

Daily Reflection for June, 2020

with Teacher!

“I wish to give you a gift...”

Greetings! Greetings to you. I am Teacher and I flow forth to speak with you in a way, a manner that will perhaps give to you another focus, just for a moment, during your day. While the cause and effect cannot be ignored, especially during tumultuous times, there is also the participation



with your inner wholeness, with your manner of residing, that will allow you to be strong and yet conscious of truth, the truth that all beings are one being.

Now I am not going to enter into a teaching about wholeness of being or the truth that all beings are one being. You have an awareness of that, at least in your own intellectuality, and many within your daily consciousness.

I wish to give to you a brief gift, just a few moments of inner nourishment. Then let us continue in this manner.

Firstly, I ask you to take some deep breaths and set aside any and all concerns for the external world. Now I know that this might be difficult especially because of what is occurring in the cause and effect; yet you can do this, my dears. Just choose. Choose for this one moment that you are going to give to yourself some inner soul nourishment, nourishment that will assist you in the upcoming days and perhaps longer.

Then just again, take another deep breath and choose to let go of any and all attachments to the external world, to any outcome, to any concerns, to any fears, to anything outside of this moment. This moment, right here and right now.

Then take another deep breath and bring your focus right into that body, right into you, right into this moment. Give it a try and I will participate with you. I will clear the clutter for this moment so that you can give to yourself this gift.

Next, I would like you to use your most amazing imagination. Just imagine that you are viewing a lake and the water is quite choppy, perhaps from the wind, perhaps from its own movement. Just imagine that you see this lake, clear water, surrounded by trees, no one on the lake. Just take a few moments to imagine this.

Next, take a deep breath and when you exhale that breath, imagine that you are breathing that breath upon that lake and much to your pleasure, your breath smoothes all of the waves, all of the choppiness until the water is smooth and peaceful. You have the phrase, smooth as glass. Just imagine that your breath will accomplish just that. Perhaps you will take a few breaths to accomplish the smoothness of the lake.

Next, I'd like you to imagine a flower. Doesn't matter what kind of flower. Just allow your imagination to present to you a flower. Take your time. You don't have to make a great

decision about what kind of flower. Just one... for this moment.

Next, I ask you to view the color of that flower. Perhaps it has different shades of color, perhaps it is fragile, perhaps it is sturdy. Just discover the essence of this flower. Again, take your time and enjoy this part of your few moments with me.

Next, when you take a deep breath, imagine that you are breathing inward that beautiful essence of that flower, as if that which creates the flower is flowing forth to fill you. The beauty, the fragility, the strength, the subtle colors... all flowing forth as essence, as frequencies... to fill your entire being. You are breathing inward the essence of that which you are, my dears. Take your time and receive the beauty of your beingness.

Next, I ask you to remember a loved one, someone who has passed from physicality. If there are many, just allow yourself to focus on one, perhaps an elder. Just allow the image of that being's face to appear in your viewing.

Next, remember what you loved about this being. How he or she spoke to you, how he or she held you dear. Just remember what you loved about this special being in your life who has passed from physicality. Take your time... there is no hurry. We are residing in this moment together.

Next, I ask you to ask the spirit of that loved being to give to you a message. It could be a simple message, perhaps like he or she loves you; or, it could be some other kind of message. Just ask for that message and allow it to come to you. Remember to keep your mind still so that the message can flow forth from the all and not from your thinking. Just opening and inviting a message from the being you have loved and who has loved you.

Next, hold that message in your heart. Just take a moment to allow that message to reside, without thinking about it, without finding a meaning. Just holding that message dear within your heart.

And next, say whatever you would like to say to that departed loved one. Your message could be brief or long. Just speak from that heart of yours, that beautiful heart... sending that message to your departed loved one.

And finally, give great good gratitude for the presence of that spirit of the loved one. Give thanks for the opportunity to receive and give love... and release the image slowly and gently.

Now take a deep breath and allow yourself to rest... just for a moment. Just resting now.

And the last that we will do together is to hold within your being the knowing that peace resides, resides within your being, resides in totality of being. Allow yourself to feel peaceful, to feel your body relax into a comfortable state where you know that you are loved, that you are cared for, that you are totally accepted just as you are, right in this moment. Take a few moments and allow yourself to accept his love, the love of the Universe, the love of your Divine Mother, the Love of the All as it flows forth to take form

as you.

In this moment, there is nothing to do, nothing to say, nothing to think, nothing to choose, nothing to conclude. All lists are completed, all projects are in the past. You are simply in this moment residing in the truth of who you are, a most glorious spirit being.

Reside in this manner for as long as you wish, my dears.

Each time that you choose to participate in this manner, I, Teacher, will participate with you, to assist you to open and receive the nourishment that these few moments have been designed to give to you.

You are lovely lovely beings. Your heart is strong and full, our love for the many is overflowing, and your knowing of truth is right here and right now.

Then until we speak again, I am with you. I am Teacher.