

## Reflection for August 2021 with The Light Beings!

Greetings! We are the Light Beings and come forth to speak with you concerning love and the love that flows forth from your being. This love flowing forth from your being is most powerful in that it clears away fear from the consciousness of those who reside in survival's grasp. What does this mean? This.

While many who receive these words are having a difficult time in their lively journey, you are also filled with compassion for those who are having what could be called a more difficult time. This is most amazing to those of us who are observers of the peoples on earth. You are always giving of yourselves in one manner or another. And within that giving is a holiness, a manner of holding the truth that all beings are untied, are connected and that your love and compassion is necessary for the health and well-being of all beings. Again, we say you are most amazing.

Now we will speak of how we can assist you and we determine that we can assist you simply because you have not asked. You see, while you are assisting the many, sometimes you are depleting yourselves and still you continue to give. We wish to assist you to replenish your frequencies so that you can also begin to enjoy your own lively journey in a more full manner.

You have heard the words, the guidance that tells you to go to nature and to reside there, allowing nature to replenish you, to bring you to peace. We also suggest this action, yet we add something more. When you are within nature, set aside that which you call your persona, your character or you might call it your personality. Just set it aside as if you have nothing to prove, nothing to give, nothing to say, nothing to even think. Just set aside a type of beingness that you have learned, perhaps learned at a very early age in your journey.

Once you can bring yourself to a manner of being that is simply being in the moment, then we invite you to breathe inward the essence of the life force that reside about and within all of nature. You would not be taking anything from nature that is not yours to have. More so, you would be participating with nature in away that promotes totality of being. And in breathing in the life force that surrounds nature, you would also be choosing to nourish your own being, to nourish your cells.

Yes, to nourish your cellular structure. For, the frequencies of the life force as they reside about nature hold within them the encodings of totality, of replenishment of being, and of that called realigning or healing. And these encodings are most powerful... they are powerful simply because they have been held in wholeness since the very first forming. These frequencies are yours to have, to participate with, and to receive whenever you choose.

Once you have breathed in this manner, then it would be beneficial to express gratitude for the merging with nature's life force. Most of you who receive these words express gratitude naturally, perhaps for everything that occurs in your journey. Gratitude is a manner of residing in the moment, allowing concepts of the past and the future to rest as illusionary frequencies, rather than as a manner of experiencing the journey of light and truth.

Then we now say to you, even though there are great difficulties occurring upon this earth, hold firm. Hold firm to that which you know to be truth. Hold firm to the knowing that you and all beings are one being. Hold firm to the knowing that your awakened consciousness breathes itself forth to uplift the suffering masses. Even without your dedicated intent in this breathing forth, by your awakened manner of experiencing and expressing your incarnate journey do you assist wholeness to be made manifest.

This means that in the wholeness there are frequencies that recognize truth and continue to love the essence of life force that resides always. What does this mean? It means that you are fulfilling your purpose, especially when you are holding your awakened awareness within love and compassion for all beings. Remember, compassion does not mean pity. More so, it simply means that you are aware that the journeys of the many are varied and the steppings are always bringing all beings to that which is called home, to the truth of oneness of being.

Some have said that they are aware that they are in truth all beings. Perhaps you will consider this. It is easier to consider that you are all beings when you recognize that we are not speaking of personalities, but we are speaking of the essence of being which resides within all beings. You are not asking yourself to approve or disapprove of the actions of the many. More so, you are simply holding your awareness that all beings are residing incarnate as the life force vibrates itself within taking of form and releasing of form.

Now we do not want to become more technical in this speaking. Perhaps we will at another time. Yet to become more technical does not mean that greater truths are revealed. For truth is. There is not seeming understanding of truth simply because understanding means that truth has journeyed through the thinking mind's concepts and ideas. The known of truth resides within the known of your being. It is that of you. There is no efforting. There is only being who you are and celebrating the truth of your journey... in the moment.

And it is in this moment, right in this very moment that you receive these words that you are holding yourself in a breath, in a light, in the truth and in a moment of oneness wherein you are the All. You see? You are always in this manner residing. And right in this moment we join with you to celebrate who you are... amazing beings, lovely beings, loving beings, compassionate beings, whole beings holding the knowingness within the very fabric of your being. We are most pleased to have this opportunity to speak with you, even for this moment... the moment called eternity.

Then we are complete for this speaking. So be it.