



## **Becoming the Observer**

Take a deep breath and feel Us deeply, our friend, our brother, our sister. Feel Us for that is the only way you will Know Us. Again a deep breath. Much stirring is around you and all that inhabit the planet of free choice. Much is changing, but in these turbulent times patience is required. The way to “get through” the difficult periods is to surrender. Relax, release. Let go. Right Now in this moment there is much occurring that you are capable of “seeing”, but you must learn to “see” in a new way.

Let go of the tightness. Open up. Release the mind. Open up your Heart. Feel more. Think less. When nothing comes, be patient. Only from the Stillness will come Wisdom. Quiet the obsessive mind. Be Still and hear Our message. It is one of Love. Feel Our Love fully. Only from the place of openness will Truth come forth. Be Still. Feel whatever it is that is within you. Again. Feel the Stillness. Breathe in the Life Force and allow It to fill you up.

Love Is. No seeking. No searching. Simply Is. Feel the Isness. Feel It deeply. For It Is. Now from the Stillness feel the peace, tranquility and harmony. We are here with you Now & Forever. For what so ever you seek is available to you Now. Just feel it, Be it and Know it. Move beyond what you think is. Move beyond what the mind tells you is. But in order to move beyond the mind one must be prepared to drop the mind.

Are you ready to drop the mind?

Then so it shall be. Open your heart so wide that it totally consumes you. You are no longer, but what you feel is. That is what you have become – only what you feel. Feel deeply, and now even deeper. Feel all that ever was, all that is and all that will ever be. Don` t be afraid of feeling even if the feelings don` t seem comfortable. Don` t be afraid of the lower and slower emotions. Transcend the darker feelings. Embrace them. Be at One with all that you feel.

You don` t realize how you are not embracing all your feelings. You are afraid of many of those feelings. Open up and feel everything. You think that it will be painful, but that is not the case. For if you allow yourself to feel everything and We mean everything, the lower and slower, the unpleasant will not be so painful if you can move to the Place of Love.

It is as if you are two selves. Allow one self to feel all there is to feel and at the same time allow the other self, the Higher Self to watch on with Love. Separate yourself and yet Be at One. Move to a place of objectivity, watching without becoming involved. Watch from the place of Love as you allow,

giving yourself permission to feel everything. It is when you transcend the fear of some of your feelings that you will be fully open to channel Divine Love. Let go of the fear – all the fear of what you think it is like to feel the lower and slower feelings. Embrace the uncomfortable feelings. Embrace the Darkness without becoming the Darkness, for you are merely witness to what you are feeling.

Who You Truly Are is so much more. Transcend the Duality by being in it, but not of it. Open up to a greater level of Oneness. Invoke your Godliness by watching; observing the actor you call by your name. For if you are to transcend the Duality you will need to REALIZE how much more You Truly Are. You are The All and yet You Are the parts as well. Know your parts and yet know your All.

Become One with All of You and then you will become One With All.

We are here for you anytime you wish to converse with Us. Simply enter a state of stillness and peace and We shall appear. Our love for you is everlasting and unconditional.