

*Your Channeled Reflection:  
An Exploration of Truth  
with  
Teacher!*



Greetings! You are probably aware of the fact that all Truth has been presented over and over again, while the beings on earth begin to awaken and again awaken, and then absorb in a most expanded manner, how Truth is made manifest in physicality.

I am Teacher and I'd like to present some of those truths that seem to dance around your lively journey — you know, those truths that you read and then say, “Oh yeah, I know that one,” and then go on with your day. I am asking you the question: why do you think they continue to be presented to you? Is there something that you are missing?

In answer to those questions, I am delighted to present to you some of the truths that you continue to receive, and then I am more-than delighted to speak about what they might mean to you, to your journey upon earth. So! Here we go!

Now the first truth that I'd like to speak about is this: All abundance flows forth to its fullest capacity, presenting itself to you according to your beliefs. Yes... it seems that the issue of abundance is always dancing around you, inviting you to discover its full meaning.

What does it mean when the truth says that *abundance flows forth to its fullest capacity*? This. Now stay with me because you are going to conclude even before you hear all of this, that you already know about this part.

Remember the Truth that says that the All flows forth to experience itself in every manner possible; yet there is no separation from the whole? It is the same with abundance. Why and how can that be? The answer is simple. Abundance is the All and the All is the abundance. And the reason that is true rests within the knowing that there is absolutely no separation from the whole.

Even though physicality presents itself in seeming separate ways, as in different people, nature in all its forms, and creatures as they reside in different habitats; still, as some have said in a way that perhaps is more easy to accept: we are all made out of the same stuff. Yet there is more to it.

Not only are you all made out of the same essence flowing forth, you ARE the same essence flowing forth. That means that though you are a spirit being residing in

physicality, you are the same, the very same being as everyone else, as every creature, and as every part of nature.

Then how do I explain the differences? Easy. The All flows forth to experience itself *in every manner possible*. That means that the All flows forth in every conceivable manner: different people, different creatures, and different presentations of nature. Yet everything is still the All.

So then, when we are speaking about the Truth of Abundance, what are we saying? We are saying that abundance is simply the All flowing forth to experience itself *as* abundance, all abundance in every way. Money, food, water, love, joy and more, much more. With regard to money, right at this point of this teaching, many beings say that they are not personally experiencing an abundance of money. Maybe they aren't. Still, there is a great abundance of money in existence.

Then the next words are: *and flows forth according to the beliefs that call it forth*. Aha! Now you have an avenue to explain your lack of abundance, a reason to fall into the trap that says you simply cannot have abundance because you just can't figure out what belief is holding you back, what belief is saying to the All, "I can't have more."

But you see, there is a fallacy there. It's this. The All doesn't take orders from beliefs in lack. *The All always flows forth in its full capacity*. So right here and right now, you can stop blaming yourself and supporting the slippery belief that says you are a victim to your own life and there is nothing that you can do about it. Isn't that what you are saying when you sigh and tell yourself that you simply cannot figure out how to "get more money". But, my dears, you are not "getting" it; your abundance of money is always flowing forth to you.

So then, what is the hidden part of this truth? What are you missing, you might be thinking. All it takes is remembering, remembering that you are not a human being, you are residing in the *vessel* of a human being, residing in a vessel of the body-physical; however, you are divine essence flowing forth, flowing forth to experience itself in every manner possible. And here is where you discover the amazing fact that you have a choice; in fact, you have many choices available.

What would it be like if you chose to experience your divine self as a being who is fulfilled within the flowing of abundance in money? Now I'm not talking about saying the words, perhaps saying the words over and over again. No. I am talking about *being* that choice. Being it. So that with every breath, with every stepping, with every moment, you are that being who resides in a great flowing of abundance, that in truth, you are the great flowing itself.

Then there is the *action* within that being. What action can you take as that being who resides in the great flowing of abundance? Perhaps you don't have a lot of money in the moment and you have been using that *seeming* lack as an excuse to not take action, any action that supports your choice. What might that choice be?

Perhaps you will set aside some time and help a friend who could use some cheering up. You have been the one who has been down and complaining that you just don't have enough money. But now you have chosen to experience yourself differently. That means that you have ceased from complaining and living in that form of victimhood. And what happens? You can now visit a friend and bring a positive attitude and also perhaps some flowers or a book to read. Anything that says to yourself that you have changed, that you are in the giving mode.

If you continue in this manner, you will also receive hints, more hints of what to do. If you follow them, guess what happens? This new manner of experiencing your divine self becomes more and more real, your actions become more and more beneficial to you and to everyone around you, and that flowing of money that was but a trickle begins to become a stream and then a river and then the ocean... the ocean of Love, the ocean of abundance.

Now reading these words and thinking about that is not the same as taking an action. Remember, *the first action is your choice*. And within that choice is the releasing of your tight hold on what is called being a victim of your own life. Ohhh, it feels so very good to let go of that one!

*Now the second truth* that I'd like to speak about is this: Your body physical takes form as perfectly as possible, according to those same beliefs and the encodings within your life force as it follows the pattern of establishing its presence in physicality.

Now let's get this straight: you are living in physicality. And whether you want to accept it or not, physicality presents its challenges. How you respond — or not— to those challenges determines the manner of experiencing your journey. And this isn't only about keeping a positive attitude. This is bigger than that.

I know that you have learned about your auric field and you have determined its manner of supporting your energy centers, your chakras. Have you thought about your etheric field? What is its purpose? How can it serve you? Here it is.

*Your etheric field holds within it those patterns and frequencies of perfection.* How can that be? It is the divine essence flowing forth. As your auric field is actually an energy center, holding the integrity of the energy centers within your being, also within your body-physical; the etheric field is an energy center which holds within it the perfection of the divine.

The perfection within the etheric field flows forth according to the patterns and frequencies within the auric field, which in turn is determined by the frequencies of the chakra system. That means that the perfection is present, ready for you. When you align, activate encodings within your chakras, and clear away the debris from past experiences and expressions while you were asleep and searching for your awakening; then the etheric field is also cleared, simply because it supports your chakra system and in order to do so, it must be able to hold the clearest frequencies that are capable of residing within the chakra system.

So. When this aligning and clearing has been established, then, my dears, then! The perfection of the etheric field can flow forth in a more complete manner. And while it is true that within physicality there is a flowing forth of near-perfection, the truth remains that near-perfection in the body-physical is most glorious... wouldn't you say?

Wouldn't you just be thrilled to say that your body is near-perfect... as it is? You can... and to actually mean those words, you are required to take the actions that I have described, beginning with the chakra system. And in order to begin with the chakra system in clearing away the debris, the distortion, there is one small requirement. Here it comes again. *It is choice.*

And again the same truth presents itself. If you continue to be a victim to your own beliefs about your body-physical, then you will be. Choice can change that. And yes, I realize that there are some of you who are suffering with grave physical disabilities, perhaps moving through the dying process of your body-physical. Still, your choice determines even this journey. Always choice, my dears. Always choice resides at the beginning of truly understanding truth.

*The next truth* that I would like to speak with you about for your further understanding is the Truth of love. Exactly what is the Truth of Love? Ah! It can be, but it really is not all the gushy stuff. Yes, the gushy stuff is enjoyable, no doubt about it. Yet the Truth of Love is bigger, more all-encompassing. The Truth of Love offers an opportunity to reside within the whole... consciously.

If you have been journeying through the awakening, the many awakenings within your expression of Self, then you know that always there is more, more to awaken within. Notice I did not say awaken *to*. You see, the mind will not deliver to you an awakening. Yes, it will deliver to you an *understanding* of an experience or expression of Truth, yet thinking itself is a process of residing within what has already been established within that beautiful mind.

Love, the Truth of Love, is a way of letting go. You might not have expected those words; here's the more within that statement. Love invites you to let go of trying to be better than anyone else, to be more spiritual, to be more... in any way. Why? The Truth of Love resides in the awakening within the Whole and within the knowing that your divine essence is the same divine essence that forms itself as everything.

The frequencies of Love are what hold with entire creation incarnate; it is the glue, so to speak. Love is the embracing of everything and everyone, without judgment. You might think that is impossible; it is not. Yet, being able to reside in the manner of embracing everything and everyone without judgment requires... here it is again! Choice. When you choose to reside within this Truth, consciously residing within the Truth of Love, you are also asking of yourself to become the more of who you really are. You are asking yourself to awaken to the knowing of your divine self, the real you. Now that is big. Yes, it's big. In fact, it is why you are really here... isn't it?

So this Truth of Love is the avenue to fulfilling your purpose for residing incarnate. Remember, this truth doesn't mean that you must be *in love* with everyone. There is not a *must* in any truth. What this Truth actually automatically brings to fruition is your letting go of all concepts of separateness of being. Letting go of judgment is all part of the awakened knowing that you and all beings are one, one breath, one mind, one heart, one.

Now your thinking mind is going to want to play around with all of that, and it can. But. Your thinking mind will not deliver to you this awakening; it can do a most delightful thing for you. It can recognize when you are judging and remember the choice of residing in the Truth of Love, the glue of the incarnate beingness.

The Truth of Love is the embracing of everything... as it is. No trying to fix any one or any manner of any being. And within this Truth, you are moving toward perfection, knowing that while you are incarnate, you will not be perfect in any of this. Yet, you will become closer and closer to awakening to your divine self, the real you, while incarnate. As you say, Wow!

*The last truth* that I would like to speak with you about is the Truth of Releasing Form. Many of you have considered the act of dying, the releasing of the life force from physicality. There is nothing wrong with reflecting upon dying. Some of you have experienced the releasing of friends from their body-physical and that releasing has caused you to reflect upon your own body's mortality. Here's something to consider.

You know the words; again, you have heard them before. Everything, everything resides within the process of taking form and releasing form... always. Even in this moment, everything about you, including your own vessel, has been taking form and releasing form. And this Truth continues and continues and continues.

Releasing Form is a part of what I'd like to call the Divine Breath. There is the creating, the flowing forth of creation, the Divine Breath breathing itself forth to take form. Then there is the Releasing of Form and what I'd like to call the Breathing in, the Divine Breath breathing itself inward, as in the return to one, or the return home. Within that breathing inward, there is also the releasing of the *nature of forming*. There is then the nothingness, Divine Essence without form and without any calling forth to take form. It simply is.

When the Divine Breath breathes itself forth once again, it breathes itself forth through the Core of Creation, which holds within itself all patterns and encodings of that which has been formed. Now here is where you might want to pay attention. When the Releasing of Form occurs and that divine essence returns to one, it then deposits all of its encodings and patterns into the Core of Creation, so that it can return to the nothingness, where it is simply divine essence.

That means that within the Core of Creation resides all of the encodings and patterns that form you and how you are expressing yourself. When the divine essence is called forth to reside within the Breathing Forth, then that divine essence flows forth through the Core of Creation where it gathers all of its patterns and frequencies so that it

can be breathed forth again as you and all that is about you. Now. Here is choice again, but wow, here is choice again!

Listen. When you choose to be the more of who you are, when you choose to be your real Self and then take the action to reside within that choice, then! Then, my dears, some of those patterns and frequencies remain in the Core of Creation. Why? Because they are no longer needed. You have changed. Your choice has changed everything.

Now the great wonderful truth is this. The Releasing of Form is the opportunity to allow your choice to be made manifest. Why? When you are no longer holding on to an old manner of being, it is released of form. Now why would you hold on to an old manner of being, one that no longer serves you?

Sometimes the reason is simply that you do not yet realize that you are holding on to a way, a manner that limits your expression of self, that limits your experience of your fulfillment of being. And other times, you are holding on to that manner of being as a direct result of continuing to be or to consider yourself to be a victim to your own life.

When you reside in the poor-me's you are residing in victimhood. Now some of the poor-me's is quite subtle. And the good news is that the more that you awaken and reside within your real self, the more that those subtle forms of victimhood become clear, and then at times, blatantly clear. And it is then that you can let go of the need to illicit pity, illicit your own reason to yourself, the reason for failure, when there is no failure. There is only the awakening waiting to occur, waiting to lift you up into the glory of expressing to yourself the truth of your own divine essence. Yes!

Then the Releasing of Form is a wonderful Truth, is it not? You bet it is.

All right now, I believe that you might be full to the brim now. There are many other truths that we can explore together, one day. Yet know that all truths are One Truth. You know? That All beings are One Being, that all breath is One Breath, that all love is One Love, and that all embracing is the One Embracing, One... that that is the One Truth.

Then, my dears, it is always a pleasure to be speaking with you in this manner. Until we speak again, I am Teacher.