

# “Symptoms” of Being on The Path

## ~ The Archangel Michael

*On October 16, 2004, the Archangel Michael – through his Channel, Michel Green, shared this information of the experiences those seeking the Spiritual Way. The presentation was made to the participants at the Second Annual Women’s Fall Retreat, hosted and held at the McCracken Country Inn in Hinton, Alberta*

### Dearly Beloved ...

It is a great honour and we express much gratitude for allowing us to be with you on this crisp morning. We are very grateful for the opportunity of speaking to the circumstances, the events, the positive and sometimes the disconcerting situations that can occur when an individual chooses a Spiritual Path – when an individual opens up to the magic that can be in Life. Very, very many of you are very practical people. It is necessary to be practical. But also, very many of you are saying, “*Is this all there is?*” And knowing in your heart that there is, indeed, much, much more. Some of you have had disconcerting things occur and, in particular, since November of 2003 there has been opportunity energy. It may not always feel like opportunity energy, but I promise you the questions that are coming to mind, the re-focussing of your energy indeed brings possibilities.

*In November of 2003, an event occurred called the “Harmonic Concordance.” This was a circumstance both astronomical and astrological where in the physical realm, astronomers could train their telescopes into the sky and see a line-up of planets globally — the energy is global, it is not restricted to certain areas of the planet — where the planets were aligned approximately 60 degree apart. This is an energy of opportunity. It is very positive energy; but it is not going to fall into your lap. It is something that you become aware of and you must reach for it; you must take the step toward it.*

*Many of the planets in the solar system were involved in this. And so you have Jupiter involved and things are expanding; you find people becoming more enthusiastic, more positive. It is less likely that they will say, ‘Oh, that will never happen,’ when they are responding to the Jupiter part of that energy.*

*Saturn is also involved and Saturn says, “Look to see your limits. Become very familiar with what your boundaries are. See the size of your ‘play pen’ in order that you can go beyond it.” Now, many people will look at Saturn and say, ‘Oh. I can only do this and I can only do this.’ That is not Saturn’s purpose. Saturn’s purpose is to teach you where your boundaries are **so you can exceed them** — so you can knock the fences down, but you must know what is happening inside that boundary first. You cannot ignore it and expect to jump the fence.*

*The planetoid — and some of your scientists are still arguing as to whether it is a piece of an asteroid or a full planet or a planetoid – but it is called Chiron and*

*Chiron was discovered in 1977. This is often known as the "Wounded Healer." When Chiron begins to influence the situation, you find people looking at where their life is not working and trying to fix it. And this is one of the predominant energies that are going on.*

*'Why is my life not working?*

*'What can I do better?*

*'How can I change this?*

*'How can I evolve with it?'*

*And the magical thing about Chiron is whether or not you succeed with healing your own issue, the fact that you are working on it, vibratorily gives permission to those around you to work on their own wounds. And thus, you are an agent for healing for the benefit of others. You open opportunity to others.*

*Mars is involved and Mars is about taking action. And so you feel impelled. You can't sit here and think about it any longer, you have to **do** something. The action of Mars has its place here.*

*The Sun and the Moon — the Essential Self and the Nurturing Self — the place where you know **Who You Are** and the place where you know **Who You Could Be**: both of those are involved. Your inner Essence and the way you feel - and so you may be finding that you feel differently about things. You may be finding your emotional state going up and down. You may be wondering,*

*'Why is this happening to me?*

*'Why do I feel like this?'*

*You are being given the opportunity to explore that; to bring the way you feel into alignment with your Essential Self.*

*And Venus, too, is involved. And so you have a ladle of Love into the mix.*

**At this particular time all of the events of November 2003, are accelerated, are re-stimulated — have come to awareness yet again. The recent eclipses have all re-activated that energy. In June, the planet Venus, on an astronomical basis, passed in front of the Sun; there was a Venus eclipse. This has not happened for over 100 years – in such a manner.**

**Therefore. The feminine energy, Venus, has now taken precedence, is in the lead – ahead of the masculine energy, Sun, and this will continue until February 2005. It is a great joy to see the feminine so beautifully represented here for you will find that those qualities of caring, compassion, co-operation are now leading you into making decisions. Many of you will have noticed in recent months that you are not waiting for the masculine energy [and this does not necessarily mean the men, although frequently it does], you are not waiting for them to make decisions. You are coming within yourself to a decision and you are saying,**

**'I'm putting this into action. Love to have you with me. If you are not going to, just watch for me, I'll be [over] there, but I'm not waiting – I'm not waiting.'**

**And because feminine energy is always co-operative, it is circle energy. It is all of us in this together. You are always open to that partner or that individual rejoining you if they are uncertain at first, but you are no longer willing to say,**

**'Well, I'll wait here with you until you decide that we can go together and then hand-in-hand we will go together.'**

The feminine energy now is saying,

‘I have thought about this; I’ve meditated on it. This is my understanding. I am ready to move. Coming? Wonderful! – Not? Follow me, ‘cause I really want you with me, but I’m not waiting.’

And away you go.

This gives you the opportunity of leadership; but let me tell you, my Friends: let me tell you very clearly, that taking that step can be disconcerting. Finding yourself – all of a sudden – making decisions without consultation; putting plans into action because it is your choice. It is indeed a symptom of being on the Lightworker’s Path and as we have said, a Lightworker is an individual working toward the Light of the Most High; working toward expanding those positive, higher values into your circumstance and, therefore, because it is vibration and vibration knows no boundary, it flows from you into the outer world – into touching all others around you.

And you make a decision.

And then you step forward and put that decision into action. Because making that decision has touched into the Mars energy – you must take the step.



Those who follow the Spiritual Path often find that their circumstances change.

If you are not comfortable with change, this is something that you need to *clearly* be aware of. Now change is inevitable. I am *sorry* for those of you who have chosen to be fixed astrological signs – Taurus, Scorpio, Leo and Aquarius – this is a fact of being on this planet – that change is inevitable. You must deal with it but you must find ways of dealing with it that allow you to be comfortable. And so for those Signs, it is important that you discover the change that you wish to make and then give yourself time to be comfortable with it, knowing that you will make that change.

[It is even more clearly in effect in this planet than the conditions called death and taxes. Change is more present, more relevant.] So if you are not happy with change, I will not say don’t go the Spiritual Path, because change will happen anyway. But I will say, consider what it is that you are choosing to do.

Change is accelerated when you go on the Spiritual Path. When you begin to consider, that “in any situation that I meet, I could react as I always have without thought, or I can – take a breath – and choose to respond in a higher, more positive, more uplifting manner.”

That is the spiritual choice. Choosing to respond. That breath gives you that moment and detaches you from the situation so that you are not reacting without thought. You are giving yourself the opportunity to slow ... to think ... and then to deliberately make that response.

What is happening is that you are changing the way you are in the world and every change brings with it a new circumstance.



Many of you following the Path find people disappearing from your Life. This is the riskiest part for very many people. The riskiest part of the whole scenario. For as you make changes within yourself, my Loves, your vibration changes. The people around have two choices –

And you always, **always** have a choice. Please be very clear on this...

The people around you have two choices: they may change in turn to re-harmonize with your new vibration or they will leave...

For some that means leaving mentally. And physically they may be present but the connection that once was there is thinner; is less; only appears on certain occasions.

And others will actually, physically, remove themselves from your life.

This makes the choice of a Spiritual Path one that must be made in clarity. There are those who have entered into this realm who have come with their Agenda – their To Do List, if you will – and, in ink, “Spiritual Path Working” is written. It is something that they have come to experience and will go through that experience.

Others will come in and it [Spiritual Path Working] will be pencilled in. The option and the opportunity will come forward to them and at that point in time, they can say, ‘Yes, this is for me’ or ‘Uh, let me think about it and I’ll get back to you in a few years’ or ‘No. Absolutely not in this lifetime.’ Free Will does come into play.

So there is that choice.



Other symptoms of being on the Lightworker’s Path include a re-balancing of the feelings, the effects, the manifestation of the physical body. That may mean illness. Illness always has a reason when it comes and those who spend much of their lives in an energetic state as in meditation, as in channelling, as in doing energy work, as in massage, as in healing, as in other forms of physical/non-physical manipulation or working with energy **must** bring the physical vessel to a state of positive good health in order to continue The Work.

Now let me be clear on this. If you have an individual, such as the Channel, for example, engaged in a great deal of energy. Her physical requirement is that the body be enhanced and brought to its best physical state in order to facilitate the connection. She had to learn to raise her vibration as I step down my vibration in order that we can meet. Otherwise, my entrance into her physical self – and it does come fully here \*\*\*INDICATING TO THE

HIPS\*\*\* partially through to the ground – this grounds the Channel – my energy entering this physical form, if it were not stepped down would be so dynamic as to cause a great deal of difficulty for the physical form. The vibration is too high and, therefore, it is important for her that she spends time – which she does not always do – in enhancing the physical body, that the vibration might be uplifted. I have the ability to step my energy down so far. Anyone who does this type of work and comes out of it, deeply traumatized and exhausted is not working with the energy in the proper, most effective way. It is a sign; it is a symptom, work needs to be done here.

Anyone who gets involved in Reiki and Reflexology and does not clear their energy field will find themselves becoming tired, perhaps crabby, perhaps disconcerted, because they have taken on the energy of the person with whom they have been working and they have not cleared their energy. They have not taken care of their physical self.

So there will be shifts and sometimes if you do not pay attention or if you are not aware – we have people opening to channel who have no teacher – they do not know what it is necessarily that they need to do in order to facilitate long-term connection with this type of vibration. So often you will see people in the Lightworkers' Path who come to a point – they do wonderful work for a long time, many of them – and then they come to a point where there is a health issue. That health issue is saying, 'you are ready for the next step. It is time to cleanse the temple that is your body, in order to make that next step – in order to tweak up your vibration.'

If you have been experiencing concerns with health, look to see what it is that the issue is. That will give you a clue of what it is that you need to do. For many people, a physical health issue occurs when there is a mental or spiritual situation that they are not addressing. We give something of a crude example: individuals with kidney problems are often “pissed off” at their life and they do not express it and they do not do anything about it. Therefore, it shows up in the physical area of the body that deals with elimination. Whatever it is that you are dealing with has a meaning. If you feel that the physical situation is more than just physical, there is a meaning behind it. Knowing that meaning can often lead you to the solution. Once the situation is addressed, then you are able to take the next step.



Working the Path of the Lightworker is meant to be FUN ... you are taking this far too seriously, my Loves. It is meant to fill you with an enormous joy for that is what we bring to you: our Love, our deep Joy. An individual doing massage serves her clients best when she feels the Joy of bringing that body to a wonderful state of relaxation and flexibility. And that Joy channelled through into the individual gives them too a taste and a flavour of Joy.

Those who choose a Spiritual Path at this point in the world are making a conscious choice to be different. Now different can be very exciting! – Ask all your Aquarian friends! They know all about being different – it is why they are here. And I say to you, my Friends, everyone of you has an Aquarian sector in your life map so everyone of you gets to experience the Joy of being a little unique – a little different. It can be very exciting.

We shall encourage you to know that those who say, ‘I am on a Spiritual Path. I am looking for a better, brighter, more encouraging, more enthusiastic, more supportive, more loving answer to every moment of my Life, to every situation that I see’ – that is being on the Spiritual Path.

It does not mean that you must be Christian; it does not mean that you must be Muslim; it does not mean that you must be Buddhist. It means that you yourself connect with a Higher Power, with the God of your Understanding – however you declare that Creative Being to Be - that you make a direct connection. It is why many religions are having difficulty these days. For the state of the world is evolving to know that God is not exclusive to a priesthood who must transmit messages.

The Goddess is available to everyone who seeks Her out and, yes, we do bring in the Feminine energy. It is *not* to be denied. This is a world of balance, of polarity and if you deny or suppress one energy, you are not bringing yourself to balance and you are not experiencing the polarity. This is the only realm where this can be experienced – where I and Thee, where dark and Light, where happiness and sadness, where encouragement and discouragement, where Love and fear can both be experienced – and brought into attunement, alignment and harmony – each with the other. Each has their message. Each has their encouragement. How do you choose to be encouraged in your life? Are you still living in fear?

Fear is meant to be your servant, my Loves. It is not meant to be your master and many of you have given over your lives, your way at looking at Life to your fears. You must – and we do not use this word lightly, for it is never our intention to **tell** you what to do, but it is always our intention to encourage you, to support you, to make recommendation, so when I say, “you must,” I am saying to you that if you do not choose Love over fear, you will always be making choices in your Life from the standpoint of guilt, under the whiplash of your fear and you are no longer living your life. You are living Fear’s life for you.

Fear is your servant. Fear is supposed to stand behind you and when something comes up that could harm you, Fear is supposed to say,

‘Excuse me, uh, would you mind looking at this a little bit more, because I’m really concerned about this part. I really think that when you step off the sidewalk to cross the street, it really, really is a good idea to look that way and that way and then that way again.’

But many of you have allowed your fears to stand in front of you and say,

‘Nope. Nope. Nope. Cars coming. Can’t cross yet. No. No. No. Stay here. Stay here. Stay here. Stay here. Do not move. Do not change. Do not grow. Do not evolve. Stay where I can protect you, where I can master you.’

And you give yourself over to your fear.

When you step into the Light – the Light of the Divine, for many of you there is such a feeling of relief and release – aaaah – and **such** Delight! **Such** Joy, my Wonderful Ones! There is a feeling. There is a vibration. There is an upliftment. There is an expansion. And it all

feels so much brighter, so much clearer. And when Fear says, ‘Excuse me, ‘scuse me, I’m not sure this is right for you...’

With Love – not with force – gently say to your Fear,

Thank you for trying to protect me. Thank you for caring that much. I know you much be very tired, you’d have a long struggle and you work very, very hard for me. Sit over there in the corner and I promise I will check with you, but this I must do. This I choose to do. And I will check with you in a new situation.

It is **your** Life, not your Fear’s life.



It is, indeed, a Life that can be filled with great Joy.

When something is right for you and you feel it and you are excited about it and you are encouraged about it, have you ever noticed how it comes into actuality, how your desire, your dream, manifests for you – what it takes to make it happen?

For I remind you, my Friends, that a goal or a dream or a plan until you take that first step is a fantasy. Action brings reward. Planning it, even writing it down starts it: action brings the reward. And so it is important that once you take your first step toward it – know at that moment – that the Universe, in all its vastness, in all its joy, in all its power, in all its magnificence, moves toward you – to bring you that which you desire. And so I say to you, have ever discovered that when you set your mind on something and start that first step, things go bing, bing, bing ...

And they all fall into place.

That is the Universe’s response to your intention and your action. The two are linked.



Sooner or later on the Spiritual Path, you come to meditation. It is the connecting energy. It is the highest, most positive tool that any individual can use to understand where they are going, why they are going, how they are going. It is, indeed, the tool.

Now, yes; I hear the Air Signs and they are going, ‘Oh, I try to meditate but my mind is so busy...’ Yes, that is true, because you are mental energy. So work with it at first. Take a time and a place; in your meditations, set the protective energy of the Loving, Guiding, White Iridescent Light around yourself, around your space and then, rather than sitting there and ... ‘Aaauuummm,’ ... Write. You are all communicators. Write. Write, ‘What do I need to know?’ and then let yourself – often using the non-dominant hand, for this engages the mental process of your conscious mind, giving it something to do in figuring out how to form those letters – while your subconscious mind writes the message. And if it should happen, as happens with the Channel, that the non-dominant hand also writes in reverse

script, there are mirrors aplenty and you can easily read your message by holding the book to a mirror.

Focussing the mind by having yourself use the non-dominant hand, allows you to get the message, allows you to be in a meditative state, allows you that connection and over time, you will come to the point where you are able to sit quietly, receptively and receive your healing, receive your guidance, receive your peace.

It is always important, my Loves, that you open every meditation session with an invocation to the God of your Understanding, asking that your Guides and Guardians draw near, asking that whatever it is that you need to know is made apparent to you, and asking for Love, healing, protection and guidance at all levels. And then you do your meditation.

And for those of you who have not meditated, it is important to have legs uncrossed for your feet and legs can, indeed, go to sleep and you stand up and go \*\*\*SMACK\*\*\* without knowing that that has occurred. It also assists in grounding the energy, in moving the energy from the Highest Source all the way through into the planet. Therefore, no crossing of legs, no crossing of arms - the energy becomes twisted.

In meditation as well, there is sometimes a concern about hand position. Generally speaking, hand position is as it is comfortable for you. In meditation in a group, it is recommended that hands be palms down or the hands be held such that the fingers or the hands themselves form a circle. This keeps your energy to you; this keeps your energy in a circle and there is non-interference. If you are in a healing meditation where energy is going outward, having the palms upward is entirely appropriate. There are palm chakras – energy moves out of the palms as all of you who work with healing energetic movement know.

At the end of your meditation, my dear Hearts, it is very, very important to close your energy to your normal state of being. For when you are in meditation, you are vastly sensitized. Those of you who have meditated will know that the slightest sound can be very jarring; that you can hear the sound of a train several miles away whereas in waking consciousness, you would never have heard it. So you need to close your energy down and you do this again by re-connecting consciously to the Great Spirit and asking that you be brought to your normal state of affairs. And ask also, in Love, that the energy gathered where you meditate go out into the world and affect such healing as is possible.

Sitting in meditation, regularly allows the body, the mind and the Spirit to move into alignment and preparation even hours before you actually sit and your meditation becomes more effective. Physiologically, there are a great many benefits to meditation. It reduces stress levels. It slows heart rates. It brings a great deal of balance to the internal organs and they function much more effectively. It allows you to throw off illness with greater ease.

Meditation has psychological benefits. It allows you to meet the challenges of your day in a much more stable and harmonious manner. Something that would have rocked you weeks before you start to meditate, in a manner of a week or two will be “interesting,” will be of

concern, but will not rock you on your foundation. Stress levels especially respond to meditation.

Spiritually, meditation is the single most powerful tool for connecting with the Divine, for conversing and connecting with your Guides and Guardians. And, yes, indeed, you all have Spirit Guides and you all have Guardian Angels. At different circumstances and occasions in your life, you will have more of these friends, these supports, these encouragers, these lovers to assist you with the difficult times or the challenging times or the radically exciting times in your life. But they cannot intervene in your Lives unless you ask them. Because on this plane, you have Free Will. You cannot be denied that. And that is one of the single most powerful tools, most wonderful circumstances of being on the Path. Because as you are on the Path and as you follow where Spirit leads you, you have a consultant with you. You can say, ‘My Free Will says I should do this. What do you think guys?’ And in meditation – or, indeed, as you move through a stronger, more definite Spiritual connection on a daily basis, you will find yourself being guided auditorily, you will have impressions, you will have, perhaps, voices, you will see visions, you will **know** instinctively what your Guidance is telling you. And then is the point of power; then you can say, ‘I want to do this. They are suggesting I do this. Are they the same? Are they different? What is it that we can do? What is it that we will choose to do?’

And your Guides and Guardians will love you anyway.

There is no choice that you can make that will cause you to relinquish or become undeserving of or lose the Love that your Guides and Guardians have for you and the Love that the Most High has for you. *You cannot be separated from it.* And that is the most important thing to learn in being on the Spiritual Path. It is available to everyone, spiritually inclined or not. The Love is there. It drips from your shoulders; it pools around your ankles. It unrelentingly is there and if you choose not to accept it, nonetheless, it will fall down your hair and it will be with you. It is only you who can be separated from God – God is never separated from you. And in your darkest moment, whether you are spiritually inclined or not – in your darkest moment, it is but a thought; it is but a wish; it is but a sigh; it is but a breath, but it is with you and within you.

One of the most powerful prayers and connectors to the Most High is the Name of God; however, you determine it to be. And you have a vast number of choices.



As you move forward on your Spiritual Path, you will be called upon to ‘surrender’ to the Most High.

Think what that means...

Do you remember the Western movies that you used to watch where the Bad Guy in the Black Hat was told to “Surrender!” And he put his hands in the air, but you knew if he had half a chance, he was going for his gun and he would **never surrender!**

Winston Churchill said that. ‘Never, never, never surrender.’ So there is a connotation within you about what surrender means.

It does not mean “give up.” It does not mean give up.

You still have your Free Will. You still have control of your Life. You are still the creative energy through which your life experiences occur, but when you surrender to the Most High, when you “*give over*” – that is what the word means: give – render; sur – over. Give it over. You have a whole bunch of problems sitting in front of you and you think \*\*\*GROAN\*\*\* ‘I just don’t have the energy to deal with this piece. I can handle all of this [other], but this has got me, I cannot deal with this [one] any more.’

That is the piece you give over. You put it all on a plate and you say, ‘OK God, here. You look after this. I trust you. You look after this; I’ll look after this [other].’ And you let it go.

Whenever you start to worry about it, you look on the plate in front of you and you say, ‘Oh no, no, no, that’s God’s part. I’m not worried. It will all be fine.’ And you go back to working on what you work on.

Now I promise you, my Friends, if you cannot let that go; if you are tugging at the coat sleeve of the Most High and saying, ‘Did You do that yet? Are You finished yet?’

He’ll say, “Oh, I’m sorry, My Love. Did you want to have this for yourself?” And you’ll get it back.



But, indeed, when you give it over, it does not mean that it disappears from your Life; it does not mean that you have to ‘give up’ on what you would have wanted to do. It merely means that you have called in the best possible Help that you could have and it’s being looked after.

Now many of you talk about the Most High as being All-Knowing, All-Seeing, All-Loving, Perfect, Complete, Ever-Faith-full, more Capable and more Able than you are. The Being in whom you don’t even have to believe you have faith because you KNOW you can have that faith. The Unfailing Source. So when you give your problem over into the Hands of the Most High, you must realize that you are saying, especially to yourself, ‘I trust and believe and have faith in God to handle this for me.’

But if you keep fussing at it, you are saying that you have more belief in your worry than you have in your God. And that scenario needs something to be looked at...

Give over what is too much. Many of you feel that if you are not doing, if you are not working, if you are not producing, if you are not in action that you are failing in your lives – that you are of no use and no value. So you take on and you take on and you take on until you are overloaded. You do not balance your lives. Remember, you are here to learn about balance, but if you are constantly **doing**, my Dear Friends, when are you Being?

And if you have too much to do, give some of it away. Give away that which you desire most.

If you desire money, give some away. If you desire friendship, give some away. If you desire a beautiful relationship, give it! You have all heard – many of you chant the litany: What goes around comes around. Listen to the sequence: what goes around – outward moving energy from you – comes around – inward moving energy to you. Everything in your life experience without exception, Wonderful Ones, starts with you. Every single thing.

A very wise woman, last night, said everything that she experiences in Life, she experiences from her point of view. She sees it as revolving around her because every experience comes to her. It is absolutely accurate and it is accurate for each and every one of you. Everything in your life comes, focuses on, and revolves around you because it is your perspective, your experience, your Life. And, therefore, if you are going to receive any benefit, you must set it out into the world first. You set your intention; you let it go.

By the way, with intentions and goals and dreams, it is very, very, very important that you write them down. Yes, I know you don't like writing stuff down but write them down. It makes an impression on the Universal Mind and it allows you to be precise and clear. For if you say, 'My dream is thus-and-so. No, I'm not writing it down, but I know exactly what it is – it's right there.' And if your dream should happen to be about a house, wonderful! When you focus on that dream you will see it precisely the way you want it. Then you come back again and you focus on your dream, only this time, you change the kitchen curtains and you move the table from here to here. The next time you come back, you tweak it a little more. The next time you come back, it's situated differently on the lot you are thinking of. Such fuzziness of vision makes it very difficult for the Universe to bring to you precisely what you want because It does not know precisely what you want.

Writing things down brings clarity. And clarity, Wonderful Ones, brings action back to you – more precisely, more effectively and more quickly.



Lightworkers learn ways and means of working with the energy in order to facilitate their lives. Lightworkers, my Friends, - and all of you are – are examples to the rest of the world on how life can be.

Are you going to be an example of a Life of Joy? Are you going to be an example of a Life of Vitality? And dynamic energy? And great Happiness?

Are you going to be an example of Love and Compassion and Healing? And Abundance?

It is your choice.

What are your intentions for yourself? It must start here \*\*\* POINTING AT THE HEART OF THE CHANNEL\*\*\* It must start here. You must, indeed, start with yourself. It is the only point of origin that you have on this plane.

The Lightworker's Path is filled with excitement. For those quiet-hearted Souls, that may not be encouraging... But because it starts with you, you can embrace it and run SCREEEEAMING down your Path or you can say, 'This is part of my Life and I will walk and savour slowly everything that comes my way.'

You can say, 'I am going to be open and in the world – TAH-DAH! Here I am!!!' or you can say,

This is my Life and my spirituality is for me this time and I will have a sacred space in my room that is quiet and closed and even my partner does not necessarily have the view of this, such that when I am doing my spiritual work, I am connected to that sacred space and I do what is important to me in order to live a better, brighter, happier, more abundant, more fulfilled, more fun Life.

How you play it out is up to you.

We do encourage it. Any difficulties that seem to occur are there to advance your learning. – are there to encourage you, to assist you in making a choice for your next stage. This is life-long education. The Spiritual Path is not about getting to a certain stage and, '\*\*\*Gasp\*\*\* I'm a Buddha. I'm done. I'm finished; I'm cooked.'

No. it is about coming to a place of understanding, taking a breath; acknowledging, bringing into yourself the understanding that you have, and then, moving forward into the next stage – for there always is a next stage. But there is no compelling to take that next stage.

You do not have to rush at this. This is like the Never-Ending Story. If you come to the end of your life and say, 'Hmmm. I had a really good life but I wish I had done this piece,' – that's fine. You always get another chance.

And when you cross over, if this piece that you did not learn cannot be learned there, there are ways and means. You always have the choice of how you will learn, when you will learn, where you will learn.

That is, shall we say a new word for "change." Change can be frightening, but "Learning" can be exciting. And they are the same. For everything you learn, my Loves; everything you learn, you use. – A very wise man said that – and when he came toward the end of his Life, he said, 'I don't think I want to learn anything now; I'm almost ready go to.' And so he did – that was after 94 years.

This is all about learning. This is all about learning you; learning what you can do into Life in order to enhance and expand and learn to value yourself more. Those who truly follow the Spiritual Path do so out of love. They do so out of love for the Most High. They do so out of love for themselves as a part of the Most High. They do so out of love for others also as a part

of the Most High because they recognize that the Trinity, my Friends, is God and You and everyone else and you are all connected. You are all One.

And ‘As I do to me, I do to all others. If I deny myself health’ – were I incarnate – ‘I deny it to others.’ Think of you who are Mothers and Grandmothers – the things that you do to trip yourself up, to keep yourself in a state of discouragement or negativity, you are teaching to those who are looking to you as role models, as Mothers, as Grandmothers, as Beings of Guidance.

So if you cannot do it for your sake, what can you do for the sake of others?

Let them be your inspiration. Let them inspire you – and I say to you when you are “inspired” you are bringing in Spirit!

So let yourself be inspired every day...

We give you a three-breath meditation: \*\*\*LAUGHS\*\*\*

First thing upon arising ...

Standing, bring in the White Light of the Divine ...

Fill your entire body. Fill yourself up as if you are filling a milk bottle. Allow that this energy fills you and then ...

Breeeeeathe in this sparkling Light ...

And as you exhale, breathe out the grayness in your body.

And then breeeeeathe in this Spirit again to the heart,

And then breathe it down out of your body, taking with it anything that no longer serves you.

And then breeeathe in this Spirit again to the heart,

And allow that Love, that inspiration, that excitement, that enjoyment to radiate outward from you.

And giving thanks to the Most High, carry that energy with you throughout your day ...

And watch what magic occurs...



I thank you very much for your attentiveness and I would ask, dear Friends that you lighten up! You are soooo serious. This is going to be, for those of you who are receptive, a magical, magical time.

Remember always that we love you.

Archangel Michael