

---

---

# When Your Journey Dips Into Struggle

---

---

IN THIS TALK I'd like to speak about the children, the children of the earth, your children, your neighbor's children, the town or city's children, the country's children and of course, that leads us to the children of the world; and that's why I'd like to talk about. Now if you don't have children, don't bypass this little talk because it will most definitely include you in a most personal way. So, here we go!

Let's begin in this way. Long ago when the first beings resided upon earth there was an ingredient within their makeup, so to speak. It was called knowing by many in those times, in different languages, but what they were really speaking about was *innocence*.

You see, innocence and that called deep inner knowing are the same. We tend to separate them, believing that inner knowing is something intellectual. But of course, it is not. There is not really a connection between knowing and the intellect. Now I'm not saying there is anything wrong with the intellect or those who are intellectual-leaning. What I am saying is that the treasure of those first beings, in all the areas of this earth where beings came to reside, was a natural ingredient called innocence of being, deep inner knowing.

Now of course you have perhaps learned or deduced that innocence of being is not the same as vulnerability and those who have received some of my classes recognize that, in truth, innocence is a strength. Why? Well, my dears, because it is the seat of wisdom. How is that true? Here's the answer.

Innocence holds the vibrational frequencies of truth and all wisdom flows forth as it resides upon the foundation of truth. Now when we speak of truth, we are not speaking of facts, right or wrong. We are speaking of something bigger, something real, something that includes the origins of residing incarnate.

You see, as beings began to reside incarnate they developed their delight in their journey, as physicality was made manifest before them for the sheer purpose of delivering to those wondrous beings joy and fulfillment of being. Now of course fulfillment of being then was not what it is now. In the beginning, fulfillment of being was residing in perfect harmony with the All as it was formed incarnate. And within that perfect harmony resides the essence that nourished that innocence. Why? Because, my dears, everything was in that perfect harmony. Everything supported everything else. It was the beginning.

Now why am I speaking of the beginning? Well, my dears, the reason is that time is a bit of an illusion and within that illusion we are led to believe that the beginnings are so far in the past that we can barely conceive that they exist. Yet, I Teacher am here to say that the frequencies of those times are ever-ready for you to reside within, every-ready for you to receive the nourishment of being that you so not only deserve but also need during these times upon earth.

Then your next question might be, how do we access those frequencies? And rightly so, you would ask that question. Yet the answer will not be what you expect. You see, in asking that question, there is an assumption that individually one can access those frequencies. However! Yes, there is an however. During those beginning times, all beings were awake to the truth that they were all residing as one, even though they appeared to be individuals. Now we have spoken of the Truth of One before, that we are all united and that the appearance of individuality is residing upon the untruth of separation from the whole.

Now here we begin to speak of the children of the world, as I began this little talk. The children of the world, even though they live in different geographical locations are more as the One than any others. Why? Well the answer is easy. They hold the incarnate innocence of being. They hold the gift for residing incarnate and also residing in perfect harmony with the All as it is made manifest in physicality. That might take a moment to digest. Take your time and perhaps re-read those words so that they can settle in.

You see, all beings are birthed with that gift. And yes, during the journey upon earth, that gift is interpreted as vulnerability and then recedes to deeper within the being's consciousness. It becomes in a manner of speaking, unconscious. Yet it still resides.

And if you are asking if that glorious wondrous innocence of being still resides within your being, I congratulate you on that question. The answer is yes, of course. Innocence is of the whole, a necessary ingredient. So then let's get back to the children of the world, shall we?

They are the closest to that innocence. Now there are some who reside in what has been determined a disorder or physiological unbalance and many of those beings hold innocence, yet they are also held within that disorder or unbalance so that they can access that innocence yet they are unable to integrate the totality of being... yet.

Now I am not going to ask you to focus on the lost children, the suffering children, the joyous children, the sick children or any other type of separate viewing. I am asking you to bring to your awareness that there are so many many children residing upon this earth and they are the gift to all beings. Perhaps you would pause for a moment and allow that way of thinking about the children of the world. They are all the gift to humanity and its salvation.

Now let's pause for a moment and talk about the innocence that resides in all beings, in those who are beyond childhood in its early phase, those who are also adults, just like you. Within your being resides that glorious essence of being that holds your own wisdom. Now some of you believe that there are special ones who can access their own inner knowing and others seem to be unable to; yet I am here to tell you that it is part of who you are, part of your own totality of being and you can access that inner knowing. Yes, you can.

Now this takes a little action on your part and firstly I'd like to tell you why you would like to access your own inner knowing, your wisdom resting upon that essence of innocence of being. Here's the reason.

As you go along in your lively journey, there are times when you wish "that you could know"...and here you can fill in the blank with: what will happen if I choose this direction, what will happen if I choose a different direction, what will happen if I move to a different location, what will happen...You see, in those wishings-to-know, you are believing that your inner knowing is missing, that it is unavailable

to you, or that you haven't even thought that you have an inner knowing that can guide you toward your entire lively journey, guide you in a way that will bring you toward fulfillment, peace of mind, and the joy that you believe everyone else has but you. Yes, that inner knowing.

When you are trying to make a decision or better still, when you are trying to figure out what the options are and which to pay attention to and which to discard, there is a tendency to research the facts. Now researching the facts is a valuable tool; yet there is a missing ingredient within those facts. It is the real you.

You see, my dears, you are so much more than you have been led to believe. Within your being is an electromagnetic system that can and will deliver to you an inner knowing and that inner knowing will guide you...through every step of the way. Now what is the step of the way? It is the very next step that you take on your new journey. What is the new journey?

It is your going forth in a new way, today, right now; a way that will be different, daring, cause you to smile a little, and to begin to feel the wings of freedom. Why freedom? Well, my dears you will not be walking on the pathway that says that you just don't know what is the right thing to do, not be walking on the pathway that encourages you to continue in the same struggle that you somehow found yourself in one day and wondered how it all happened.

Isn't that worth investigating? Investigating by continuing with what I am here to tell you...because, my dears, I care deeply about you and for you and I would like to see you live in a way that is...well, that is how you are supposed to be living. Living, not struggling. Living. So, here we go. Hold on now, it's a real change!

Now, the electromagnetic frequencies of your own system are designed to be synchronized so that all of your systems are working together and continue to be replenished and regenerated. And here's where we get a little technical. Because you have journeyed through the cause and effect and have allowed or been brought to hide your innocence, those frequencies are missing that ingredient...the activated encodings that bring forth that wisdom to your conscious awareness. You see? That's the little missing ingredient: the patterns that hold the avenue between your deep inner knowing—that innocence—and your conscious awareness of it. But! All is not lost because, my dears, those encodings are simply waiting, waiting for their re-activation. And what do you think can assist in that reactivation? Oh you are going to love this!

The children of the world hold the key to the activation of the avenue within your being, the avenue for your own innocence to journey to your conscious awareness of its wisdom. Now take a moment and think of a time when you have viewed an infant and had no words simply because...because why? Because you were viewing innocence incarnate! Take a moment and remember.

Now here's where we, together, take an action that places us within the whole consciously and you might say helps the entire cause and effect. Together, if you choose, we are going to assist the children of the world and by partaking of this action, will we unite with that innocence. And in uniting will we activate those encodings within our own being, within your being...so that you can begin to become aware consciously of your own inner knowing, your eternal guidance that can lead you toward that journey that awaits your presence, that one of fulfillment of being, a day at a time.

Ready? Here we go.

Now I'm asking you to set aside all of those words, all of those facts that I have just delivered to your consciousness, to take a few deep breaths and relax, bringing yourself to a peaceful state. This is best done without interruption, my dears, because we are going to go very deep for this participation. So then go right ahead and breathe deeply, set aside your thinking mind, bring yourself to as peaceful state as you can. Let go of thoughts about any person, place or situation and bring yourself to right here and right now. Take your time, my dears.

All right now. This might be the first time that you have participated in something like this. There is always a first time for everyone. You see, you don't know until you know. That is, there are those who are receiving the words of this talk and who have participated in numerous manners of working with the frequencies of the essence of being. And there are those who have never...until this moment. So, I invite you to continue. I believe you will be pleasantly surprised and perhaps even discover your own avenue to inner knowing, that deep wisdom that supersedes the thinking mind's capacity to access.

So just go ahead now and take those deep breaths and bring yourself to a peaceful state of being. And while you are doing that, I am going to speak about how we will proceed and why.

I would like you to imagine the world, as if you are looking at it from what has been called outer space. There it is and upon that world does there live hundreds

and hundreds of thousands of children, all holding within them that inborn natural innocence of being. Just imagine that for a moment.

Now I ask you to remain peaceful while I speak these words. Upon the earth there are those children who are cared for and loved, there are those who are not cared for and do not know what love is; there are those who are fed and nourished and those who are starving; there are those who are in the safety of their own home and there are those who have no home; there are those who are laughing and there are those who are crying. All children of this world called earth.

Now together the first thing that we will do is to breathe a breath upon the entire world, upon the entire population of children. Now don't be concerned that we will not assist those who are suffering; we will, my dears. That is part of what this is all about.

How will we breathe a breath toward the earth and all its children? It is easy. In this manner. Firstly, place your focus on your heart energy center. For those of you who really don't know what that is and are afraid to admit it, I am here for you. You see, your entire being is comprised of energy centers, centers that keep the integrity of your being going as best they can. And one of those centers is your heart energy center.

Now the heart energy center is not located at your physical heart; it is located in the center of your being. Now it is not in the center of the trunk of your body, that is your solar plexus and perhaps one day we will speak of that center. However, above your solar plexus is your heart energy center. It is located to the right of the location of your physical heart. It is that part of your being that seems to ache when you hear something difficult. It is then sending you a signal to breathe deeply and remember who you really are. Yet again, that is for perhaps another time.

Right now we are focusing upon your heart energy center. Now take a few breaths and when you breathe inward, pay attention to that center. Your chest will expand as your lungs fill with your breath inward. That's right. Breathe inward and at the same time focus on that heart energy center.

Next, we are going to breathe through that center. Now don't worry if you don't know how to do that because it is easy. Here's how. When you breathe in through your nose, at the same time imagine that you are breathing in through the top of your head, which holds the crown energy center. You are doing this so that you will fill that breath with the frequencies of the birthing of truth, which enters through



the crown energy center.

So then, you will be taking a deep breath inward and at the same time imagining that you are also breathing inward through that crown energy center which resides at the top of your head. Practice this for a moment and get the feel of it. Now if you just read these words and do not participate, what good can come of that? Go ahead now and practice just a few times to get the feeling of breathing in this manner.

Next is the breathing outward. When you breathe outward you will be breathing out through your mouth and at the same time you will be imagining that you will be breathing outward through your heart energy center. Just give that a few practices too. Breathe inward as I have suggested, pause for a moment, and then breathe outward through your mouth and also through your heart energy center.

Now what we are going to be doing, my dears, is breathing that heart energy center frequency toward the children of earth, the entire population of children everywhere. What will this do? Oh my dears! It will open the avenues between you and those wonderful children and upon that avenue will we do so very much more...and in doing the so very much more will your frequencies and encodings be activated. Now don't worry if you are not familiar with encodings. They are simply a gathering of frequencies that determine entry and exiting through your system. You might think of them as a code that you placed within your being before you entered earthly living.

So in this first participation, I would like you to reflect for a moment on something or some occasion that brought you a feeling of love, of deep caring, of peace, of feeling just wonderful. You can remember or, if you choose, you can create that feeling right now in this moment by creating a scenario that would bring you into that feeling. So then right now, begin to fill yourself with that feeling. This is an important first step, my dears.

Next, we will breathe together. Now when you breathe inward and your chest expands, place that feeling of love and all the goodness that you have connected with right there in your expanded chest, right where your heart energy center resides. And when we breathe outward, we will breathe outward all that love, all that goodness, all that joy and delight...breathing it outward toward the earth and all the children on this earth of yours.

Ready? We will breathe in this manner for three times. Breathe inward now,

through the top of your head and through your nose. Pause for a moment and remember those feelings of love and joy. Then breathe outward through your mouth and simultaneously through your heart energy center...breathing outward toward all the children of this world, of earth.

Pause for a moment, breathe regularly. And when you are ready, repeat the same practice.

Pause for a moment and breathe regularly. When you are ready breathe in this manner for a third time and then rest.

Next, we are going to send forth those frequencies of love to those children who are suffering. And this time when you breathe inward through the top of your head and through your nose, you are holding that breath again in your heart energy center. Yet when you breathe outward this time, I ask you to send that frequency down your arms and into your open hands, as if you are allowing those frequencies to flow forth from your hands to all those children on earth who are suffering. Do you see? Ready?

All right now, breathe inward into your heart energy center from your crown and pause for a moment. Then breathe outward through your mouth and at the same time send your heart energy center frequencies down your arms and out of your hands, as if you are allowing your hands to reach all of those suffering children and that love that you have is reaching them, filling them.

Continue in this manner for two more times, my dears and then rest for a moment.

Next! This is the last, my dears. Follow the same breathing yet this time we are breathing outward down our arms and from our open hands to all those children who are happy, nourished and fulfilled. You see, my dears, when we breathe forth to those ones, then they are filled to the brim and overflowing...and where do you think that flowing journeys? Yes, right to those suffering ones, who are as if a magnet to relief, any kind of relief.

So then, let's breathe together now, in through your nose and your crown energy center, pausing and remembering that love and peace; and then breathing outward through your mouth and simultaneously flowing that love down your arms and out your open hands, intending those frequencies to reach those children who are joyful and content, loving them so that their joy fills them to overflowing.

Continue with this breathing for two more times, my dears, and then rest.



Now I am asking you to imagine. Imagine that you are a child and you are standing upon earth, you are fulfilled and joyful, you are nourished and safe. Just imagine yourself upon earth as if you are looking down upon earth and you see yourself there as a child. You that you are smiling and happy.

Now in this imagining, I next ask you to participate in this most important way, my dears, for the benefit of your being, for the benefit of uniting your consciousness with that beautiful inner knowing called innocence of being. Ready?

All right now, in this imagining, place yourself right inside that child, as if you yourself are standing upon earth as a child. And you feel something about you. It is as if a slight breeze that comes about you and it feels very wonderful. It feels so good around you that you laugh a little and turn around within it. And as you do, the slight breeze kisses your spirit...and you are made holy once again as you were in the beginning and are now. Yet in this imagining, you just love this feeling. Remain in this manner for as long as you can, my dears.

Next, breathe deeply...this time, breathe deeply from that child on earth, that you that you have placed upon earth, breathe deeply all of the essence of that child right into your being. It is as if you feel that slight breeze flowing about you, just as you imagined your child to feel. And I ask you to breathe that feeling, that slight breeze, that essence of innocence right into your being. Go ahead now, even if it feels a bit uncomfortable or unfamiliar. You can do this my dears. You can.

Breathe that imagined child and all of his or her happiness right into your being. I will assist you. Just keep breathing it inward until you know you are complete.

When you are complete, speak the words *so be it*. And rest for a few moments.

This is the last of our journey together within this talk, my dear ones. Just whisper these words to yourself: *I am whole. I am peaceful. I am loved. I am free. All that I am easily flows forth to my conscious knowing. Within that knowing am I guided within every movement, every stepping, every breath. I am. One.*

Perhaps you will speak those words to yourself several times.

Now it might seem to you that you are unchanged, yet I can assure you that you are changed in a very deep way. Yes, you can participate in these ways as often as you choose.

And when you go forth in your day, breathe deeply and remember. Remember that you are united with your inner wisdom and it easily flows forth for you...in the moment. You might decide to practice pausing for a moment and listening or

receiving that wisdom, that guidance whenever you are making a decision, large or small.

The more that you practice in this manner, the more that your wisdom will fill you quickly and then! Oh then, my dears, you will go forth as if you are residing on the pathway of fulfillment, of joy, of peace. And you will be.

Trust. Trust your inner knowing, my dears. It is most trustworthy. It is that of you that resided long long ago in the very beginning. It has always been with you, yet now it can become conscious. Conscious.

I am most fond of you, my dears. If you ask, I will assist you.

This practice is deep and more than fulfilling; it is an avenue into who you really are: an Ancient One walking the earth.

Then, until we speak again, I am Teacher.

*Spoken by Teacher, July 2018.*