

## *Reflection for September, 2024*

*with Teacher!*

Greetings! I am Teacher and I come forth to speak with you in a way that will assist to alleviate your concerns for the external world and to bring peace to your inner being. Now you might wonder how I can speak words that will produce that effect, especially when what appears to be occurring in your world is most chaotic and perhaps brings your heart to a sadness that won't seem to lift. And I say to you, words hold frequencies, as we have spoken together previously. These words hold frequencies and they are intended to assist you to release the emotional attachments to what is occurring and to further remind you of truth. Then let's get started, for I could speak of what I will do or we can proceed together!

Long ago there walked upon the land those beings who held within them peace. They not only walked in the beauty of nature, they also walked within the cities where there was great squalor and death and the sickness causing death. They walked in a way that radiated outward the inner peace that they were dedicated to maintaining. What occurred?

The squalor continued, the deaths continued and the sadness continued. Yet the beings continued to walk in this manner, at times journeying to the mountains to be replenished and then also returning to the cities and to those areas where there was great suffering. They continued in this manner until they no longer resided upon earth.

Now some beings might view the fact that the sickness, the dying, the squalor, the suffering continued seemingly regardless of the presence of those beings who held peace within their being. Yet I say to you, what else was occurring? Did the presence of peace uplift the spirits of those who were suffering? Did less people release their life force? This is the answer.

Where there is chaos, where there is suffering, and where there are those causes and effects that exacerbate such conditions, the presence of peace and those who are dedicated to peace brings a process. Why a process? Why not an immediate relief? This is physicality. Even as nature changes gradually, so does the all as it is made manifest upon earth. The process began with the first stepping of those beings who held peace. With each stepping, there flowed forth the ingredient that was held in the All, was held in that physicality. The process of change occurs when one being and then two and then three beings dedicate themselves to that purpose that will uplift the entirety of the suffering masses. Such uplifting has already begun in your physicality.

Yet I say to you, do not surrender to the chaos. Do not allow your thinking and your heart to be filled with darkness and with hopelessness. Instead, dare. Dare to be the one who holds peace within your being, even in the face of the darkness, even in the

face of chaos, evening the face of those who are releasing their life force, even in the face of those who are taking lives for the pleasure of upholding their rightness. Dare. Dare to hold peace within your being.

You are part of this great process. What process? The process to change from hate to love. It is a gradual process. You cannot dive into the hate and make it change. Yet you can, one by one, one step at a time, one breath at a time, participate in the process of change. Dare, my dear ones, dare to be part of the process of change, the process of uplifting suffering humanity, the process of challenging the untruth by holding truth within your being.

Remember, truth is neither right nor wrong. Truth is. Truth is a vibrational frequency. When you bring yourself to peace, when you take the time, the moment, this moment, to breathe deeply and to let go of your attachment to the cause and effect which purports the evidence of darkness, and you focus even just for a moment, on the truth that you are a being, a holy being.... You are gifted with the life force which holds you within it. You are gifted with the choice of love. You are gifted with the knowing that you are cared for and loved by those who are reaching out to you from the spirit world, those who are breathing a breath of hope upon you, those who are sending the legions for peace in spirit form. You are not alone in this holding of peace.

Many in spirit form are flowing forth to assist, to assist in the process of peace, to assist in the process of change, to assist in the saving of humanity from itself. Again I say, dare. Dare to let go of reacting to the external world, even for a moment, and breathe deeply. Set aside your thinking and reside right in this one moment, right here and right now. Right in this moment, I, Teacher am with you and I am holding peace for you, with you. You see, my dear ones, peace is the holding of truth incarnate. What is truth? Totality of being.

You see, all beings are loved, even those ones who are causing the pain. Why? Why are they loved? They are lost... lost to themselves. And you are here to hold truth, to hold peace and to love. And I do recognize that it is most difficult to love those ones who are causing pain. Perhaps you can't. That is all right. Yet refuse to enter into the same hatred. Refuse. Instead, hold love within your being. Not for any person, place or situation. More so, just hold love, that warm embracing that kisses the brow of a lost child, that embraces a sobbing mother, that stands upon a hallowed ground and remembers. The love that breathes itself into you simply because you are.

This is a time of great change. Dare. Dare to let go of your hopelessness and dare to hold to truth, to love and to reside within your moment, this moment within which you are loved, within which you are peace, within which you are the stepping upon the land wherein resides chaos. You are the vibration of peace. You are the vibration of truth. You are the vibration of love.

Your steppings, my dear ones, are part of this great process of change. You are part of the new era taking form. Your breath determines how you will participate. You already know, of course, simply because you are sick of the hatred, sick of the chaos,

sick of the untruth, sick of the suffering, and you want to feel something else. The something else is this moment. This one moment. Right here with Teacher. We are together, stepping peace, one step at a time.

The journey may seem to be long, my dear ones, but in truth, it began long long ago and now...now, the new era is emerging and it is glorious.

Then I speak the words, *so be it*.

Now you know how words and the frequencies within them can change the manner of your own journey. Isn't that just grand? Isn't it?

Then until we speak again, I am Teacher.