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## The Heaviness in Your Life

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GREETINGS! I AM TEACHER AND I've decided to speak with you upon a topic that I believe you will find most interesting, perhaps even intriguing. But before I speak of it, I would like to assure you that the real reason that I am speaking with you in this series of little talks is to encourage you to live in a way that will bring you joy, ease of living, and perhaps ease your heart of its troubles. So then, let's begin.

Here's a question for you. What is going on in your life that brings you a feeling of heaviness? And I will bet that an answer came right away. And that's good, my dears, because it means that the first ingredient of our talk is already present.

Now I'm not here to erase that first ingredient, the one that brings a heaviness to your life. More so, I am here to teach you how to let go of your attachment to it. Now stay with me because we have an adventure to enter into and I believe you are going to like it.

This adventure simply asks you to set aside your thoughts about how this just won't work. You see, your mind has been accustomed to being the boss. That is, your mind usually jumps right in when faced with an unknown. And when there is a hint of what the unknown might be—as in my statement of letting go of the attachments to what brings a heaviness to your life—then the mind decides beforehand that perhaps this is just another exercise in futility and it won't have any meaningful results, so why go further, why read further. Yes, that's what your mind tends to do.

You do have an excellent mind. There is no question about that. But now what we are doing is learning how to set some parameters around this boss. Why would

we want to do that? Ah! Here's the great answer.

If you want to step into a new way of living, then what would you actually be doing? You would be stepping into the unknown. Oh you might know something about this new journey, but for the most part, if you were quite familiar with it, then it wouldn't be a new journey would it? And the bottom line is that you want something that is a relief from the heaviness, a new joy and delight, something that will nourish your spirit. Yes, that's what this new life is all about. And this little talk is stepping stone toward that fulfillment.

When it comes to setting some parameters around the mind, your thinking processes and its need to protect you from the unknown lest it be something that brings you further down and into the dark abyss of heaviness—a worthwhile purpose, incidentally; we can begin easily by simply saying thank you to your mind for all that it does. And next, you are simply saying that you would like to have this experience first, and then you will think about it.

You see, for the mind to make a decision now is to make it on...are you ready for this?...your mind is truly making a decision based on...nothing. Why nothing? My dears, you haven't had the experience yet! No decision can be made until you know what it is that we will do together...and I have already said that it is designed to remove an attachment that is detrimental to your well-being, to your fulfillment of spirit.

So then, take this moment, breathe deeply and thank your mind for its protective ways and then simply say that you want to experience this first and then you will think about it later. This is a good way of detaching or setting aside your thinking mind.

Now if some of you already automatically do that and you are thinking that this might be too shallow for you, you have just done what you thought that you took care of automatically. Your thinking had deduced something beforehand. Aha!

Then let's continue in this way. I am asking you—after you have set aside your need to think beforehand if this is worthwhile—to write on paper the name of what is causing the heaviness in your life. You don't have to write a paragraph. Just a few words so that you are able to focus on what exactly the cause of this heaviness is.

Now if the heaviness is about a sick loved one, don't feel guilty about feeling a heaviness about that. The two are separate. The first is the fact, and the second is

your involved reaction to it. So just take a moment and write on paper the cause of the heaviness in your life.

Perhaps it is lack of something. Lack of money, lack of love, lack of security, lack of direction in life. You'll know what to write simply because when I asked you about the heaviness, it came to you right away. And you don't need to become overwhelmed by thinking of all the different issues in your life that cause you heaviness. Just write down what came to you. Yes, you might have other issues, but let's just focus on this one first.

Now let's just do that. Focus on the facts about this issue. Now that means that you are going to learn how to separate your reactions and your interpretations about this issue. You are just going to look at the facts. And to do that, I am asking you to bring yourself right into the present moment, right here and right now. Take a deep breath and perhaps sigh it out and then a second and a third breath. Just bring yourself to this moment in this day, right here, right now. Take your time, there's no need to rush, in fact you really cannot rush relaxing.

All right now. What are the facts - in this moment. If you are accustomed to projecting into the future with the what-ifs, it might be a challenge to keep to what the facts are right now.

For example, if the heaviness is about a person who is sick, you might be accustomed to projecting what the future might be—perhaps the sorrow, the difficulties, and difficult plan-making. I'm not saying that those plans are unnecessary; what I am saying is that right now the fact is that the person you love is sick. You have already accepted that fact if it is causing you a heaviness.

Another example might be that you have a lack of money. The same thing applies. In this moment, right now, what are the facts? In this instance, ask yourself if you have enough for this day, for this moment. And yes, you might have bills that need paying and perhaps other responsibilities and it appears that you will never have enough money to do all of that. Yet here we are right in this moment. Bring yourself to this moment and write the facts about this moment and money.

Another example might be lack of direction in life. There is a heaviness about a lack of direction in life because why? Because it is an unknown and you just don't know what to do about it. That means that you are in what I call the in-between. So then, right here and right now, write down the facts about your moment, this moment. What do you know about your life *in this moment*?

Another example might be lack of love. No I'm not going to convince you that you are loved though that would be an easy task-fulfillment. Again, the process begins the same: bring yourself to this moment and write the facts. In this instance you might be tempted to become emotional. Emotions are all right; they are not a crime, yet they are based on either the past or the future and we are bringing ourselves to this moment. So then, in a like manner, ask yourself what are the facts about your lack of love *right now*. Right now. You might need to shake off...what? Oh now we are getting to it! You might have to shake off your attachments to the past issues and the future projections.

Next! I am going to teach you about attachments. Yes, you are familiar with the word and perhaps you have done some work with releasing attachments. There's more and this little talk is going to teach you the more that will bring you to a new freedom. Here it is.

When you carry with you the emotional baggage of the past—now I'm not saying that the difficulties of the past are unreal. What I am saying is that they are in the past. They do not live in the right here and right now. And I'm not being heartless about this. I am filled with love for you and that is why I am teaching you this truth.

Then I'll continue. When you carry the emotions of the past as you journey in the present, you are actually taking your own life force and reaching back into those circumstances and attaching that life force to those times. Why? Why would you do that? There are several answers.

If the past holds a heartache, when you attach your life force to it, you are then vicariously experiencing the heartache instead of letting go. You want to have that relationship that no longer is. You are not ready, you believe, to let go.

Yet it is painful.

Another reason that you would stretch your life force into the past and attach it to a difficult time is that there is a belief, a protective belief, that says if you remember the pain of the past, the difficulty, you will be able to recognize it again if it comes to you in the present or the future; and you will not allow yourself to become a victim to it again. That's understandable. Yet it is debilitating to your journey. Why is it debilitating?

Oh my dears, the answer is that you are not fully living in the present and you are depleting the lovely life force that is yours to have right here and right now. You

tire easily, you are often confused about decisions, and you hold that difficulty at bay. You try to heal yourself of those old memories, but still you continue to feel the pain. And now, my sweet ones, you know why. You have attached your life force to that past.

Another example of attaching to something in the past is perhaps you have lost a job, a loved one, a security, a home, a relationship. Any of those issues are major and they were certainly emotion-filled at the time. Yes, those old times of difficulties are like magnets, magnets to your aching heart...so much so that you breathe your life force into them, perhaps unconsciously; yet now we are together becoming conscious of those actions. And this consciousness will set you free. Let's move to the next step, shall we?

The next step is to again look at the primary focus, the one that is causing the heaviness in your life today. And we are now going to recognize how much we have projected into the future. Yes, some of the projections might come true, some of them perhaps won't, and some of those projections are quite unrealistic. But there they are and your patterns of being on-hold with this heaviness and this issue have led you to project the worst of the worse.

Again, in this step I am asking you to bring yourself to the present moment while you recognize those projections. You don't have to put yourself into those projections of possible future occurrences. In fact, I am asking you to not enter into them, but to remain objective and simply recognize what is not part of this present moment.

The same reasons apply to why you would reach into the illusionary future and attach your life force there. Some reasons are for hope, though in the moment you question if there can be a hope-fulfilled. Other reasons are that the present is difficult and you are holding that difficulty to yourself, while you project into the future more difficulty and you don't know how you can handle more. I understand those reasons. You are residing in a difficult time. It seems natural to project more difficult times into the future; but the truth is, you are delivering to yourself future pain in the present; and that future does not even exist...right here and right now.

If there is a hesitation to accept that fact, then that hesitation is your proof of those attachments to the future—the future that does not right now exist. Proof.

Now let's take a little further look at that, a look that will assist you to let go. You have been overwhelmed by this present difficulty, so much so that you have

projected more of the same into the future. But the real truth is that you do not know what the future will bring. And I understand, my dear ones, that you just can't seem to find a way out of all of this. But right in this moment, can we agree that none of what you have projected is true or real? Can we agree together that it just doesn't exist?

Here we are again right in this present moment, right here and right now. And I am going to begin by assisting you to gather the essence of your being. What does that mean? I am going to assist you to call forth that of you that you have stretched into the past or into the future, so that you can be whole in the present moment, so that you can be automatically replenished the way that your system was created to be, and so that you can be relieved of that heaviness. My dears, this will most definitely bring you clarity of spirit and mind, give you a sigh of relief, and offer you peace. You know, that peace that left long ago and was replaced by heaviness? That peace, inner peace.

Let's begin with this next step, shall we? Again, take a few deep breaths and actually let go of all that I have been saying. It has perhaps activated your thinking mind and right now we want to reside in this present moment and relax, just being together.

Next, just pretend. Pretend that you can see flowing forth from your being, long white waves of energy and they are reaching into your past and have attached themselves to those difficult experiences. Again you don't have to go into those experiences. Just take a moment and allow your visionary abilities or your imagination to help you. Close your eyes and allow yourself to see—or know about—those long waving flowings of your energy as they flow back into the past and are part of the previous difficulties.

Now this isn't a crime that they are there; it isn't a crime that you attached in this manner. We are not here to judge each other or ourselves. We are here for freedom. So then, pause and participate in this. Just allow yourself to know or to imagine that you have reached back into the past with your life force and anchored it into some events or difficulties.

Next, breathe your breath into those flowings. Why would you do this? You are alerting those flowings that you are consciously present. So then, go ahead and just breathe your breath outward, but direct it toward those flowings into the past. Now if this seems elusive and you don't know how to do this, then pretend that you can.

It's easy. Just close your eyes and pretend that you are breathing a breath into those flowings of your spirit, of your life force. You can do this lovingly, my dears. You are breathing your breath upon part of your very own self. Take your time.

When you have participated in this manner, then I ask you to speak some words. You can speak your own words or you can speak these words. We are together taking an action that will change your lifely journey. And we are taking the action in the present moment, right here and right now. Here are the words:

*By the truth of that which I am, I call forth all flowings of my being that have journeyed into the past, to release all attachments and anchoring. I call forth all essence of my being to return to me now. All purposes have been fulfilled and I call the life force of my being to return to me now complete and cleared of any and all participation with the past.*

Then, my dears, allow. The flowing will happen, the releasing will happen. The return will happen.

Next, speak the words: *I breathe a breath upon the past that it be complete as it is. So be it.*

Next, breathe deeply and rest.

If you have doubts that you have successfully participated, that is again your mind trying to fit into a deep spiritual experience. Just know that I am participating with you and assisting you. That's what this teaching is all about.

Next, let's do the same with the projections into the future. This is easier because there is no real experience in the future. Then speak the same words or words of your own choosing:

*I call forth all flowing forth of my life force, of the essence of my own being, that I have projected into the future, that it return to me now, cleared of all proposed patterns.*

Pause for a moment, and then speak the words: so be it.

Now I invite you to breathe deeply and rest for a moment, while I teach you a little more.

Always have we been residing in the present moment; yet life's journey invites

us to reach into the past or project into the future. Now as I have said, this manner of being is not a crime, yet it is debilitating to your present moment. You see, my dears, your present moment is filled with delightful directions, delightful ideas and more so, a fulfillment that has been kept at bay by certain beliefs, beliefs that have developed during your lively journey.

When you bring yourself into the present moment and you determine that you will pause and set aside thinking about what you did in the past, what you have yet to do in the future; when you bring yourself into the present moment, you can access that precious inner peace. You see, inner peace always resides. It is your natural manner of being.

When you are not feeling that inner peace, it is simply because your thinking mind has decided that it cannot be peaceful until....But regardless of what is occurring in your life, you are always nourished by that inner peace, that holiness that resides within the fabric of your being.

Now let's look at those words that you wrote, the reason for your heaviness. Ask yourself how much of it is real. How much of it has been attached to the past or projected into the future. Bring yourself to the truth of the present moment. Now breathe deeply and allow yourself to feel peace. You might laugh about that proposal—you might laugh that you cannot begin to feel peace while you are looking at the words, the description of what causes you heaviness. But once again, I am asking you to give this a try.

Just close your eyes, let yourself keep focused on that issue, and then breathe deeply. Next, find that inner peace, that part of you that is just you, that part of you that has nothing to do with even the physical. Breathe deeply and allow that breath to journey into your being, into that part of you that knows without thinking, that feels without emotions, and that rests without action: peace. I will journey there with you. I am assisting you right now.

This is the real you. This is the real moment. Take your time and allow this gift of who you really are to fill you.

Next, let go of the difficulty, the name of cause of the heaviness. And just be. Just you. Right here. Right now. In this moment called eternity.

My dears, I encourage you to allow yourself a little time within nature today. Allow the reality of what we have done together to fill you.

You can proceed with this practice with any and all issues, any and all heaviness,

with anything that is causing you to forget the beauty of who you really are and the fulfillment in the moment. I encourage you to do this, my dears. And when you do, I will assist you. You see, I care deeply for you and your continued journey into awakening to truth, awakening to the beauty of this new adventure.

You are always placing your feet upon the new adventure, residing in the moment of discovery, the discovery of the more of who you really are. That is what your awakening is all about, after all.

Then until we speak again, I am Teacher. So be it.

*Spoken by Teacher, July 2018.*