

Embracing an Ascended Life

A Series of Twelve Energy Transmissions



Message Three

The Year of Healing

*Through Wisdom Teacher Sri Ram Kaa & Angelic Oracle Kira Raa
Delivered at the Howard Johnson Convention Center, Albuquerque, NM
December 31, 2006*

St. Germaine is present:

Your mission is much greater than you are aware of this year, there is much more coming in around you. May you be illuminated by the Violet Presence of All That Is.

The Grid of Illumination

America has been a catalyst. Don't lose sight of the truth. America came forward as a catalyst, and be careful of your judgments in what you see happening around you. The energy of this protective veil is coming off, and the truth is being seen. At the top the Himalayas there is a large crystal that is projected a ray that is coming right over to the top of the Grand Tetons. This crystalline ray then goes into the center of Peru, and then up again and to the North Pole, and then touching the South Pole. This crystalline grid is beyond the Christ Grid, as it is the *Grid of the Illumination*. The Christ Grid has held the Grid of Love, and the Grid of Illumination is coming forward now.

There's going to be a **huge** energy come up between Asia and the United States in 2007, and not all of it will be balanced. This grid will teeter and totter. Many will judge America, you must not judge the judged. It is very important to realize that the catalyst energy that did birth out of this country, has now come forward, how all respond to that energy will move it. The spirituality power of India will begin to balance the energy. America and the Grid of Illumination will bring forth a very powerful time of healing.

All the Ascended Masters wish for you to know that you must not be afraid. Whatever you carry into with fear will become what you are afraid of. And so you must not be afraid, unless you choose to experience fear, which of course is your choice.

The Year of Healing

Archangel Raphael is present:

This is a great year of healing. That there will be many healing opportunities coming forward this year, many healing opportunities in many ways, you must release the way you perceive the healing. By the end of the year, that which is not healed within, will find a scar deep. Dearest ones, it is up to you what you choose to heal, and what you choose to hold on to. For this is the year of gathering forth your healing, and I'm watching.

Archangel Zadkiel is present:

No one needs to be a sacrifice or be sacrificed. This is the time of **knowing the divine presence within**. May you be fully illuminated with the divine gifts that you call forth.

Archangelic In-Soulment begins with the T-12

Blessed beings. It is with divine reverent honor that we come to you today to offer to you the blessed knowing of all that is within the heart of that which is the revealed. We offer you this understanding because it is imperative for you to remember that within your heart, all has already been revealed. What is it that you are choosing to understand, and what is it you are choosing to deny? What is it you are choosing to see, and what is it you are choosing not to see? Indeed, blessed beloved brethren, it is the time of divine reconnection, it is the time of the blessed reunion with all that has ever been known.

Recognizing Your Divine Choice

My beloved dearest ones, we offer to you a recognition that has been deep-seated and often hidden within this realm, in what many call the solar plexus area. Many have been holding in the solar plexus area. Many divine truths are ready to lift up into divine recognition in the area of the heart. In the area of the heart, it is imperative, oh beautiful ones of this world, for you to realize that you must allow yourself greater understanding, greater recognition of your own limitless beingness. In a pattern of energy that calls forth a limiting belief that you can die, that you must be born again, that you can die, that you must be born again, you perpetuate a beautiful expansion indeed, and you also stall your own reunification. How much you choose to learn, how much you choose to expand, how much you choose to have, be, know and do, is contained within your own divine center.

Let us go back, as they say, and offer you a greater understanding from which you can feel an energetic recognition. As a being of Light and divine joy that has come forward at this time, at this recognition in this cycle, first you must know that you chose this world, this planet. Many of you say, yes I know that, however in the recognition and the establishment of knowing that, are you truly knowing that you chose this world, when there are literally, what you might call, hundreds of thousands of others.

It is not just this one world. And in your own divine choosing, in your own divine recognition, you chose again and again to expand and learn and be, and so for eons you have been choosing, expanding, being, growing, and knowing. In this time, in this moment now, in this very moment now, you are in the divine recognition of the culmination of all that has ever been done. So many cry out and say, oh I have not done this enough, or done that enough, perhaps I don't deserve this or deserve that, who are you to judge that, for within your own divine perfection, you have already done, accomplished, experienced and definitely connected to, the divine energy that you are.

In this moment now, in this expression now, you are being gifted the opportunity to fully recognize this, to fully remember this, and this is why you have chosen to be in this expression in this carnation now, so that you would have the opportunity to be able to fully align and remember from your own divine center.

Beloved Ones of Light, Beloved Beings of the Divine Universe, when you share your own knowing with another who does not understand your knowing, what happens to your knowing? Because indeed this is the discussion you have between your inner being and that which projects to the world. You have this conversation constantly with yourself, or should we say your selves, hmm, yes. And so it is imperative to begin there, and perhaps your discernment needs to be fine-tuned within your own beingness, and perhaps your discernment needs to be in alignment with your own filtering systems.

Where do your judgments lie? Where do your judgments lie? Or perhaps we should say where do judgments lie? And to whom are they lying? We offer you this because indeed it is as simple as letting go of judgment and yet as challenging. It is not? Yes.

Many of you have in front of you many situations, many beings, many expressions, many familial situations that cause you great judgment, do they not. One has one way of feeling, one has another way of feeling, many come together and are not sure.

Releasing Doubt & Judgment – Embracing Enlightenment

What if you could allow yourself to bring all of your information from your inner knowing, from your soul recognition that every single moment, every expression in this lifetime has been a divine expression of the perfection and culmination of all lifetimes. What if you could trust that you are already in divine perfection. What if you could trust that your perfection is so beautiful, that you came here now to remember, to know without any doubt.

Dearest beloved ones, often times it is you who doubts more than any other, and in that doubt you prevent your own enlightenment. Your enlightenment is with you the moment you release your doubt. Your enlightenment recognizes your cellular structure.



How many will say, how can this be because so many in this world do this terrible things or that terrible things. Is that not a judgment. We ask you to go to the broader picture. We invite you into the deeper recognition of your own soul energy. When you can truly become the observer of your own process, when you can truly become a divine conduit of the presence of God in All, in ALL, in that moment there is no need to engage in that which creates terror, fear or chaos.

The Cycle of Your Own Divine Beingness

When you choose to engage in terror, fear or chaos within yourself, sometimes you create great terror. We see this often in the financial situation, many people create terror within themselves. Oh my goodness, what if, can't do, oh my. Yes. So if you choose to engage in terror, what do you think you will call into you. Terror. If you choose to engage in chaos, you will find chaos, and chaos is a great addiction that is indeed showing itself in this world now. There is a great chaotic addiction, and we offer you this word to understand that in all addiction there can be a cycle, can there not. There is a cycle of engaging, a cycle of disengaging, a cycle of engaging again, and so we invite you to recognize perhaps one cycle. The cycle of your own divine beingness.

What do you fill your time with in this world?
 How do you interact in your speech patterns?
 What do you say to yourself?
 What do you say to another?
 What do you converse about?

Blessed beloved children, you must understand, that you are indeed at a time where your energies, all energies, are truly manifest in their strongest form and potential. Because of that everything that you give your attention to will become most manifest. This causes one to have great responsibility, does it not?

When one is not conscious of that which is coming forth, when one indeed loses consciousness and is fast asleep, indeed it is much simpler, indeed it is dearest children. You must remember, that when one is not conscious of beyond the density, then how can they be responsible to co-creative action. Dearest ones, when you understand that they cannot be responsible, indeed you can help yourself unwind the pattern of judging it should be different. *Perhaps it is the very action that you judge, that is the action that assists this one to come into co-creative responsibility.* We honor you, for when indeed you wake up to consciousness, when you wake up to the understanding of the one beingness in complete harmony and union, when you understand that there is no separation, indeed then you become responsible because you know.

I AM the Divine in Action in Every Moment

You know what you are saying yes to, and you know what you are saying no to, it is then you are truly responsible. And so indeed, in this world, the perception of responsibility can be most difficult and we honor that perception. And yet, it is only difficult until you fully resolve your own divinity.

Blessed beloved ones, do you understand that you are the divine in action in every moment? *I AM the divine in action in every moment.*

When you can offer yourself *I AM the divine in action in every moment*, recognizing that the I AM is limitless, in that moment, all action becomes divine, does it not? And in the divine action that is so beautifully expressing itself in all in this world now, in that divine action, can you offer yourself recognition that you are here now. By choice. You were not forced here. You did not unwillingly get pushed out of the plane with the parachute. You are here now by choice. You chose to be here beloved ones, all of you, because you have within you, active knowing DNA of Su'laria and of Tu'laya.

Tu'laya & Su'laria

Now we wish to offer you this recognition. When, as a being of Light, you began expansion and came forward and said yes, because Love is so great, because Love can Expand, we shall go and expand ever more as Light. At the time of Tu'laya, or as many here call



Leumeria, at the time of Tu'laya, when the shift in Light energy occurred, you chose to keep going. You are a great warrior, you are one who is able to persevere, you are a being of divine illumination and as you expand ever more and came into the great form of Su'laria, or as how many have called Atlantis, and you have spent great time in Su'laria, not here on this planet, the Su'laria of the full existence of energy, again you said I will go further, and again you had the choice.

Just because you had this expression does not mean you needed to come here, and so it is a most profound gift to **be here now**. When you declare, I AM HERE, you are declaring, I recognize I am here, I recognize my own divine beingness, I recognize my own divine soul, I recognize the limitlessness of being.

Recognizing You Are Resurrection

Many, many, many reach out and ask about ascension. What is ascension? How will it happen, where will it be, date, time, way. We wish to offer you this, the mere fact that you are here now, is already evidence that you know how to do it. When you fully understand what we have just shared with you, you will fully understand the presence that you are. Many ask, could there possibly be resurrection? The fact that you are here now, proves there is. When you can release the fear of transition, when you can release the fear of not being in this world, in this form, all you can do is resurrect, all you can do is ascend. And yet, so many ask, then why is it that only one person has ever done it in this world, so they say, and so we offer you this, to model what can be done and to also illuminated an energy stream to hold a love grid in this world. You are in a season right now of great Light, of great Light expansion, and in this season now of the great Light expansion, the Love of what many call Christ energy is abundantly, wonderfully available.

Tap into this energy of resurrection and allow yourself to be resurrection. What do you choose to be? In the time of great illumination, what do you choose to be, what do you want to be? In the divine Love of all that is, be present in that knowing. Be present in the recognition that you are resurrection.

You Are Divine Perfection

So many say "I must have my body." We ask Why? Why? You see beloved ones, your body as it is in this moment now, is indeed a form, or a means of being, that has manifested after many eons of manifestation, of Light in form. And yes, it is wonderful and glorious, it is not? A divine vessel that allows you much, and it is imperative for you to remember that in the energy of divine love, all comes forward in divine perfection. And as all comes forward in divine perfection, allow yourself the opportunity to first release the judgment of your own lack of perfection. You see beloved ones, you are in divine perfection now, you have always been in divine perfection.

We invite you to recognize this, as each moment goes on, as each day goes on, who is leading your life? The outer body, this vessel which indeed loves to be in charge, eat this, do that, think this way, or, the soul.

When you allow the limitless expression of your own beingness to lead each day, indeed as a responsible co-creative powerful manifestation, then you can see the divine in action in all.

The next time that you choose, because indeed it is a choice to engage in terror that may be around you, perhaps you see news report, or perhaps you see or hear, or someone grabs you by the shoulder and says did you know, how do you wish to engage? Who is engaging? Perhaps you can offer yourself the great acceptance of the gift of the event of the one that is calling your attention, by bringing your hand to your heart in that moment, breathing in deeply, releasing all judgment because judgment will come in so quickly, you will not even know it is there. You judge your judgment. And so, as that comes in, you bring your hand to your heart, you take a breath, and rather than engage in the trauma or the drama or the chaos, you take in that breath and you recognize a gift has just been given to you.

Is it mandatory to respond to all engagement of chaos? While it may be easier to answer that now, it is more important to recognize how you practice that. How many do you know whose favorite words are "Yes But"? It is important to pay attention, because it is the *Yes But* that causes you to age. It is the *Yes But* that makes you believe you are not limitless. It is the *Yes But* that makes you think you must keep getting older when indeed you can get younger. It is the *Yes But* that cripples your body. It is the *Yes But* that will hide out in your spine. It is the *Yes But* that will take away your joy faster than anything. And so when you hear *Yes But*, perhaps you put your arms around the one who is saying it, including yourself if it is you. Perhaps you put you put your arms around them and say I love you dearly, joy is your birthright. And when they say *Yes But* hug them harder. Yes.



You see beloved ones, you wear on your faces, you wear within your bodies, all the pain of any belief that you have ever held onto, that was less than perfection. You truly are limitless and you truly are without any age boundary or physical handicap as you would say. It is up to you how you wish to wear your pain. And so if you wish to release your pain, you will release your pain, and each moment you must train yourself. Your cellular structure of this body, aligned with this world right now, wants to say *Yes But*. It is conditioned, it is a habit. Your left brain wants to say, oh this is bull crap. Yes. And this is OK. Until you allow the bull crap to go away. And if you want it to be bull crap, then wear it well. And you will see that most truly. And we use this example for you because you are the expression of your thought process.

Now let us understand that more for you. When you say that you are the expression of your thought process, how do you let your thoughts process? This is what you must pay attention to. For all thought comes in. Are you the observer of the thought? If a thought comes in that is less than whole, less than perfect, judging of yourself or another, are you aware, are you co-creatively responsible enough to immediately say "Cancel, done. Delete." It is a wonderful button they have invented. Put it in your brain. Delete. And it is most profound in its impact.

The Time of Abundant Culmination

The more that you can allow yourself to be in the delight of joyous interaction with all, the more that you can recognize that every expression is a gift, no matter what it looks like. Perhaps, there is so much terror, so that you can find ever more joy. Perhaps you can find the gift in everything that causes you to doubt yourself or your own existence.

Beloved ones, it is the time of abundant culmination. It is the time of Divine Servitude, and Divine Servitude begins by serving Your Beingness. You do not need to engage in anything that does not serve the Wholeness of Love. Each is finding their way to Love. Each is finding their way to Be. All are together, in each world, as you are in this world. Yes.

There are abundant streams of energy that are coming forward now to be with you, to dance, to delight, to help you remember, and as one stands in a room and sees, another will swear they are not there. How would you like to see? What would you like to see?

And pay attention to your own *Yes But*. Indeed dearest children, you are at the time of being able to release all the bounds of density, and they are abundant, and yet they can not happen without your own earnest, integrous intent. What is most important to you? Ask yourself this question. Pay attention to the first thing that comes up. You might have even been alarmed with what flew through your head. We saw words go through many heads here when we said that. Many said money. Hmm. What is most important to you? Pay attention to what comes forward. What is most important to you.

If you absolutely knew that you were a limitless, beautiful, whole being of Love and Light, if you could absolutely know that, how would you express?

How would your body look?

How would your body feel?

How would your world be?

And who would you want to be with?

So we ask what is stopping you? Only that argument within the self that seeks to deny the truth of what you are.

Keep Your Eyes on the Divine at All Times

Beloved ones, since the time of your millennium, since the time of the release of the karmic imperative, many have re-upped for karma. Good for them, and this is fine. And many have recognized that it is time to move into **their own gorgeous, beautiful, expansive knowingness**.

You see dearest children, where do you want to go, for this lifetime as you know it, will surely come to end. Where do you wish to go then? What do you wish to do? And how to you wish to do it? You already know the answer to these in your deepest, deepest, loving connection. How you express that is up to you.

We have offered to you many times to keep your eyes on the divine at all times, have we not? Yes. Perhaps this year, when you make



your resolution, as is the custom of this time, perhaps at the top of your list it could be to keep your eyes on the divine at all times. How would your life change? Perhaps it would be to embody joy, peace and knowing in all of your actions. Perhaps it would be to recognize, to bring in, complete healing and wholeness in all aspects of your life.

Many will become impatient and bored with these words because the resistance is great. And this is OK. Where is your level of resistance, and are you ready to look truly into your own eyes of Love and feel your heart? When you look into your eyes of Love, when you feel your own heart, there is only one expression that can come forward for you. Bliss.

Illness as a Call to Wholeness

It is not an exempt experience, it is your birthright, and it is your ability to effortlessly bring bliss to everything, to everyone. What if you could simply accept that one truth, how would your life change? And who would you want to be with? We offer you all of these questions, so many, because we wish for you dearest children to know, in this, what you call year, this 2007, you will have an opportunity to face every one of these questions many times, and you must get very clear on your choices, or your bodies will indeed crumble very quickly.

There will be a great rise in what many call medication of illness. There will be new illness on this planet by the end of what you call this year that will have been unheard of, because many of the containment systems of your world have been now brought down to the point where the release of new toxins are going to come forward. These, you must realize, are also a beautiful gift that have never meant to be toxins, they were simply held in areas of your world, where they are no longer being held.

And so, how will you prepare to receive this energy? Will you succumb to it, simply because everyone has it? Or will you recognize that as a divine being who is whole, you can not be penetrated by any form of illness. Illness too, is a call to wholeness, anytime you are experiencing illness, it is a call to wholeness. Pay attention. Are you in anger, are you uncomfortable? What was going on in your life prior to the manifestation of this illness? Can you get very honest about that? All illness is a call to wholeness. Celebrate it and recognize that when you can get honest with yourself, very honest, you can break free in that moment.

We offer you this, it is very simple, and yet it is very powerful, if you allow it to be. Put up your left hand. Yes, and take your right hand to wherever on your body you are called to put it, wherever you feel called, put your right hand on your body. And as you have your left hand up, and as you have the right hand on your body, begin to feel heat coming into your left hand. Feel your left hand filling with the divine light of universal energy, a limitless supply of wholeness, of divine healing, of Love, of Light, of joy and perfection. Feel your left hand filling with this beautiful gift, knowing that this limitless stream of energy is available to all and now let it flow through you into the area where you were called to put your hand, feel it coming into you, feel it pulsating through your body, feel it coming in. Now make a very small, small circle with the hand that is on the body, keeping the left hand up and feel the left hand almost heavy, so much light and love coming in, allow this to enter you, allow this to be the divine healing, loving gift. *I claim my divine wholeness, I claim my divine love, I know that all that I need is abundantly provided for in the Universe and has always been. I am simply allowing my body to dissolve into this stream of Love and Light.* Yes. Take both hands to your heart and feel gratitude for receiving a gift.

Beloved ones, anytime you feel out of balance, in your truth, in your knowing, in a mind that is not in a *Yes But* mode, you will receive much more from this simple practice, than from any shot, pill or tonic treatment.

You may relax. Yes. Everything that you need, everything dearest ones, may be instantly manifested, this is the beginning of the process. Perhaps you wish to manifest a glass of water. Perhaps you wish to manifest golden coins, it does not matter. When you can let go of the concept of that being so impossible, it not only is possible, it is as simple to do as the beautiful gift you just gave yourself now. And you have done it before, and you know how to do it now.

In the consciousness of density was birthed lack, and so why hold onto the consciousness of density unless you enjoy lack, and lack comes in many ways.

Breathe deep, dear ones, you are processing much energy.

The Rise of Energetic Healing

The rise in your world of what many call energy medicine, will reach new levels in this year 2007 also. Many of your scientists will now say oh my goodness, look at what we have just proved. It will help them relax into knowing wisdom that has been available to you for eons, and of course there is much they will not be able to prove, yet in the miniscule amount of proof that they will bring forward, many, many, many more of the masses will wake up to the possibility that there is greater, abundant healing than they have allowed to come forward.

Embody your energy body. You are all divine healers and the greatest healer you have within yourself is the release of your judgments that you are less than. It is the greatest healer. In your own wholeness, when you greet another and you feel anger and distrust, gift yourself with saying thank you for this gift, thank you for this greeting. In that moment stop, breathe, and then delete and call forth using the left hand again, and so, become adept at being the Love, not just talking about it.

In this time in your world, what are you willing to do? What you are willing to do? You can only answer that question. If you knew this was the last time you would do it this way, be here this way, that you would interact this way, if you absolutely knew that, how would you live your life? So perhaps you can let yourself know that. And perhaps you can move forward with that. And it is OK, in whatever choice you make, we just implore you to make your choice.

Breathe again dearest ones. Yes. The glorious time of abundant connection is with you now as it has always been. Only now, it is your time, it is your work, you must be the responsible co-creator. We can not tell you it will be so easy by the means of density. What we can share with you, is that it is a joyous, joyous walk if you choose to get on it, and no matter how hard it may be perceived, with each step, it will become easier. Know that you are the divine effortless love, and that the time of divine recognition is here.

We will take your questions. Many questions. Yes.

Q: I have been calling forth all that needs to be healed with myself, and I ask you for any guidance on how I can best serve myself in this process?

Beloved being of Light, perhaps you were just given a technique to help. The other gift that we offer to you that we offer to all who are calling forth this, is that it is your own integrous sincerity that will heal all. Stay in the energy of integrous sincerity and everything heals. Much love.

Q: I have been feeling as though I need to do something with anchoring paradise on Earth and I keep on seeing many methods of doing it and I was wondering if you have any suggestions or guidelines that you'd like to share.

To anchor paradise on Earth is indeed a gift you give to yourself. You cannot anchor a paradise on behalf of any other than your own energy, and so you must create your paradise within. You must anchor a paradise as you see this paradise, and in order to do this blessed one, it is imperative for you to offer to yourself recognition that you must become the paradise, every aspect of your beingness, every aspect of your knowingness, every expression, every time you comb your hair, see paradise, every time you look in the mirror, see paradise, every eyes that you gaze into, see paradise, and from there the energy you seek to embody will effortlessly spread to many others. Many blessings. You are welcome. Yes.

Q: How can I finally be rid of my anxiety at night, will you help me?

Dearest child, in helping it is you who simply must allow yourself to know that when this is complete, it is complete. Dear child, the anxiety itself has brought forth anxiety and so it has become an anxiousness in your energy field, bred upon habit. In the habit of the habit is the pain of the pain and you know this, and so perhaps you begin by allowing yourself to affirm, I am complete now. I am complete with this anxiety and I love it for serving me so well. You can only release that which you can love and appreciate for having brought you to this gift, and you are ready to release, and through the release of this, it will give you the great recognition of your own power. Your own miracle. And as you create this first miracle, many more will continue. You will remember the divine miracle that you are. You are ready, now you must know you are ready, the energy has already been with you dear child. Only you may call it in for yourself now. Many blessings. Yes.



Q: We focus so dearly on the weather and we like to do that here and of course now the snow has gotten our attention in this manner now. I came across what I thought was a very beautiful channeled message about the sacred geometry of snow, and how it's a huge blessing of ancient and future wisdoms.

Yes, and beyond that, let us offer to you this, and we enjoy your question. We enjoy your question because it invites joyous recognition. For indeed in this area here, and for those of you that have chosen to be here today in this form, it has been a great effort, has it not, and yet, in that great effort, how many took time to jump up and down in the snow, to make snow angel, to make snow bunny, to be snow bunny. Yes, to simply say, I shall slip and slide and the reason we share this with you is because, within the snow itself, has come what? Great abundance. You have been showered with abundance, with cleansing, with quietude, with an opportunity to say, if density will come barking at my door, then I will allow this abundant gift to make me quiet. I must stay put where I am right now, no running around frantically doing this, doing that, I must pay attention to the stillness and within the stillness have come great Light, dancing of Joy and indeed an opportunity for every spark of Light to illuminate.

There is great symbology, not only in the snow, but in your presence in this room, right now, and the presence of all those who will hear the words, and more importantly feel the energy, for symbolically this planet is abundantly at a time where all energy will come forth in great multitude. What do you choose to pay attention to? Why were you here today? Why were you in the abundant snow? Why were you wherever you are? And in the geometry as you mention, in the sacred geometry of snow, there is of course a great energy that helps to bring forth an anchor as part of a greater grid, that surrounds not only this planet, but many others in the Universal Divine Connection.

You are in between two very powerful gateway openings right now, the next one shall be on the 4th of what you call January. The last one was but a few days ago on what you call the 23rd. Between these two gateways you were showered with abundant clarity and divine illumination. How do you choose to bring that forward? Many blessings. Hello.

Q: Years ago I learned to substitute the word But for the word And, for example, when I say but, I negate what goes before it. I really like you But. And I'm wondering if I'm still limiting myself by using that And instead of But?

Indeed, it is a wondrous clarification when we can be in attentive of the way that we express ourselves, because in this world, up until this time, the word has been indeed the greatest form of expression, so to be conscious of how you express, is a greater gift. And so in the consciousness of your own expression, it is imperative for you to recognize if this substitution, if this word change gives you the feeling of an enhampered energy, then shift again. Each step brings us to the next step. But of course.

We shall take two more. Yes.

Q: I was wondering if there was a message for me about love and travel?

There are many messages for you dear child, however, you are at the time of great embodiment of your own knowing. To offer you any message in this moment would diminish your own knowing. You must trust yourself now. A message from us would indeed not serve you, beyond this: You are in divine guidance. Pay attention to how you feel when you make your decisions, and if you do not trust your own decisions, then simply and quietly put up your left hand, call in energy of the Universe and know that you are being supported. Many blessings. Yes.

Q: My beloved and I have been spending almost all of our time together and I would like to know how we can keep our eyes on the divine at all times together.

Simply by doing that. By allowing yourself to consciously call in, keeping your eyes on the divine. Keeping your eyes on the divine means seeing the divine in everything you do, everything you say, all of your interactions, being pure and integrous with yourself and with each other. Being transparent in your communications. Pay attention to your phraseology, as many on this planet must. Is what you are saying the truth, what do you feel when you are saying it, or do you say it because it is expected or a platitude. The purer that your word can be, the greater your divinity. Your eyes are on the divine when every word is consciously offered to the divine, and every action. Many blessings.

Many blessings to all of you. As you enter into this divine time, know that we abundantly walk with you. You are abundantly cared for,



WISDOM TEACHER

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you are joyously loved, and it is time for you to dance again with the freedom of what you might call youth, because you are eternally youthful, you are eternally joyous, and we are eternally grateful to your presence. Many blessings Dear Ones.

Kira: The St. Germain energy that's right here, he says the pain will stop when it is enough pain. And so you must ask yourself, am I ready to let it go. And he says this applies to your life, the world, your experience, and that it is important to know because there will be many opportunities that you will face very shortly that will ask you that question. And boy, they're all still here.

This Raphael energy that's right here is beaming, is just beaming this beautiful, beautiful light, he says I am enhancing a gift you have already received, if you wish to enhance it ever more, then just breathe with me. Hmmm. Beautiful.

And Zadkiel and Michael are over there, that golden pyramid is huge, and in it, I'm just seeing all this dancing and lights. It's really, really beautiful, it's really gorgeous, and so they're saying it's important to remember not to be so darn serious. That's what they're saying, they're just like "play"!

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