

The Light Path
Lecture # 7

The Light Beings Speak

I ask the divine light guide us and protect us. I call forth the beings of light and love, truth and wisdom. And I ask now that all that we need for the divine enfoldment of our souls, on all levels of our existence, manifest peacefully and lovingly.

It is time that each of you honor yourselves, that you allow yourselves to see the beauty, the strength, the determination to maintain a sense of spiritual presence in a world that seems to be becoming more vacant, more chaotic, more frightening. We have called you several times into honoring yourselves as facilitators of light, facilitators of consciousness, facilitators of change. Part of accepting this job, shall we say, this challenge, this gift upon the earth -- the gift to be a co-creator of the evolving consciousness, the evolving waves, the new paths -- is to honor within yourselves the part of yourselves that has not slipped back into unconsciousness, the part of yourself that continues to unfold into more and more frequencies of consciousness.

Too often, each of you ponders the parts of yourself that are unconscious, low charged, hidden deep within, buried under some thought or feeling or star or cell or memory. You focus on these parts of yourself that you cannot find. For some reason, it seems to be difficult to fully focus with love, with acceptance, with honoring on the part of yourself that has stayed steady in allowing consciousness to unfold into more and more frequencies of light and spirit.

Learning to stay in the concept of respect towards the part of yourself that has stayed available to consciousness, learning to do this is really the way to help to stabilize the Earth. It is really the way to bring about a new way. For it shows that you are committed to the part of yourselves seeking consciousness, and committed to the part willing to move through any challenge, any resistance, any forgetfulness, any dimension, to maintain the vibrancy of this consciousness.

You can take a moment right now, right now, and breathe into yourselves and get a sense of the part of yourself that has stayed committed to consciousness, and love this part of yourself.

You might notice other aspects of yourself that keep pulling you off this centering of love. "Yeah, but I tend to get tense some times." "Yeah, but I get forgetful." Or, "Yeah, but I haven't quite figured it out how to stay conscious all the time." Or "I don't always act consciously with other people." Or, or, or.... The activity of challenging self-honoring is very strong.

We are speaking today about the importance of honoring the part of your psyche, the part of your soul, the part of your sense of self that stays in the welcoming, the knowingness, the awareness, the consciousness of the soul. It is the part that keeps seeking an expanded consciousness, a higher frequency, more spiritual aspects. We are speaking about honoring this part as a creator within yourself and a co-creator of this energy in the universe, in the Earth at this time. We are reviewing all the different resistances to this honoring: the voices of judgment, the voices of perfection, the voices of forgetfulness, the voices of addictive intensities, roaming intensities in the energy, drawing you away from that peaceful acceptance of your own consciousness, peaceful acceptance of your own soul, the power of your own soul as a center within you of ever available consciousness.

We hear so many thoughts bouncing around in the room right now. We hear, "Oh! This is very hard." It seems difficult for you to do this, to just honor that part of yourself that is consistently living in consciousness. Your minds are saying, "Oh, yeah? There's this and there's that, and there's this and there's that..." And, yes, there might be. There might be restless little thoughts everywhere. There might be unhealed emotions roaming around in the depths of self. But in your core, there is a consistent place of consciousness, is there not? It might seem little to you, but it's there. Each time you honor it as ever present, you can hold more and more of the joy of consciousness. That is the aim here: to infuse the world through peace and joyful consciousness, by loving, loving, loving.

Some of you are saying lots of yeah-but's. Can you put the yeah-but's aside and just focus on that light that your consciousness reflects? Just reflect on that as an ever . . . present . . . peaceful . . . energy. Whenever you feel yourself drifting away from that peacefulness, just use your breath to lovingly go back to that center point of light, right between your will and heart. Anything you pay attention to increases in energy. If every human concentrated on honoring this place of consciousness, of loving this consciousness, and living in it peacefully, Earth would be a dynamically different environment. All the running around to prove it is all right to be alive would cease, and life would start to reflect itself more peacefully.

Some of you ask: "But what will get done if I stay there in peacefulness?" That part is the great resistor. Use the light to caress the one that is so scared that she has to do something to prove she has the right to live. Take the peaceful energy and move it to the one that is

scared and is not so peaceful. Trying to get the scared part to try to get to peacefulness is an impossible task. If you want your thoughts to be clear, focus on an aspect of clarity. If you want love, focus on loving yourself. If you want peace, consciously, willingly, go to the place of peace within.

Existence is meant to be enjoyed. News everybody! Every great teacher on the Earth who has really changed the Earth did not do anything. They did not build buildings. They didn't make boats. They didn't design systems to save starvation. They sat under trees. They walked by people and healed them by their presence. They spoke from their heart. They told beautiful stories. The more you live the joy of existence, and reflect the wisdom of existence, and the peacefulness of existence, the greater the potential for evolving the world toward peacefulness. It isn't what you tell people, it is what you live within yourself that demonstrates the spirit.

For some of you, we feel the goddess in you is waking up. This goddess knows how to love others in all of their dualities, and all of their lights, and all of their shadows, and all of their consciousness and unconsciousness, while at the same time, the goddess knows how to protect herself. The more you own and operate from the goddess energy, the greater the joy you'll be aware of.

For others, you have had to allow the descension of your higher self into your human self in little tiny increments, until you got used to it. Did you not? We feel now though, that the descension path is open and your higher self is just flooding you with energy. Don't allow those yeah-but's. Sometimes your body is almost jerking with energy; it is your body resisting the flow of energy. When you feel that resistance, just say "I surrender, I surrender." For the descension process of the spirit is strong now, as you ascend to meet it. There is this nice dance starting to happen in your energy field between your higher self descending and your third dimensions ascending to receive it. You might be a little off center for awhile until this dance finds its own rhythm. You understand? You know those times when you are not quite sure where you are standing in your body? That is where that is happening. It is like you haven't yet found how to center in the continual rhythm. It is a continual rhythm. You are used to holding yourself tight. That is just dissolving. Now it is more letting yourself move in the continual rhythm of the spirit and form dancing together. And yes, existence is meant to be enjoyed. One of you watched fish jump out onto the bank and just wiggle back into the water. Isn't that enjoying? Yes. Fish play. Birds play. Ever watch birds in a bird bath? They have a joyous time. Existence is meant to be enjoyed.

So many things are waking up inside of some of you. Memories of other existences. Feelings of earlier in this life. Knowledge from other dimensions. Soon you will not be able to avoid

allowing the wisdom that is so available to you. You have avoided it at times. Keeping it sort of to the side, saying, "No, I have to work hard and prove that I have a right to be on the Earth". This wisdom self is just walking closer and closer to you and she is bringing with her all the memories of being a wise being. Welcome her home. Open and let this being from your other dimensions step into your body and change your life. Change your life. So that your existence can be enjoyed.

We want to remind each of you now that you have been mothers and fathers in other lives. Each time you create an aspect of yourself, you are mothering yourself, and each time you mold an aspect of activity, you are fathering yourself. So to all the goddesses and the men in the room, we celebrate you.