

## November's Reflection with Teacher!



Greetings! I am Teacher and I flow forth to speak with you and to give you an uplift. Why? Well, my dears, it appears that your spirit could use an uplift. And you don't have to be an awakened being to recognize that there is a lot occurring upon earth and there are those factors that enjoy residing in the untruth of separation from the whole, all in order to gain your attention and to hopefully gain your support. Yet. Yes, here is that wonderful "yet". You ARE awakened beings. You DO recognize that there is a truth that weaves itself within the consciousness of all beings, even those who are still a bit asleep but yearning for relief from what they haven't learned yet to call the untruth. And that frequency that waves itself through the All taking form is exactly what you are, the truth of you.

So then, let's just speak a little bit about the truth of you. Now don't roll your eyes and think that you've heard all this before because I'm going to speak a little differently about who you are, about the truth of you.

You see, long ago when you first began to incarnate upon earth and to enter into lifetimes, you were fully aware of the truth that you were the All, the wholeness of being and that you were flowing forth to express that truth of you... why? For the sheer pleasure of expressing the Truth of One as it appeared incarnate. Yes, all that you determined to be, all that you expressed and all that you experienced was for pleasure and joy.

Now that pleasure and joy is still enfolded in the forming of your beingness in this lifetime. You know that to be true, especially when a little chuckle or even a giggle sneaks itself out of your physicality. Oh there is much evidence for the truth of who you are and for the reason that you are incarnate... pleasure and joy, delight and inner peace expressing itself within the journey that you place your footsteps upon. And that is why, my dears, when you are feeling less-than fulfilled, less-than happy, less-than at peace, and perhaps less-than engaged in the lively journey that you have always meant to reside within... it is then that you are aware, even in an unconscious way, that something is missing. And further, that something belongs to you, is supposed to be yours. And of course, I say, is the essence of that which you are!

So then, let's speak a little in ways that will give to you that pleasure, to reignite that joy and delight so that it can be made manifest in a more direct way within your journey, shall we?

You see, when you pause for a moment and remember that you are so very much more than your human nature... When you pause for a moment and remember that you are not your name, not your job, not your journey, not your difficulties, not the solutions to your difficulties, and not the struggles... When you pause and remember that, then there is something that occurs. So then, let's do that together, just for this moment.

Take a few deep breaths and bring yourself to a peaceful state. Now don't worry, this isn't going to take very long. In fact you'll be surprised at how quickly this can occur,

even while you are walking to work, washing the dishes, rocking your infant, making a meal, or resting because you just can't do anything more. Yes, just take a few deep breaths and just be. Now take a little moment to do just that, my dears.

Next, just think these words:

I am a divine being.

I am the essence of creation itself.

I live inside this body, but I am not my body. It is my vehicle, my vessel for this lifetime.

I am not my name.

I am not what friends think who I am.

I am not even a daughter, son, wife, husband, friend, worker, boss or mother.

Those are all things that I do.

But I am the essence that flows forth for the doing or not doing.

I am bigger than any earthly description.

There is an essence from creation that flows forth.

I am that essence.

I am pure.

I am whole.

I am love and loved.

I am the essence of peace itself.

Right now...

I Am.

Now breathe deeply again, my dears, and just be for a moment. What have you done? Well, you have set aside all of the descriptions of who you are not. Isn't that nifty? You have dared to set aside who you have been trying to be, albeit trying to be your best at who you have perhaps been told you are. Perhaps you decided one day that you would be a success. That's all right; certainly not a crime. Yet I say to you the being who made that choice and the being who strived for that success is your human nature. You are much more.

Now that human nature needs some encouragement, some uplifting also. And you are the one to do that. How? Oh you are gong to love this! Once again, when you feel the time is right, perhaps even right now, take a few deep breaths and bring yourself to peace. Always begin with that, my dears.

Next thank your human nature for being a good vessel, for journeying within this lifetime. Thank your body for being your vessel, for doing all that it can. Tell your body and your human nature that you will assist them more directly each and every day... the both of them, individually or together, that you care for them, that you love them.

And then, really think about that love for them. Send your love through that body of yours. Send that love particularly to any part of your body that is troubled, in pain, or experiencing a challenge. Send that love directly there.

Then do the same with your human nature, the one you have believed you are. Tell that human nature that you are proud of him or her, that you appreciate all the

efforting that has been done and then tell that human nature that it is time to rest, to play more, and to let you help out. And the human nature can do that by sitting quietly and listening for what you have to say, listening for guidance, listening for solutions. Tell your human nature that he or she doesn't have to figure it all out, that in this moment everything is perfect. Then breathe deeply and be at peace.

You see, my dears, you are the source of all that your human nature is yearning for. When you recognize that your human nature is fatigued, then what can you do? Pause, breathe deeply and allow the essence of that which you are to fill that human, to fill that body-physical. Breathe in love and truth, the truth that you are the All taking form.

When you participate with your journey, with your forming, with your vessels in this manner, you are giving to your journey an uplift and it is a grand uplift. You have always known how to do this, my dears. Long long ago, you breathed forth this Truth of One not only for your own beingness but also for the entirety of all who were incarnate. And you can do the same now, if you choose... after, after, after you participate in this way for yourself. Nourish yourself. Give to yourself. Dare to place your own beingness first.

Yes, I know there are teachings that say you should put others first, but what good is that if you perish doing so? Reside in nature, breathe in totality of being, nourish your spirit. Go to the great flowing waters and allow that essence to flow about you. View the flowing and allow yourself to feel the peace in movement. Gaze at the wind spirit when it moves the leaves of the trees. Listen to the sound of the birds. See...not look... *see* what is presenting itself to you. And allow all of this manner of being to nourish your spirit.

Then, if you choose, breathe it all outward toward the totality of that which is incarnate, toward all human spirit beings. When you proceed in this manner, you will not diminish yourself. But you must truly fill yourself first, nourishing yourself first, allow your spirit to find its depth of being... to remember who you really are.

Peace is your breath. Love is your pulse beat. Joy is your celebration of being incarnate. Delight is when you recognize that you are all beings and all beings are but One Being... and that the human is but an illusionary forming for the purpose of the journey. Remember that you always are, whether you are incarnate, whether you are in spirit form, whether you are in between lives, whether you are dancing in this lifetime.

You are a most amazing being. The One Being taking form as the many. Yet you are the one, the one breath, the one heart, the one spirit, the one breath. The true essence of being.

And I am most pleased to take this brief moment to celebrate that truth and to breathe forth an uplift for you, my dears, just for you.

Until we speak again, I am Teacher.