

Reflection for January 2026 with Ancient One

Greetings, I am Ancient One and I come forth to speak some soft words for your spirit, for your inner being. You see, there is much occurring upon your earth and perhaps even in your own geographical location. And because there are those instances that are horrific, painful or unacceptable, there is then a tendency to tighten your body-physical and then your inner beingness. That is natural. Yet I wish to encourage another manner of being.

With softness you are then bringing yourself to who you really are. Now this does not mean that anger is incorrect. Does not mean that your emotions are incorrect. Rather, this is a manner of residing closer to the reality of who you are *in spirit*. When I, Ancient One, speak of softness, I am speaking of how you refer to yourself and then to the possibilities within your daily cause and affect and also within the possibilities of what might occur upon your lovely planet of earth.

There is a great tendency to focus on so many of the negative occurrences and that is natural, sometimes it is natural for the purpose of self preservation. Yet other times focusing on the negative and on what is wrong, what is predicted to happen resting upon that wrongness, and although that is neither correct nor incorrect, there is something that you are doing to your own beingness. It is this.

When you focus on the negative and remain there... and that is the most important statement, "and remain there", you are then choosing to place your consciousness in the slowest frequencies wherein reside those avenues that tend to control your next thoughts. However, when you pause for a moment and bring yourself to Truth, to the truth that you are a Holy Being incarnate in order to breathe forth Love and Peace, then you have the additional choice to reside there, to remember that you are bigger than the caustic occurrences. Now this is important. When there are occurrences that you cannot change simply because they are out of your realm or because they are in a distant location geographically, then what can you do? This is the important part. There is a lot that you can do. It will seem as though you are doing nothing, but you are doing what you came here to do.

In the moment of pausing, you can choose to take some deep breaths and breathe outward that lovely lovely light that is your spirit, to breathe out that deep love that always fills you to the brim and overflowing. It is the love that when you breathe it outward to the entirety of humanity, to the entirety of earth and perhaps even the entirety of the Universe, then oh then there is a shift, a powerful shift. It shifts your consciousness and it shifts the focus of all of those locations. Even if the shift in the consciousness of the masses is slight, it still is a shift. You see, when Truth flows forth into the distortion, Truth prevails. Truth is of course a frequency. And it is the frequency that you reside within in order to be incarnate. You, those who receive these words, are residing within the frequency of Truth.

Now Truth is not a series of words. More so, it is a manner of being that allows you to reside without challenge in any location. Yet I, Ancient One, ask you to consider

residing in a location that allows you peace, that allows you to feel the love that flows back to you from the Universe and further. You see, there are many, as I am Ancient One. I am not the only Ancient One, and we are holding you within our warm embrace. We care deeply for you and how you are able to go forth within the cause and effect as it presents itself to you now. There are frequencies that are flowing upon the earth and these frequencies are of a higher and more expanded manner. They are ready for your reaching out and residing within. You see?

This is not a denial of the horrors that occur upon earth propagated by those who hold power, attempting to hold power over thoughts and feeling and ability to reside with the life force. Instead, this is away, my dear ones, this is a way to stave off that power from your thoughts, from your actions and from the frequencies that flow toward you from that power. When you choose to reside in Peace, in Truth, in Love, then you are raising your frequencies and this raising of your frequencies matches with that inner beingness of your spirit. You might call this match a Return to One. You are then not only giving to yourself a different expression and experience, you are radiating that fullness of being and that fullness of being radiates outward to totality.

Now some might think that there are those who they do not want to radiate love towards. That is not incorrect. That is choosing the avenue upon which you reside. Yet, I say *yet*, All spirits are One Spirit. This does not mean that you are united with the human nature of any being or the persona of any being or the actions or inactions of any being. You are remembering the Truth of One and that Truth says that all beings are one being.

Now the One Being is referring to spirit to the holiness of being that is present in all beings, even if in some beings it is hidden from themselves. That One Being is the frequency of creation itself, is the frequency of uniting consciously. When this uniting consciously occurs, even in a few, there is an uplifting of the entire consciousness of humanity. And that is what this is all about, isn't it? Isn't this why you are here? To hold yourself incarnate, to remember who you are, to reside in that love and peace, radiating it outward, and to know that you are truly fulfilling your purpose simply by being who you are, a Holy Being.

Now being a Holy Being does not mean that you must act like a saint. Of course not. But what it does mean is a that there is an essence within your being and that essence is comprised of Holiness of Being, which is a frequency. When you dare to hold yourself in peace even for a few moments, then you are giving to yourself that gift of knowing more about who you are, knowing and experiencing who you are.

My dears, as the cause and effect continues there will be more and more occurrences that will not be peaceful, will not be honoring of a beings' right to be, and perhaps worse. This is the end of the distortion, the end of the illusion of separation from the whole. And within this ending, those who are in power will seek to demonstrate more power and more power. Those in power will then attempt to show each other who has the most power. This will not be a wonderful time. Yet hear these remaining words.

There are those, like yourselves who are dedicated to residing in Light and Truth and Love and the Reality of One. One being breathed itself forth to become the many,

yet all beings are that One Being. It will take courage to remain steadfast in your purpose of residing and incarnate the Truth of Light, the Truth of Love and the Truth of Peace. Remember, peace is the ability to merge with everything. That is peace. In human form, then, the human cannot believe that is possible. But you, residing within that human vessel, know that All is One. You know within your being that there is a great transformation occurring, flowing forth upon earth and to all beings. And that is why those in power are attempting to increase their power. Why? They feel the fleeting of their power. They feel the dissolving of the distortion wherein they reside. They know, their inner being knows that this is the end for them. And it is.

The frequencies that are flowing forth within this transformation hold the highest fulfillment of being. This is then the transformation from distortion and untruth to totality, love, and the warm embracing of that which you are, that which all beings are.

Now some believe that there will be a leaving behind of those who are residing in the propagation of the untruth. But that cannot be. Why? Because All is One. Then that means that some will remain in that darkness...until perhaps they awaken in some other era, but all beings are one being. This cannot change. Totality is.

And all of the species upon other locations, upon other planets, know this to be true. They reside within it. And they are waiting for earth's inhabitants to grasp that knowing and to hold it deep within their being, to recognize that there truly is no separation from the whole. They are waiting for earth's inhabitants to awaken further, to let go of war and to embrace peace. This embracing can occur in the transformational frequencies that are flowing forth to earth even as you receive these words.

Then dear, lovely beings, dare to be who you really are. Dare to remember that all beings are one being. Dare to remember that there is no such thing as separation from the whole. It resides in the illusion. The illusion is neither right nor wrong. It simply is because of physicality. Yet when there is an uplifting of the consciousness, perhaps through this transformation, then there is a physicality that can reside. It presents itself then as paradise. It is real. It resides within you and is waiting to express itself flowing outward.

You are the key, you are the consciousness that breathes forth the fulfillment of hope, that breathes forth the relief for those who are suffering, greatly suffering. You are the answer for yourself and yourself is, of course, the many. You are the one breathing forth the many and your breathing forth gives all beings that opportunity to grasp on to that saving grace, Truth of One, that saving grace, the consciousness that allows them to be, to be who they already are, as are you, Holy Beings filled with that vibration of Truth, that vibration of Love, that vibration of Wholeness of Being, that vibration of the Return to One, which is the consciousness returning to the Knowing of One. That is you. That is who you are. That is who all beings are, yet there is an awakening that is required in order to know. The awakening uplifts all beings from despair, uplifts all beings from the dedicated illusion of separation from the whole. The awakening leaves that illusion and carries the being, the consciousness into the wholeness and it is there that the spirit is healed, cared for and loved. And that is where we, the Ancient Ones, reside waiting for all beings to come forth to be healed, saved from the horrors, and welcomed into the Truth of Creation Itself.

We Ancient Ones are with you, my dear ones who receive these words. We are with you and will assist you always. You are the treasure to us. You have dared to remain incarnate and to fulfill your purpose. We honor you.

Then I believe I, Ancient One, have spoken enough. Hold the Truth to your being. Dare to care for yourself and find nourishment in each day, nourishment for your spirit.

Then until we speak again I, Ancient One, speak the words so be it.
So be it.