

## February's Reflection with Teacher!

Greetings wondrous beings. I am Teacher and I come forth to speak with you, most glorious beings who reside physically incarnate upon this wondrous Earth. In this month of February, I come forward to speak with you about what you call this month, your love month. Let's speak a little bit about love, shall we?



For, there are so many concepts about what love is and what love isn't, and how we should be, how we should act if we are in love or if we love someone. And what if we don't love someone and when we have the opposite kinds of feelings going on inside of our being? So let's speak about this for a little bit because when we speak about love, what they're really speaking about is a frequency.

And it is our thinking mind, the human thinking mind, that tells us what kind of love we are experiencing. But the truth is Love is a frequency. And as many have said, Love is. There's no question about it. There are no parameters around love.

So then, let's also speak about that wondrous heart energy center because that is exactly the seat of love. And if in the heart energy center, there is a gathering of frequencies. And in the gathering of frequencies, there are those causes and effects as physicality calls forth that gifts to us a manner of residing incarnate that can be most amazing. And we have, of course, given our thinking mind so much credit for what is occurring. We have actually told our thinking mind: if I focus on my thinking on this particular result, this particular purpose, this particular project, that it will occur. And I Teacher am here to tell you that there is something missing about that. There is definitely something missing about that. It's called the creative force.

So then how can we participate with our glorious heart energy center in a way that will assist us to reside upon Earth in our fulfillment of being? And the answer to that is this.

Firstly, when we feel that emotion of love, we are then interpreting, we are interpreting a manner of being that gives to us and a calling. And if we feel a friendship with a being and we feel that within our heart, it gives us a calling and what is that calling? It is to share that which we are. And what is sharing that which we are but setting aside those beliefs that say that we are separate from the whole. Now of course that's at the foundation of everything. Totality of being.

So then, when we feel within our heart energy center and anything that is in positive or negative, then we are actually participating in a type of union with whatever is occurring. Now, what if someone says something to you and it is difficult, and you feel that tightness in the heart of your being? Still you are experiencing totality of being. Yet something else is occurring.

You have taken to yourself those frequencies that have rested upon that called survival. Those frequencies that rest upon survival include that which is called an expression of anger, expression of frustration, and expression of disappointment and

expression of difficulty. And there's nothing wrong with those expressions. They are all part of... What? They are all part of the human nature experiencing his or her journey incarnate.

So then, when there is that kind of expression, whether it is from you or toward you, then we know beyond a doubt that we are experiencing part of that called survival's grasp. And there's nothing wrong with experiencing survival's grasp, except what? Except that it does not feel very good. It does not feel very good at all.

So then, when we get that kind of feeling, then what occurs our thinking mind wants to figure out what we can do to change that feeling because we don't like it because it's uncomfortable, because it does not feel like love. Or as we call love, totality of being: the recognizing that all is one, all beings are one being.

So then as a human nature goes into that thinking of how he or she can change those feelings, then there is a deeper relationship with not only those feelings and the assumed reason for them, but then there is a diving further into the frequencies of survival. So then, how can we shift and change this manner of being?

Firstly to understand that is what is occurring. So then, when you or I or any being feels frustrated, feels angry, feels under the burden of the cause and effect and there is a feeling that is attached to that, then we know in that moment that we have a choice. And sometimes the human nature interprets that choice differently. The human nature interprets that choice as... you have the phrase in physicality called fight or flight. The human nature is going to be overt or is going to retreat to self. All because of those feelings of survival.

So then, when there is that disappointment or difficulty or challenge, even a challenge to that human nature, there is that interpretation that says that the human is going to speak out about that, is going to be very clear, is going to go into those frequencies of fight; or the human nature is going to retreat into self and try to figure out how the human nature can get rid of that feeling.

So these are the old ways of being and now here you are awakened beings. And you are discovering that there's something more in this thing called life upon Earth. There's something more. So you are choosing that something more. And why are you choosing it? Because survival does no longer work for you. Survival does no longer work for you. You want something different? And to that I, Teacher, say bravo, bravo to you!

So then here you are residing in the moment and you recognize the feeling and the feeling usually rests within your heart energy center. So then your heart energy center is telling you something. Your heart energy center is saying *you are in the process of experiencing survival and the illusion of separation from the whole*. So that's the first clue.

So then, in order to refuse a fight or flight as you have the phrase, then there is that moment. It is to truly take that moment to breathe deeply and to bring your beingness to peace. And what does that mean? It means that you are setting aside your thinking mind about all of this. You are setting aside your thinking mind's natural response. Because a human nature has a natural response to whatever is occurring, whether it is a threat, whether it is discomfort, whether it is disappointment, whether it

is a challenge. All of that brings forth a response in the thinking mind also. And the thinking mind of the human nature usually tries to decide what to do about it all, just as we have been speaking together. So now when this occurs, and there seems to be a type of challenge, it is truly to pause for a moment, to refuse that thinking mind to decide what to do about it. And to just reside in peace. To take a nice deep breath, to choose peace, and to recognize that you are residing in this one moment. You are not residing in the past. You're not residing in the future. You are simply residing in your experience of totality of being. And totality of being *is* peace.

So then, as you reside in this manner, then you can allow whatever has occurred and whatever brings forth those feelings of survival, that you can allow those feelings and that seeming challenge to dissipate. What you are doing is you are refusing to participate with survival's grasp, and that is most important, most glorious! Because when you refuse to participate with survival's grasp, then what has occurred? You are residing in truth, you are residing in your awakened state of being.

Now, when we say survival's grasp, we want to be very clear about this. This is not a crime. There is a pulse beat that occurs while one is residing incarnate and the pulse beat is this: awake to asleep, awake to asleep. So then what is the sleep state? It's part of survival. Yet when one is residing in an awakened state of being and that comes forth a type of experience that's similar to the depths of survival, then there can be again awakening in the moment, just as I have described. Sitting quietly, bringing yourself to peace.

So then what occurs when day after day or experience after experience we actually refuse to participate with those old patterns? Then we are choosing our awakened state of being. Now what is this awakened state of being anyway, one might ask. It's this.

In the awakened state of being, there's a recognizing that fulfillment occurs always. Now the human nature wants to say something like, "Oh sure, fulfillment resides always and why am I struggling this way? And why am I having difficulties this way? Why am I having financial issues? Why am I having relationship issues? Why is the cause and effect giving us so many difficulties?" And this natural, yet all of those difficulties reside in survival. And again, we say it.

So then the awakened state of being is the residing in the knowing that fulfillment is always being made manifest. Now, the trick to all of this is to recognize that fulfillment is being made manifest in the form of frequencies. And the way that you participate with those frequencies, then, determines how you will experience that fulfillment. So then, it's not that you are making something be made manifest, it's not that you are manipulating physicality to give you what you would like to have made manifest. It's bigger than that. You are actually recognizing that because you are totality of being incarnate, you are then the fulfillment itself.

Now, we can ask the human nature and its thinking mind to just take a little rest here, because there are lots of questions about what we have just said together, that you are totality of being and actually fulfillment itself incarnate.

Then as we reside in our awakened state of being, we participate in our journey in a different way. And it does take some practice, that's the truth. When you go into your day, and there's a difficulty and you want to be disgruntled about it, it's not that easy to step

back and not be disgruntled, but you can do it. You can do it. When you are amongst other beings and they are being challenging and they are what you call not so nice to you, you can step back from that participation. Take some time for yourself and do just what we've said. Take a nice deep breath. Find that peace within your heart energy center, and simply be; recognizing that the personalities of those beings are just that, the personality of the human nature.

But in each being does there reside totality. It must, because there is no separation. Totality of being *is* everything and every manner of expressing itself. And that means all of the peoples upon Earth, even those ones who are participating in horrific events. But we know in our awakened state of being that even those beings hold within them that call the divine essence... because it must. Without the divine essence, then there is no life force.

So then, we remember when *we* were asleep, we remember when *we* resided so deep in survival that we, as you have the phrase, didn't have a clue that there was something better. There was something better than trying very hard to make things happen. We learned how to do that when we were children. And we learned how to do it as young adults, and we are still doing it as older adults. Until that day, until that moment, when something inside says there must be a better way.

Where did that little voice come from? The divine essence within you. The divine essence that flows forth. From your very heart energy center does this flow forth that called a manner of being, the manner of being is love, care, warm embracing, celebrating, peace, joy, delight. All of those manners are an expression of that heart energy center frequency.

So then, as you go about your day, and as you go about your journey, you have the great opportunity to choose that love, to choose that frequency. And the more that you do that, the less your journey delivers to you difficulties. And the more you begin to feel what you have called in your vocabulary, the magic of the awakened journey. The magic of the awakened journey, where everything seems to fall into place, and it begins subtly. Just a little bit here. And a little bit there. And you find yourself living, residing in a different way. It seems as though all of these little synchronistic events and happenings tend to give you what? It gives you an uplifting to your spirit. You find yourself feeling a bit uplifted and less heavy. And what does that mean? It means that your experience of your journey is more of truth and less of survival.

And once again we say, this is truly why you are here, my dear wonderful beings. This is why you are here. To experience truth, to experience fulfillment being made manifest in the moment for you in all ways, to step into the manner of being that frees you from trying to manipulate physicality to give you what you want it to be, and to reside in the moment. The more that you reside in the moment, the more that that fulfillment has an opportunity to flow forth. Why? Because you are residing *consciously* in truth itself. You are residing consciously in that which you are: totality, essence of being, most beautiful.

And my dears you can do this. In truth you have been doing this. You have been choosing a better way for a very long time. And now you are what you call in your vocabulary *stepping up to the plate*, so to speak. You are stepping up to the plate of delight, of joy, of choosing something different. And that is what this journey now is

about. As the frequency shifted change upon the earth. Then, you have the opportunity to participate in that shifting and changing within your own journey. Because your journey is *the* journey.

That's what it's all about my dears. Joy and delight, fulfillment, ease of living. And you can choose it, even if it is just a little bit at a time. Just a little bit gets to be a little bit more and a little bit more. And soon you are dancing in the streets, so to speak. You are enjoying your journey. And you truly don't know what the next fulfillment will be. But you do know that it will be. Yes, my dears, that is the awakened state of being. And you have, as you have the phrase, kissed survival goodbye.

All right now, I am Teacher and I am most pleased to be chatting with you in this manner. And I breathe a breath of joy upon you all that you go forth in this moment and celebrate that called love within your heart. Love for yourself. Love for the truth of who you are. Love for the truth that you can choose ,and love for all of those wondrous awakened choices.

Then until we speak again, I say the words *so be it*.