

Reflection for August 2026

Greetings! Greetings my lovelies! I am Teacher and I come forth to have just a little chat... about frequencies.

You see, there has been the talk and perhaps in truths about the new frequencies that are coming upon earth and to beings such as yourselves who are awake to recognize the sound or feeling of those frequencies. Well, now I, Teacher, might just say "hold on to your hats!" Why? During this time upon earth, there are many challenges and within those challenges there are portals that are opening. Now why would portals be opening during times of challenges? Here's the answer.

Now more than ever are you not alone, not on this planet, as there are many spirit-beings in attendance and of course now in the gathering of beings from other realms and planets. So then, when there is a challenge to the ability of humans to remain in truth, a challenge to the strength of those who are struggling to uplift themselves from survival's grasp, and more so, challenges to the very pulse beat of the taking of form and releasing of form... that called creation incarnate... those beings come forth to protect all that is threatened with the challenges, especially those challenges efforted by those who wish to ignore the struggles of the beings, the humans, and also wish to increase their [own] power.

Now when those struggles present themselves, then the portals for those who are present to assist are opened. Now not just any being or spirit-being can flow forth through those portals. There are those ones who are dedicated to the maintaining of the integrity of this fine earth and the beings who reside upon and within earth. Those ones hold within themselves a certain frequency and this frequency is a perfect match to those frequencies that are flowing forth.

Why are they flowing forth, by the way? Well, my dears, there are many answers that have been given to that question. Yet I, Teacher, will say that the frequencies that are coming forth to earth are doing so at the bidding of those Ancient Ones who placed beings upon the very first earthly paradise. These frequencies are holding a purpose. The purpose is to uplift the consciousness of humanity.

Now in past times, so to speak, the Ancient Ones, Holy Ones, saw the horrors that were occurring upon previous earths and they did then remove all that resided upon earth and began anew. That is, they placed new beings upon the earth and observed how they would develop their own consciousness, hoping

that they would awaken and relish the Truth of One. This manner continued for a very long time with many different earths. Yet it has been determined that the beings who reside upon this current earth will remain. And in order for them, or for you to remain, there must be an uplifting of the frequencies that are held within the consciousness of the masses. And that is why the frequencies are flowing forth now.

And now, I might add, they are flowing forth with an increase of the waves that deliver those opportunities to embrace Truth. Now the embracing of Truth is easy. It is even easy for those who are of the sleeping masses. Why? Why is this embracing of these frequencies of Truth easy? Well, my dears, you perhaps know the answer. It is that these frequencies are what comprise the very essence of all beings. It is then as if you are embracing the truth of who you are. And that frequency is an automatic journey to all beings, all beings.

So then, as you are awake and receiving his little chat, I, Teacher, say to you, because you are awake, you will most likely feel and acknowledge these new frequencies which are designed to assist you, the awakened ones. When you receive these frequencies and embrace them, knowing that they are a major ingredient of the essence of that which you are, then those manners of embracing flow forth from your being and reach out to all beings. Yet be it known, you might find yourself feeling a bit different. How?

Well, you might find that you are a little physically off balance once in a while. There is nothing wrong with you if that happens. You are simply noticing the wave of frequency as it flows to you, and itself embraces you. You might find that you are either not hungry at all or that you simply cannot seem to eat enough food to even reach the possibility of being full. You might find that you are eating foods that you decided long ago that you would not. Now I am not referring to harmful foods, yet if you haven't eaten ice cream for example, you might find yourself craving ice cream and then eating it. I, Teacher say, enjoy yourself.

Also you might find that you are taking more naps during the day This is so that you will enter into a seeming unconscious state while the frequencies merge with that of your life force. Perhaps you have been in a type of solitude as if a hermit, and now you find that you are enjoying being with others even if you do not know them. Perhaps while you are in a store, for example, you might enjoy looking at others and even speaking a few words to a being you have never met before.

All that occurs during these times is designed to assist you to assimilate the new frequencies and then to share them with others. And you do not have to figure out how to share simply because it is automatic.

Now there will be three waves of frequencies, each wave more intense than the previous.

The first wave will be what you call a loving embrace. It is designed to awaken you more to what is occurring, so that you know that you read about this and now you are actually experiencing it.

The second wave of frequencies is dedicated to those healers and expanded consciousness beings who have for many lifetimes been assisting others to manifest healing for themselves. Healers will receive an extra boost, so to speak, of the energies that flow through them. Allow this frequency to merge with you before you share it with any other. This will assist you to reside in a new realm-like manner even though you are still residing upon earth. You healing abilities... or should I say your ability to allow those frequencies to flow forth to assist others to heal, will become more intense for you, yet you will be able to participate... because you are becoming more of who you are in the totality of the all.

The third wave will give to the entirety of earth and its inhabitants a frequency of Truth. This frequency of Truth will begin to cause the fall of those who have refused Truth and created untruth for their own benefit. All of those ones will either be no more or will be without power. This might leave some areas upon earth in a type of chaos, but never fear for there will be those who will emerge and assist the forming of a way to be that holds honor to all beings. This is then the shift in consciousness

Now many have spoken that the shift in the consciousness in this manner will remove those ones from earth, yet I say that is a misinterpretation, my dears. You are meant to reside upon paradise once more, once again. And earth is emerging from the harm that has been done by emerging to be that paradise. You of course will remain. And the others will reside in what could be called an incomplete time line. They will be returned to the primary tie line and they will not be allowed to return to earth, or any earth, ever.

Even as this continues, more beings will reveal themselves as from other locations and other species. Yet the consciousness will be able to embrace such revealing simply because the species revealing themselves will radiate holiness of being. Those species are here or will be here to assist all humans

and all creatures to be able to release the previous fears and results of those fears so that all will be at peace. Peace is the gift of being incarnate, my dears.

Then the rest, so to speak, is up to you. You are the holy ones and you are awake and you are able to assist all beings to embrace truth once gain. It is not that you are teachers. More so, it is that you are the lovers of humanity once again.

It is time, my dears. It is time for your emerging even to your own knowing of the fullness of who you are. Beautiful beautiful beings. Holy Ones.

All right now my dears, I believe this is a good place to pause or complete this little chat! You are loved beyond the word *loved*, and you are cherished by the many who wait to assist you... once again.

The Ancient Ones who reside before Creation Itself hold you in the highest regard.

Then until we speak again, I am Teacher and I speak the words so be it. Perhaps you will speak the with me?

So be it.