

Reflection for April, 2024 with The Holy One

This vessel [Miriandra] calls me The Holy One. I'm not sure that words describe who or what I am, and for that matter, perhaps no words or descriptions give a true focus of who you are... to others and perhaps to your own selves.

I am not known for many words, but I do have a frequency that flows forth, just as you have a frequency that flows forth from your being. And what is this frequency anyway? I tell you it is the holiness of that which you are. Oh, you can call it something else. You can call it your love that you flow forth either deliberately or that it simply flows forth because you are a lover, a lover of humanity.

I see you differently and I'd like to tell you what I see or know about you when I focus on you, the humanity that resides on earth, and also when I focus on you individually. Yes, I am quite capable of that. And I suppose I wish to speak about this frequency so that you can understand more clearly that you are part of... well, let's get to that now.

When I focus on you, I am focusing on the frequency that has gathered itself together to become, to become that which you are incarnate and also that which you are as a spirit-being. Now both are intertwined as you live on earth in a human body. But that doesn't lessen your frequencies or lessen the beauty of your spirit. You see when you are incarnate and also upon earth, there is a beauty that emerges from such a combination. Why?

Well, you see, Earth is a very special place. And because it is, I can breathe forth my realm, which again is frequencies, to earth and also to you. What does this do? It tends to augment that beauty, the beauty of you incarnate. And that's what I'd like to do with you during this speaking, brief that it is.

So then, while I am flowing forth these words, I am also flowing forth frequencies from my realm, from me, if you will, to you, so that you can be uplifted in spirit and so that you can allow that human nature to take a deep breath and recognize that you are so much more than human. Now humanness isn't something that is lesser-than that spirit of you. It is a way for your spirit to begin to do something very special. And I'd like to speak of the very special also.

So then I am flowing my frequencies to you as we share this speaking. The very special that you are able to do as your spirit resides incarnate in that human beingness is this. You are aware that humanity and earth are struggling. Yes, they are. And for some amazing reason, you are the observer. It is not that you do not participate upon earth, but again, you are the observer. You tend to observe or to look at what is happening from a broader point of view. And what does that say about you?

It says that you are awake, that you have within you a divine viewing and that viewing gives to you a very special ability. The ability is to bring yourself to a peaceful frequency, setting aside all that begs you to go toward with your mind, and to be at peace. And then... this is the very special ability... to breathe forth or to radiate forth that frequency of peace. You have been doing this with the frequency of love and that is

just lovely and I hope that you will continue breathing forth or radiating outward love from that heart of your being. Yet you also have the ability to radiate forth peace.

What happens when you radiate forth the frequencies of peace? Well, my dears, you are able to uplift the frequencies upon earth. Now doesn't that seem to be quite magnificent? Doesn't that seem to be perhaps quite monumental? You see, I am searching for a vocabulary or word that describes such a manner of being and I simply cannot find one that is large enough. That is how special this ability is. You can do this. It takes but a minute but what is time anyway? It is a non-existent thing with which physicality tends to measure itself. Then why not push aside the concepts of time or not enough time and bring yourself to peace and then to radiate it outward, to choose to radiate that inner peace which is most powerful, to radiate it outward to all of earth and to all of humanity.

Your participating in this way is what I have come forth to invite you to do. You are capable of much more than you currently recognize, but that is all right. That is part of this journey of yours. Yet now I come forth to tell you, you are powerful beings. You have the divine essence flowing through you and because you are awake, you are capable of flowing forth whatever you choose. Remember this and be certain to refuse to flow forth the ingredients of battle. Remember who you are and then, simply become that being to your own self. Become that amazing being who can flow forth the frequencies of peace, directing it to flow forth to all of humanity and then also to the earth itself.

If you can do this... and I, Holy One, do say that you can... then you are the Ancient Ones upon earth and you have come here to assist in saving humanity from itself. It's that simple.

Then I have spoken more words than I have in a very long breathing of frequencies.

I observe you, the observers, and flow forth those frequencies that uplift your spirit, uplift your remembering of who you are, and then to uplift your abilities to do what you are here to do. I send forth comfort for your aching heart. I send forth food for your hungry spirit. I send forth the Strength of One, that which you are. And I send forth that love that embraces all that you have believed you are and then embraces the releasing of that belief in order to embrace the truth that you are divine essence taking form and yes, are here to flow forth peace to save humanity from itself.

It is a big order, yes, but it is also small in comparison to all that you are capable of doing. Go forth, Ancient Ones, and be who you are

I am Holy One and hold great love for you and for this vessel. You do not know who she is and that is proper for now.

Amen.