

November's Reflection with Teacher!

One morning I asked Teacher this question and November's Reflection is what was answered.

Teacher, what is the best way for me to fulfill that yearning of helping suffering humanity?

Teacher: The question remains how can we assist those ones who are not awake enough to read our books, take our course, or even understand what we are saying with regard to truth? That is truly a good question. We cannot go into those locations and lift them all up out of there and place them in a home that is wondrous. Yet, we can continue to breathe our breath into the masses of suffering, into the masses of hatred, into the masses of destruction, into the falsities, into the control of the sleeping suffering masses. We can do this. This is how.

Place yourself in a peaceful state, setting aside your thinking mind and all of its need to know about more of the suffering and more of the untruths, and more of the manipulating of powers who believe they are in control. Set all that aside and reside in peace. Take your time in doing this, continuing to bring yourself to your own beingness, letting go of anything outside of your own residing.

When you are at peace in this manner, choose to call forth what could be called the Truth of One. You are calling forth a frequency that resides in that called your Etheric Energy center, that which holds pure creation before it enters physicality, or enters your auric field. You are calling forth the frequency that holds totality.

When you call it forth, allow it to fill you as much as it can. While this is happening, refuse to allow your thoughts to return to anything external from what you are doing. Continue in this manner until you can breathe forth this frequency into your open hands.

Now some will question all that we are proposing, but that is the questioning of the mind and we are setting aside that mind's need to fit everything into its known parameters.

Next hold your hands upward and breathe forth into those hands, into the frequencies that have gathered into those hands, that breath that will send those frequencies into the darkness of the untruth, into the suffering, and into the hearts and minds of those who are suffering so much that suffering is all that they know. Breathe forth this frequency into all pockets of darkness upon earth, knowing that as the darkness dissipates, truth remains and those within that pocket are alone in their sleep and waiting for the light to come to them, to uplift them, to save them.

In truth, you are doing this to save yourself, for be it known that all beings are one being. The mind will perhaps want to deny that, but allow that mind to just be and acknowledge truth as it flows forth from you to you, to that of you that is hiding in those dark pockets.

Next send your love to that of you, that of you that is hiding, that of you that is fearless and hurting others, to that of you that is struggling to find a way, to that of you that is standing atop a mountain wanting to know why, to that of you who loves, to that of you who hates, to that of you who reaches forth to assist another to rise from the rubble of despair, to that of you who knows One.

This is your way, a choice, a manner of assisting totality as it is made manifest as the many. You are the One and you are the many. These words are spoken many many times, yet they continue to fill your being with peace. That is the nature of Truth made manifest.

Then that is the way, my dear.

M: Thank you Teacher. I am humbled. Thank you.

T: You are more than humbled. You are residing as the One and I with you.

So be it.

Yes, so be it.