

## July Reflection with Teacher!



Greetings! I am Teacher and I come forth once again to speak within what we might call a little chat. You are residing in your busy lives, aren't you? Of course you are! Yet some of you have discovered that taking a little time, even a few moments, to breathe deeply, to set aside all concerns about your cause and effect, and to then reside within peace... and it is such residing that brings to you the strength and clarity that allows you to go forth in your best way possible. Yes! And I say to you, Bravo! For, each and every time that you proceed in this manner, you are assisting the totality of the whole... and that is quite major.

You see, my dears, even the small efforts that you place within your day, small efforts to continue to reside in peace and clarity, send forth ripples within the whole. You are aware of this, of course; that is, your mind understands and perhaps recognizes what you are participating within, yet the experience itself is of major importance to you personally. Why? Here is the answer.

When you are conscious of your participation with residing in peace and clarity, there is also a message that flows through your entire being. The message states clearing that you are choosing this manner of vibrating. When you choose consciously this manner of vibrating, then your entire being celebrates. Why? Because Peace and clarity call forth the totality of who you are: your divine essence of being. Do you see?

With all that is occurring upon earth during these times of great battle, times of great emergence of truth and the attempt to destroy the truth that all beings are one being, and during these times when there is continuing a grand awakening; it is most necessary for your personal well being to take good care of yourself, to assure the integrity of your being, to tend to your spirit.

Now let's get a little practical here. Words are words, and it is actually the experiences of truth that deliver to you and the fabric of your being, those avenues for expanded consciousness and within that consciousness are you then able to go forth as you were always meant to go forth.

Then here are the practical experiences that you can choose to place yourself within.

Recognize each day that you are a divine being who has chosen to reside incarnate.

Pause for a moment and breath a breath of love throughout your being. How do you do this? It is easy simply because you are the love itself. You are simply choosing to breathe the love that you are into and about your incarnate vessels. Then take a deep breath, pause for a moment, and when you exhale, also simultaneously cause the

essence of that breath to fill you within and without, within your body physical and without into your auric field. This is a nourishment of being.

Go forth in nature, even if it is for a brief few moments and allow nature to replenish your spirit. This replenishment occurs automatically, but especially is effective when you are conscious of what is occurring. This means that you are not in nature while thinking about your list of things to do or list of what you have already accomplished. It does mean that you are taking yourself to be in nature and while there, you are focusing on nature itself, noticing how it forms itself. Within those moments of true focus, does nature then have an avenue to journey forth to your being. Such journeying forth to you holds within it the natural replenishment of being.

Reflect with gratitude upon the abundance present in your life. This might include friends, family, loved ones, material possessions, financial abundance, health, joys, delights. Yet pay attention when your mind wants to diminish any of this gratitude of abundance. Why? Sometimes within the sleep state there has been a belief that says "be careful not to feel too appreciative of what you have, of what has been given, lest it diminish because it is more than others might have..." or similar words. Or, pay attention that your mind doesn't tell you that you really don't have a great abundance of money so how can you be grateful? You know the answer to that; you have been practicing spiritual principles for a very long time. Your consciousness determines what is magnetized to you. No, this doesn't cause manifestation of monies. Those were the old ways. Now, holding gratitude for all that you have... and really meaning it... clears the avenues for more flowing and more fulfillment. However you hold your consciousness determines the fulfillment of your being. And yes, there are those circumstances that seem to be beyond how you are thinking and feeling. You may be feeling down and out, so to speak, and there comes to you a type of fulfillment that brings tears to your eyes because it is not only needed but that it also came at a time when you least expected it. Yes, my dears, there are those experiences which come along to uplift your spirit into gratitude and love.

Speak with one being during the day. Many of you speak with many beings, that is true. Yet I am suggesting speaking with one being while you focus on that being and reside in that moment with nothing else occurring in your mind. Just that being and the present moment. Residing in that present moment with that being, no motive, no purpose, no trying to help or change that being. Just residing and speaking with that being, listening to what that being says. Being in the moment, ever-present. Yes.

Nourish your body-physical. You truly know how to do this, yet I also suggest that when you are drinking your water, pay attention to what you are doing. When you are eating, eat with consciousness. That means that you are not reading a book while you are eating, you are not on the phone while you are eating, and you are not trying to

figure out what you will do next after you are finished eat. Again, in this instance, you are asking yourself to be very present, to reside in the moment, right here and right now. Yes, there may be times that you are not able to follow this suggestion; yet there are also times when you will most definitely be able to remain consciousness of what you are doing. Remaining consciousness is always the answer, my dears.

Rest. During the day, take a few moments to rest. Allow your body no movement, close your eyes, set aside everything and rest. Focus on your breathing as it enters your being, allow your lungs to fill easily. Breathe outward all that has been depleting you. You do not have to bring to mind all that has been depleting you; simply determine that you will breathe out all that has been depleting you.

And lastly, love yourself *exactly as you are*. Now that means that you will set aside all self-criticism, all ideas and thoughts about how you must be better at something, that your list of things to do is still long, that your body isn't how you would like it to be, or that you just didn't think to do anything about these suggestions. Cease from criticizing yourself and in that moment speak to your human nature saying: Thank you for being my vessel today. Speak to your body-physical saying: Thank you for being my vessel today. And then love. Send love to your human nature and to your body-physical.

Now of course I could go on and on, but these suggestions are able to assist you to go forth in the best manner possible. The fray exists and it is truly possible for you to leave the insanity behind. Go forth, remain consciousness and care for yourself. The rest will be given.

All right now, I believe we have had a little chat. I am most fond of you and take treat pleasure in speaking with you in this manner. Until we meet again, I am Teacher!

Feedback about Teacher's new book, **Leave the Insanity Behind**:

*"I just finished your new book, and I'm starting to read it a second time! Teacher's words connect with me in a powerful way...amazing stuff! I just wanted to drop you a note to say thanks for all that you're doing on behalf of the "One". ...Thank you again for channeling this wonderful being, Teacher."* - TP, Maryland

*"Your book could not have arrived at a better time. I literally flew through the first 5 speakings, but when I hit 6 things slowed down and I had to really concentrate. I can't tell you how much I am appreciating this book and how completely it resonates with me. It is all so well written and makes such perfect sense. Everyone should read it in my opinion."* - AH, Pennsylvania

You can get **Leave the Insanity Behind** here! Don't miss the introductory price with a free Kindle verions with purchase of the paperback!