

Your Reflection for May with Teacher!



Greetings lovely beings! I am Teacher and come forth to speak sweet words to you... just because you are wonderful beings doing your best to live in an expanded way while physicality leads you to believe you are less-than who you really are. Yes, physicality has a way of doing that, doesn't it.

Yet the more that you take a few moments in your day to remember something quite important to your journey, the easier it is to turn away from that less-than. What is that remembrance? It's this.

You are here upon earth for a primary reason and the first is to remember that you are a divine being, that within your human nature resides a very special frequency. It's the frequency of the divine, the real you. And there's no getting out of that. There are no words or beliefs that change that. So then, that's the first remembrance.

Now let's pause for a moment and ask, what does that mean to me in my daily cause and effect? What does that mean to me as I deal with the challenges of life? It means this, my dears. It means that you are not your vessel. While you reside in that human body and all of its thinking and figuring out, you are much more. And it is the much more, your divine essence of the life force, that can relieve you of the struggles. How? Well now that's the second remembrance.

The second remembrance is that you have a way, an avenue of joy and delight and that joy and delight flows forth when you begin to have compassion for your vessel, for your human nature. What do I mean by that? You might be thinking that your vessel, your human nature is you. And in a manner of speaking I could agree with that thinking... except. Yes, except that your consciousness truly resides in that divine essence. So then the next question might be, what is the human nature's thinking all about then? Here's the answer.

Your human nature and the body-physical also have a consciousness. It is the consciousness that has survived through the entire journey until you awakened, awakened to the truth that you are so very much more. The more that you began to give to yourself those moments of relaxation, of reflection, of being in nature, the more that your human consciousness began to let go and allow that pleasure to be more and more real. Why?

Well, my dears, when you take time to do all or any of those things, then the message to your human nature is that you are not in survival, that you have emerged and are reaching into the totality for something lovely. And that something lovely is a way of living that leads you to the primary truth. What is the primary truth? Are you ready? You've heard it before, perhaps many times.

The primary truth is that all beings are one being, that all beings breathe the same breath, have the same pulse beat, love and are loved, feel sadness and joy, embrace truth and run from it. All beings, just like you, have a desire for freedom to be, freedom to

discover who they truly are. Why? So that you and they can let go of who you have been led to believe you are.

So then take a nice deep breath and pause for a moment with me, Teacher, and remember these things. Remember that you are the divine essence residing within that human nature. Remember that you are a lovely lovely being. Remember that you are united with all beings, even the creatures and the trees and the fields and the waters and the rivers and the flowers and those who are happy and those who are sad. United with those who seem to be wrong and those who seem to be right, united with all beings regardless of beliefs. That there is a holiness within all beings and that holiness is what is emerging right now in its moment. Why?

Why is the holiness of truth emerging right now? Well, that's because you and so many others are holding truth, love and the allowing of all to be in your heart of hearts. You and so many others are awakening and residing in that wonderful expanded consciousness that lifts you up from survival and places you in a new way of living, a way of ease and delight, a way of recovery from that survival's grasp that no longer can hold you to it.

That's what's happening my dears and I say that it is just wonderful. Don't you? Yes! So then, let's have this day together and remember the loveliness of life itself, being incarnate during a time of great transition, great transformation, and the turning of the untruth to rest within truth itself. One heart. One mind. One breath. One love. Peace.

I am most pleased to be speaking with you, my dears. Never underestimate how important you are within this totality. You hold the beginning and the end in your breath, all while you dare to dance and laugh and play and love.

Until we speak again, I am Teacher and say the words so be it.

So be it.