

## September 2017 Daily Reflection with New Teacher



Greetings! I am New Teacher and I come forth to speak with you about your investment in not only who you are, but also in your own fulfillment of being. Many who receive these words are quite advanced in spiritual practices, recognizing truths as they flow forth, and also advanced in being able to discern energies or frequencies and which are compatible with your beingness.

I come forth to speak with you about entering into your next phase of living. Yes, there is always a next phase while you are residing upon earth. As you have heard the phrase, this is always a journey and not a destination.

Then you might be wondering what else you could receive, read or hear that would assist you, and you would be wondering simply because you have read and studied much. Then I will ask you the simple question, are you happy with your lively journey? Are you fulfilled? Are you struggling? Are you entering into a new phase and a bit fearful of how things will work out? Are you still trying to manifest... work, money, relationship, moving geographically, or more?

Here we can cease from trying to entice you to continue reading and can enter into a lovely way of residing for this moment. It is this. Pause for this moment and set aside all of your thoughts about what is occurring in the external world. Breathe deeply. Then pause once again and set aside all of your worries and concerns about anyone or anything. Breathe deeply. And once more, set aside all manners of trying to experience the end of this speaking before you have even heard the beginning. Just be. Just breathe deeply and rest, relax into this moment. And when you have done that, then we will continue together.

Long ago you resided upon earth with ease, joy and delight though you didn't have those descriptions for what you were experiencing. You lived those descriptions and there was not a moment where you were separate from fulfillment of being. It was you and you were it.

Now, easily accepted and understood, much has occurred since that long ago. Yet. Yes, this is a very large "yet". You are still that being. You have always been that being. It is true that you have taken to yourself many different personas, many different ways of experiencing your own journey; yet the you within that journey is now and has always been the same being. Do you see?

Then you might pause for a moment and might be wondering, if you are the same being, then why are you or have you been struggling? Yes, that is a good question. You have heard many truths about the sleep state and the continued awakening that occurs upon earth within this journey in physicality. Yet. Yes, there is another yet. Yet, even within this journey in physicality, you are still the same being. And you are continually emerging from the sleep state.

What does that mean? It means this. It means that the real you, the one I have first described, is beginning to truly spread his or her wings. What do I mean by those words? You are tired of struggling, tired of making believe that you are a certain way in order to succeed, in order to please a boss or a customer. You are even tired of being a certain way to your own self. Why?

Oh you are truly going to love these words. You are shedding the assumed identities. Do you acknowledge those words? Yes, you are shedding who you have assumed or take to your being. You, the real you, is spreading your wings and daring to be.

Some of you are entering this new phase of being true to your own self as if you are tiptoeing into a field of the unknown and you are feeling as if this is a very daring exploration of what you will be doing in this next phase.

But I am here to tell you that there is no unknown in this journey. You are the same being, the journey is the same journey, and the time is now, right here and right now. You are simply breathing your breath upon the frequencies, the images, the illusionary stories that they dissolve from your consciousness. Why? Oh, my dear beings. So that you can be who you really are to your own self and —here are the words you have been waiting to hear — so that you can naturally and fully reside in that same love, joy, delight and inner peace; so that you can reside in the truth of who you are.

Now you might think that in order to do that you need to quite your job, change your relationship, declare bankruptcy, move to a different geographical location; but that is all external. Do you see?

You know, of course, or at least you have heard the words again and again that all change occurs from within to without. That is the automatic power of creation that occurs from your being and flows forth to take form in physicality... for you. Nothing has been meant to be a challenge, a difficulty, a struggle. And the reason that those experiences have occurred in your journey is simply because you have—by the nature of the journey—taken to yourself a different beingness. Why?

In your efforts to return to who you really are, you decided to try different ways of being, which became different personas, different avenues to try to find the right one, the real one that would let you be and live the way you intrinsically knew was truth itself made manifest.

All right. So now you know how that all happened, give or take a little or a lot of filling in the spaces. Still, here you are and you are now receiving these words and that is not an accident.

I am here to guide you, to tell you that this life you are living is magical, wonderful, lovely and filled with delight. You can easily experience all of that by letting go of the attachments to your beliefs and concepts about what living is all about.

Now that might sound easy, but I believe you will not know how to exactly do that. How do you let go of those concepts of what life is all about? How do you let go of those beliefs, even hidden beliefs, that lead you toward the same path again and again, expecting different results? This is how.

Firstly is the accepting that the ways that you have been living are complete, have fulfilled their purpose, and are ready to be released. You know this because you are not always residing in that joy and delight, not always feeling inner peace, and not able to feel truth being made manifest from the core of your being. Yes, all of that.

You know that you are ready to let go of the ideas, the beliefs and concepts that have told you how to live, how to try to be successful and why you want to be successful. Now I am not saying that it is wrong to be successful. Not at all. What I am saying is that the concept itself of getting-to-be-successful is a bit off.

You see, my dear one, success is automatic... now hear these words... when you are living in that perfect harmony with who you really are and are going forth upon the journey that automatically flows forth from the truth of your being. Yes, you might be asked to really work hard at what you are about to do. Yet that working hard is not for naught. It is simply because you are entering a new journey and it is requiring you to go forth in a new way.

The new way might be quite foreign to you. Perhaps you will think that the new way won't work, that it is silly, that you have never heard of anything before like what you are being asked to do, being asked from your own inner guidance. And if that is the case, then you are in the right place at the right time, being who you really are.

You see, your mind wants to tell you that something won't work before you even enter into it. Why is that? Why does your thinking turn that way? It is habit. Your mind cannot know if something will be fulfilling or not before you experience it. It cannot. Just like you cannot know what a piece of fruit or a tasty piece of food will actually taste like until you actually put it in your mouth and chew it up. Do you see? Your old way of living, the way that you are so very ready to let go of, told you beforehand what would or would not work. That is actually called self-sabotage in the modern vernacular.

So then, when you have that guidance that comes forth from your inner being that nudges you toward a different way, pause and remember that you cannot know, you cannot possibly know how it will work for you, how you will experience it, until you actually do experience it. Do you see? You are actually asking of yourself to be very real, to live in the moment, to remain awake and discover what is before you, to dare to explore and experience a new manner of being.

You see, that is what this phase of your journey is all about. Firstly letting go of what is the old way that has never really fulfilled your joy and delight, then letting go of trying to be someone other than who you really are, and then — and this wonderful next part— remembering who you were long ago in the beginning, and then residing in that beingness, the real you.

The real you will guide you, will laugh before you even know something is funny, will sigh even before you know you are resting, and will be delighted even before you have something before you that might cause such delight. What is all of that? How can that be?

Here is your answer. It is the real you living in the moment called eternity, living in the moment where you are the joy, where you are the delight and where you are the

fulfillment of being even before you discover that you require fulfillment because you never will require it. You are it.

So then, just take a deep breath and decide right now to just let go of the old ways of being that are complete. Maybe they brought you a kind of success and maybe they didn't. But just decide to let go of the old ways. Take a moment and do that.

Next, take a deep breath and let go of who you believe you are. You know, the person, the way you act or be with others, and just be in the moment, a being. The "just being" is who you really are. Decide right now to let go of experiencing yourself in any other way. Just decide. You don't have to know a ceremony or fancy words. Just decide and let go of who you have created yourself to be... so that you can really be who you are.

Take a moment to do this.

And lastly, breathe deep of freedom. You do not have to conjure up an image that speaks of freedom or peace or rest. Just reside in the natural frequencies that comprise the nature of who you are. How do you do that? It is so easy that you are just now asking to remember. It is this. Inside your being, beyond thoughts and caring and worries and wonderings and trying hard, there is the core of your being.

You don't have to go looking for it. It is where you, the truth of who you really are, reside. Just bring your awareness, your consciousness to your inner being. You don't have to wonder or worry about how to do that because it is a simple decision. And the more that you do this, the more that you will easily be able to — even when you are in a busy location, even when you are communicating with anyone.

A simply decision to bring your consciousness to your inner core of being. Then breathe deeply and let go of your awareness of the external world. In this instance right here and right now, you might want to close your eyes to help let go of the external world.

Some of you are accustomed to doing this and others are not. It doesn't matter because this is all about you and no one else. It doesn't matter how you compare to anyone else. This is you, my dear one, it is you and you are simply bringing your awareness into who you really are. Just pause for a moment and do this.

And next, breathe deeply and reside in that pace. You are home. Nothing else exists but you in this moment within the core of your beingness, the real you. Just be.

After a while, your thinking mind will want to take over because it is accustomed to being the boss, but just tell your thinking mind that you want to experience this first and then later you will think about it; but for now, you want to reside in this peace and not think about it yet. Then breathe deeply and reside here, righter here and right now. In this moment. In the core of your being.

Pause and breathe deeply and just be.

Now you might want to participate in this manner several times, maybe even all during your day... until you begin to feel the freedom of who you really are. This freedom is like realizing that you do not have to do anything. Yes, there are choices and commitments, but you do not have to do anything... until you decide. And before you

decide, even if you are deciding about a commitment, I ask you to go within in this manner we have just explored together. Go within to the core of your being, to the real you and allow that you to decide. You see, from within, there is no debating of right or wrong, should I or shouldn't I. There is just truth and the truth will flow forth into your consciousness and assist you to know, to know what is best for you, to know what is your freedom of being, and to know that you are changing.

You are no longer the previous being of your own self. You are more and more of who you really are, the real you, the first you, the only you, the you who is joy, who is delight, who is peace, and who is fulfillment before there is a need to be fulfilled. That you.

Take a moment and allow those words, those truths to rest within your knowing.

You see, you are loved even before you believe that you need to be loved. You are the love itself as it flows forth to be made manifest in physicality. And your mind will not be able to fully understand all of this simply because the concepts through which the mind understands are changing.

Each time that you enter into knowing your true being, your concepts will be released and you will again and again begin to feel more and more of who you really are... and you will be free... free to be... the one being... as you were in the beginning, are now, and will be evermore.

Then I believe we have had a good chat, dear one. I am most pleased to be speaking with you in this manner. Until we speak again, I would say: so be it.