

January 2023 Reflection with Teacher!

Greetings lovely beings! Greetings! I am Teacher and I come forth for this moment to speak with you in a little chat. This is the beginning of two thousand and twenty-three isn't it! And you are all taking a deep breath and hoping and some are declaring that this year will be filled with peace, love, and fulfillment in deep and meaningful ways. And I say bravo to you for this calling forth!

You see, my dears, even in the face of what seems to be happening upon earth... and I stress the words *seems to be...* there is always choice. Now some tend to believe that their choice has little effect on anything, even upon their own daily living. But I say to you, each and every choice that you make does truly have an effect upon your day and more so, *how you experience that day*. When you place yourself in that peaceful manner, when you decide to hold love in your beautiful heart, and when you go forth with the full knowing that you are the divine walking upon the earth, then oh then does the nature of reality shift and change for you.

You see, the nature of reality is but a frequency, as we've been saying all along. And the nature of that frequency shifts and changes according to what? According to your consciousness. Now there are many more than you are led to believe who hold the expanded consciousness in a way that flows forth and chooses peace and love and fulfillment and joy and delight and all the most delightful ways of residing incarnate. Many more. And when you set aside those thoughts of depression, thoughts of self-criticism, those thoughts of despair...and then you part the seas of those manners of negativity, then you have that choice of all that is lovely. And when you consciously choose those manners and remain within them, then there is a grand shifting going on.

Are you affecting the whole? Well of course you are. But more so, it is so very important that you remain in this moment and make all of those powerful choices for yourself. Do you see? We have been trained, humanity has been trained to put everyone else before themselves. But why is this? What is this? At the very core, it is a strengthening of the belief in separation from the whole. There is no them and us, there is no for the good of humanity and not of self. All is one. And we have been bringing our consciousness toward accepting that fact, even though the thinking mind wants to play round with the "yes buts".

Now you might be thinking that once you choose you don't see any changes externally. Well, that is truly the human nature's way of denying that it is united with all that is being made manifest. And what does that mean? It means that when you go forth, what you are going forth within is all part of you and you of it. Now set aside that thinking mind a bit and stay with me on this.

How do we train our human nature to recognize the beautiful effects of those choices?

It's easy and then it might be difficult. Now why do I say that? Well, if you are married to the concept that life is hard, that everything is a struggle, then you are married also to survival's grasp. Now this isn't a crime. It's true that in survival's frequencies everything IS difficult. Yet you also know that you have the choice to bring your consciousness up and out of survival and its take on the cause and effect of your journey. How do you do that? This way.

Firstly, decide that this is what you are doing, that you are bringing your consciousness up and out of survival. That's an easy decision because survival is a bit nasty. Next, put yourself in a peaceful place where you won't be disturbed. Then take a few deep breaths and relax. Do your best to set aside all the thinking about what must be done in your life, what the struggles are. Just decide to set them aside by telling your thinking mind that you will think about everything later, but you want to do this first. As we have previously spoken many times, that can give the thinking mind a break without the threat that it is no longer valid.

Next what? Well, then it is up to you. Here's how to step into the next part. Take those deep breaths, three or four and just relax. Let your body relax. Then place your focus on something that is not very physical, like a clear sky, or the feeling of the sun on your face, or the peace that you feel when you know that you are an amazing being even in your human is imperfect. Just being in peace.

Next, remember that words hold frequencies and intent. That is simple. So then speak or whisper these words until you develop similar words with similar intent.

I am a divine being.

I flow forth from totality to take form within a human vessel.

I am light. I am truth.

I am peace, I am joy.

I am all manners as I am of the whole.

By my divine right do I choose these manners from the whole: I choose joy, I choose peace, I choose delight, I choose fulfillment, I choose ease of living, I choose to place my consciousness within these frequencies that my journey will easily reflect these choices to me.

I choose to be awake and aware of these fulfillments as they are made manifest for me, perhaps small and then larger and larger manifestations as my dedication to maintaining these choices grows.

I am fully capable of this manner of being. It is my divine right that puts my choice into truth itself. So be it.

Now you might think those are a lot of words to say. You can write them on a card and carry it with you and when you feel most disturbed, just step aside for a moment, take those deep breaths, and then begin, recognizing that even this choosing is most powerful.

And lastly, refuse to allow your thinking to go into the negative, into re-stating all of the difficulties and the negative interpretations of those circumstances. When they come to

mind, and they will until you stop them, until they are no use to you, say the word "NO!" and take those deep breaths and bring yourself right into the present moment. You see, the old patterns of survival want you to project into the future the difficulties and how they will ruin your life, refuse your joy. But the present moment is always pregnant with the most lovely possibilities waiting for you to choose them.

Now also don't let your thinking mind convince you that your choices is unimportant, that it has no power. That again is survival's grasp, the one that you are refusing so that you can reside in expanded consciousness and the lovely lovely ways that such residing can deliver to you. *Know that choice is most powerful and then stepping into that choice gives those frequencies a manner to be made manifest.*

Then know that you are not alone in this choosing, my dears. There are many who are doing the same. And it is the many that are shifting and changing the nature of the reality that you are experiencing. You are one of them, then, and of the conscious whole. The conscious whole. The conscious whole affects survival's grasp simply because survival rests upon an illusion and you know within your being what that illusion is. It is the one that tells you that you are separate from the whole, that you are unable to live the way you'd like, and that you are here to suffer. Ha! What a joke. Truly.

You are here to explore, to experience the truth of one, and to discover the joy in such residing. You are on that path, that magical path that leads you into the light of fulfillment, into the joy of flowing waters, and into the certain steppings which place your feet upon the earth who holds within her a deep love for you and all beings. When you are so very awake, as you are, then earth celebrates truth made manifest through you! Now that is no small potatoes. It is most glorious.

So then, my dears, within this new year, within this journey, take the moment, why don't you, to ask yourself what are your choices? What are you really choosing? Are you choosing at all? And then take those deep breaths, bring yourself to peace, and begin to play with truth itself. It's waiting for you. In fact, you are it and it is you. No reaching out required. Right inside that which you are right in this moment as we complete this little chat together.

I see you as a magnificent being, filled with radiating light...for the sheer pleasure of being. Then until we speak again, my dears, I am Teacher and I speak the words so be it.

So be it.