

## *June's Daily Reflection with Teacher!*



Greetings my dears! Greetings to you! Now we gather together to discover the truth of the more that you seek with regard to your spiritual journey. And no, I am not going to speak about the fact that there is no such thing as more. I am going to speak with you about an avenue toward bypassing the rigmarole that seems to be presented to you each and every time you ask how to venture forth deep within in order to discover the more of who you are. This is different.

Now I am not saying that all of the wonderful guidance you have received from many sources, myself included, is for naught. You see, all of this guidance, all of this asking from the innermost of your being, all of the sincere beseeching for answers is what is called an entire package. The entire package includes all of the journeys that you have experienced and are experiencing; that is to say, all of your journeys within what has been called past lives are part of this whole.

Now some of you have had past lives wherein you entered into an expanded manner of being and experienced the divine in such a manner that you wondered if you would return to earth. Why would you? It seemed that your purposes had been fulfilled. But here was the bigger answer.

You came back to earth so that you could assist the many who were suffering, the many who were searching, and you also discovered that while residing in this return, you had some questions about truth, about what is this thing called searching, and more so, you had questions about the totality of one as it is made manifest as the many, the many who were seemingly lost. Oh you had and have lots of questions. And that is all part of this journey that you are residing within right now.

All who receive these words have had those past lives. Yes, you have all experienced the grand awakening. That is why you are here for the most part. You are here to incarnate the frequencies and patterns, the encodings of that grand awakening. Yes, you can guess why. You are incarnating those patterns to place them within the incarnate whole, to assist suffering humanity.

And guess what! You have found that because you are of the whole, you can and most likely have suffered as well. Yet you are continually finding ways to uplift your spirit and to remember... to remember the truth that this journey has been one of entering the illusion of separation from the whole and then while residing within that illusion, to remember, to remember and remember and remember... until the light entered your consciousness. What was and is this light? It is the frequency of truth, my dears. It is the fabric of that which you are. And once this light came forth and pushed aside all the hard work of the mind trying to figure out things while still residing in the illusion, the light filled you to the brim and overflowing. Yes, you still had your journey within physicality and sometimes it was most difficult; yet you knew beyond a doubt that there

was more, is more and you wanted more of the more. Of course you did... and do! So then, that's what this talk is all about. The more.

I would like you to rest for a moment and bring yourself to a peaceful manner of being, to breathe deeply and to set aside all of the glorious thinking... just for a few moments. I want to speak to the real you. I want to speak the words that will activate those encodings of long long ago from a previous lifetime. And yes, we could enter into the talk about the truth that all lifetimes are the one lifetime, but we have already had that talk and this talk holds a different purpose. So then, just rest for a moment, take a few deep breaths, set aside all other concerns and allow these words to caress with love that of the more which resides within.

All right now. Let's begin with this journey, the one that you have entered into now in this lifetime, the one that you are awake within and are opening to more and more of that light, the light that called you from the sleep state. Let's just say that everything that you have done to continue journeying within this awakening has been perfect. You have done everything perfectly. Even when you started to study something and became immersed within it and then realized it wasn't for you; that was perfect as well. You see you actually cannot make a mistake in this journey. Every stepping is for the purpose of holding that light incarnate, as you reside within that human vessel. And the human vessel is fallible, of course. That's the delight in all of this. Because the human is fallible, there is a journey. And the journey gathers to itself the whole, all of the beings who are incarnate, all of the All, and rests within it. Do you see?

The truth remains that you already are the All, the Whole. Remember, the illusion is what says that we are separate from the whole. But the illusion is just that. It was born upon the birthing of density of matter, such density that there came to be denial of that whole. So now here you are, parting the seas of that illusion, parting the seas and breathing your breath within the untruth. Why? Why are you doing that? Here's the answer... and also the answer to your search for the more of your own spiritual journey, your own spiritual discovery.

You see, you cannot deny that you are here to experience the celebration of truth, the celebration of the grand awakening to the whole, to the All as it manifests as the many. Yes, that's the grandness of it all, isn't it. Yet. Yes, there is a *yet*. The many don't get it... *yet*. But that doesn't mean that they are not part of the more that you are searching for. You see? The more that you seek resides within the whole and the whole as it is made manifest upon earth in physicality is asleep, for the most part, to what it is, to the more of its own self. Now that's not a crime. It just means that the answer to your searching resides in remembering the wholeness, in remember that you *are* all beings and all beings are you.

Now I am not referring to personalities. I am not referring to the journeys of the many humans and their persona-led conquests. I am referring to the essence that resides within that vessel, within that human vessel. That essence, of course, is the same essence that resides within your human vessel. You see, it cannot be any other way. And that is what I am getting at here, my dears.

Oh hear these words! You are here to discover the more of that which you are. And yes, the journey resides within. Yet that journey within does not make you separate from the many. The journey within means that you discover that you *are* the many. All right now, that's the first awareness. Let's see what else begs to be spoken.

As you sit quietly — a gift to your own beingness — and you set aside the cause and the effect maybe even for a moment or two, you are then refusing the illusion to dictate your interpretations of your own essence, of your own journey and perhaps even the refusal to allow the cause and effect of physicality to direct your consciousness, your awareness of truth. You see, that physicality certainly does want to own your consciousness. Now I'm not going to enter into the fact that there is a harvesting of the suffering of humanity. I've already spoken of that many times. What I am entering into is the fact that when you take even a few moments of quiet time for yourself and set aside your thinking about the external world and its cause and effect, something very special occurs. What is it? It's this.

Those frequencies of light that pulled you up and out of the illusion, up and out of survival's grasp, begin to automatically fill your consciousness. Why automatically? How can that be? Here's the great truth. That light IS you. That light is always present... for you, as you, activating those encodings of long ago, those encodings of the grand awakening. Those encodings reside within you, as I have spoken. And when you set aside those few moments, the light, the spark of light radiates through your conscious awareness, the conscious awareness that might be focused on the cause and effect when you are busily journeying through your life. Yet when you pause, then your conscious awareness can and does recognize that truth, that light, and those vibrations of the grand awakening then surge through you when you determine to become conscious of them.

Ah! You see, your residing in peace and stillness even for a few moments is your choice to experience the surging of those encodings, those frequencies of the grand awakening. And it is those encodings that give to you the more that you are and perhaps have been searching for.

So then, how can you become conscious of all of this surging of truth, of light, of encodings of the grand awakening that you have already experienced in past lives and perhaps even this life? How can you? Well, my dears, it is my pleasure to deliver this to you. What I am delivering is that of you to you. I am not making this up, you know. I am simply delivering to you the avenue of experiencing the more that you have been seeking. It's not a method. The encodings hold a rhythm, and the rhythm can be experienced in the allowing of the rhythm to become as the ancient language of long long ago. This is the language and the words. Now don't be concerned about pronunciation. This is of the fabric of your being.

Now you might be wondering how these words can be for everyone. Yet I say to you, when you hold the whispering of these words in your consciousness, they will change and adjust and become—yes become — those frequencies that are residing within you. Remember, you are all beings and all beings are you. You are the All. These are those vibrational frequencies. And, my dears, you can't get this wrong. It's impossible.

So, here they are...and I ask you to just allow yourself to receive the words, to whisper them to yourself until there is formed within you a type of rhythm and within that rhythm can you, in moments of quietness, experience the more, yet remember “the more” is simply that of you becoming more conscious.

Then the first words are these:

**Anacktah Sontoh Solientoh**

Next:

**Freenah Sanacktah Sontoh**

Lastly:

**Senacktah Florientoh Banacktah Natcha Keenah.**

Now let your human nature be questioning all of this. Yes, it might be strange to your human nature. Yet if you bring yourself to a quiet moment and breathe deeply and rest, you might discover something different once your thinking mind has disengaged itself so that you can go deeper with these rhythms. Just tell your human nature that you would like to experience these rhythms that are part of that which you are from long long ago. Be gentle with that human nature. He or she has been your vessel for a long time and now you are, if you choose, participating with these rhythms and they will assist your entire system, including that beautiful human nature.

So then, once again, just whisper these words to yourself, allow them to float into your conscious experience of truth and to rest there. Perhaps you will repeat them several times. Oh it's not magic. This is simply a way to bring your inner being to reside within a rhythm, a pulse beat that holds the truth of totality as you experienced it in your own grand awakening. Remember, the words and vibrations will shift and change within you and become that which is most compatible to your current incarnating.

As you have the phrase, it's all for you! All for you.

Now the third and final phase of this journey is to bring yourself to nature and to focus on nature, on that which is before you. When you are fully appreciating nature and all of its natural regeneration of itself, then breathe those words into nature, softly, gently and with gratitude. I won't tell you what you will experience. I won't tell you what that will be for. But you will feel and experience something, my dears. You might decide to participate with nature in this manner periodically... simply because you enjoy the experience.

All right now, that's what I wanted to deliver to you. You are most precious upon this earth, my dears. That which you incarnate and anchor within physicality is what could be called the saving grace of physicality, the saving grace of the relief from survival's grasp, and the saving grace for truth to reside incarnate in this one moment called eternity. Consciously. Consciously residing as truth incarnate. That's the glorious experience of eternity. The more.

Then, my dears, it is always a pleasure to be speaking with you in this manner.  
Until we speak again, I am Teacher and I speak the words so be it.  
So be it.