

## *September's Reflection with Teacher!*



Greetings! I am most pleased to be speaking with you about the "else" that is going on in your worldly cause and effect. I am Teacher

and though I do understand that you might be hesitant to follow an invitation to celebrate the cause and effect's demonstration of love; I am here to tell you that there is so very much more going on than is reported to you... even in this age of electronic immediacy.

You see, my dears, on every street, in every village, in every town, in every city, in every body of water, and in every heart, there is what is called love. Now I am not speaking of the "in love" kind of goings on. I am speaking about something infinitely bigger. And no, I am not diminishing the feeling of being "in love"; yet love itself is a vibrational frequency that flows forth from two energy centers. Would you like to know more about that? And more so, perhaps you would like to know why you would want to know more about the flowing forth of the frequencies of love and from what two centers? Perhaps I have your curiosity peaked, and perhaps you are ready to move on to another interesting topic. Yet before you move on, my dears, I would like to entice you with a bit more. It's this.

The human nature, your human nature is crying out for you to not only be more present, but to do what you have been designed to do. Why have you been suffering? Why are you discontent? Why have you tried hard again and again and not experienced the results you had hoped for? And the answer is not that it is your fault. There is no blame in this journey upon earth. And though at times you might not believe so, you have been doing the best that you can. Until now.

Now you are being asked to participate more directly, not only in your

own fulfillment, but in the breathing of your breath upon the biggest happening upon earth since... well, since the first awakening. The big event is the combining of two energy centers. Now these two centers are not only present within your beingness, within your physicality, and within your encodings; they are also present within the fabric of the earth, within all creatures, and within nature itself. Yes, this happening is big.

So let's begin with you, with your body, your spirit and your encodings. To understand what is occurring, let's talk a bit about love, the real thing. Love is the celebration of truth that says that all beings are one being. Ok, Ok, so you have heard those words perhaps hundreds of times. Yet do you really accept them into your knowingness?

That question is really asking of you, are you conscious of the truth that love is an embracing of totality of being, an embracing of the truth that you and all beings, all creatures, all of nature... are residing within one magnificent life force that flows forth, through and forms everything? Everything. And there is no difference made as it flows forth and forms. That means that nothing is better than or lesser than. All one. And the embracing of that truth is called Love.

Now becoming more and more conscious of this truth is the happening. And while it seems to be beginning with you, with the spirit of you that resides incarnate in a human vessel; every other form has already begun to emanate this vibrational frequency, this truth. Human vessels are the last. Why? Does it mean that you are at the bottom of the heap? Ah! Remember, there is no greater than or lesser than. Everything occurs in perfect timing and synchronization.

You are the last because you are here to anchor this truth... *consciously*. And you are anchoring this truth into that which embodies the very fabric of this truth. So then you might be wondering why you even need to be participating, since everything else -- earth, the creatures, nature -- already is aligned and emanating Love. The answer is this.

You hold within you the entire process of creation, of the taking of form and the releasing of form, that very glorious pulse beat. And because you are here to anchor truth within physicality, you are also asking of yourself to become conscious of truth. When you become conscious of truth and reside within that knowing, you are then clearing not only within your very own selves, but also within the cause and effect, those false beliefs that promote the sleep state.

So then, let's recap this reason for continuing to hear what I have to say to you. You are here. You are incarnate and you are conscious that you are much more than a human being, your vessel. You are a spirit, the result of a divine breathing forth of pure creation and you did flow forth to reside within that vessel. You have been awakening; that is, you have been discovering truth and untruth, learning how to discern the difference in subtleties of both, and you have been also choosing that which benefits you and consequently benefits everyone.

And now, now there is the glorious happening. And you are its crowning glory. The two energy centers within your vessel, which are created from the life force of your spirit's breathing forth, are the heart energy center and the solar plexus energy center. And now, those two centers are breathing forth this amazing truth that everything is all one, that there is truly no separation from the whole, and that upon becoming conscious of this truth there is then what is called love, the celebrating of oneness of being.

Now all of this might seem like a lot of nice words; but I am here to tell you that there is a goings-on that you don't want to miss. Well, actually you cannot miss it; but I am most certain that you would like to experience this goings-on consciously. Well, wouldn't you? Of course.

Here's how... or first, perhaps I would tell you exactly why you might want become conscious of something that you are participating within, something that is affecting the entirety of creation. It's this. Here's the primary ingredient, my dears. When you become conscious of your participation within

the embracing of the truth of Love, you are remembering who you really are.

You are remembering that you are a divine being -- that divine being not able to be understood by the human vessel; yet nonetheless, you are. Within this remembering, can you then place your consciousness within the flowing forth of that Love and what you might call "do your part" or participate within the glorious occurrence. Now hear these words: when you consciously participate, what occurs?

For you, there is an igniting of those electromagnetic frequencies that have been residing within the encodings of your spirit being. What does that mean? It means that you are be-coming. You know, you are who you really are and you are residing fully incarnate. My dears, you have been waiting to do this for a very long time, perhaps lifetimes. And now the time is at hand.

Don't worry, you won't miss the bus on this. Yet, to be consciously participating is your own gift to yourself. When those electromagnetic frequencies ignite, my dears, then you can fully awaken. Fully awakening means that you then let go of the illusion and its effect upon you, its diminishing of your fulfillment, its captivating fears that keep you cautious of experiencing and expressing the truth of who you are: totality.

Now your mind might have wanted to follow all of that until I said the word totality. Yet within totality, within the awakening of who you are, who you truly are, there is that moment when there is a letting go of past causes and effects that held within them patterns of limiting beliefs. Do you see? Let me spell this out even further.

In this moment of awakening to the truth of who you really are, then you are able to release your grasp -- unconscious grasp -- upon the histories of your lifetimes. Yes, some call this karma. I call it the accumulating of illusion's invitation to believe you are separate from the whole and must do something to become united with the divine of that which you already are. Ah! Perhaps you would read those words again?

So now, how do you participate? Oh you are going to love this! It's

easy... but that doesn't mean that it isn't powerful. And those of you who are cautious about doing anything that might not be holy, take a deep breath and know that you are calling these words forth and I am pleased to deliver them to you: your gift to yourself.

So then, here we go. Sit quietly. Take a few deep breaths and let go of your daily concerns. When your list of things to do comes to your thinking, just tell them that you will get to them later. And let go of thinking about them. Just breathe deeply again and bring yourself to your most peaceful manner of being.

Next, imagine that you are aware of the energy that flows forth from the top of your head, your crown energy center, and continues downward through all your energy centers, aligning them and synchronizing them. Now I know many of you focus on raising energy up from the root center; yet I am here to tell you that there is a pulse beat -- always -- and the energy flows downward, perhaps without your conscious awareness, and then upward. Now you don't make this happen. It is always occurring. What you have been doing is trying to place your consciousness therein. And here's the secret, when you place your consciousness in this pulse beat, you are then residing in the moment of creation.

So then, now we are participating together in just that. Place your consciousness in your crown energy center and follow, with your imagination if you need to proceed in that manner, follow that flowing down through all of the energy centers and then back upward again. Now this isn't difficult, my dears, Just place your focus on each energy center, flowing downward, and then the same, flowing upward. This is the pulse beat of creation. It holds the integrity of your incarnate essence. Just relax into that experience.

Next, place your focus upon your heart energy center. Breathe inward through your nose and inward through that heart energy center. When you breathe outward, breathe outward through your mouth and through the energy center. In and out through the heart energy center. Proceed in this man-

ner for a few breathings. Next, do the same with your solar plexus energy center. Inward and outward.

And now, here we go. Breathe inward through your heart energy center and then outward through your solar plexus energy enter. Now when you practice this for a few times so that your awareness follows this breath, then I invite you to speak the words Sallah KoNackToh SeeCha [phonetic spelling]. Yes, they are ancient words. The purpose of the words is to breathe forth totality of being: Love. And in the breathing forth, it is invited to form within you -- your opportunity for consciously knowing the truth of Love -- and then to flow outward to join all that has already pulsed in this manner. Wholeness of being.

You only need speak the words once; yet you can choose to speak them with every breathing of inward through your heart and outward through your solar plexus. And you can continue for at least ten breathings; then pause for a moment and allow. Allow your consciousness to catch up, so to speak, with the experience. And then proceed for ten more breathings, if you choose.

Now you might be wondering if you can participate in this manner again, how many times, how often, will participating more often benefit your more? The answer is this. When you feel drawn to participate in this manner, then proceed. Do not proceed if you think that you can "make your life better" and that is your reason. This is not a bargaining kind of thing, my dears. This is participating and becoming conscious of something that is quite grand. And while your human nature wants to know "what's in it for you" -- a natural wanting and nothing wrong with that -- your spirit knows that you have been waiting to participate in this manner and now the time is at hand. Yes it is.

No blame, no guilt for not participating. Wonder and delight for participating. Simply your choice to become conscious in the breathing forth of Truth: Love. Totality of Being. Glorious!

Then I believe I have delivered to you all that you have been calling forth

in this moment, my dears. Always a pleasure. Until we speak again, I am Teacher and I am most fond of you.