

Reflection for July 2025 with The Council of Light!

Greetings! We are the Council of Light and we come forth to speak with you, awake and awakening beings residing incarnate during the great transformation upon Earth. We come forth simply because we believe it would be to your benefit to know more of this transformation and also more about yourselves. You see, you are beloved and held in the highest esteem by more beings than can be counted. Then we shall begin.

You see, within this transformation of frequencies upon earth, there are those ones who are far more advanced than any and are now taking form upon your planet. They are able to take form because you are here and are holding Truth and Light and Love within the fabric of your being.

Now this Truth and Love and Light that reside within you delivers several frequencies which of course play a major part in this transformation. You see, the transformation doesn't come from somewhere else and then presents itself upon earth. The truth is that this frequency that heralds the transformation which is currently occurring, has been and continues to be an integral part of who you are when you reside incarnate. Your spirit-being, of course, holds within it all frequencies. You flow forth from the Core of Creation and that gives to you totality. Totally means that all frequencies are part of that which you are. And as you are also incarnate, then you are anchoring those frequencies from the very first moment that you birthed or took form.

And while you resided within a journey that called forth your wakening, still you were then and are now the embodiment of Truth and Love and Peace and Totality of Being. Those ingredients and the knowing of them place before you a journey and the journey now becomes ever evident when you pause for a moment and find that you are feeling different manners of perceptions and the frequencies that reside within those perceptions.

For example, when you view what is occurring in physicality upon earth, viewing the horrors, then you naturally find a distaste or you abhor that which you perceive to be part of the incarnate world. And on the other side, so to speak, because of this horror, you discover then that you have a manner of loving and of allowing Truth to hold you within it. And the Truth that holds you within it gives to you a sigh of relieve, even though the opposite occurs within physicality.

Now we wish to remind you that all that is occurring upon earth within the hatred and horrors resides in the distortion and illusion. This does not mean that it is not occurring. It does mean that you know within your being that such creations have little life span because they are created from illusion, created within distortion. This does not, of course, make such creations less abhorrent. Yet we speak of this to assist you to remember that Truth cannot be denied. In the distortion and illusion, Truth barely holds itself. It is very small part of all creation. Why? So that there is an avenue for those who awaken and reach forth to be released from the horrors. And it is because of who you are and that which comprises you that the small part of Truth can hold itself open for those ones.

Now all of this occurs within and about and from you... without your efforting. It is a beautiful part of the integrity of your beingness. Yet there is something that you can participate within. You might think it is to radiate out that which is of you, and that would not be incorrect yet there is something different. Something that you can do. Easily. It is this.

When you feel repelled from that which is horrific, allow yourself to turn away from that which is presenting to you information, most information presented holds the direct purpose of manipulating all who receive it. When you remember this truth, then you can turn from that which is delivered to you as fact and you can expand your frequencies so that you are residing in the transformation. Such residing assists all. How? The more that you do this, then you are creating a pathway from the horrors to the uplifting transformation. Yes, this might seem to be simple, yet for one who is reaching out for relief, then such a pathway is a great good grace.

When you do this, simply allow those frequencies of the transformation to dance about you, dance about you until you feel that you are flying, until you feel as though you are residing in a grace of freedom of spirit, until you feel as though you are uplifted into a new realm. Remain there, our dear ones. Remain there. What you are experiencing, then, is the more of who you are, the more of the totality that forms itself as you, birthed from the Core of Creation. You see, this transformation is actually the moment of residing in the truth of that which you are and simultaneously letting go of the illusion where suffering resides.

Remember, when you are feeling overwhelmed, you are viewing yourself and your journey within the distortion and that viewing is always distorted, always filled with negativity, and always filled with the feeling that there is no hope, that you are stuck in your situation. And that is what the distortion creates for all who reside within it. Yet some, like yourselves, recognize these debilitating feelings as manipulation and upon that realization then refuse to continue to reside within it. And in that moment of refusal, then, they are turning away from the distortion and its need to hold all beings in a less-than breath. That turning away is just what we have been speaking with you about. Turn away from the manipulation. You are strong. You hold Truth within every stepping of your being incarnate. You are courageous, courageous in refusing the belief of heaviness in living. And then you place the next step into that which is the dance of truth, the uplifting of flying, the knowing that you are already free. You were birthed free and have remained free. It is only the distortion that leads you to believe that you are not free. And that is a lie, an untruth.

The moment that you remember this, then, you are dancing into the frequencies of transformation. And you are leading the way for the many who seek relief.

This is your journey and your journey is fulfilling of purpose simply by your residing within it. Many may speak of your purposes and that is neither correct or incorrect. Yet you know within your being, deep within your spirit that you are the fulfillment itself. You are the breath of flying. You are the joy of knowing, knowing that the transformational frequencies are what comprise your very being. You do not have to

seek it. You are it. Letting go of the falsity of the given interpretation of who you are, then, allows you the great good freedom to know yourself better.

You see, this transformation upon earth is a most amazing occurrence. And this occurrence is simply, if you will allow us to use the word *simply*, a recognizing of the fullness of your very spirit being.

Whisper to yourself: I am a being of Light. I am the frequencies of transformation and while incarnate, I am the transformation itself as it manifests within and upon earth and within all beings. This is your frequency. This is who you are... a most glorious frequency made manifest directly from the Core of Creation. This is your birthing. It is real. It is always. It is the pulse beat of who you are.

Refuse to believe that you are stuck in any way. Refuse to believe that your life is difficult and you must simply bear it. Changing physicality will not bring relief. It never really has. However, placing your consciousness in this truth of which we have been speaking, then, brings forth all changes that uplift your spirit and give to your physical journey pleasure and joy and delight and fulfillment. Reach not for the illusion of physical fulfillment. Instead, reach inside of your being and find the glory of truth and then oh then, will it manifest in physicality for you. For you. Then you are like the Core of Creation, allowing that which is Divine to flow forth and deliver to your journey that which you have been seeking and now know that you already are all that you seek.

Many have spoken that you are amazing beings. You are. Yet we, the Council of Light wish to say to you, you are more than amazing. Those are words. The Truth remains. You are Truth. You are Peace. And so much more. From your human perspective, that is amazing. From your spirit consciousness, that is simply who you are.

Then, we, the Council of Light find this to be most pleasurable speaking with you, you who are the essence of Truth, the essence of the Transformation, the essence of Light beyond light, of Love beyond love, of Holiness beyond holiness. Yes. This is you.

Then we believe we have spoken enough for this moment.

We are most blessed to know of you and to celebrate that of you.

Then we speak the words *so be it* and give gratitude to his vessel who allows us to speak through her.

So be it.