

December 2022 Reflection!



Greetings! I am Teacher and I come forth for a little chat during this month of December. I'd like to speak with you about family in a way that perhaps you aren't quite accustomed to hearing.

You see, this seems to be a moment where families come together, where on public media there are pictures and movies about families coming together. And of course, that is quite wonderful. But what I'd like to speak with you about is those ones who do not have family, those ones who are suffering because their family members have either been slain or have been taken from them, those ones who hold deep sadness within their heart each time they see or hear a happy song about coming together for the holidays. Why? Why would I, Teacher, want to have a chat about this painful topic and those who reside within such pain? Here's why.

You are all aware of the suffering upon the planet, even when you sit with your own family and are truly grateful for such a wonderful gathering. The suffering continues and though you are happy, perhaps you are wishing you could do something about it. Well, here's what is at the foundation of doing something about the suffering...while you enjoy your abundant family love. I believe you will like this, my dears. You will like this very much.

As you are aware, there are frequencies that flow forth upon the earth and within each and every being, regardless of their physical beliefs and leanings. This frequency is called "The Whole". That is to say, we are all aware that all beings are united in a very special way and the way really doesn't have a lot of words attached to it. You see, from the flowing forth of creation, all beings are of the same flowing forth. Of course you know this.

Then let's consider what you can do with that information. How can you be grateful for knowing that you are not only of the whole, you are the whole taking form? This is the way.

Firstly, simply remember this fact. All beings are one being. All beings breathe the same breath. All hearts beat the same heart beat. All love is the same love. Now we are not speaking of personalities and the way that human personalities function within that breath, within that heart beat, within that love. This is bigger than the cause and effect of personalities vying for the right to be the best, believe the best, do the best. This is way bigger than that.

You see, as you are aware, when one being cries tears of sorrow, the earth absorbs those tears and holds them to herself to transform that sadness into peace. When there is one being who cries out for help, the earth hears that cry and takes it to her, breathing a breath of love to all beings. The earth breathes her breath of love to all beings. Now you might think that the earth would hold back her love from those who are hurting her substance, but that just isn't true. Love is love and the earth cannot hold back that

which is of herself. And the good news is that neither can you. What do I mean by those words? This.

When you love and breathe forth that love to a being, all beings receive that love. And the reason is that all beings are united within spirit, within the frequencies of creation itself. And you might be thinking that there are some beings you don't want to breathe love forth to. You can think that. It's not a crime. It is part of being a human being. But just like the earth, you simply cannot hold love back. You really cannot say I send love to this being but not to those ones over there. It just doesn't work that way. When you love, all beings receive that love. And the good news is, when another being loves, you receive that love. You see? It's a whole package. Even though we appear to be separate beings, we really are all part of one being. In fact, we all comprise the one being.

So then, getting back to the holidays and the family gatherings and those who are saddened and reside within an aching heart because they are not with their family, or their family has been slain, or their family has been torn from them... let's figure out how we can help all beings. Just give it a try, my dears. You'll feel absolutely wonderful doing this.

Just sit quietly and bring yourself to peace. Next, think of those you love, remember happy times, allow a smile to come to your face and a warmth to flow forth from your heart. Allow yourself to be happy. Right in this moment. Just take time to do this, my dears. It is so very good for you.

Next, breathe deeply again and remember that there are those ones who are suffering from loss of family or family members, remember that there is an aching heart upon the earth. You don't now which heart is aching, you only know that there is an aching heart, one of sorrow.

Next, take a deep breath and once again remember your deep love for your loved ones and breathe that breath out to that aching heart. Just like the earth does, breathe your love out to the aching heart upon the earth. You don't know whose heart it is that you are breathing out to. You only know that you are willing and joyfully able to share your love. When you share your love, it only grows and grows inside of you. Why How can that be?

When you share your love, the love inside of you grows because all beings are one being. When you sigh because you are looking at a loved one and that loved one is so very precious to you, that feeling inside of you grows. Take a moment when that happens, close your eyes and breathe that breath of love for that precious one out to the one who is missing their precious one. You don't know who it is. You only know you have the gift of sharing what is yours to share.

When you find yourself laughing at the sheer joy of your loved ones gathering together, talking, hugging, living, take a moment and breathe that gathering of loved ones out to the one who has no family to embrace. You don't now who that one will be, you only know that you have a great abundance of family joy and you are able to share it with that one who has no family.

And when you sit to enjoy a meal together, take a moment to send that abundance to those who are hungry and have no holiday meal. Send the richness of such a meal, send the frequencies out to those who are alone and without such abundance. Remember, what you send out multiplies within you and within your life.

Wholeness of being. One life. One heart. One love. One breath. Totality. Wholeness of being. Ah! You've got it now. Hold on to it and remember to share...share all that you have.

When you feel peace in your being, breathe it outward to that one who is missing peace...inside. Be peaceful together.

Be peaceful together...

Be abundant together...

Be loving together...

Be one huge family together...

And pause for a moment...

Listen...

Sense...

Know...

Someone somewhere is receiving all that you share.

Totality is.

Now that is quite wonderful, isn't it.

I am most pleased to be speaking with you, my dears. You are so very capable of more than you could ever guess. This world is blessed simply because you reside incarnate. And I am blessed for the gift of knowing you.

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

So be it.