
Your Journey Into Deep Knowing

GREETINGS MY DEAR ONES! Greetings to those who have emerged from the old ways, from the suffering of the sleep state, and who have dared to begin a new manner of living. And yes, it is true that sometimes the new way seems to dip back into the old patterns and everything becomes a struggle once again. Well let's talk about that today, shall we? What causes that dip back into struggle and what can we do about it?

Firstly, I would like to clear a belief or a leaning, as you call it. You have done nothing wrong when your journey seems to dip back into struggle. While I admire your efforts to discern what you might have done to cause such a dip and the resulting struggle and despair at the thought that the old way is back again; the truth remains that you have done nothing wrong.

You see, this IS earth and there is a lot going on upon earth. I'm not going to enter into a discussion about the battle between truth and untruth or the battle between the darkness and the light, or the battle between love and greed. You are all aware of

those battles. And as I have said, they are not going to go away any time soon.

You might think that certain leaders are the cause of the struggles and battles, the suffering and despair, but I am here to tell you that this battle is much bigger than a leader or his or her wrong doings. This is an ancient battle, one that has been occurring for ages upon ages. And each age and its battle delivers to the seekers of truth, a lesson, an awakening of sorts, and a manner of living in an uplifted, free way. And that is what I am going to talk about now, so that you can return to that way and remain there. That does sound good, doesn't it. That's because it is. Then let's begin.

I know you have heard these words before, perhaps again and again; and I say to you: if you continue to hear the same words over and over again, perhaps you will pause and allow the meaning of the words to become truth to you? Then, my dears, there will be no need for you to hear them again! Here they are.

Well...perhaps the words will be different this time. You find that you are in need of taking an action; you feel that you must take an action to help the battle cease to be. That will not work. You cannot cease this battle. However, you can participate in a different way, my dears. The way will assist the awakening of the masses to expand. And now, I will speak the words.

When you enter into a judgment of what is occurring, that is, when you decide that what is occurring is horrible—and it is—AND you begin to place your blameful energies into the

circumstances, you are in effect contributing to the battle. Now I know your answer might be that you have to say something, to speak out against what is occurring. Yet I, Teacher, am saying to you that it is not your job, not your participation. You are here for something else. There are those who are quite adept at taking that kind of action. And they are proceeding. Why them and not you? Because they are the warriors of old who have come forth, incarnated, to participate in this battle. It is their purpose and they are good at it. They stand for truth and light. You, on the other hand are here for something else.

So the first awareness in your journey as it has dipped down into struggle once again is to remember that you are not here to blame, to fight, to judge...anything. You are here to anchor truth and light. You are here to enjoy your path and as you do, the delight and joy radiates outward and feeds the hungry souls who are upon earth waiting for such light to find its way to them. Do you see how designed your purpose becomes? After all, you designed this path long before you entered into earthly living.

So then, let's continue, shall we? You might be thinking that you have participated in that blame and it is the cause of your demise, the demise of your joy. Yet that would be an incorrect conclusion. Firstly, you are not residing in a demise of your joy. You have simply stepped into the ooze of the illusion, of the distortion. And now it feels so very horrible and manifests itself for you as despair and struggle. Why? Oh my dear ones, the reason is that you are the light itself.

Then what is the answer? It seems to be simple, doesn't it? Pick your foot up out of the distortion and place it back on to your light-filled path. Yet how do you do that if you are seemingly stuck? Here's how.

This is the second awareness. It says that you are not to blame, as I have spoken, and that there is an easy way to restore yourself back into your light-filled journey. The easy way is to recognize that you have never left your light-filled journey. You have, however, stepped into the ooze of the distortion and it has affected you greatly. Now let's just pause there for a moment and understand what that means.

You are going along, you feel wonderful especially since you have emerged from the past and are beginning a new journey, a new life; and then something occurs that feels like it is dead energy, feels like you are living in the same old mess. And then what occurs? You feel defeated. You feel your energy waning. You feel that all is for naught. What is that all about?

Oh you are going to love this! Those are the messages of the ooze. They are not the truth. That is the important awareness in this next awakening to what is actually going on. You see, my dears, the messages of the distortion and the illusion are just that. And—now hear these words—they are your gift. They are your recoiling from the hot flame. They are as loud and defeating as they need to be to...why? To get your attention!

You see, everything everything on this new path is designed to assist you to continue in a way that will not only be fulfilling

to you, but will also allow you to radiate that light and truth that you are.

Then what has occurred, when you felt those defeating messages and the awful energy of them, is that you have received the warning message. You have reached toward the hot flame and it has felt as if it might just burn you to a crisp, and you have backed away. That is its purpose.

But what has also happened is that you have interpreted the experience to be one of permanence. It is as if your entire system has then come to believe that you are back in the old drudgery of the sleep state. But you are not. You cannot be. Do you see? You have believed the illusion and it has accepted your invitation to surround you and continue your despair. Why?

Sometimes, my dears, it is easier to return to the familiar than to dare to stand firmly in the new, which is of course the unknown. Yet you are quite uncomfortable there in the illusion and the ooze. Good. You are supposed to be uncomfortable there so that you can change, so that you can discover that you have the choice and it will conform to your consciousness.

All right, let's get a little practical here and assist you to step out of that ooze and place your *consciousness* right in that light and truth that you are. Now did you catch that? Place your *consciousness* back in the truth and light? You see, you are always the truth and light. It is the fabric of your being. It is your consciousness of that which has changed.

You see, when you interpreted the awful results of stepping

into the ooze, you placed your entire being into it and that is what brought on the warning warning warning of despair. My dears, you didn't enter into that ooze completely. You cannot. You are the light and truth. I'll say that again and again, and here is what that means.

You just went to sleep for a little bit. Now that isn't a crime. It is actually what living upon earth is all about: continued awakening. And with continued awakening there is...what? A little sleep. Remember? Sleep to awake, sleep to awake...until there is no longer a need for sleep. Yet while upon earth, that journey continues.

So then, let's look back at what brought you to that sleep. You were fresh and new, felt joyful about discovering the more of who you are, and then. Yes, then something occurred and your concluding patterns determined that you were a prisoner once again of this life's difficulties. Yet what really only occurred was the *interpretation*. It was the interpretation that dipped your consciousness into sleep once again.

Now the conclusion, the saving grace in all of this is that you are at the root of what has occurred. It is not the circumstance, it is not that you are residing in the same job, relationship, geographical location...and none of that is what you want. It is not that at all. It IS that your interpretation of that circumstance has concluded that you have no choice, that there is no way out of this circumstance. And that interpretation—as you have the phrase—did you in. It did!

So then the culprit in all of this warning-sign-despair is your interpretation and then conclusion. Your interpretation said that you were back in the same old awful life and the conclusion said that you had no choice, that you were stuck there. Do you see? None of that is true! None of it.

You are an awakened being! You always have choice. Now your mind might want to differ with that statement simply because it too is dipping into the past to justify the interpretation and conclusion that you have no choice. But this doesn't have to do with that lovely mind of yours. It has to do with consciousness. So then, let's talk a little about that so that you can free yourself and can have the way to continue to free yourself...always.

Your mind might question why you would have to continue to free yourself, always or every once in a while; and the answer is that this is earth and the more that you awaken, recognize what has occurred, and free yourself; then the more that you are incarnating light and truth into the darkness of despair. And the more that you continue to take responsibility for your own journey by making a consciousness shift, the less you will be dipping into that ooze of distortion. And that is quite nice, my dears.

Quite nice.

So then, here is the way to shift your consciousness. It's easy, of course. Basic, of course. And it is your partner in this continued journey upon your lovely, delightful new lively journey.

Firstly, recognize that you are in despair. That is easy. You are tired, your spirit is low and you just can't go on. Those are the

red lights, the warning signs. Remember now, they are a gift to you. They will bring you right to that awakened state of being where you say, “Wait a minute! This isn’t how I am supposed to be living!”

Now right in that awakening moment, stop. Do not go further with thoughts that lead you back into the ooze. You see, you are now training your mind to work for you in a different way, a new way. In the past, your mind would at this moment of awakening, deliver to you all of the observations and reasons to be in despair. But those ways no longer work. They cannot justify the horrible ooze’s effects upon your journey, and the reason for that is that you are not back into the distortion. You have simply fallen a little asleep. That is all right. We are now talking about the moment of awakening.

The awakening begins with recognizing that you are not a prisoner of your cause and effect, that you are a light being, and—here it is—you have a choice and *the choice begins with shifting your consciousness*. So then, when you remember that truth, then you can actually congratulate yourself. This is an important step in maintaining an awakened consciousness, an awakened manner of going forth within this new lively journey.

Next, oh next, stop yourself from thinking about the external circumstances. That means that you are once again setting aside your thinking mind. You all know how to do that by now by simply saying to your thinking mind that you are going to rest for a moment and get clear, that later you will really want to

think about everything, but for now, you would like to rest from thinking. That usually deactivates your thinking mind.

Bring yourself to right here and right now. You might say those words a few times to actually bring yourself into the present moment. You might want to remove yourself physically from the external circumstances; perhaps to go a different room, a different building, a different location. The best location, of course, is to walk in nature or to place yourself near something living, even if it is a plant or flower.

Once you have set aside thinking about the external circumstances and have brought yourself to this present moment, you are ready to change. It is so very easy, my dears. You then have already done the difficult part; you have awakened and decide to remove yourself from the illusion and distortion. Now do not underestimate the magnitude of that action; you have chosen to remain awake!

Then the next step is to remember who you are. Now you might think this is moot, but it is not. It is the key. Remember that you are essence of being, that you are the life force, the divine essence. That is who you are. And, my dears, next, remember that you are residing in vessels. The body-physical is the obvious vessel, and because it is a human body, you are residing in a human nature. You are also residing in the persona of that human simply because the persona is the human's way of experiencing the journey...until the grand awakening of your totality of being.

Now I bet that you thought that the grand awakening was the sleeping masses awakening to truth. Humm...the truth is that the grand awakening is when your entire system resides in truth and there is no longer a need for even a toe-dipping into the distortion. It means that you are totally and completely awake to the truth of who you are. And in order to do that, all you really need to do is to remember that truth. All else is a vessel for your journey upon earth. The you-who-is-journeying is the One, the All That Is taking form. Right.

So, here we are now, right in this present moment and you have set aside your thinking mind, you have separated your consciousness from the external circumstances, and you are in nature or in a nourishing environment. And the next step is to breathe deeply, bringing the frequencies that reside in your crown energy center, inviting them to travel down through your entire being.

After participating with this breathing a few times, next breathe from the center of your etheric field. Remember, you are surrounded by your auric field and around that auric field is the etheric field. The center of the etheric field holds the integrity of perfection of being. It is an avenue of the life force as it flows forth to fill you with that which you are.

Then next, breathe forth from beyond your crown energy center, beyond the auric field energy center, and right from that etheric field. Breathe that breath and invite those frequencies to fill your entire being, asking it to fill your mind and your

interpretations and your false beliefs, replacing them with truth and light. Continue in this manner for a few more breaths, bringing yourself to a wonderful peaceful state of being.

Feel that peace, my dear ones. It is from this peace that you will be able to make those choices that will change your experience of the external world and your journey within it. You see, the choices come to you; it is not that you think what is the best choice, think which direction will be the best. Though your mind is quite capable of doing that, now it is a matter of consciousness and a matter of allowing that choice to come to you. Do you see? This is now how you can live, how you can go forth in your journey and feel the certainty of your steppings. That old manner has served you well in the past, but now you are a different being. You have emerged from the previous life's journey and here you are, fresh and new.

The more that you bring yourself to peace and *allow* the choices, the possibilities and the new directions to flow to you, the more that you are able to choose new ways, choose to dare to change, choose to step more firmly upon this new path of yours, the path that always leads you into fulfillment, joy and delight. Why? Because this new path is leading you to know the more of who you are. The joy, fulfillment and delight are the descriptions of the real you, the real fabric of your beingness. And that's what this is all about. Do you see?

Yes! This is your natural manner of being. This is the way that you journeyed forth when you first came to earth long long ago.

It is now yours to reside within. Easy. Lovely. Fulfilling. Joyful. You, choosing to remain conscious of truth, of light, and of the real essence of being: love.

I will assist you, my dears. I am with you to assist you to awaken, to bring your consciousness into the truth of that which you are by releasing the illusion of that which you are not.

Then I believe we are complete for this little speaking!

Until we speak again, I am Teacher and it is my pleasure to join you in your journey.

Spoken by Teacher, July 2018.