

*Reflection for September, 2019*  
*With Teacher!*



Greetings my beloved beings! Greetings to you! I am Teacher and I come forth for another little chat. You see, there is a certain fondness that those of us in the Spirit Realm have for you, for those of you who are choosing to reside in truth. Now that doesn't mean that we don't have a deep love for all of humanity. We do, of course. Yet there is a fondness that we have for those of you who have dared to enter into a new phase of your journey, dared again and again to enter into a new manner of journeying, a new manner of experiencing the discovery of who you are, and a daring to let go of all that you have efforted for, to no avail, so that you might perhaps experience Truth.

And you see, experiencing Truth is the fulfillment of letting go of all of that efforting, but who would know that in the midst of efforting? And that is one of the reasons that we have this fondness for you. You never did know what the gift would be the moment that you sighed and gave up, so to speak.

It is true that you tried so many different methods, different manners of being, trying to produce fulfillment within your journey. And I say, much to your credit did you effort. And more so, much to your effort when you gave up and sat back, so to speak, and ... what is that phrase you have upon earth... oh yes... you *regrouped*, you knew there had to be a better way. And at that moment Truth began to be allowed to flow forth from that which you are. And that, my dears, is a hint about what I'd like to have a chat about: the Truth that resides as you, flowing forth to fulfill... everything. So, let's get into it, as you say!

Now this isn't the same old chat that we've had about who you really are. You know, my dears, someone or anyone could describe to you who you really are, but what does that give to you? Nothing. Well, it gives to you something to consider, that is true. But it is your own experience of that which resides within that leads you to know, to discover that truth. So then, how do you discover that truth? Nearly every teacher can give you an answer to that question, yet here's something to consider.

Each teacher has had an experience and within that experience there came forth a desire to pass along that experience so that what? So that perhaps others could have a similar experience. And that wanting to pass on the experience became books, teachings, and at times dogma. Nothing wrong with wanting to assist others. Yet the truth remains that when you are ready to give up, when you are ready to let go of all efforting to change the external world so that you can feel fulfilled *inside*, then you are ready to have your own experience of discovering of Self.

Now there's nothing wrong with practicing a teaching, nothing wrong with following a teacher's suggestion or even a dogma. It's all part of this journey that we are all flowing upon. And if you are still with me on this, I will say quite clearly that you will discover your own way. And until then, all the teachings will assist you, will guide you toward that

way, your own way. Now don't go throwing out all of your books, all of the teachings; they are right now assisting you. They are lighting the way into your real Self.

So then, once you have discovered that you are what you might call *not quite there*, there comes that moment when you pause and take a deep breath, perhaps, and ask yourself, "What is missing and how can I reside within that which seems to be missing?" And then, you are right in the moment, the present moment. You are no longer reaching toward something in the seeming future, you are no longer reaching into an action that brings you to right here anyway. You are simply wanting to be real, to be very real to your own being. You are, in the moment, ready to go within and discover the Truth, to discover Self.

Now for some that discovery occurs in a flash and for others that discovery comes in layers of different experiences. Neither, of course, is better than the other. All beings, you my dears, have your own letting go and going within.

Now you might be saying, getting honest with yourself and saying that you don't really know how to go within. But what if there were no teachings about all of this? What if you just felt as if the answer resided within your own beingness? What would you do? You know that you have tried everything externally. So then you might conclude that going within really is the answer.

So then, you might decide to close your eyes so that you wouldn't be tempted to focus on the external physical world. You might decide to set aside thinking about anything in that external world. And you might find that even that might take some doing, some practice. What if you didn't have a method for doing that? What if you simply decided that you would do it? What if you closed your eyes and set aside your thinking about people, places and situations in the external world, as if you had a right to focus only upon your own being, as if you had devoted enough time and energy concerning the external happenings, and as if you gave yourself permission to set it all aside for a moment?

And after that, what would you do? You've read about many journeys within, but this would be *your own* journey and you already determined that your experience was for you, just for you. What would you do next? Ask yourself that, my dears. What would you do next to journey within your being? Well, firstly you would decide to do that, you would decide that against all that the mind says to you that you cannot be successful, you would determine that you would be successful. Perhaps you reason that if others have done it, then you can too.

Perhaps when you decide in this manner, you have your eyes closed, you are continuing to refuse to enter into the thoughts about the external world, continuing to refuse to accept the mind's statements that you cannot be successful, and perhaps you reach that moment when you feel a little peace with all that setting aside. And, perhaps that peace feels.... You see, I'm not going to tell you what that might feel like, my dears simply because you will know when you feel it.

Now you might reason that feeling that inner peace is not the real you, cannot possibly be the truth of who you are, cannot be your Spirit. But that's the mind stepping in there and deciding again for you. But if you remain in the moment, there

will not be a need for an interpretation of the moment. Do you see? No interpretation necessary. Just residing. Being.

You might, after a little time, decide that you'd like to experience this again simply because it felt like a relief from the focusing on the external world and all of its callings to you. You might decide that this just might be a way of continuing to journey within and that the further you journey, the deeper that you journey within, the more that you are gifted with the seeming mystery of the real you. You see, you really are not a mystery to your own self. You *are* your own Self. This is a bit like your vocabulary called *getting to know yourself*. But this is bigger. This is the real thing.

Now you might decide that there's a different way for you to go within and that's what this is all about. You for you. Fresh. In the moment. As if there really isn't a teaching at all about all of this. As if there is only you with your beautiful beingness and you are deciding that for the moment you've had enough with efforting with the external physical world and you'd like what you call *a break* from it all. Perhaps you decide simply to relax for a moment. And perhaps that relaxing calls you further inside, continuing to let go of the thinking thinking thinking of what to do in the physical world.

You see, you simply cannot do this wrong. My dears, it's all about you for you. It's all about daring. It's all about having enough. It's all about choosing. It's all about caring more about your own beingness, your own journey within, your own fulfillment. It's all about accepting the calling that says there has to be something, something else, something more, something real. And of course, the something is you, the Self. It always is... You always are... even when you have forgotten that the real journey is within. That's all right, you will remember. Perhaps right now.

Then, my dears, that might be a little chat, a little kiss upon your sweet brow, what you might call a breath of love from me, Teacher.

Then until we speak again, I am Teacher and I say, so be it.