



Understanding the Invisible World

Allow your mind to be still. Take a deep breath. Watch the mind, but do not engage in what it says at this time. Watch it. Observe it. Send it love for with the stirring of the energy on your planet at this time, it is confused. Be still. Be quiet. Be at One with all of you. Be at One with your mind. Let go of the separateness that comes from fear. Again another deep breath. Breathe Us in. Be at One with Us so we can show you Truth. Feel Our love for that is what you truly are deep within. Beyond the fear is love, your true Essence. Allow your Essence, your love to come forth in all its glory. Again a deep breath. Breathe Us in deeply so We may be One.

Feel Our love for We are here with you now and forever. Allow everything to slow down. "Time" moves on, but you standstill here with Us. Simply be still and feel the moment. It is so full, although to you it may seem empty. That is because you cannot comprehend what is not evident to the physical senses. There is so much more. "Soon" you will be able to feel the deepness of the moment. For now you rely on the physical attributes of the moment to sense what is going on.

When you are ready you will be able to go beyond the physical attributes and feel or sense the invisible attributes of the moment. Then you will have a window into all that is, all that was and all that will ever be. You "see" the Invisible, the Field as it is often referred to, is a very powerful entity. Yes it is an entity for It is living, It is expanding, It is alive – with Life. It actually is Life Itself. The Field is Life in its purest sense.

To look deep within Life while still in human form takes practice and patience. For Its attributes are very unlike and often not compatible with the physical world you currently live in. To crossover, to peek behind the veil, so to speak, one must have a very still mind. So quiet that it is like sleeping or dormant while still being alert. Oh yes very alert. So alert that your senses are super alive. So alert that your physical senses although disconnected from the mind are tuned in to what is happening and what appears to not be happening in the moment.

The key is to stare deeply into the moment in pure stillness, expecting and anticipating nothing. From the place of pure Observing without judgment, without expectation, without anticipation, will come the Essence of the Moment. Of course in that Moment is every Moment. The Now. The Everything. The All. You cannot fathom it or anticipate it for if you try to, it will disappear. That is why We have been encouraging you to open up. In that state of pure openness you are here, but not here – in that place you are alive in human form, but totally unaware of the physicality that is around you. That is when

you can go outside the physical world you are in and cross over to the Beyond. Of course you will really go nowhere, for actually you are already Now Here.

For when you are truly Here you will not be there – you will Be Everywhere. Don't try to figure it out for that merely brings you back to your mind. This is not a journey of the mind, but one taken by the heart. You will feel this journey and you will know you are Home. Come with Us now. The only thing that holds you back is your mind, for when the mind is shut down, when the mind is quiet you will know Us to be with you and you with Us.

Now feel the moment and realize how much fuller it is than when you tried this before. Your experience determines your reality. If you want to join Us in Our reality you are welcome to do so if you so choose. Of course the choice is always yours. There is nothing and yet there is everything. As you Feel It, you will come to Know It. Any trying, any pushing drives It away. How elusive the Invisible World can be to the human form, and yet it can be easy to traverse the chasm to Our world if you believe It to Be So. Believe. Don't ever forget the power of conscious manifesting. Know It and It Is So.

When there is nothing, be still, be patient. Wait in the nothingness and be content with it. Be content with nothing. The mind is very uncomfortable with nothing. It wants more, always more. Be content with the nothingness and you will always find Us – actually finding will not be required for We will be there. Be still. Be quiet. Allow the mind to be let go. Give up the need to have the mind in control. Allow it to spew forth, but pay no attention to it. Stay with Us and simply observe. You can be of this world, but not necessarily in it. You are welcome to join us any time you choose.

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.