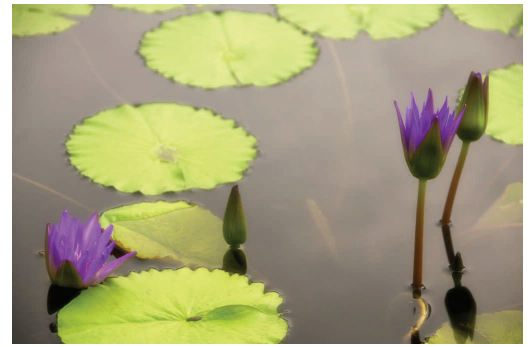


## April's Reflection with Teacher!



Greetings! Greetings to you, beloved beings! How glorious that I can come forth and have another little chat with you! For, you have been holding your head above water, so to speak, for quite a while now. Yes, you have efforted to remain positive, you have sent forth your love and hope to the many who are suffering, and you have at times wondered if the challenges will diminish and you can take a deep breath once again. Now I am not only speaking of this virus that has ravaged so many families. I am speaking of the difficulties that so many have faced, so any hardships.

Now I am not here to speak of all of those hardships, but my dears, it is necessary once in a while or even more often to recognize that there are many many beings who are having a hard time of it. And the reason that I am speaking about this hard time of it for the many is to assist you to do what you can and feel and know that you are actually helping humanity, that you are actually uplifting the frequencies of humanity so that all beings can awaken to the truth that we are, after all, one being, that we are all united, that we all, actually, flow through each other. So then, let's get to this good news, shall we?

You see, once there is an awakening and a recognizing that every being is part of every other being, then we can move on to what can bring salvation for the whole. Now once again I will say that we are not speaking of personalities. Yes, there are some personalities that you would rather not be untied with; yet it is the spirit that I am speaking of. The spirit, the life force that resides within everything and every one. That spirit flows forth as creation itself and takes form as all beings. Yes, you all have your own journey with which to experience truth unfolding. Again I say, all journeys are one journey, the one journey toward and then residing within the awakening to truth, the truth that we are one.

So then, how can we assist this whole, this all of humanity to be uplifted, yourselves included? Some of you have been sending out love and peace for a very long time. This is a bit different, not to diminish what you have been doing, for it is most glorious. What is different about sending out love and peace is that we are not only sending it from ourselves out to the many. More so, we are residing *within* that love and peace, residing within it.

Now you might ask how can this assist the many if I, myself, am residing in peace and love, harmony and uplifting frequencies that nourish my spirit, nourish my soul? Well, the answer is this, my dears. Because we are all one being, then when one being resides in wholeness of being, all beings have the gift of that wholeness to be included within their own beingness. Now let's get something else clear. It's this.

All beings have within the fabric of their being love, peace, wholeness, comfort, fulfillment and lots more. Why? How can that be if so many are suffering? The answer is that different journeys call forth different frequencies and ingredients. Yet when you

focus upon that love, peace and wholeness of being, when you focus upon it, then you are calling it forth to be present in all beings, in the wholeness. You are calling forth what already exists within the whole, within totality. Now isn't that nifty? Of course it is!

So then, what we would do together is to take a moment and sit quietly, setting aside your thinking about anything else and just for a few moments, be still. Bring yourself to peace. You can do this as you set aside all concerns about what has to be done, all concerns about anyone you care about, and by just deciding that you will give these few moments to yourself. Ready?

All right now. Take a few deep breaths. Go ahead. Reading about it isn't the same as taking those few deep breaths. You see, when you take deep breaths, slowly and fully, then that sends a message to your body-physical and to your entire system that everything is all right. And when your system gets that message that everything is all right, then it can let go of the symptoms of stress; your system can then breathe a deeper sigh of relief and relax and that is what we are aiming for. We want to tell our system that for these few moments everything is all right. So then, take those few deep breaths and send that message to your entire system.

Next, I would like you to know that there are energy centers in your being. You already know most of them, yet there is one that many still do not recognize and I'd like to tell you about it. It resides above your head. Now above your head... and you know that atop your head lives the crown energy center. Yet above that and around your being is the auric field and the auric field has an energy center as well. Yet surrounding that auric field is something wonderful. It is your etheric field. The etheric field holds within it what could be called perfection of being. This means that all that has been intended for your lovely lovely living, for your fulfillment of purpose, for your physical, mental and emotional well being, everything is held within that etheric energy center as it radiates about your auric field and encompasses the frequencies of that auric field that hold the patterns of your current incarnating.

Now this all might seem a bit complicated, but it really isn't. I am simply saying that above you and about you is a very precious frequency, the real truth of that fulfillment of being. And you can access that etheric energy center easily. How and why? Why can you if it is so special? Because it is yours, it is your etheric energy center. It is there for you, protecting you, serving you and indeed and in truth waiting for you to access its beauty. So then, let's access that beauty, shall we?

The once again take those few deep breaths so that you can let go of trying to figure out what I have just said. Go ahead now, take a few more deep breaths and bring yourself to peace.

Next, bring your attention to that area above your head, that area which is called the etheric energy center. You don't have to see it or even feel it. I, Teacher, am guiding you to become aware of something that is yours, that is part of you and your incarnating. So then, just perhaps close your eyes and bring your awareness to the area above your head, past the auric field and into the field of frequencies that surround your being. At the top is the etheric energy center, the etheric field. Just take a

moment and bring your awareness there. Now don't think that you can't do this. You can. Just give it a try; it's easier than learning how to ride a bicycle.

Then when you take the next deep breath, breath inward through your mouth or nose and also inward from that energy center. Just pretend that you are doing it. Pretending bypasses that thinking mind that tends to want to believe that this is difficult, when it is not. So then, pretend to be breathing inward through your mouth or nose and also breathing inward from that etheric energy center so that the energy center's frequencies flow forth and flow into the auric field and then into the crown energy center of your being.

When you participate in this manner for a few more times, you will perhaps feel that frequency filling you. Now don't worry if you don't feel anything; that doesn't mean that you are not doing this. Some beings feel something, some beings see something, and some beings don't feel or see anything, but they are still reaping the benefit of participating. Then continue in this manner until you actually forget what you are doing and you are simply sitting quietly and being.

Next, determine. Determine that you are breathing forth this frequency into the all that you are, into the all that takes form as all beings, into the incarnate beingness of spirit. Remember, this already exists in all beings, in everything; you are simply asking it to become conscious. You see? When this frequency becomes conscious within your being and fills you with peace and contentment it has a chance, sometimes a little chance but still a chance, to become conscious with all beings. This then is a great gift; yet you are participating for yourself. Do you see? You are simply determining that the frequencies of the lovely lovely etheric field will flow forth and fill your entire being and in filling your entire being, does it then fill all beings. All as One.

Now your thinking mind might want to jump in here and ask what about what others are thinking and breathing forth, what if I don't want that in my being? Well, my dears, this physicality and taking form is a mass-consciousness creation and the more that all beings awaken, the more that all that is breathed forth is whole and loving and kind. What you are breathing forth in this manner is a frequency that is expanded and filled with truth. Nothing can disturb this frequency within your being, nothing can usurp its gift to you. Do you see? Do you see what a gift this is...to yourself? To all beings?

All right now, just bring yourself to right here and right now, bring your focus down and into your feet and remember that you are incarnate in physicality, that you are a spirit-being incarnate in a physical-body which is taking form as a human. Remember that you are so very much more than you have been led to believe. You are the breath of love, the breath of peace, the breath of truth...and you are residing incarnate consciously.

Then go about your day, my dears yet remember. Remember that you are much more than you have been led to believe. Remember that you can anytime breathe forth the etheric frequencies to deliver to yourself restoration and regeneration of being, to give to yourself the frequencies of peace, to give to yourself the frequencies of fulfillment, and to simultaneously call forth the same in all beings. Yes, that is just a hint of the more

that you really are. Perhaps in other chats, we'll discover a bit more...for there is so much to you! So very much are you!

Then until we speak again, I am Teacher. And don't be concerned if what I've spoken about sounds like hogwash. That's all right. Just let yourself think that, but go ahead and participate so that you can reap the benefits. You'll see. The benefits will sneak up on you... and it's okay to give credit to something else...just keep on participating. It's your gift to yourself.

Then until we speak again, I speak the words so be it. Perhaps you will speak them too.

So be it.