

Hi Friends!

With all that's going on, I thought we could use a little pick-me-up from Spirit. Here's what flowed forth today.

Please be sure to pass this message on to everyone!

With Love,  
Miriandra

Teacher:

Well, now, my lovelies, you are entering into a new phase of life upon earth, aren't you. Now you might be thinking that I am referring to this virus that has so many taking good care of themselves and praying for those who are ill; but I'm referring to something else — not in the place of those prayers and concerns, but more so, something for you to know and perhaps take a deep breath and relax in this one moment, right here and right now.

You see, many of you are aware of the consciousness shift that has been occurring but I'd like to tell you what else has been occurring. Now let's start with the creatures upon the earth. They are quite aware of the consciousness shift, that there are many beings awake and awakening than ever before. Now you might wonder how that can be true, but if you think for a moment what creatures do when someone comes near them will ill intent. They rush away, don't they? Yes. And what happens if you approach creatures with love in your heart and peace in your being? They become curious, what is that and who are you?

Now that's just one example of the results of what you are all doing together; doing your very best to remain positive, to remain awake, to trust your inner knowing, to continue to dare to set aside who you have believed yourself to be and to open to new possibilities. And what are those possibilities? Oh you are going to love this!

As everything — yes, everything — is shifting and changing and has been for a while, there comes that moment when you are aware that there really is no reason to rush through your life, through your day, through whatever you are doing. It may feel as though there is a deadline, but what is that anyway? You will do what you can do with the best of your abilities; so then, why not breathe deeply and allow yourself to be who you are in the moment — not who you will be when you hurry up and get things done.

And what I mean by that is, why not in that moment of the deep breath —yes, in the midst of that deadline calling you to rush — and remember that you are a Divine Being, that you are on earth to fulfill a purpose. And you know the purpose. It is to anchor truth and light consciously whilst incarnate. That's it. And you are already doing that. And while it is true that many of you have other goals for your lively journey, this is really your purpose: to be who you really are and to remember that your Divine Right says that you are who you are regardless of what occurs in the cause and effect.

Now some of you are having a rough time of it. Survival wants you to return to feeling hopeless and abandoned. Yet I say to you, don't let that demon survival get to you! Even in your most rough moment, remember, my dear one, that you are cared for

and loved. Remember that this journey can change in a moment...as long as you don't return to survival's grasp, the sleep state. So then here's what to do about that.

When you are feeling hopeless and want to blame the entire universe for your troubles — a natural feeling when things are rough — pause for a moment and speak the words: *Stop! Go from me! I am not a victim to my own life! I am a Divine Being!* Then pause for a moment and let the dust settle, because there will be the dust of that temptation of survival's grasp, as you have the phrase, taking a hike.

You see, your human nature is a survivor and that has been good for your journey, except for one thing. You are now being asked to remain awake, to dare to trust the truth that all beings are one being, to dare to remain knowing that many spirit beings are hovering about you, hoping that you ask for their help. When you do, they are joyful and do everything — yes, everything — to help you.

How? By tapping you on the shoulder and whispering which way to go, what choice to make, telling you what you call *soft nothings*, that is, statements of love and kindness. And yes, if you are having a rough of it, you do need a little kindness. Ask for it, my dear one. Ask for it. Dare to. Yes, I know you might feel foolish about this, but what have you got to lose but your feeling of hopelessness.

And those of you who are not having such a rough time of it, why not take a deep breath and breathe forth your love and your kindness and caring into the mass consciousness. Why not take a moment and just decide to love everyone, everywhere. Why not take a moment and remember that you are here to fulfill that purpose and truth incarnate is the knowing that all beings are one being. You know that.

So then, I say something that you already know: the more that you give, the more that you have. That is, the more that you send forth love and kindness, the more that the love and kindness within your own being grows and fills you.

The more that you breathe forth relief from suffering, the more that you are relieved from suffering.

The more that you dare to reach out a helping hand to the Spirit World, the more that Spirit hand reaches back to you.

You see, just because you are not having a rough time of it doesn't mean that you too can't ask for help. There is a limitless supply of assistance, of help, of love, of caring, of kindness. It is what the Universe is comprised of, after all.

I say to all beings: You are most amazing. You have accomplished amazing things. You have awakened from the deep sleep of survival and you have dared to step on to a new path. And that is what is being asked of you now, being offered to you. Those in spirit form are waiting, always waiting to assist you.

Let's say this. If you think you have it all under control, then it is definitely time to ask for assistance. If you think that there are others that need help more than you do, then you have a belief that there is a limited supply... and that just is not true. If you think that you have to do certain things, practice certain spiritual actions, be perfect in your thinking so that you are never negative — and actually, who can really do that? — then you have forgotten that you, that wonderful Spirit of that which you

are, is residing in a human nature and that human nature is going to stub his or her toe once in a while. Why? Because this is physicality! And it is a time of great change.

And here's the great good news. The reason that it is a time of great change is this. You are here. You are making a difference. Every day in every way. Just by being here. Now if you breath forth love, kindness, caring, truth, and you give yourself a break, so to speak, from trying to be perfect so that you can actually get to know your real self, then you have aced the moment. Think about that!

All right now, that's a little love from Teacher, for I do care about you, my dears.

Remember to ask and you will receive assistance.

Remember to ask for love, and you will call forth the flowing of love from the Angels.

Remember to ask for peace and you will find that within your lovely being is a great supply of peace, unending and replenishing in every moment.

Remember to ask for all beings to be safe, loved, treated with kindness and you are then being the Divine Being that you truly are.

Then, my dears, until our next little chat, I am Teacher.

So be it.