Your January 2022 Reflection with Teacher!

Greetings! Greetings lovely beings and welcome to your new year of celebrating life incarnate, the year of 2022. I am Teacher and come forth to speak with you in this little chat so that perhaps we can begin this year with those thoughts and actions that assist everyone to be uplifted and begin stepping into a new manner of being, a manner of being that brings joy and delight. Now some of you might feel or believe that joy and delight are a distant past never to come forth in your steppings; yet I say to you, this is untrue. Now let's begin, shall we?

Yes, you and the worldly population have experienced a most challenging year in 2021 and perhaps you are feeling tired of the issues, tired of the fears, and tired of efforting to bring yourself to a positive state. And those feelings are valid… as long as you remain within the belief that you are a human being. Now I don't want to challenge the fact that you are residing inside of a human vessel, a human body-physical. That is true, of course; yet also is true the fact that you are a spirit-being, you are the life force taking form and residing within that human vessel.

Now some of you have heard similar words and perhaps have taken them to heart or perhaps have shrugged them off simply because you cannot seem to find a way to uplift your human nature. That's all right. You see, its all part of the journey to awakening, part of the journey to discovering the truth of who you are… and who everyone else is. And this leads to the truth that all beings are united.

Now some of you won't like that statement simply because there are some human personalities that are disagreeable to you, some are participating in horrific actions, and some are perhaps a threat to your own journey. And of course all humans have developed and continue to develop that human personality. After all, the personality is a vessel for that human nature to go forth within, to experience the cause and effect. Yet that personality is not who you are. It is a tool for your human nature's journey. And you can like or dislike another's personality; yet it is not who they are, just as your personality is not who you are.

Now stay with me now because there will be some answers for you in this little chat and I believe you will enjoy those answers.

You see, the real you, the life force, that which comprises you, the spirit-being, is free of all of those what you call hang-ups of the personality, is free of the reasons for anger, reasons for depression, reasons for… well anything in your journey that leads you to experience it as a less-than divine being. Now don't get hung up on the word *divine*. After all, everything is of the divine creation, including you…and everyone and everything living thing. So then, how can you bring yourself forth to reside more consciously incarnate in that human vessel of yours? That's what this little chat is really about, my dears. So, let's get to it!

If you would take a few moments in this day to just be still, to perhaps gaze at nature, to set aside all of your concerns that hold you to the belief that you are unable to make your journey be what you'd like it to be. If you would just for a few moments take a few deep breaths and reside in what you call peace. Now peace is a manner of being that

sets aside all opinions of others, all beliefs that others or you are more-than or less-than. Peace is residing in this one moment. Right here and right now.

Perhaps you've heard that residing in this manner can assist your in many ways, including releasing stress and anxiety. Well, that's true, residing in peace can do a lot of things, can be most beneficial. But together, let's discover more about this thing called peace.

You see, your mind wants to debate all of that, might even want to tell you that you are not capable of residing in peace simply because you have too many things calling to you that must be done, too many challenges, too many worries, too many… too many. Yet that mind, as we have spoken together previously, is not the boss of you and what you decide. Oh, the mind believes that it is the boss simply because it is used to controlling the show, controlling thoughts, desires, creations, and emotions. It's used to telling you the right way to think about everything, the right way to feel, the wrong way to feel, the way to judge yourself and others… based on nothing, but still, the mind continues its actions of influencing your every step, every action and thought.

Now I'm not saying the mind is a negative part of the human structure. Not at all. What I am saying is that you are bigger than the mind, you are more capable of discovering truth, discovering that inner knowing. Now the mind doesn't quite like that and can most easily invalidate the inner knowing. Why? Because to the mind, the inner knowing is the unknown and the mind doesn't like the unknown. The mind likes to take what might be the unknown and try to fit it into its most familiar beliefs and conclusions. Yet if the unknown is actually that, then the mind truly cannot take it and hold it to anything. It's the unknown!

So then, let's return to that peaceful residing for a moment and set aside that thinking mind, perhaps thanking it for all that it has offered thus far, but asking it to rest for a moment so that you can reside in peace, where there is no need to discuss or make decisions. You are just being. You can also tell your mind that you might want to think about all of this later, but for right now, you would like to experience peace first… and then think about it later. My dears, this might seem to be a bit silly to some of you, but I am telling you that this will work for you and your mind will respect your choice.

Now if this is the first time that you have done this, your mind will want to test you. Why? Well, it believes it is the most important thing in your system. So when your thinking mind enters your peaceful state and tries to tell you that something is important, that you need to think about an issue or a need, just take a deep breath and tell your mind that you will think about everything later, but now you are choosing to reside in peace. Again, if this is your first time sitting or residing in peace, you might have to do that two or three times, but don't give up! Don't give in to that belief that your mind is the boss. Don't succumb to the phrase, "I can't stop thinking about…" That's still your mind being the boss. So then, take a deep breath and rest for a moment. Perhaps you can view nature, look at a tree, look at a plant, look at a creature… and just look. Don't make any judgments or give yourself a list to do. Just view for amount.

All right now, I'd like to invite you to bring your focus to inside of your being. Now the best place to journey within is to your heart energy center. It is right in the middle of your chest. And you can focus on that heart energy center by breathing inward and while you breathe inward, also imagine that you are breathing inward through the top of your head… breathing all the way down to your heart, your beautiful lovely heart, your sacred center. And then when you breathe outward just breathe outward through your mouth but also through your heart energy center.

Again if you haven't done this before, that's all right. Everyone begins with a first step, a first experience. Just pretend that you are doing this and then begin breathing inward through the top of your head and following that breath all the way down to your heart. And when you breathe outward, also imagine that you are breathing outward through your heart. Just practice this for a few times.

Next… oh you are going to love this. When you breathe inward, breathe inward that called peace, oneness of being, wholeness… and when your breathe outward, breathe out fulfillment, joy, delight, love. Now you might be thinking that you don't have all of that to breathe outward, but the truth is that your heart energy center has all of that and more. When you breathe outward in this manner, you are choosing to reside within those frequencies. Of course you know that everything is a frequency and you are now simply participating in the enjoyment of peace as it fills you and journeys to your heart where the frequencies of fulfillment, love, joy, delight reside… as frequencies. And when you breathe outward, you are becoming those frequencies.

How? How are you becoming those frequencies? Well, my dears, those frequencies are of the All and you are of the All and the breath is the life force demonstrating itself incarnate. There you are, breathing your breath, your holy breath, into and about your incarnate vessel. And you will perhaps be happy to know that the unknown is now being made manifest…within your very breath.

So now, take a few more breaths and let go of trying to understand all that I've been saying. Just breathe inward and outward as we have practiced, while I continue to speak with you about the joy of knowing the truth of who you are… and are not.

The real you can guide and change the human journey of your vessel. And how you can do that is to encourage your human nature to give up trying so hard to be what he or she believes it must be, do what it believes it must do. And you can love your human vessel by breathing a breath — yes, there's the breath again— into that vessel, telling him or her that he or she is just wonderful exactly in this moment. Feel your divine essence flowing forth into your human vessel. You can do this simply by remembering that you are a spirit–being and you are incarnate and you are choosing to help your human vessel to live in a more peaceful and fulfilling way. And it is not the human nature's job to figure out what that is. In fact, the human can't figure that out. And you already have the reason why: the mind of the human can't figure out the unknown.

So then, as you remember that you are a spirit-being incarnate within a human vessel, a human body-physical, you can begin to reside in that one moment wherein the truth of who you are is revealed. Now the revealing isn't in words. More so, it is a

frequency that flows forth. That's the real you. And when this frequency flows forth it carries with it that joy, delight and the avenues to reside within joy and delight.

Now when you invite your human vessel to sit quietly and reside in peace, those frequencies of the truth of who you are begin to become more conscious. How does that occur? Through practice, through inviting your human vessel to reside in quiet and peace often. Then your human vessel will begin to enjoy the peace and when that occurs, there will be those hints that will flow forth to assist that human nature to recognize a different way of being. Perhaps answers to "what to do next" will flow forth. When that occurs, don't let that mind back in yet. Just allow your human nature to sit with the possibilities. Those possibilities are the incarnating frequencies of the truth of who you are as you breathe yourself forth into that incarnating experience and expression.

Do you see? The more that you invite your human nature to reside in peace, the more that you, the real you — the spirit-being, the frequencies of truth, of love, of peace, of joy, of delight — will be able to consciously express your frequencies incarnate. And after all, that's what this journey is all about, isn't it? It's about experiencing that which you are incarnate, in physicality. And in so doing, do you uplift the frequencies of your human nature, your body-physical and the journey within which your incarnate being resides. And yes, this brings an uplifting to all who are incarnate. How can that be? Well, my dears, when you are uplifting your being, uplifting your human nature's journey, uplifting your experience of the true you as you journey incarnate, then you are uplifting the all… because you are the All.

Now it would be beneficial to a take a few deep breaths and allow all of those words to be. As you did tell your mind that you would think about all of this later, then just let it all be and reside in this one moment again with me, Teacher

Now I'm going to tell you a little story and while I am speaking the story, do your very best to stay focused on the story and not allow your mind to distract you. You see, your mind is not getting used to being set aside for a long period of time. You, the spirit-being do not reside in time, but your thinking mind does and it might just want to get a little antsy for waiting so long to return to thinking about everything and anything; but you are in charge. You are the divine essence and you are once again, choosing to remain focused on what we are sharing together. You see, these words also hold frequencies and I would like to share those frequencies with you, as they hold the purpose of expanding an incarnate consciousness so that it can be as true as possible to its own nature.

So then, here's your story. Stay focused now….

There once was a turtle and the turtle was accustomed to journeying upon a pathway. It was always a pleasant journey with little disturbances and the turtle did love that journey on the pathway.

One day there came upon the pathway a child. Now there were other beings who had occurred on the turtle's pathway, but never was there a child. The child was skipping along and humming a tune. The turtle knew that skipping wasn't really something a turtle could do. None the less, the child looked so happy that the turtle tried to skip. Well, such trying caused the turtle to miss a step and actually turn over on

the back of its shell. Yikes! The turtle squirmed and moved, but couldn't turn itself over again.

The child saw the turtle moving and squirming around and came right up to the turtle and said, "Hello turtle."

The turtle stopped for a moment and looked up at the child peering at the predicament of being overturned. "Hello," the turtle responded.

The child said, "You are moving in a strange way. I haven't tried that before. Maybe I will!"

"No!" exclaimed the turtle. "Don't do that!"

"Well, why not?" asked the child.

The turtle sighed and said, "I was admiring your skipping and I tripped and now I can't bring myself to stand as I was before I tried to skip."

"Oh," said the child.

"Well," said the turtle, "won't you help me? Just pick me up and set me back on my feel… will you?"

The child giggled a little and said, "I've never touched a turtle before."

The turtle said, "I won't hurt you. I just would like very much to be back on my feet."

"Okay," said the child, and reached forth to pick up the turtle. It seemed to be a very brave thing to do, to touch a turtle and then to actually pick up the turtle, but the child did just that.

Once the turtle was back on his feet again, the child said, "Is that better?"

"Oh yes, extremely better," said the turtle. "Thank you.'

"Well," said the child, "I hope you don't try to skip again. What if no one comes along to help you get back on your feet again.'

The turtle thought about what the child was saying and then said, "I don't know if I'll try to skip again, but it seems I would like to do something that brings me the joy that I see on your face when you skip."

"Oh," said the child, "I do like skipping." The child sat down in the pathway and thought about what the turtle was saying. "I do like to whistle," said the child, and then began to whistle and make a sound.

The turtle knew that whistling wasn't something that a turtle could do and said, "That won't exactly work for me. I'll have to find something else that brings me the joy that I see on your face, even when you are whistling."

"Oh," said the child, "I just do things that feel happy. What do you do to feel happy?"

The turtle thought and thought. "Well, I do like going to the pond, I do like smelling the blossoms of the flowers, and… I do enjoy talking with you. In fact, talking with you is making me feel happy!"

The child laughed and clapped its two hands together. "I am happy talking with you, turtle!"

I have an idea, the child said, "let's walk together on this pathway and continue talking…until we are done talking. That way we will both be happy together."

“Humm,” said the turtle,” but you were going in one direction and I was going in the opposite direction. How can we continue together?”

The child thought for a moment and then said, “Let's part the grasses on the side of this path and walk together in the same direction. We don't know what we will find and it wont be as smooth as the pathway, but we’ll be together and happy.”

The turtle looked at the tall grasses and questioned whether it was possible for a turtle to journey within the grasses.

The child then saw the puzzlement on the turtle’s face and said, “I will walk first and you can walk where I have walked. We’ll still be together.”

“No,” said the turtle, “I think we need to walk side by side if we are going to walk together.” After more figuring, the turtle said, “Let’s give it a try.”

The turtle didn’t say what was becoming an awareness. It was that if the child was brave enough to pick up a turtle for the first time and then place the turtle back on its feet, then the turtle surely could be brave enough to walk with that child… even in the tall grasses.

Sure enough, the two of them walked together and after a few steps, there came a pathway through the tall grasses. The both laughed and laughed. All their figuring was not necessary, yet they did make the choice to go forth. It was as if the pathway through the tall grasses formed itself just for their side-by-side steppings.

It was a good journey, a pleasant journey, and the turtle thought that he had never been this happy. Where this path went wasn’t actually a concern. After all, he had been brave enough to walk through the tall grasses without incident. Who knows what will call forth his bravery again. Maybe something as wonderful as walking with this child, this wonderful child….

Now that is the end of your story, my dears. It was created just for you. If you found yourself being distracted, which happens sometimes when the mind enters and asks what good is the story anyway, just return to the beginning and give it a try once again. You might be surprised what the frequencies of this story can give to you.

Now I offer you this suggestion. Go forth upon this journey into the unknown and dare, dare to be right in the moment, dare to allow your spirit-beingness to flow forth and guide your human nature on to the pathway of joy, delight and peace and fulfillment. It’s a journey upon the frequencies of that which you already are. But don’t let that thinking mind convince you otherwise.

I am Teacher and I am most pleased to be speaking with you in this manner. And I thank this vessel-being for allowing me this pleasure of having this little chat with you!

Until we speak again, I am Teacher.

So be it.