

LESSONS IN LOVE

The Flower

Within

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LESSONS IN LOVE

ANY CHALLENGES OR TRIALS A
HUMAN HAS FELT HAVE ALL
BEEN SENT TO HELP THEM TO
MELT! TO MELT INTO LOVE!

THEY WERE NEVER SENT TO
OFFEND BUT TO AMEND, IT IS
UP TO US TO DECIDE IF WE
(ARE) DEFEND(ER)OR TEND(ER).

.HOW WE HEAL THE WOUND OR
THE HOLE, HOW WE
RECONNECT WITH OUR SOUL,
OUR WHOLE.

Mind MASTery

Tuning our antenna to truth: the lower mind always wants proof, the higher mind always knows truth.

The dichotomy of being human is the duality, the division between the two. When unity occurs truth is the proof. There is nothing to seek for we allow the Divine to speak, to flow through us and to glow through us.

We light up our mind, we are of heart divined. There is no longer a push and pull for we are replete, we are full.

Our perception is no longer clouded or shrouded by deception as we have synchronized with our Divine source, with our truth force. The veil lifts to reveal the light which has always been shining bright that was merely hidden from our old eyesight.

There is no longer division or distinction between human and soul for we are one and whole. We have unified, no longer tied by that which lied we are free to glide. We move beyond illusion and restore our true fusion,

Our heart blooms as our antenna attunes.

Re-birthing = Re-earthing

Rebirthing is truly re-earthing! For when we are born onto this planet we are sworn unto this planet. We are here as a team to live and dream. As life takes its' twists and turns we can feel the cuts and burns. Our wounds may grow deeper beneath the surface (body) and our connection (spirit) grow weaker in its' purpose.

Feeling lost in buried pain and shame it is often difficult to feel the full peace with which we came.

There comes a point where there is no point to carry that burden any longer, we let go and return to stronger. We surrender and return to tender. To the heart, to Earth, to the place of our birth.

As we undergo this process of journeying to the centre of the earth (heart) we shift, we lift and we heal the rift in order to return to the truth of who we are, the pure light of our star. We unite our higher aspect with our human in a (w)holy communion, a reconnection with the earth, with the heart. We return to whole, human, spirit and soul playing one role. We are born anew, we are born true.

Octaves

Octaves are tones, notes, levels, keys. We run on octaves and they attune our frequency. We can move up and down the scale, we can feel Heaven or Hell.

They have defined the veil. Previously only a certain level could be reached as truth was breached. We have worked to take down the veil and reveal so that we may access and feel our higher truth. To be free to move into unity, with love and liberty.

We knew they existed here but we had been shrouded and clouded in fear. Stripping back the unpure we have passed through into the sure, the certainty, the truth of who we are. We have cleared the old state to open heaven's gate and restore our great, our magnificence.

Being the building blocks of our frequency they enable us to attain our liberty, The more we grow, the higher we go, the greater our glow. Sometimes it may feel like we are going down but this is just a step in order to spring back up.

Tuning our scale requires moving through Heaven and Hell, lifting the veil requires a deep abseil into that which we would prefer not to see or feel but is a pre-requisite in order to heal. We have to break down in order to break through. Once that shadow has been brought to light we are able to see right, with our true sight (love) and we shine bright.

We ray-diate at our highest octave and sing in tune and in love bloom (attunement with Divine.)

Grass Roots

Grass roots are new shoots. They start small and grow tall.

This is how our New Earth is developing. Small sectors thriving to create new vectors and vision. Sowing the truth, growing justice and flowing with love.

With trust we are able to adJUST. With our eyes of dreams we are able to create and manifest new scenes. Ones that are in resonance with our true essence. We are re-establishing a love presence.

Harmonious and symbiotic no longer parasitic or chaotic.

No longer in pain, feeling part of a fools game we are laying claim to truth.

Action-Creation-Expression ACE

Abundance, joy and play for this is seeing and being in a true way

Soul-arising

The reason why so many humans have problems with health and wealth is that we are lacking a deep love of self. There are many things that we forego (for-ego) due to this no show, If we are not showing up for ourselves, not loving ourselves, how can we begin to know or grow anything or with anyone else.

Nurturing and creating defeat is very different than feeling loved, supported and replete. We are the truth we long to meet!

Soul is always whole
It is the human in its' role
That feels torn and forlorn
For it feels apart from its' heart
Be a part! Be one!

When we try to control we dig a bigger hole
For we are competing with soul for the lead role
We are blocking our whole.

We create our own prisons when we hold our truth inside
We create our own paradise when we open our prisms
wide!

Heal your Inner child - Return to the wild!

Often times humans find that it is the inner child that has felt the unkind which over time has gone onto upset the true mind. The pain buried deep within has held us in a form of sin. A hurt, shame or blame that has turned us tame. Tame as in curtailed and controlled rather than free and evolved.

In order to heal the adult must excavate and feel so as to reveal the disrupter/corrupter and bring them back into alignment within. To transmute the wound into love and once again rise above. This enables us to return to the wild!

No longer repressed we become fully soul expressed. Meaning we feel joyful, playful and trusting rather than guarded, worried and weary. Life no longer feels drab and dreary for we have restored our true vision. The child's eye has risen and re-opened and with it our heart is free and unbroken.

As adults we often find ourselves in a state of trying (pushing/controlling) or lying (wearing a mask/false ego)

whereas as children we are flying and smiling (one with truth/liberated). As opposed to artificially manufactured we are naturally enraptured. Life becomes more fun when we come undone! When we return to the wild.

W ith

I nner

L ight

D irecting

Service

There are two paths we take in life 'I deserve' which is service to self and the lower ego aspect. Or 'I doserve' which is service to soul and the higher conscious aspect.

These two branches exist and often a human resists taking the higher one which is full of love and fun for the fear we feel in coming undone. We remain living in the lower matrix mind which can feel unkind, disconnected, rejected, affected and self obsessed. Here we can meet challenge, pain and drama time and time again. We can feel anxious and nervous for we are not aligned in service.

We have soul here to assist and liberate us from the lower vibrational and all that is not great. It can be a painful process to unlearn all that you thought was true and trust and start anew but this is the real you. We were never meant to be caged and enraged, we are here to be raised and in praise. Gratitude provides a healing attitude and lifts us out of bratitude, to heal and reveal the loving compassionate and vulnerable truth of who we are

.

I deserve is lacking and attacking in nature, always feeling a shortfall due to expectation and disappointment. .

It is all about are our needs being met, what can we get which creates fear and blocks. It can lead to stagnation and negation as the flow is not free to go and grow. We reject and disconnect.

I do serve opens a different curve, feeling thankful and complete creates abundance and enables one to feel replete. It is all about where may we give, how may we best live. This opens up the flow for the great to grow for there are no limits or lack from fear of not getting back instead the energy liberates and circulates. We accept and connect.

When we seek only to serve ourselves or those close to us we are cutting ourselves off from the wealth of universal flow. We are holding on rather than letting go. For when we serve all community we find unity, we restore our true curve and verve.

CrEATivity

What we crEATe we eat! It is that simple, we choose our diet.

When we create we can feel great! Unless we are crEATing defeat or that which we do not wish to meet let alone eat.

Our thoughts, actions and beliefs create our diet, our nutrition or our suspicion. Are we eating love or fear. The former is the restorer, it enables us to feel nourished and flourish. That latter can cause us to shatter feeling malnourished and less than encouraged.

We have been schooled out of thinking for ourselves, willing and happy to hand over our power to someone else forgetting it is our true role to be creators we end up feeling more like negators. For we have handed over our power and this is the key in enabling us to flower.

To create means to draw from our soul, to paint our passions onto the world, to show our true colours and share our gifts rather than feel we have drawn to short shrift. To express rather than repress.

To feed others in need with our talents and
teachings. To exchange wisdom and wonder.
Not to worry about how we will be received and
perceived but to be liberally relieved. To set our
truth free, to manifest our Divinity.
Create or stagnate it is up to us if we open the
gate and liberate!

TrUSt

Humans find it hard to trust for they have a mind that tends to spiral away from the Divine. This takes us out of align, lacking in shine. For when we align everything is just fine, everything is in Divine order. There is no chaos or disorder for our perspective is broader. We are not shut down or disconnected for we are open and positively aspected. There is release, there is peace and the fear and anxiety cease.

We centre ourselves in the still point, the equilibrium that holds us in the ups and downs life provides and here we no longer feel the divides, the duality. We feel the unity, the great big hug that deters anything that is not of love. It helps to return and transmute anything that is painful back into gainful.

We see we were never truly scared for we see we are sacred. We feel this deep in our core, the truth of our pure. The Divine holds us and heals us, it reveals us. We see beyond the veil that acted to curtail our truth and always demanded proof

We see ourselves as strong and stable, willing and
able for we feel the courage that is here to en-
courage and restore. With this faith we feel an
embrace we have a central line to the Divine and are
in our full shine.

F eel

A lined

I n

T rue

H eart

T o

R eturn

U nto

S oul

T Ruth

Now that your eyes are open, make the sun jealous
with your burning passion to start the day. Make the
sun jealous or stay in bed.

MALAK EL HALABI

