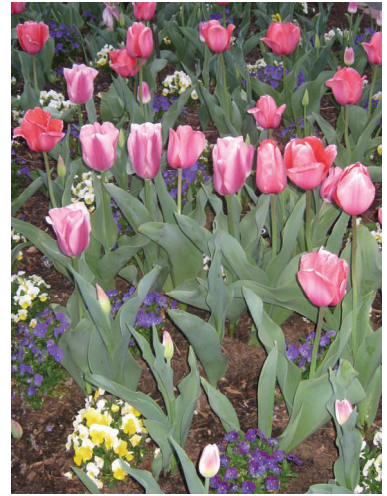


## *Daily Reflection with Merlin!*

*“Let’s talk about YOU!”*

Well now, here we are once again to speak again, my dears! This is your friend Merlin and today I would speak with you about the most important factor in your life: you! Oh, you might think I’m joking, but I truly am not.



Whether you recognize it or not, this is a most fascinating time in your lifely journey upon earth. You’ve heard the words about the upcoming times, you’ve perhaps felt the energies shifting and changing. You’ve also heard the words concerning what’s been called *the grande awakening* and all of its affects upon the sleeping consciousness of humanity.

But the truth remains that I am here today to speak with you about you. While you’ve been discovering who you are and at times who you are not, you’ve been developing some techniques or tools, as some of you like to call them, that have given you strength and dignity of being. The techniques aren’t mysterious, but they are powerful. What are they?

Well, my dears, the first is choice. And you might be groaning or rolling your wonderful eyes at the mention of something that has been an old-hat awareness for many years. But you know me and you know that there is more to this technique, this tool, than meets the mind’s first take on this topic!

You see, choice intimates that you have become awake, that you have been able to develop a type of objective awareness not only of your external world, but more importantly, an objective awareness of your own inner scenery, your own inner beliefs, and your own inner auto-responses to external invitations.

With choice, you’ve also developed an awareness of the kinds of manipulations that the sleep state tends to deliver and you’ve held those manipulations at bay, while you examined what was really going on and what was your part in it all; and more importantly, if you wanted to participate at all.

With choice, you learned how to disengage yourself from the demands of the external world initially in order to find peace, to find relief from struggle, and to place your focus on your glorious inner knowing. And then you began

to disengage yourself from the demands of the external world, especially those that told you if you moved the external world around a little here and a little there, that you would be able to manifest your deeply desired fulfillment. And I have been most proud of your refusal to participate in those manners of frustrations.

With choice, you began to discern your own inner yearnings, daring to take a deeper look, even when your mind suggested that you might lose what you already had if you admitted that it just wasn't the fulfillment of your own heart's desires. And in your daring to look deeper into your own spirit, you did what? Oh my dears, you dared to push aside that guardian called *fear*. You dared to step beyond the residue of the sleep state — those fears that rested upon untruth and slippery foundations. Yes you did.

And once you pushed those fears aside and dared to dance your own dance, stepping one little step at a time, you felt something marvelous. What was it? You know the answer: freedom. You began to feel your own freedom. And then what occurred?

You discovered that many of your "have to dos" or "must dos" weren't really that important. Some of you dared to quit the jobs you had given to your own self. Some of you dared to admit that you were unhappy in what you were doing, even though you were finally experiencing some financial abundance. And some of you dared to let go of an avenue of spiritual expression, facing the fear that you would lose your own spirituality; only to discover that your experience of your own spirituality grew and became stronger, more clear and fulfilling.

And upon all of these experiences, my dears, you began to feel beneath your steppings within this journey, a new type of pathway. It was forged upon your daring to explore the great unknown as it resided behind the thin veil in your innermost being. And then what occurred? And what has been occurring?

You know the answer... you discovered and are continuing to discover truth. What truth? That the unknown is simply those vibrational frequencies that hold within them all that is intrinsic within the fabric of your being, and as you go forth, do you call forth those frequencies – the unknown becoming known – to fill you *in the moment*. Why? Why does all of this happen?

My dears, you've known all along that everything occurs in this moment, but the external journey has clouded your mind in a way that did lend

itself to preparations, to planning, and eventually to actually projecting yourself into the possible future and then moving your external world around in the hopes that you would succeed in manifesting that which you projected.

And now, even in this moment, you are more and more aware that the inner knowing, your inner knowing resides within the pulse beat of eternity and always gives to you the information, the guidance, the nourishment, the peace, and the fulfillment that *the moment* calls forth.

And your mind might be reminding you that there are, after all, necessary plans, necessary future projections – all reminding to give your mind the comfort of its own knowingness, which rests upon previous experiences and interpretations and beliefs. Now the mind's knowledge is wonderful, of course!

Yet if you've been present at other speakings, you'll know that the mind wants to keep looking at things through those old beliefs and interpretations. That's how knowledge becomes developed, over and over again. But we're talking about something different... aren't we. Yes.

So then we allow our mind to dance its own dance, to give us the “yes, buts” and to try to reason away this expanded truth, the truth that says: all of your fulfillment resides within and journeys forth upon your inner awakening to become your external fulfillment. Ah, yes. Perhaps you would like to consider those words once again?

So, we could probably agree that choice is a most powerful tool, one that sits right in front of your entry into that beautiful unknown becoming known in the moment of its need.

Another tool that you've developed in this journey is your ability to expand your consciousness and get the bigger picture. Now what does that mean? You are most developed in your ability to step back – there's that objectivity again – and allow your “take” on any situation to broaden.

There's a hidden ability in all of that expanded viewing and it's this. You have discovered that reacting does you in. Yes, it certainly does. And you've been thrashed around inside your own emotional bog until you decided that you had enough.

Some of you went through great depths of despair to reach that moment wherein you decided that you had enough of everything, that you had enough of reacting, that your own emotions based on past experiences needed to change. And you wondered how you could change your emotional body. You wondered how you could be freed from the reactions that tore you apart.

And you found the answers to those wonderings. You began to let the external world have itself. You began to let the players in your world do whatever they would do, while you turned to face your own journey. Some of you might be thinking that this was something that you learned long long ago, but I'm here to tell you that you have been re-learning this tool again and again. Not a crime, no, not a crime.

Some of you began to seclude yourselves, began to be as hermits. You wanted to give yourself time to rest, to recover, to heal... and to change. You didn't know how you would change, you only knew that you must if you were to survive this journey you found yourself within and upon.

Something occurred. What was it? You discovered a new you, a tender you, a cautious you. Why were you cautious?

Well, my dears, you discovered that you really didn't know this new you. You didn't know how to relate to yourself. It was as if there was no living foundation beneath your footsteps. It was as if you had just given birth to yourself. And the great truth is that you just had.

You found a self emerging from the rubble of despair and emotional upheaval. You protected that self from external harshness. You chose your relations carefully. You removed yourself from any energy that felt harsh, that felt detrimental. And you began to develop a sense of who you were and who you are; you began to develop a sense of inner knowing. Why?

Well, my dears, you developed your sense of inner knowing simply because the old ways seemed to have vanished, seemed to be in a different compartment of your mind.

Some of you wondered if you were sane, while others wondered if you had what is called a nervous breakdown. Some of you wondered if you had what is called a stroke. Some of you wondered if you had amnesia. And some of you simply felt numb, as if you had been dropped off in someone else's life.

Yes... you shook yourselves several times, trying to get a clear thought, a clear understanding of what had happened and what to do next.

And that's when the most wondrous occurrence presented itself to you. What was it? And what does it continue to be?

Oh, you're going to roll your eyes again!

It's this. You began to really awaken, you entered into this final phase of your own journey, your own spiritual discoveries of the full rich you. You began to get real. And, my dears, that sparked my interest even more. Why?

When you began to get real, to set aside all the old beliefs and interpretations; when you began to search for the experience – internally and externally – that would give to you a real knowing; well it was then that you entered into something quite special: the real thing – magic. Yes, magic.

Oh, I'm not talking about pulling a rabbit out of a hat. I'm talking about what this life is really about. I'm talking about residing within your own inner knowing and choosing on the inside, daring to choose play and delight and discovery... and then watching the external world give to you the best that it has according to your choice.

And you also discovered that you could throw away the words “cancel, cancel” because you were no longer dealing with the external illusion.

More so, you were reveling in the beautiful fulfillments that just fell into place right when you didn't know what you'd do next... and you laughed! Yes, you did. You laughed for the sheer joy of ease of living, for the sheer joy of the magical unexpected fulfillment, and you laughed because it really happened and that it was real, the fulfillment was and is real.

Yes, my dears, it is real. Always has been... and is now... ever more. The more that you trust your own inner knowing, your own inner truth, the more then are you able to reside within your own dignity of being, your own strength, your own vulnerability, your own innocence, your own choice, your own path, your own dance, your own play, and my dears, your own real you.

And that's what this journey is all about, isn't it. You. That phrase that is so very common “it's all about you” is one of the most true statements that you have!

Well, this has been a refreshing little talk... hasn't it? I'm Merlin and I say again and again that I am most fond of you, my dears. Most fond.