

Your Channeled Reflection for May!

Teacher flows forth to have a chat!



Greetings! I am Teacher and I come forth to speak with you, briefly, in order to assist you to dare to change. Now you might be wondering what I am asking you to change and the truth is that I am not asking you to change. Your inner being is asking, begging you to dare to let go of who you have believed you are.

Now this doesn't mean that you have been a fake, doesn't mean that you are invalid. More so, it means that the vehicle of your persona has fulfilled its purpose. Do you see? You are so much more than your persona, my dears. and yes, your human nature does require a persona through which to journey, but this is bigger than that.

Long ago you determined that you would live during this time of great change upon earth, during this time of great battles. Not only did you determine that you would live during this time and assist the Light to reside incarnate; you also determined something for yourself.

Now determining something for yourself isn't selfish, isn't putting you in a bad light spiritually. On the contrary, that you did decide something for yourself demonstrates the truth that you are who you are and that there is no need to prove anything. You see, my dears, you are a blessed being. Yes, there is the journey, but even in the journey you are not trying to prove anything. More so, you are simply doing your best in your journey.

And one day, in that journey, you discovered that there is a certain freedom in choice. And it was also then that you dared to choose the direction of your journey. Sometimes you stubbed your toe, spiritually and physically, yet you did recover and continue onward. And now I am inviting you to dare to choose something better. It's this.

The invitation from your inner spirit -- and from me -- is to become real, very real. Now what does that mean? As I began, it doesn't mean that you are a fake. Yet within that persona that has fulfilled its purpose for you, you have lived in a certain way. You have developed beliefs and understandings through those beliefs. You have become a social being through that persona and the beliefs that have led that persona toward a myriad of actions, some toward fulfillment.

To become real means that you are invited to pause, to reflect upon that persona. Now you are not reflecting upon who you are. You are divine es-

sence residing in a vessel. One of the vessels is the physical body, and because the physical body is human then you are residing within human nature. And it is the need of the human nature to have a persona through which it can experience its journey. So we are talking about one of those vessels, the persona.

You see, my dears, it is time for that human nature to expand its consciousness and in so doing, it will naturally transform its persona to a more real being. Ah! Now we are inching toward what you will eventually understand. Now understanding means that truth has journeyed through a belief system and within that belief system, the mind has transformed the truth into something that fits its avenues of integrating truth within known parameters. But this is different. How?

Because you are truly divine essence residing incarnate, you are more and more incarnate simply because you have chosen to be here and of course the most important factor: you have chosen to reside incarnate *awake*. That's the secret of this change. You are awake now and you will continue to awaken more and more. That's the real journey, you see. but you already knew that.

As you have been awakening and expanding your consciousness to include truth unencumbered with the shoulds and musts, the persona has become a bit changed. Perhaps you have found that persona to be more relaxed. Perhaps your human nature has begun to change its physicality a bit, its habits a bit, and its manner of viewing self... more than a bit.

This is the big moment. It is now time for your human nature to awaken, fully awaken to the truth that it is the vessel of its divine essence and in being a vessel, it is time to become more, more real. Now more real -- here it is, I have finally gotten to it! -- more real means that it is less and less devoted to being a certain way according to external expectations. Now some of those external expectations have become internalized. And that is what we are daring to change.

If you were to sit and reflect upon what beliefs you reside within with regard to how you are supposed to be, how you are best suited for what you are doing, and what parameters exist surrounding your spiritual expression; then you would begin to notice the web that has developed.

Now this web isn't a crime and it isn't necessarily wrong. It has served its purpose, just as the present persona has served its purpose. So then, let's take a look at possibilities. What are the possible beliefs and patterns that hold your journey... captive.

Firstly, there is an image, a physical image that you have decided you must have. Some of you do have a healthy, trim and active body expression. Some of you do not. Now, right now, I am asking you to be okay with your present body. You can decide to change that body's form and participation... later, after we learn a bit more about freedom and the next manner of being, the next manner in which the transformed persona can delight in choice and in the adventure. But for this moment, let's just agree that your body is what it is and you are accepting the truth that it is a mighty fine vessel, a necessary one in order to remain incarnate.

Perhaps you have a belief in how your day should go forth in order to hold your spirituality intact. That's all right. You have developed that belief. Yet, again I say, for this moment, let's just agree that you are a spiritual being and you don't have to do anything to become perfect or more perfect. You are the holiness itself, my dears. You are already perfection as it flows forth to reside incarnate. And that's the funny thing about residing incarnate. It all feels to be so very imperfect. But it is not! Residing incarnate means that you are residing within the cause and effect of the sleep state awakening to truth, again and again. Within the sleep state, everything is imperfect... until the awakening demonstrates to you that there is more, very much more, to this journey.

Now perhaps you have a belief that you must be successful in some career or activity and you have tried very hard to advance yourself. Nothing wrong with that. It's not unspiritual, as some would have you believe. Yet now it might just be the time to reflect upon what you have been doing and ask yourself if you are truly fulfilled. Now this reflecting doesn't mean that you will give up your career or activities. It simply means that you are viewing the avenue upon which your human nature has journeyed and now the real you, the divine essence, wants the journey to be lovely, to be joyful, to be simple and kind. Again, this doesn't mean that you won't effort, won't work hard, or develop new avenues for your expression. It does mean that you might decide to change your inner experience. And that is where this is all leading.

To change your inner experience is at the crux of everything, especially now when you are discovering that who you are has fulfilled its purpose and there might just be another way to express and experience your true beingness. Now I'd like you to hear these words. You are already familiar with them, but today, in this moment, there is a deeper meaning: you cannot change the inside by moving around the outside. Yes, it's the old saying, everything is an inside job. But I am here to tell you more, so stay with me, my dears.

This inside change is big... yet it is quite simple. When you sit quietly or perhaps when you are walking in nature, slowly let go of your experience through who you have been. What do I mean? This. Slowly let go of your thinking process about anything. Just reside in the present moment, right here and right now. Let your persona have a rest. Let your human nature have a rest. Let your thinking mind have a rest. And just be your divine essence residing incarnate.

This you, the real you, is the answer to everything, is the answer to what choices, decisions and creations you will participate within. This real you, the divine essence, holds fulfillment of being naturally. Why? How can that be? My dears, the divine essence is totality of being. There is nothing missing. There is no goal. There is no need. There is simply being... the whole.

Now your mind won't know what to do with that simply because its beliefs and pathways to understanding don't hold the frequencies necessary to transform itself into truth. The mind has an investment in its own developed beingness. And that's not right or wrong. It simply is the nature of the thinking mind. Yet. Yes, there is a *yet*.

Yet, there comes that moment when the truth of who you really are flows forth and fills you, fills your conscious knowing and flows forth, and also clears the mind of its need to be more than its divine self. And then the mind rests and allows. Now in this allowing, the doors to truth are wide open and it does flow forth into your conscious manner of being, into your human nature, into your body physical, and at last!... into that persona. And the persona is bathed in the letting go of trying so very hard to be a certain way. The persona then has allowed its divine essence to be present, to be present and to hold within it that called joy, delight, light-heartedness and the best of all: the truth of its entire beingness.

Now this means that there is no need to figure out anything ahead of time. Yes, of course, in residing upon earth there are certain plans that might be made. But you might find now that there is a natural letting go of the attachment to the outcome of those plans. You are what you call loose. You are easy. You find that there is a certain pleasure in allowing and observing the journey to unfold before you, as you journey within it.

And that, my dears, is the transforming of your persona. Oh your friends might say, "You have changed so much!" Or, your closest creatures might want to be closer to you. Or, your employer or employee might look at you curiously when you refuse to demand anything but encourage instead. You might find yourself delighting in the releasing of the need to be a certain

way to have an impression. You might even feel a bit lost at how to be, simply because you do not hold those previous parameters. At that moment, my dears, it is time to delight in the dance, the dance of freedom to be, the dance of freedom to discover, and the glorious dance of divinity incarnate breathing forth fulfillment in every manner of being.

Now that's the changing from the inside out. Yes. I invite you to dare. Once you have received these words, I would think that you would so very much want to enter into this letting go of who you have been. You can even give gratitude to that fulfilled persona. It won't know what to do with your gratitude and it might become a bit confused; but that persona is complete and has fulfilled its purpose. You can know that for sure my dears. How? It is the time of the grand awakening and you are the forerunner. It is your time, your time to be who you really are. Don't worry, you can't miss your time. It's already here and you have received these words. That means that the process has either begun or continues in a very big way. And I find that to be just grand.

I am Teacher and until we speak again, I say the words: so be it.