



## **Life Changes in the Now**

We are here with you now and forever. We are here to share our love, our wisdom and as you refer to them, the Secrets of the Universe. But We must advise you that they are not really secrets. You know them well, you have just forgotten. Why did you forget? Because you were cut off from the Source of the Whole, simply to see if you could find your way back. But often along the way you got distracted, yes even tempted to follow another path. That other path is not a “bad” one or even the “wrong” path. It is merely a choice that “you” took. What is interesting is often “you” didn’t realize that you made the choice to take this “other” road. You did it because you were fed a steady diet of fear and mistrust.

It is what you are fed that determines your path. Whichever part of you or aspect of you that you feed, determines where you go in this human lifetime expression. What you focus on, what you allow into your thinking, what you allow to be your consciousness, is what determines the road you travel. Unfortunately many of you have lost the courage to choose of your own free will which road you truly want. You have given up your individual choice and joined the crowd. You have forsaken your birthright – the right to choose your own path. And instead, you have become a follower.

You follow, assuming those who lead know more, know better, what is in your Highest Good. That is the mistake that the many have made for so long. Why would you would assume that “others” know better what is in your Highest Good? Why would you choose to give your power of choice away? Why would you choose to give your birthright away? Because you lost your faith. You lost your courage. You lost your connection. Yes over the years you forgot how powerful you truly are. You lost touch with that part of you that is God. And slowly over the years you have forgotten all that you truly are. You have given away the power that would allow you and the many to create a very different world. A world based on love, not fear.

However it is not too late, it’s never too late. In the Higher Realms there is no time, there is no space – all is Now. So in this Now you and the many CAN take back your Power. If you begin to choose differently, you can change your world. And We know your first response is to say “how”. But you do not realize that “how” gives your power away. Simply the seeking of the answer gives your power to others, to something beyond you. The answer always resides within you, but when you seek it outside of you, you allow yourself to separate from your Power, your Source.

You not only can “get” the answer, what you don’t realize is that you are the answer. Know that the “how” need not be sought, if only you could begin to allow yourself to simply KNOW the answer. The way your world will change is really quite simple – one choice at a time! Yes, one choice at a time.

The way to a different world, a kinder, gentler, more loving world is to realize that when you choose differently, you create differently. Many of you think you need a big solution, one powerful way to change your world. But you see, for Us there is no big solution. For Us all that exists is the choice each and every human being makes each and every moment. Close to 7 billion choices occurring each and every moment of each and every one of your human days, weeks, months and years. That is the Power of the Now.

You look for something beyond you, something outside of you. You look for something bigger than you. But that does not exist. That is the illusion of the Duality. All there is, all there ever was, is simply this moment, the present – Now. And so the answer to changing your world will come when you change what occurs in the Now. When each and every person on your planet makes a different choice in the Now, in the moment, then each and every one of those different choices will collectively change your world.

You underestimate the power of choice in the Now. Stop for a moment, let go of the big picture you hold in your mind's eye of the bigness you think exists in the world, and as you take a deep breath, allow yourself to realize the world is simply this moment – Now. No more and no less. What you do, what you say, what you think in this moment, yes this very moment, affects greatly your world and the world as a whole. And yes, We hear you say, but I am but one, so small, so infinitesimal, how can what I do or say affect the world in such a powerful way? But that is an illusion. You are a part of the Whole. You greatly affect the Whole, you just don't know you do. As you change your doing, your thinking, your saying, the Whole is not the same – it changes.

So let go of the need to change the world and instead change YOU! Practice awareness of the present moment. Begin to choose differently one moment at a time. No more. No less. Let go of your thoughts of something more grandiose. Let go of thinking something big is required to change your world. Focus instead on each and every choice you make in this moment – in the Now. One different choice at a time for you and each and every person in your world, will change your world for eons to come. Focus on the choices you make in each and every moment.

Slow down your world, focus not on the past or the future, for that takes you away from Now where actual change occurs. Focus on the moment and the choice you are making Now and watch your world transform. Share this concept with others and when enough of your world makes different choices in the Now, your world will change. Let go of the concept of the bigness of the world and come to see it as merely a collection of Now moments.

If you made a different choice in this moment how might your life change? One moment at a time. That is all there is. One moment can change your world and the entire world when you choose differently in that moment. Are you choosing or have you given your power away to others? Are you following or are you leading? It's your life, why let someone else choose it for you?

Begin to choose differently in this moment and watch your life begin to transform. Each choice creates a different life. Choose the life you desire by choosing consciously in each and every moment!

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.