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# The Fulfillment of Your Plan for This Lifetime

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GREETINGS! THIS WILL BE the last of this series of talks together, my dears; but don't despair, I have something wonderful planned for you. You'll hear about it soon, but for now, let's dive right into this talk that I am giving just for you. You see, you are a bright shining star upon this earth and I'd like to see you live in a way that you really know that deep down inside of your being. You might think that you know the truth of who you are and I believe you are close, very close. Yet saying the words that you are is different than feeling it within the entire fabric of your being and I'd like to assist you with that in this last speaking. Ready? Here we go!

Long ago when you planned on this life, when you resided in spirit form and looked down upon the possibilities of this life and its journey, you declared something. Now each and every being who receives these words declared in a like manner. As you know, there are some who will not receive these words for various reasons, even if you share them with friends, then they too are ones who declared. What did you declare? This.

You declared that you would journey within the lifetime, this current lifetime, and you would walk upon a path that would demonstrate to you the truth of who you are. Now those might be familiar words to some of you, and perhaps some of you haven't really thought about it. Yet this was your declaration. What did it really mean?

Your declaration of walking upon a path that would demonstrate to you who you really are meant to be—and currently means today right in this moment, that you wanted to give up the illusion of who you are not. You see, you knew even in

spirit form about the temptations of living incarnate, the temptations to invent yourself anew, to invent who you might like to be and then strive to be that being. Now doing this isn't a crime, isn't right or wrong. But in spirit form you saw that magnetic pull to be somebody, somebody that you would create...in your mind, in your thinking, in your planning. You saw that in so doing, you would avoid the actual knowing of the real you.

So then, you determined something wonderful. You declared within your purpose for this lifetime that you would reside on a pathway that would give to you that knowing. Now how would that be made manifest? You might think that it would automatically happen, wouldn't you. But it hasn't quite happened that way and here's the reason.

In order to know who you really are, there requires something on the inside, something in the deepest part of your being and that deepest part of your being is called your consciousness. Now you might find that a confusing statement simply because you are awake and you are conscious. You truly have to be conscious to be receiving these talks, because if you are not awake and conscious, you would find them to be a bit confusing and might deduce that they are not for you.

But you have stuck with me and that has been my intention. That beautiful deep inner consciousness is the realization of *who you really are*. Now you might be tired of hearing those words who you really are, but I am here right now to help you know the answer to that statement. I am here today, right now, to help you know, more than an inkling. You see, I, Teacher believe that it is time upon your journey to have a type of awakening that will give you a direct journey to that deep inner consciousness that holds the beauty of who you are.

Now, it is true that I cannot cause you to have such an awakening, but I can place it before you and I can guide you through an experience that might just do the trick, might just fool that being whom you think you are into letting go of its grasp upon the illusion. And that, my dears, is the journey today. Together, together we will go forth into this adventure. Ready?

Now I'd like you to take a few deep breaths and relax. Set aside all your lists of things to do, all your thoughts about tomorrow and the next day or week. Temporarily set aside all of your concerns about everyone or everything and just bring yourself right into this present moment, right here and right now. Now go ahead and do that, my dears, before you continue reading these words. Just take a few

deep breaths and let go of everything so that you can be with this as totally as is possible. We have a journey to experience together and I wouldn't want you to miss anything!

All right now, while you are residing in a more relaxed manner of experiencing yourself, I am going to speak with you about some truths and the speaking of these truths will actually participate with the frequencies of your being. How? They will dance through your consciousness and activate the possibilities of awakening. Now what are the possibilities? Oh my dears, you are so very ready to stand firmly within that moment on your pathway, the one that you declared long ago, the one that delivers to you your very own Self. That possibility and the avenues to it. Then let's continue.

Within your being there resides those frequencies that determine your journey according to beliefs and more so, emotional packages that you have accumulated along the way. Now none of these beliefs and packages are right or wrong. They have served you well. How have they served you? They have determined how you will experience your current moment. They determine your *interpretations* of your experiences. You have called this *experience* and you depend upon your experience from your journey to assist you to continue onward in a comfortable manner.

Now I am about to disturb that comfortable manner. Oh it won't be painful, my dears. It won't make your life more difficult. Not at all. This is just the beginning part of preparing for our journey together. What I am inviting you to do is to recognize those frequencies and to set them aside just for a moment or two. Here's how you can recognize those frequencies, even if you believe or have concluded that you'll never be able to do that because you have never done it before. As a matter of fact, none of you have done this before, so you are all on the same page, so to speak, you are all residing together and we will proceed together.

Then take another deep breath and just continue to receive these words that I am creating just for you. Go ahead now and take that deep breath. Participating is integral. As I have said before in another talk, if you only read these words, then what good will they do? Participating is what it is all about.

Now some of you aren't accustomed to participating. Your pattern of living has become a read-first, decide with your mind if this is something that you want to do, and then you either participate or not. But you see, that old pattern is one that we are setting aside. Let's just say that you will never know what it feels like

to have the soft rain fall upon your face if you continue to stand inside and look about the window at it. So then, take that deep breath and participate in the very first releasing of that comfort zone that sabotages your possible experience. It's easy, isn't it? All you are doing is taking a deep breath and waiting for the next participation. Lovely!

Next I'd like you to take a look at who you are according to yourself. Now this isn't who you are according to anyone else, not according to a job or no job, a career or no career, a success or no success. This is just you to you. Now this is going to take a moment or two. So just take your time and reflect upon who you are to your own self.

You are not really asking what you like or dislike, or what you are going to do in the next day. You are just reflecting upon who you are to your own self. Now how to do this is this way.

Just take a deep breath and bring your awareness inside. You might want to close your eyes to disconnect with the environment around you. And then ask yourself, "Who am I?"

Your first answer might be your name. That's okay, though let's go deeper. Let's bypass all of the descriptions that your experiences would give you. Oh! *How do I do that?* you might be wondering. Here we go, my dears, into the depths of your beautiful self.

I am inviting you to pretend a little. Not a lot, just a little, just enough to bring your awareness to deep inside your being. Now how do you do that is this. Firstly, let go of thinking about this. You can disengage your thinking mind by saying that you would like to experience this first and then think about it later. That usually lets the thinking mind rest, knowing that it will be able to participate in its job...later. So then, do just that. Think or say those words to your thinking mind.

Next, pretend that you are journeying inside, but not inside your body-physical. You are going to be journeying inside your spirit. Now for some this might feel to be a bit illusive, but I am here to guide you, my dears, so just stay with me.

Just pretend that you are bringing your awareness inside, inside to the spirit of who you are. It's kind of a floating feeling or experience, as if you are beyond the physical. Pretend that you are in spirit form and you will easily be right where I am inviting you to reside. Take your time and do this.

Now inside your Spirit is a frequency that pulsates, and its pulsating is the

forming of you, your Spirit. The pulsating is soft and gentle and within the pulsating is your soul history. It is your avenue to your own soul records. Perhaps at another time you might want to follow that avenue, but for now, we are together recognizing that the pulsating is soft and gentle and it is the forming of your Spirit, the essence of that which you are.

All right now, take another deep breath. My dears, if you find that you cannot imagine in this way, I am asking you to continue with me. You see, that is all part of your belief system that has no experience in what we are doing together. If you ignore that feeling and continue with me, then that belief will have no place to go; that is to say, it will no longer bother you because you have decided to continue anyway, even if all of this is quite unfamiliar. Right now we are exploring and explorers most usually enter into something that is quite unfamiliar!

So then here we are placing our awareness in that Spirit of our being, the Spirit of your being, and you are recognizing that there is a soft pulse beat within that essence, and the pulse beat can allow you to journey to other frequencies of knowing.

In this exploration we are exploring the truth of who you are. Now here, in this Spirit of you, there is no personality. You are actually—in the pulse beat, the soft pulse beat—nothing and then totality-of-being. That is the forming and releasing of form; that is the pulse beat. It is the actual creation of you, the essence that will flow forth and reside within this lifetime. And it is within this forming and within this essence that you declared that you would reside on a pathway that would give to yourself the truth of who you are...so that you could reside awake and discover the joy in the moment.

But let's stay right here first, right here in this essence of who you are. You see, in the essence of totality of being, there resides total fulfillment before there is a need. No need exists in totality of being. There is only beingness. And that is what you are experiencing right now while you reside within this essence, the Spirit of your very own beingness.

So now, I ask you to breathe deeply once again, close your eyes and just pretend or imagine what it would be like to reside in Spirit form, feeling the essence about you, the soft and gentle taking of form and releasing of form, and the freedom to reside in fulfillment where there is no need...for anything. As if there is total peace. Go ahead and take your time and do this and then we will continue.

All right now. There came that moment when you did breathe yourself forth to take form in physicality. This has been called birthing but together we are going to participate in something a bit different.

Knowing that the breathing forth of your Spirit into physicality did occur simply because you are incarnate now, together we are going to follow that occurrence...consciously...right now.

Here's how we do that.

Now stay with me on this and truly participate and you will be amazed at the results, at the effects that this participating will have upon your journey and on how you experience it from this moment on.

Here you are in your Spirit, you are Essence of Being, you are Truth itself, you are Totality of Being and you are softly taking form and releasing form in the pulse beat of creation itself.

Now I ask you to view...I ask you to view yourself as if you are above, way above your body and you are looking down upon the form of your current physicality. You can again close your eyes and pretend this or imagine this, if you find any difficulty in viewing yourself as you reside physically upon earth. It is as if you are peering down into the time stream and seeing yourself in this lifetime. You see yourself, your journey, your personality as it expresses itself. With no judgment now; but with simply observing.

Now once you have done this, and you see yourself in physicality upon earth, I ask you to participate in the breathing forth of your Spirit into that physicality. How? We are going to participate in something that has already occurred. Within your Spirit and its pulse beat of taking form and releasing form, there is a spark. That spark is the moment of decision that you flowed yourself forth to be birthed.

Now you won't see that spark because if you did, you would already be journeying forth. So then what we are going to do together is call forth that spark within your Spirit and then without thinking about it at all, we are going to flow forth. That is to say, you will call forth the spark of creation and then imagine...yes, just imagine, my dears, imagine yourself flowing forth from Spirit ...flowing...flowing ...flowing down into your body physical of this lifetime. And then filling...filling...filling, until you are fully present.

Now we haven't done this yet. We are just describing a participation. What



are we really doing? You are flowing forth your full consciousness, the essence of your Totality of Being, the essence of your determining and declaration to know the fullness of who you are, you are flowing this down and into your being, into your current physicality, your vessel.

Now what does this do? Oh my dears, you are flowing into your being that which you have been waiting for, for a very long time. Truth. The truth of who you are. And it is not a personality. It is not a description. It is Essence of Being, frequencies that hold within them your Spirit, the real you.

That means, my dears, that you are flowing your Spirit, the total Spirit of that which you are, into your physical residing in this lifetime. You are gifting yourself, gifting this being who you have become in this lifetime with the greatest truth: your Spirit, the vibrational frequencies which flow forth to fill your being simply because you are uniting with your Self. You are then fully incarnate. Do you see? Fully incarnate.

That is what this is all about, my dears: you are asking of yourself, within your declaration long ago before this lifetime, to fulfill that purpose. YOU are answering your need, your seeming need to be more. You see, my dears, all need to be more, to succeed more, to feel more, to have more...all of the mores are an interpretation, a calling forth from you to your Spirit, calling your totality to come forth so that you can be fully incarnate. Yes. Yes, this is big. It's gigantic. It's more than gigantic. It is real. Truth. You. Fully incarnate.

Ready?

So now here we are. Take that deep breath and relax. Bring yourself to that floating feeling within Spirit. You might want to close your eyes and reside in that floating that is the essence of your Spirit. Soft gentle flowing of taking form and releasing form. Fulfilled before any need could possibly form. Being. Spirit. You. The real you. The essence of the fullness of that which you are. And you are floating there, peaceful. Just reside in that for a moment, my dears.

Next, together we are going to call forth the spark of creation, the spark that delivers you to your body-physical as it did during your birthing. Now when we call forth this spark, we will automatically flow forth without hesitation. It will be as if your Spirit is flowing forth, flowing flowing flowing down and into your body-physical. And it is at that moment that your awareness begins to fill that body-physical of yours, the one that is your vessel in this current lifetime. And

then together we will allow. Yes, allowing that essence to fill you and fill you. Not rushing, just allowing.

All right now, here we are and together we are calling forth that spark of creation...call it forth.

And now flowing flowing flowing, your Spirit of Being flowing down and into your vessel, your body-physical of this lifetime. It is a soft and gentle flowing.

Just allow my dears. Just bring your awareness right into your body-physical and allow yourself to be filled with the truth of who you are. You are in the process of fully incarnating. Fully being the Spirit of your very own beingness. The Totality of Being incarnating.

You might feel as if you are in deep meditation, or in an expanded manner. You might not feel anything and be wondering if this is real. Oh it is real, my dears. It is very real. Just be. You see that examining is your mind trying to think about all of this before you are complete. Just let go of trying to decide if this is real and continue to allow.

Perhaps close your eyes and just be for a moment or two.

Now breathe deeply. I ask you to speak the words: *so be it*. You see, speaking those words is a synchronizing of all systems, so don't leave this participation out. Perhaps speak those words *so be it* three times.

Now I'm going to speak a few more words while you synchronize. I ask you to walk a little outside, in nature if you can. But walk in solitude. This is one way to become familiar with the fullness of that which you are. Now your mind and or personality will vie for first place, but just allow them to be and pay attention to the realization that you are more, that you are more than who you have believed. Pay attention to the fullness of your Spirit as it resides incarnate. It will be as if you are walking, but you are holding your attention, your focus, within.

In the next few days most likely...and I say most likely because you are all journeying on different but alike paths, and circumstances will occur in the perfect timing for each of you...so then, in the next few days there will occur something that will cause you to laugh, to smile, to realize that nothing is the same, that your journey is taking a different form for you, that everything is opening and forming so that fulfillment of being is made manifest.

Now what does that mean *fulfillment of being is made manifest*? Even though you are in physicality, it does not mean that you will find before you all that your



personality has wanted. This fulfillment is different...and bigger...deeper. What I am referring to when I speak of your fulfillment of being made manifest is this.

There will be something that will occur and you will discover that there is a grand unfolding, that you don't really know the entire plan or the contents of the journey, but you recognize, you awaken to the truth that it is gloriously wonderful. Again, remember, you do not know the ingredients, but something will lead you to this knowing and you will find yourself laughing. Why?

Because now the unknown is something that presents itself as a gift, small or large, and that it continues to present itself in the cause and effect in ways that fulfill your Spirit, that fulfill the real you.

You see, physicality is a bit tricky. It wants you to believe that if you arrange it to your liking, that you will be fulfilled inside. But of course, as I have spoken previously, everything works in the opposite way. When you reside fully incarnate and know...know deeply...that you are more than your vessels, know that you are Spirit residing fully incarnate, then oh then, does the outer physicality begin to form itself for your fulfillment. You might want to read those words again and again, so that you can dismantle the old belief that has caused you to continue to try to make your external world more fulfilling.

Now this doesn't mean that you will go forth and do nothing. More so, it means that as you go forth, you will *already feel fulfilled* as you participate in your physicality. Then this kind of participating within your physical journey is quite different, isn't it? It opens for you new purposes, new reasons to create, to journey. You are then free simply because you know that you are creating from within to without.

When you pause in your day, breathe deeply, close your eyes and then remember the truth of who you are, Spirit fully incarnate, then when you go forth, you are breathing forth that fulfillment that has no needs, you are breathing forth love that needs no receiver, you are breathing forth truth that has no need to confront the untruth, and you are breathing forth your own fulfillment of purpose: you are journeying on your path while knowing who you really are.

Yes, my dears. This is real fulfillment of being. This is real. You. Fully incarnate. Truth. Spirit. Ah...I do so very much care for and about you.

Then I believe we are complete for this little talk, though it is filled with gigantic experiences. Go forth, my dears.

Yes, I will answer your question: yes, you can choose to participate with this experience again, many times if you choose. You are simply bringing the experience into your consciousness. The experience has already occurred and your deciding to participate again is because you want to bring it more fully into your consciousness. And to that I say *bravo!*

Then until we speak again, I am Teacher.

*Spoken by Teacher, July 2018.*