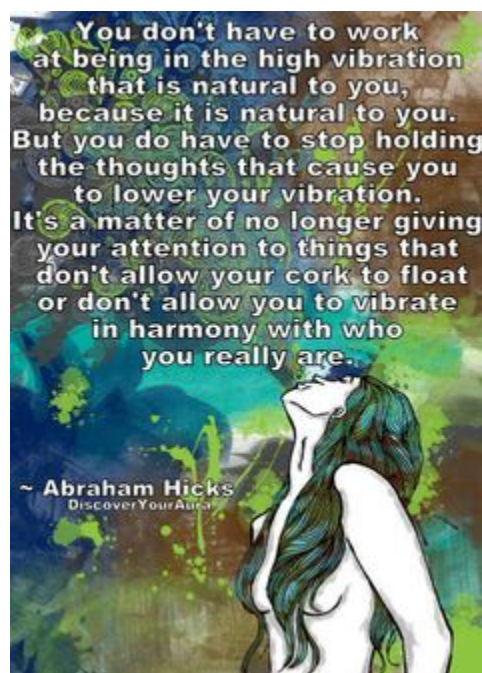


Seems as if there were strange things going on in the ethers last night so I'm sorry if some of you might have been cut off. I hope this reflection helps to put things in place and as I have mentioned before, anytime you want to explore any of these Reflections in detail all you need to do is email me and let me know.

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Here's the deal: We have a higher and a lower consciousness or level of awareness. Because most of us learned and were taught that we are this lower consciousness, this personality ego self, then we have also been taught to identify and limit ourselves through our lower form of consciousness which defines itself through the intellect and the five senses. It lives in a world of judgment and duality.



By this time in our lives we have become aware, on a conscious level, that this lower consciousness which we have cultivated and identified with for so long is not the truth. It's not "It". On some level we realize that there is more to us than this petty, separate, fearful, little self. Even though up until recently we could not have articulated what that deeper level of consciousness is all about, we simply knew it was there.

Now here is a place where we can get caught up/entangled.

We become vaguely aware of our higher consciousness and think that the only way we can get there is through our lower consciousness, kind of like climbing a ladder to the next floor. At this point we are asked to let go of the futility of trying to reach higher Consciousness through

lower consciousness. Even though we do not know how to get there, we are being asked to let go of methods that do not work.

When we come to this point of surrender, we become willing to let go of our identity with our smaller consciousness and open ourselves up to that which is higher even though we might not be able to tell you what that is. We have a sense that there is a space or state of mind where judgment, fear, separation does not exist. It would certainly be a very cruel God who would create us with this hunger but give us no way to be able to satisfy it.

So here we are, recognizing this yearning within us for this higher Consciousness this higher level of awareness and knowing that we have exhausted all the material means to get there and knowing that the next step is surrendering into a space of Mystery that goes far beyond our normal ways of knowing.

There's a sacred energy guiding you.  
That's why lately you've been  
distancing yourself from  
who and what no longer serves you  
and/or lowers your vibration  
and instead you've now begun  
attracting and manifesting  
who and what does serve you,  
elevate you, nourish you and inspire  
you to vibrate higher daily.

-LALAH DELIA

Now the beauty of this work is that it denies nothing. It embraces all of our experiences as part of our learning and it even uses familiar language to help us arrive at the space of deepest truth.

**“the True Self’s language is vibratory, and the language of the Divine, while utilizing the small self’s vocabulary, actually exists in a new way.”**

Metaphorically, it would be as if, up until this time, the concept of love only embraced your material world. So that you could say “I love my new car; I love my pillow; I love my cat; I love chocolate ice cream.” I could even

go so far as to express my love for other people. It would look something like this “I love my partner because...” and all of these expressions of love are valid.

But after a time you become aware that this energy that you are calling love also exists in ways that go beyond words and go beyond thought, and even though you are using the same word “love” you are aware that the meaning that you are expressing behind it is much greater than it ever has been before. So when I say “I love my partner” I drop that qualifier that says “because...” The words are the verbal expression of love, but the meaning becomes deeper when I say or when “I express I love you.”

That is a rather simple metaphor but hopefully it fits with our work here.

**“the Divine Self is the one expressing here, and, while she has the ability to utilize all you have known, she is translating language or vibratory tone in explicit ways with profound effect upon the outside world.”**

Now we begin to realize that everyone and everything is connected and that there are no separate acts or expressions of love, that every expression of love in higher consciousness touches and affects everyone and everything.

*And you are it. You are an expression, a unique expression of divine consciousness.*

**“Things are spoken into being in recognition of what they truly are, not what they have been. And the realization of the Divine as you, or the Word in action, is an articulation, not only of tone, vibration, and consciousness, but it is the conduit for the expression of the Divine to flow through. And the Divine as you is in no way “limited by the articulations that you have utilized through history.”**

Sometimes **letting go** is simply allowing yourself to come to terms with the truth that you have been **watering dead plants.**

@MasteringLawofAttraction



Who you are today and it's expression is not the same as yesterday. So we take nothing for granted. Your expression of the Divine Consciousness that you are is constantly evolving, growing, stretching. So that none of yesterday's ideas or measurements fit into today's reality.

As we have suggested so many times before, “You can't step in the river twice.” you are different, the river is different, the book you are holding is different, the idea you are thinking is different.

**“there can be no aspect of you that is separate from Source.”**

**AND**

**“ If there is no need for “something, it will be left behind. If it requires integration and realignment through you, if there is purpose for it still, it will be made known and reclaimed in the harmonics that we call the Divine Self in its expansion of tone.”**

You are not expected to be perfect. If stuff keeps coming up around a particular lesson, then that tells us there is work to be done, but as long as I am **willing** to do the work required for healing, releasing, transforming then all areas of higher Consciousness are open to me.

Don't let past relationships and old mistakes ruin your future. Don't let someone or something that didn't make it in your life continue to hurt you. If you do, you're still giving a portion of your life to something that no longer exists – it's like letting your happiness slip into a black hole. Learn the lesson, release the pain, and move on. Scars remind us of where we have been, not where we are headed.

It is only when I am clinging to thoughts and ideas or patterns of behavior of the past that no longer serve me, that they get in the way and keep me somewhat stuck in lower vibration or lower consciousness.

I think you can get a sense of this and the difference between holding on to something that no longer serves me as compared to realizing there is work to be done on patterns of thought and behavior. The whole vibration of those energies is quite different.

When I am willing to release, transform, heal, even though the process is not complete there is a flow to that energy. When I am holding on to something that no longer serves me there is struggle, duality, judgment, fearfulness. To put it simply, my heart is closed, whereas when I am in willingness my heart is open.