound, there came the various phases of the sleep state, including a density which became most difficult to awaken from, to lift out of. This challenge was celebrated by those who first began to play with the awakening process.

Again, you might be thinking that those ones who played with the awakening process were doing something wrong, something forbidden; but they were not. You see, my dears, that right and wrong thing is all part of a belief system that has taken hold



upon earth. They were playing. And as they were playing, some of them entered into the deep sleep state of distortion and could not journey back out of it; they became trapped there. And the others began to develop ways to prepare an avenue for those ones who were trapped, so that they could find their way out and celebrate that profound awakening. They succeeded in their creating of that way out. Aha! And that way out is what I'd like to chat with you about in this day, my dears. You see, that way out still exists and it is yours to have, to know about, and to journey upon in order to release yourself from that distortion which holds within it survival and even the remnants of survival's grasp.

You might not think that you are trapped in the distortion, and maybe to a large degree you are not. Yet if you are struggling with anything in your lively journey, survival still is having its way with you. Do you see? You are not supposed to be struggling here. You are supposed to be playing, creating, and fulfilling your purposes. Now that doesn't mean that there aren't challenges upon earth and within your journey. But a challenge only becomes a struggle if... yes, IF... you are still residing in survival's grasp.

And yes, I do realize that you have all worked on letting go of the old ways, that you have been dedicating yourselves to staying positive, to asking your guidance what is the answer, to loving and caring about yourselves and others. And that is significant. Most significant because it means that you are awake and are making choices for yourselves. What I am about to teach you is what could be called the next level of leaving the struggles behind. It's this: remembering.

What are you remembering? You are asking of yourself to remember that you are formed from that Truth, that perfect Truth that we began this chat with. You are that perfection taking form. And that perfection — you without your persona — lives or resides within a human nature. Now I'd like to be clear that you are not your human nature, but that you reside within it. Why [do you reside within it]? Well, the most obvious reason is so that you can reside incarnate, so that you have a physical vessel within which to journey. And the second reason that you are residing within that human nature is so that you can continue to experience that awakening that began so long ago. Yes, the awakening.

You see, my dears, the awakening is what living in physicality is all about. That age-old journey from the density or sleep state to the awakened state is still the current journey. Now, as we have said, many believe that journey is one of continued struggle. But I am here to tell you that it is not, that it doesn't have to be.

So then, let's continue with revealing this way, this avenue that was created long ago for those who had dared to play in the density, in the deep density of sleep.

After remembering that you are that Perfection Itself flowing forth to take form within a human nature, then the rest is easy. You see, you can say the words that you are the Truth Itself flowing forth, that you are perfection, that that which comprises the real you are those perfectly aligned and relating frequencies; but this is more than just saying the words, or even reading these words.

What I am asking you to do is to *take an action of remembering*. The action is this. Either walk or sit quietly. Breathe deeply and set aside anything or everything else but your breathing in this moment. Now that might take a little bit. Some of you have major issues occurring in your lives and setting them aside might take some efforting, some choice, but you can do it, my dears. I will assist you. Just tell yourself that you'll have the perfect answers, but for now you are just setting everything aside. As you have the slang phrase, you are *giving it a rest*.

Then I'd like you to begin to remember the Truth that I have been speaking about. Just tell yourself these words, but when you tell yourself, say them slowly and allow them to fully reside within your being. What are you doing? *You are bringing to your consciousness the recognizing of what already is, the reality of who you are*. You are not making anything happen. After all, this perfect Truth IS you. You might call this getting to your yourself better.

So then, after you have become quiet, after you have set aside your issues or anything outside of this moment, begin to say the words: *The purity of Truth flows forth as me. I am the perfection of those frequencies, I am the perfect alignment of being. I am the perfect relationship with all frequencies. I am Truth itself. Truth. Perfection in all manners, in all forming, in all relations. This is my real identity. I am Truth. Truth is that*



which I am.

And just let those words, those frequencies that you are calling forth rise to the surface of your consciousness. Just allow. In this way you are letting go of old beliefs about who you really are and you are getting to know yourself.

Then, after you have really allowed those frequencies to fill your conscious awareness, rest.

You might feel that you are in the deepest meditation you have ever experienced. Or, you might feel more awake, more clear than you have ever been. And yes, some of you might not feel anything. That is all right, my dears. Remember, this is a process, a process of getting to know the real you.

Now the next step is easy. It just requires your choice to participate within it. Firstly, tell your human nature that you are here, that you are real, and that you will what you call “save the day”, that you will take care of everything.

Now the first words or thoughts that come to mind might be, “Oh sure, how are you going to do that?” Or, “How am I going to do that?” Whatever the words are, they are simply a challenge, a challenge to the Truth. And here is the good news. Truth cannot be challenged. Why? Because Truth is everything, even the asleep challenger. Ha! Yes, that is true.

You might again be wondering, then, if Truth is everything, isn't it your human nature? And if so, what is the difference between your human nature and what I have been calling the real you. It's this. Consciousness. Your human nature holds a consciousness. It has to in order to be incarnate and be your vessel. Yet you, the real you, are the totality of Truth. The totality.

Now back to that avenue that was created long ago. The next part of that avenue was a gradual increase in conscious awareness of the vibrational frequencies that reside within the process of awakening. Those frequencies of the gradual process of awakening are these, my dears. Here they are.

Firstly — remember, this first part is presented within the density, within the sleep — then, firstly, know that the reaching out for help in any situation, in any calling, is the



asking of the awakened state to fill the circumstance so that the answer, the relief can be made known.

Secondly, the reaching out and the *receiving* of just a little awareness, just a clue of how to “get out of that difficult situation” is the breathing forth of relief. When there is a statement that says, “This won’t do it. This isn’t the answer.”, that is the sleep state’s solution. It isn’t the real thing. When you dare, when you allow yourself to focus not on the sleep state’s solution, but focus on that little clue, you are then residing in the second phase of the way out.



Thirdly, within that clue is an asking to take action. The actin will not seem to mean anything. It might be as simple as going outside in nature, it might be as simple as asking a friend for help, it might be as simple as drinking more water. *The action within the clue will always seem insignificant.* Yet the primary ingredient in this third vibrational frequency is to take the action.

Fourth, as they old way did be developed and then participated within, there came a light that showered over those who were able to be freed. The light is the same light that showers over you as well. The light that I am speaking about is the beginning of the feeling that you are freed, finally and fully freed. That light is waiting for you to feel it, feel the freedom.

Now the anti-freedom, so to speak, will tell you that the light means nothing, is insignificant. You might hear your words or your thoughts, “What does this have to do with anything?” If or when you hear those words, know that you are ready. You are right at that moment when you can grab on to that hint, that knowing, that light that says that you are on your way up and out of the struggles, on your way up and out of the density, on your way to your own awakening of Truth, of your true self. And that is most amazing, my dears. In that moment, allow that slight feeling of freedom to fill you and to become as real as it can be.

Fifth, now remember this is the old way that was created. It is still the way, but it might also seem ancient. It is. The fifth frequency to experience resides within these words, which I ask you to speak aloud several times, until they are a vibration within you. The words are these: Nacktah Seetah Sonnoh. They are the vibrations that reside



within Truth as it forms.

Sixth, again there are words that hold the vibrations of Truth as it forms within physicality. Ancient. Ancient forming, as it was in the very beginning and is now, the same forming. You. All beings. All Truth. The words are these: Om Nammah Shivayah. Some of you are familiar with those words.

Yet in this instance, *you are speaking them so that you can further awaken to the Truth and in so awakening, you will be able to relieve your consciousness of the need to reside in the sleep state, in the depths of density.*

Now this doesn't mean that you will never have another awakening. As long as you reside upon earth incarnate, you will continue to have awakenings. It does mean that you do not have to enter into the depths of despair, into the density of survival, in order to continue upon your path of awakening to the Truth of who you are.

Now as those ones did proceed within the sixth participation in the created avenue or way out of their entrapment in density, there came among all of them another sigh of relief. This sigh of relief held within it what has been called a Divine Breath. It was created and situated within the results of the sixth participation. You, too, can experience this breath and the benefits of it. Here's how.

As you are feeling the sigh of relief, the letting go of the need to struggle — even though physicality has presented to you the seeming inability to find relief — in that moment of the sigh of relief which now feels more real than the difficulties, breathe inward through the top of your head and through your nose, saying, *Divine Breath am I filled with Truth.* And when you breathe outward, breathe outward through your heart and your mouth simultaneously, saying the words, *So be it.*

Now isn't that simple? Yes it is... and yes, it is also quite powerful. Remember, reading these words is not the same as participating with them. Relief, awakening, the way out of struggling... all come from action, from your sincere action.

Now in the beginning, perhaps the first time that you participate with this way out that was created so very long ago, you might feel to be on the surface. That is, you are giving it a go, but you are not fully invested in the participation. That's all right; you are

beginning. Continue. Dare to give yourself this gift. Continue participating until you really are doing it, you are really participating... as you have the phrase... *with all that you've got*, with your entire being. You won't be disappointed, my dears.

I will participate with you...and together will we journey in consciousness, up and out of that struggle, that density of survival, that remnant or residue of survival... and then, oh then, will the answers flow forth to you, will you feel the freedom that has always been yours to reside within. You have a wonderful word that I would like to use now. It is this: you betcha. Ha!

Dare to do this, my dears. Notice that I am not saying, dare to give this a try. Giving it a try is the very first step. Really doing it brings you to the real thing, even if you participate with this way out ten times, twenty times... until you are so absorbed within it that nothing else exists in the moment. That's where we are right now. And you can be here too, with your consciousness. It's your real location. Right here. Right now.

Yes! Then, my dears, I believe we are complete for this speaking. I am most pleased to come forth for our chats, and more pleased to be with you, to assist you, and to celebrate Truth together.

Then until we speak again, I am Teacher. So be it.

