



The Art of Acceptance (channelled on Valentine's Day)

Today is the day we celebrate love and yet so many feel alone, sad, and deserted. Please come to me oh wondrous Shaltazar, the Gavish Banenu, and share with me Your Wisdom.

Yes We are here always and forever. We are here and We are full of Love. We know often your brothers and sisters get separated from the Love that they are. We wish it could be different. It is not pleasant for Us to witness the great suffering that is occurring on your planet. We have told you before it is not punishment, it is not even karma. It is, however, of your own choosing. Don't get Us wrong, the horrible things that happen to many of you are not your fault, often not even of your causing. But how you respond, how you react to what comes your way is the source, the only source of your suffering.

To release from the endless cycle of suffering you must learn to accept that which is beyond your control. We have witnessed the human condition for eons and what We have learned is you do not easily let go of trying to be in control. You resist surrendering to that which Is. You think you can stay in control and that will keep you safe. But alas Our brothers, Our sisters that is an illusion. Your safety will only come when you when learn the Art of Acceptance. For you see Acceptance is Love. Resistance is fear. The more you resist that which is beyond your control the more you fight, the more you struggle, the more you suffer. You have misunderstood acceptance and surrender for so many generations. You think it is a sign of weakness. You were taught to be strong, and to be strong is to be in control. And maybe, just maybe if you were on this journey you call human life alone, then maybe being strong and in control would help you survive and maybe thrive. But Our friends, you are not alone. You never were alone on your human journey. We are here Always and Forever watching over you. And yes We are even bringing you forward into the events that often seem horrible and unbearable. The interesting thing is We did not do this by Our own choosing. There is a part of you that chose it as well. That part of you that is Us, that is Source, was part of designing the setup, so to speak of what might unfold in your human lifetime expression. Yes you had a say, a very big say in the possibilities that unfold for you each day.

But for the plan to work or may We say to be effective, you needed to forget that you helped design the plan. Yes the forgetting was an important part of the plan. The forgetting made you feel alone, separate from that Oneness that you truly are. Here you are feeling alone, cut off and afraid, so you fight to be in control since you don't believe you have the support that is available to you that can help you through your challenges. The more separate you feel, the more alone you think you are, the more you cling to, the more you fight to be in control. It is your deep desire, your struggle to be in control

the causes you to resist so greatly that which is beyond your control. The resistance unfortunately seems to perpetrate or even intensify the feeling of separation, of feeling alone. What many of you have not yet discovered is that merely by moving to acceptance you move back to the Unity that you truly are. You see brothers and sisters, as We have told you Acceptance is Love and resistance is fear. Fear keeps you separate. Learning the Art of Acceptance is not weakness for it takes great strength to accept what is beyond your control while feeling separate and alone. The sooner you come to learn that Acceptance is not weakness but strength, the sooner you will mitigate your suffering. As you move to acceptance, as you surrender and as you let go, the struggle dissipates. When the struggle dissipates, when you let go of the need to be in control, when you move to Acceptance, We come pouring in to assist you.

Yes the Power of Source, the Wisdom of the Ages are all available to you as soon as you move to accept that which is beyond your control. You are so caught up in trying to be in control that you have not mastered knowing what is in your control and what is not. Because you have not learned to discern, you struggle and fight and push to make everything in your control. You believe that you are superhuman and that you can always be in control. You believe that you are master of your own destiny. You as the human race have become obsessed with control. Not only do you want to control everything in your own life, but you seek to control others. For ages man has sought to control so much that is beyond his control. Look around at your institutions, government, even religion and see how much control exists all around you. As We have said, control leads to resistance and resistance leads to greater separation. The more control, the more resistance, the more separation. And the more separation, the more suffering.

So if you want to end suffering, personal suffering and even world suffering, begin to learn the Art of Acceptance. Learn to feel the difference between what is within your personal control and that which should merely be ACCEPTED.