Reflection for March 2025 with Teacher

Greetings! Greetings! I am Teacher and I come forth to speak with the Many, to all who receive these words and then hold them within your heart so that they can radiate outward to the entirety of those who reside upon earth. Sounds like a lot, doesn't it? Well, it is. Together you can change everything. So let's talk about that a little, shall we? Here we go.

Now you are aware of the truth that all beings are united. Now what do we mean by that? We aren't really speaking of the human nature and all of its likes and dislikes, actions and non-actions. More so, we are speaking of the essence of the life force that resides in everything that is…well, everything that is alive! So the same life force that flows within you is the very same life force that flows within every being. Every being.

Now most of you have been around long enough to know what that means, but if you don't I'll just speak a little upon that truth. You see, the life force is just that. It has within it no judgment, no right or wrong. It is a force that flows forth from the core of creation itself. And as it flows forth, it becomes, takes form, and yes, it takes from within your human nature. Yet it is your spirit-being that holds truth and all manners of being. Why all manners of being? Well, my dears, that's the crux of it all, isn't it. Yes.

You and the trees and the creatures and nature and the waters and yes, all beings in human form are a flowing forth of the same stuff. The life force. Now your spirit-beingness is without question of totality of being. Can't be any other way. You see, Truth is. And that Truth that is, says that All is One.

Now some have questioned that truth simply because they surely do not want to be united with some of the begins upon earth, those who are doing horrific things. Surely, they say, "I don't want to be united with them and we are not the same." And of course, that is understandable. Some personas are just that, taking actions that are horrific. But. That's not what the Truth says. We aren't speaking about personas of the human nature. We are speaking of your spirit and of the life force that simply is.

So then, you can let go of the stepping back from the knowing that you and all beings are simply one being. And yes, physicality leads us to believe that we are separate. It gives a good case for separateness, doesn't it. But. Yes, there is that but. Let's speak just a little about the illusion. Now the illusion doesn't mean that physicality doesn't exist. Just stomp your foot and you know that physicality is real. And yes, it is true that it is moving and that all of the contents of physicality are moving and not staid. Yet. *It is the belief in separation from the whole that is the illusion.*

You see, the belief says that everything is separate from everything else. And that just isn't correct. It's a handy belief especially when one is caught up in the right and wrong of things, caught up in the holy and non-holy, or caught up in the feeling of I am lesser-than or greater-than. But that is all part of the human's journey… until it actually does awaken and allows that wonderful spirit of you, the real you, to become fully incarnate. The human nature then has the great experience of being uplifted from that called survival. It has a big sigh of relief. Why? Because then the human nature within

which you reside, can give up trying so hard to be more, to be better, to be right, or just to simply be free from oppression, self-oppression, that is.

So then here we are, on earth, and we are residing within a human vessel. Our spirit, your spirit is residing within that human vessel. And you are a great pair! And the more that you can allow the truth of totality to be, without intellectualizing the opposite, then you can feel the great relief, the great relief that there is something very big going on and you are already a part of it…why? Because of totality. All One.

Now once we have an opportunity to allow that truth to be and we dare to give up rationalizing how it cannot be, then oh then my dears, that great freedom begins to fill not only your consciousness but also all of that vessel and yes, the body-physical. The body begins to relax more, to have an easy time of it, to slowdown, to enjoy naure, and to actually begin to look at the positives. Yes, there are plenty of negatives going around. But what about the positives?

Here's the thing. The positives in your cause and effect, even the little positives… like you heard a bird sing today… can give to you and your incarnateness, your body also, a frequency that resonates within the totality. Now this frequency of the positive that resides in the totality isn't actually created. It simply is. How? Why? Well, The positive is truly a celebration of light, of peace, of allowing, of being, of smiling just a little so that the positive is made evident to you and your body and your human vessel. Focusing on the positive is a way up and out of the struggles. Believe it? I know, I know. If you are struggling, then you just don't want to focus on something positive.

But why not? Because you would then be daring to loosen your grasp upon what appears to be dark, negative, and also holds the illusion of no hope. Now it's an illusion, why? Because you are being held within the illusion of separation from the whole. No blame. Just holding on so that you have something to identify with. But the positive *is* you. The positive holds the frequencies of who you truly are. It's not make believe. I'm certainly not asking you to pretend that there is something positive when the negative holds you to it.

But. Yes, *but*… if you pause for a moment and breathe deeply and then begin. For example, you might find yourself saying that you are positive, grateful that is, for life itself. Now your human nature, if you are in deep darkness or despair, will say, perhaps, "Sure oh sure I'm grateful to be alive." But think about it. Would you actually give up the treasure of being alive? So then, that positive exists. Another positive is that you have the gift of residing upon earth. Now your location on earth might be something that you wish to change, but that doesn't give up the fact that you are residing upon earth. And if you recognize that you'd like to change your location, that means, my dears, that you have discovered that you have a great treasure to your survival's letting go: you have choice.

Now you might be thinking that sure you have a choices but how do you find a different location? How do you get up and out of things? Out of the struggle? And the answer is something that will perhaps seem like it isn't a real answer. But it is, my dears. It really is. Here's the answer.

Sit quietly with yourself. In nature if you can, even if you are sitting in a public park or under a tree somewhere. Just be in some kind of nature. Then breathe deeply and just be for a moment. Next? This is the key, my dears. The real key. You whisper aloud, *I am who I am in this life and right now I claim my divine right to choice.* Pause for a moment and let that sink it. Then say it again. And then in this example of changing a location of living, you can say, *By that divine right, I choose to better my living location. I ask for guidance and help to do just that.* Then pause for a moment and next say *Thank you…* as if you are really thanking the solution already being made. That's it. You might want to say *thank you* a few times. And then just be. Don't think about it any more. Allow everything to move and shift for your benefit.

Is there something else that you can do? You betcha. You can keep your eyes and ears open and be ready to receive that guidance. It'll come. You might have to practice paying attention, smiling, and feeling the relief that a change is upon you… why? Because you chose it.

So then, this truth of everything being united and of one flows forth in so many ways. In fact it flows forth in all of the ways that we've been speaking about. You and the holiness of being are not only united. You are it and it is you. No Better-than, no lesser-than. Only one. The spirit of you knows so much more. The spirit of you feels the oneness. The spirit of you can whisper into that human's ear, into that human vessel's knowing so that the human can pay attention, so that the human can begin to recognize the positive, the goodness that surrounds it. Your vessel, the human, is your real treasure and your job, so to speak, is to be kind to your human, to its body, to be kind and loving to what you might say, to yourself.

You are here for a reason, my dears. And this isn't your first go-around. You've been here before again and again, and this is your wonderful journey to recognize who you are and why you are here. Every step that you place upon this journey gives to you the opportunity to choose. Now that's real freedom. And the freedom to be is your divine right.

Begin in this day, why don't you, begin in this day to look at the positive, look at the gifts, large and small, and know…deep inside…and know that you are loved, and cherished and embraced and cared for…always. It just requires opening just a little to that love and then the gates open further and before you know it, you are skipping along, humming a tune, and it's the same path but it has transformed just for you. Your path, your journey has then transformed into a delighttful discovery. Yes, that's you and that is yours to have…always.

You are not alone in this journey, my dear ones. Now is your moment to discover how many really do love you. The spirits of all beings are waiting for you to dare to laugh, to dare to smile, to dare to allow yourself to be… just to be.

My dears, I am with you and if you ask, I will most definitely assist you in your uplifting of spirit, uplifting to the true nature of yourself and your journey.

I suppose I have spoken enough for our little chat. Until we speak again, I am Teacher and I assure you that you are loved always…and that love doesn't depend on anything but the truth that you are one with all beings.

Until we speak again I speak the words so be it.

Perhaps you will speak them with me…**So be it.**