

Reflection for August 2025 with Teacher

Greetings my dears! Greetings! I am Teacher and I come forth to deliver to you something wonderful. It is a truth, of course, but this truth resides already within your being and I, Teacher, am calling it forth. I do that by speaking about it and then the frequencies of speaking about it, call forth that truth within your being and it becomes conscious. Isn't that nifty? Then let's begin this little chat.

The truth that I speak of is the Truth of One. Now what is that? Perhaps you already have a concept about the Truth of One. On the surface it means that you and everything are all united, all connected. But there is more to this Truth of One. What is it? This.

Long ago when you first came to reside upon earth, there was a flowing forth of that Truth of One. It was the automatic flowing forth of your fulfillment...before... yes before... *before* you wanted for anything, before you wished for anything, before you prayed for anything. You see, the Truth of One also holds within it your fulfillment of being. It must, you see? It must because it is Totality. All. Then if there is the Truth of One which holds totality, everything, there cannot be a missing ingredient.

Yet as we reside within physicality's journey, there seems to be many missing ingredients. Enough. Enough money, enough love, enough ease of living, enough laughter, enough fulfillment. I could continue. Why is this here? Why is this an experience in physicality if there is Totality, if there is the Truth of One. Well, here is the answer.

You see, there has been the forgetting. It came along as physicality became more dense. It was actually the result of a little playing, playing with forgetting and then remembering, which was called an awakening. The density called more and more forgetting so that the awakening could be more and more. And within this play, then, there came the moment of forgetting... everything. Now the flowing forth continued, yet as the consciousness looked at what was being made manifest in physicality, there came to be the wanting of more, just as it lives now in physicality. So what is the relief from that? Oh you are going to love this! Here's the answer.

When you bring yourself to peace, when you bring yourself to a quiet time and then let go of all of the external wantings and cause and effects, so that you can be at peace within your beautiful self, then you are ready for the answer. It is that you are a spirit-being residing incarnate. You are not human but you do have a human vessel. It is a lovely vessel and it has been trying hard to make everything work out, to make everything be manifest... to have some relief from that called survival's grasp. But now, here you are, the spirit-being and you are ready to know that within your being there resides the spark of creation. It must be there or else you would not be incarnate. You see? And within the spark of creation, there resides that called manifesting from within to without. Just as it did long ago before the forgetting.

So then, when you bring your awareness to that truth, then you are ready to allow. Now allowing is a bit tricky isn't it. Why? Because you have had to hold on to controlling

the external cause and effect so that you could have some of that fulfillment. That's not a crime, my dears, but it does prevent the fullness that is yours to have.

The Truth of One holds within it your union with everything. Your union with your fulfillment. And your fulfillment is birthed with that spark of creation that resides within you and as you. Your union with your fulfillment is. Always. Then when you allow that fulfillment to flow forth, you can begin to remember... to remember the ways of long long ago when you came to explore physicality and found it to be delightful in all manners. This is yours to have always.

So then what is your participation besides remembering? Your participation is to allow that flowing forth, to let go of trying to make things happen. Now your human nature wants to control everything and that's all right. But you, the spirit-being residing within that human nature can let go and then breathe into your human nature that peace, that inner knowing that all is well, that you are being taken care of, and that truly you are loved and cared for and thought of as the most magnificent being upon earth... because all beings are one being and that love is... it isn't withheld from anyone. Ease of living isn't withheld from anyone. More than enough isn't withheld from anyone. It flows forth from within your spirit to without and into physicality, just as it did long ago. There is no deserving. It flows forth as Totality of One. Yes, pretty nifty, I would say.

Now my dears, breathe deeply and if you can, go to nature in this day. Allow nature to nourish you, as it always will. Set aside all the wants and needs just for that moment and perhaps you will begin to feel the frequencies that continue to reside as they did for you long ago. Long ago is now.

Then until we speak again, I am Teacher. I give gratitude to this vessel through whom I speak and I also speak the words *so be it*. Perhaps you will speak them with me?

So be it.