

## Reflection for August with The Light Beings!

Greetings! We are the Light Beings and we come forth to speak with you, most advanced beings who reside incarnate upon the planet called Earth. And the reason that we come forth now is to assure you that all is well.

You see, there have been and continue to be those invitations to believe that all is crumbling before your eyes, that there are so many reasons to be worried or fearful, and that there is nothing that you can do about it all. And of course all that is presented to you is resting upon the great untruth, the untruth that says that you are separate from the Totality. And you are well aware that the foundation then bursts forth with survival and the opening for that invitation that rests upon the desire to manipulate the masses, to manipulate the consciousness of those who are awake and to maintain the control over those who are asleep and do believe that all is for naught.

Yet you who receive these words know, don't you, that this is a time of great transformation and that the transformation has already begun and is showing itself in so many ways. Some of the ways are demonstrated by the changes in governments upon the Earth and some of the ways are demonstrated right in your own personal cause and effect. And isn't that simply glorious. You are now most definitely feeling the relief of the burdens that had been placed upon you and your spirit, the burdens that the untruth tends to deliver in many secretive ways, subliminal ways, and is delivered as well within those foods that contain the chemicals detrimental to your consciousness.

And we, the Light Beings, are here to confirm to you that all is well, that the burdens are being lifted even as we speak these words. And how are they being lifted? By you. You are daring to refuse the untruths, daring to remember that all beings are one being, and daring to remember that this has occurred so many times before in the histories of those who have resided upon earth. The lessons, so to speak, were learned. You learned them. And you returned to earth to love upon the earth, to love upon all beings, and to dare to awaken to the truth that you are so very much more than your vessel. Now your vessel, that human nature and the human body are your treasures.

You see, our dear ones, some have placed the blame of all discomfort on the inabilities of the human nature, of the persona and perhaps even upon the body-physical. Yet this is physicality and here you are. Your human nature is much more capable of all that is required to transcend the burdens, to transcend the untruth, and to reside fully in the radiating beauty of fulfillment of being with regard to expanding that consciousness incarnate.

You see, once again we say, the consciousness of the human nature is primary. You are residing incarnate so then there must be a merging of that which you are, your spirit

beingness, with that human nature. And when you consciously merge, then that human nature awakens and brings with its awakening the pathway for you to journey upon while incarnate, the pathway that leads you to peace, and love and the joy that you have been reaching for, for a very long time.

The undercurrent of the missing joy and the feeling that there must be something that would deliver to you the uplifting of your spirit, all resides within this current journey. And the journey now is one of letting go. Letting go of the struggles, letting go of the need to continue to give of yourself until you are depleted. It is our fervent wish that you would remember that all beings are capable of awakening and of transforming themselves. You are here now to enjoy your own journey. You are not abandoning anyone. More so, your steppings into the freedom to be creates a pathway for all beings. And you are simply stepping into the fullness of those frequencies that are of you.

You are not entering into frequencies that are beyond you, nor are you entering into those frequencies that are so very expanded that you must release your physicality. All frequencies *are* you. Remember this. There is no separation from the Whole. Yes, there are some teachings that speak of different frequencies, that speak of dimensions that are not compatible with your consciousness. But that does not mean that it is separate from you. It simply means that it is not part of your current journey. You have everything within you. Everything. It is your spirit being, your own totality.

Creation flows forth to take form... as you. This does mean, then, that you are creation itself. Creation cannot take form as anything separate from itself. Do you see? That is why all is one. That is why the All flows forth to take form as the many. The All is Creation and the Many are the All, Creation forming itself again and again.

And in between the forming is the breathing inward the letting go of forming, the pulse beat of creation which allows all to unform and to reside in total peace as the nothingness, only to be called forth once again to form. You are aware of this in the knowing that you are taking form and releasing form within this moment. This is why you are so very capable of flowing forth and residing in that peace, in that love and in that joy. Joy is not illusive to your incarnate experiences. You are emerging from the illusion of the lack of joy. It is of you. Joy is you. There is nothing that is missing from you, from that which you are. Nothing. And it is your conscious choice that gives to you the expression and experience of that choice. All flows forth from within your beingness.

You are not breathing it forth to any beings or any circumstance. You are released from that cause and effect and you are simply breathing forth totality, holiness of being because that IS your breath. It IS who you are. You are then the Holy Ones, the Ancient Ones incarnate upon this great Earth. You are here now. And none can deny that truth. Remember this when you feel the slight invitation to participate in the battles. They are not worthy of you. You are that which you seek. Our breath upon you resides within the peace of your inner knowing of the sweetness of your spirit to your own

being. This is you. This is the more of that which you are incarnate.

We are with you always now. We come forth to assist you to celebrate Truth. To celebrate the Truth that there is but One Being taking form as the many, and the many taking form as the One Being. All is well. All is well. All is well.

It is always a great pleasure to communicate with you in this manner. We give gratitude to this vessel.

Then we are complete...

Then we speak the words, so be it.