

September's Reflection with Teacher!



Greetings lovely beings, greetings to you! I am Teacher and I come forth for a little chat. Now what I'd like to speak about concerns consciousness, of course, and how it affects your daily expressions and experiences. Now don't think this will be boring or complicated. I promise to be practical and as exciting as the topic of consciousness can be. So let's get started, shall we?

First of all, let's get on the same page, so to speak, on what I mean by *consciousness*. I'm talking about the way that you reside in your perceptions of the cause and effect and within your inner knowing of the truth of one. Now the truth of one is simple, isn't it. It simply states that all beings are one being, that all is one. Simple, isn't it? Well, it is unless your consciousness or manner of perceiving your cause and effect leads you to believe that you are quite separate from everything else, that you are quite separate from other beings, and that there is a right and wrong way to vibrate.

You see, I purposely used the words "right and wrong way to vibrate" because you are residing in a human vessel and your human vessel's journey is to become more and more awake to the truth of one. Now sometimes that isn't easy, especially when there are horrific occurrences reported on a daily basis. What about all of that? How is your human nature or more simply put, how are you able to reside in the consciousness of truth of one and still feel those emotions that tell you that "they" are doing something horrible? I agree that it isn't an easy path. But it is possible. How? That's what I'd like to speak about with you in this little chat.

You see, when you are residing in physicality, you are easily pulled into the perception that there is a struggle, a difficulty to be who you are, perhaps even against all that is occurring in your personal cause and effect and also in the worldly cause and effect. And it is quite natural to want to be separate from that which feels to be heavy and not compatible with you and who you are efforting to be. Yes, you are efforting to be awake, to reside in an expanded consciousness, and to somehow reside in the knowing of the truth of one, that all beings are one being.

So the question is, how can you do that and still reside incarnate while the mess of the cause and effect continues? Yes. Quite a big question, isn't it. How can you reside and refuse to allow your consciousness to be critical of others, to speak ill of others, as you have the phase? How can you practically hold your consciousness in a way that honors the truth of one, yet still reside separate from the horrors? Another good way of putting this seeming dilemma. I say *seeming* because we are treading on the illusion, my dears.

All right now, time for some answers. Firstly, let's get clear about who you are. You've heard all this before, so I will make this brief. You are an amazing being, a divine essence that has flowed forth to take form in physicality. Your vessel is human; that is, a human beingness and a human body-physical. Now as you've heard previously, the human, your vessel, also has a persona and it is through the persona that the human

experiences its journey. But all of that is your vessel. You see? The reality is that you are the divine essence, the life force taking form. That is the real you.

So then, how can the wondrous you influence that vessel and all of its components so that the totality of that which you are incarnate can reside in the truth of one *consciously*? The answer is easy. Firstly, it is to remember who you are. Now you can do this upon awakening in the morning, remembering that you are the divine essence flowing forth to reside incarnate. That only takes a minute or less.

Then it is to fully reside incarnate. What do I mean by that? This. Cause your awareness, your consciousness to reside in the energy center at the top of your head, the crown energy center. Then imagine...now don't have an issue with the word or concept of imagining... I say *imagine* so that the thinking mind won't get in the way because the thinking mind believes that imagining isn't real. So then imagine that the frequencies of that crown energy center, the real you, are flowing down the entire spine, through all of the energy centers, all the way down to your feet. Imagine again that atop your feet there is a vortex energy center there and you are turning it in a clockwise direction. What are you doing? You are anchoring your real beingness incarnate. Why would you want to do that? Well, my dears, if you do not, then you are leaving that vessel, your human nature, to function on its own and that leaves that vessel with the same old dilemma of what to do when the cause and effect becomes too challenging and the temptation to believe it is separate from the whole becomes too great to deny. You see?

You, the real you, are here to reside incarnate and that means that you need that vessel. And then you are not only here to reside incarnate, you are here to anchor the truth of one. That is your primary purpose. Yes, you might have established other purposes and that is all right, of course. Yet your primary purpose is to incarnate the truth of one.

So then, upon awakening, once you have remembered who you really are and have then anchored your divine beingness into that vessel, you are ready to go forth within your day. Perhaps you would also take a moment to remember. Remember what? To remember that all beings are one being, that there is really only one breath, one heart, one mind, one being... taking form as the many. Perhaps you would remember that the actions in the illusion — that is, the illusion of separation from the whole — can be and are horrific and the reason for that is that not all beings are awake, not all beings have consciously incarnated their true self, as you do. That is part of the journey of awakening, my dears. Yes, it is difficult to accept at times. But what can you do about it? You are tempted to say nothing can affect the horrors of the cause and effect. But here's the truth.

You can affect the way that the cause and effect takes form. All you would do would be to continue to remember truth, to remember that the horrors are all the result of the illusion that everything is separate, the illusion that all beings are individuals and are not really connected, and that the beings who are causing the horrors are asleep to the truth that they are being manipulated by the illusion and those who harvest the energies of survival's grasp. Now that's a mouthful, isn't it. But it is true, my dears.

So then, when you pause for a moment during your day, you can take a deep breath and remember that it is the one breath. You can feel the love in your heart and remember that it is the one love. You can feel that you care for others and remember that you are caring for the whole. And you can forgive. Yes, you can forgive the illusion for that which it is.

You are not forgiving individuals; you are forgiving the illusion and the process of awakening. You can perhaps remember when you were not so awake and you held different beliefs and opinions. Yet one day you began to awaken, to feel that there was something bigger and that bigger was a gift. You began to place your consciousness in that possibility of oneness of being and that was when everything began to change for you. Remember that? Yes, you do. So then you know that survival's grasp is strong but not so strong that it prohibits awakening. Then you can decide to radiate that feeling of awakening outward and into the all... The all that you are, taking form incarnate.

Yes, my dears, it really is as easy as that. I wish to remind you that you are most wondrous beings. You are... what the saying goes, you are the salt of the earth. You are the one breath, the one heart, the one mind, the one being. You. The divine essence, the life force, taking form. Oh how glorious are you!

It is always my pleasure to speak with you and especially to celebrate the truth of one through you.

I am Teacher and I speak the words *so be it*.