

## Reflection for May 2026 with The Holy One

I am called the Holy One and in truth, all who receives these words could also be called a Holy One. You see, you are much more than you have been led to believe. And there is no blame for any who have treated you as a human being. Yet you are more. You are a glorious spirit who, in order to be incarnate, lives in a vessel that is a human.

But I am not speaking to affirm who or what you are. You have perhaps heard those words before, that you are a spirit living in a human form. I wish to speak a few words to you to nourish the entirety of that which you are incarnate, to nourish your spirit and to nourish that vessel for your spirit, your human being.

These are those words.

Even though there is much occurring upon earth that brings one, perhaps you, to feel downhearted, there is also something most glorious that continues to reside. And it is not that I, Holy One, would diminish all that is worrisome nor augment that which is wondrous. It is the wondrous that I speak of.

Consider these truths... perhaps you would take a few deep breaths and then allow these words to fill you. That is my intention, to fill you with love and comfort and truth.

You have a loving heart, one that can be at times so full of that love that tears come to your eyes. Why? Tears release the expanding of your heart so that your love and compassion can have an avenue for expression. This is the greatness of you.

There are upon the earth blossoms of every color that you can imagine and perhaps not even imagine. These are the colors of the frequencies that are called forth to form. There are locations upon your earth that hold these frequencies, where nature is abundant.

The waters flow and flow and flow. Even when there are areas that require water that is not present, know this to be true. This is a water planet. There is no lack of water. When you allow your worrying to shift to gratitude for the water that is this planet, then you are calling forth the fulfillment of all needs for water. This is your power through your love.

The creatures naturally love you, the spirit within the human. All creatures vibrate the same pulse beat as do you. All of the whole, you and the creatures and earth herself.

There is a love for you, radiating from the sun, from the moon and from all planets and those who reside upon and within those planets. You are greatly loved. More than you know is flowing forth for your salvation. Breathe it into your being. It is like breathing inward golden essence. It is and has always been yours to have.

There is a song, the song of the Universe. It holds within it all frequencies and pulse beats. You are the song and it is you. You are the softness of the song and you are the strength of the song. Yet the song holds no purpose 'cept to be a song. That is you.

Within the histories of who you are there resides those moments when you held the suffering to your being and within that holding you healed the many. You who receive these words have those histories within your story.

There have been in your journeys those ones who have caught your eye and have pulled from you that love and appreciation for who they might be, even if they are seeming strangers. Those ones know you from old, when together you did go forth and walk the mountains to discover ancient herbs and roots, used for the healing of the ones who were hopeless and fearful of life itself. You and these ones originate from the same star system.

You have resided in spirit form and visited those ones who were preparing to release their life force and become spirit once again. When they did then you were present to guide them forth into the Light of lights. This you have done for many counting of lifetimes.

Hold to yourselves that love and light, for now it flows to you. You have given again and again and in your holiness, you have created avenues for the many to flow forth into the manner of living that has always been meant for them to reside within. Paradise. And now it is your turn. I, the Holy One, embrace you and hold you within that golden essence. In this moment, close your eyes and feel that flowing to you. You are more than deserving. You are the essence of nourishment of being and now I, Holy One, breath it to you, into your spirit, into your human beingness and into your steppings so that you can begin to know more of the truth of your own journey.

You see, you are the Holiness Itself. That is what is meant by discover the more of who you are.

You are loved. You are cherished. You are held within the highest frequencies. You are honored by the many. You are... the Breath of Creation taking form. Golden Essence incarnate. Your steppings light the way even when you are feeling saddened, when you are feeling joy, when you are sleepy and when you are so very awake. No manner of how you are is less than Holy. Why? Because, my dear ones, you are Holiness Itself.

Know this all to be true.

Now I believe I, Holy One, have given what I wished to bestow upon you. It is my great pleasure to speak with you in this manner. Be well, my dear ones. Be well. You were rescued long long ago. Now you are the saving grace for humanity.

Until we speak again, then I, Holy One bow to your essence of being.

**So be it.**