

The Scaffolding

YOU ARE DEARLY LOVED.

At the end of each sentence there is a period, and at the end of each journey there is a rest stop. At the end of a steep mountain climb you celebrate the vista, and at the end of a steep decent to the bottom of a valley you celebrate water to quench your thirst. As you probably already “know,” all your journeys are within the realm of the circle. When you go down it is only a preparation to go up. As you turn to the left it is only until you realize that it is also a right, depending on which side you are facing. All journeys are contained within you. As you build a story around your life, where you are going, what you wish to achieve, know that, when you move forward enough it will become a backward, when you move high enough it inevitably will take you down again, as if you were inside a balloon. That is why we never judge you based on your ups or downs, lefts or rights, forwards or backwards, as they are all movements within you. With a smile, we wish you to fathom that it is not the direction you are heading that matters, but how you feel about

it, as you move through your life. The real movement is only contained within your consciousness, as all life rhythms are but cycles—some shorter, some longer. The footprint you leave, after you have recycled your physical form, is the energy that you carried and the experiences within that you have accumulated.

As you walk up or down, left or right, east, west, north, or south, you always search for something. That something is what pushes you to make an effort. You feel that you are not whole unless you get somewhere and find that something—as if a treasure is waiting for you. Once you have discovered the hidden cave and open the treasure box all will be well. This is one essential aspect of your story in simple terms. What moves many of you is a powerful desire to find something that will make you complete.

And what is this something, some may ask?

The simple answer is, of course, love. Many of you, however, search for substitutes that will allow you to experience love for yourself. The love that some of you search for out there in the physical world is but a set of training wheels for your “bicycle” to keep you riding along your path, convincing you that you are worthy of love. Many of you need to create a convincing story around your life similar to scaffolding. You cre-

ate a story by which you yourself will be convinced. When you believe yourself, you are more apt to accept and love yourself. On this path, we hug many of you who built one story and all their love for self was based on that one story. As the power of light is increasing, illuminating your hidden inner truths, that story you created no longer adds up and the scaffolding can no longer hold the walls around you. All is now cracking open. There are stress fractures in the stories that many of you created around your life. These fractures are becoming larger until your story will no longer hold the foundation of the house and it will fall down, as it must. Letting go of the old, a new story can be created. The new story is grander than any of you may imagine at the moment and it is coming. If we had told you two hundred years ago that people would be able to speak from the farthest parts of the world at will, at any time, by using a small portable device, even seeing each other as they speak, you would say that it could not be. Remember that you did not have light bulbs yet. In fact, you would probably have the person prophesying reported to the authorities as a certified lunatic or an antichrist anarchist. You are in the midst of a change. It is becoming more and more apparent that the mechanics that you are used to navigating your life with seem to be less and less effective.

As a result of these changes many of you are los-

ing those training wheels and crashing to the ground. The scaffolding that supported the walls around you is disintegrating and soon these walls will give way too. Crashing to the ground means that there is no longer reason to love the self because *that* self has changed costumes, no longer matching the story and expectations you built with such great effort. The physical story around your life is a manifestation of your inner awareness. Therefore your physical environment must go through some drastic changes, as well, so your inner environment will be prompted to shift. All is connected in a beautiful thread and all the movements are happening now. Some of you delude yourself that you have time, and with a smile, we remind you that you have all the time in the world; you are indeed eternal. However, within the scope of this cycle you are running out of time, and the awakening bells that we keep speaking of are ringing now.

What are we to do with all this information, some may rightly ask?

You cannot resist the change as it will create an inner conflict too intense to sustain. You must work on moving to a higher plane and vibrating with love to self. Working within your inner circle is your most powerful road map to navigating in these tumultuous, rough seas.

Many of you feel that all you want is to be accepted and loved for who you are. Only if your spouse, partner, family, friends, and coworkers would accept you, love you, your life would be perfect. With tender love, we remind you, for the however many times that we do, that you chose all these actors to play their role, showing you your own resistance to loving the self and accepting yourself the way you are. When you finally move beyond the role-play, embracing the wholeness of your being without judging yourself or others, as if by magic, all those around you who “gave you a hard time and made your life miserable” (to quote some of you) either change their position, embracing you fully for who you are, or move out of your way, clearing your path.

We hug many of you who are worried about the state of affairs on your precious planet. So many of you light warriors want to take this world and shake it, so that all the “evil” will be sucked out by a black hole carried off to oblivion, yet all the “good” will remain intact. You ask in your prayers for the Earth to be cleansed, for humans to love each other, accept each other, and support each other. We see many of you weep at night because you can physically feel all the pain, anguish, and suffering that is being displayed to you day in, day out by your media technology while some of you feel that you are powerless to do anything about it. “There

is so much darkness and so little light” is the message that keeps popping up on your screens. We see you cry over the animals because their habitat is systematically being destroyed. We see you shedding tears over the children that go hungry and the senseless violence that is being expressed against innocent people. There are victims everywhere and seemingly there is no light at the end of the tunnel, to use a cliché from your literature. We ask you to sit for a moment in front of your candle, take a deep breath, and connect to your heart. Through your heart we ask you to realize the sacredness of all that is swirling around you. Billions and billions of choices, as well as agreements, of the divine human are being expressed at any given moment. All the darkness that you see is your choice. The day that enough of you change within, your reality will transform as if it happened overnight. Gaia is powerful and will remain intact, alive, and well for a long, long time. The question remains if you will still inhabit Gaia or search for a new place to express your divinity. There is never a judgment as Gaia took you and is supporting you unconditionally every moment that you are alive. She gives you the air you breathe and the food you eat. All that you have is gifted to you from Gaia.

Some of you may say, *We want more light. How can we force the darkness to go to the light and transform?*

Our short answer is: you cannot.

You can only offer light to the darkness but you cannot force anyone to open their eyes. The dark ones of humanity are just one step from becoming light ones. Once they intend to move into the light, they do. That is all it takes. In the meantime they are as sacred as you are and as loved as you are. The nature of this experiment is that free will is honored above all. Your mission is to create enough light so that all who open their eyes will begin to see using your light. Light is created when you begin to love self. Loving self is loving the God within you.

Many of you are aching at this time and we ask you to redirect your passion to your inner circle, aiming your desire to helping humanity from the inside out. Your power will be greatly amplified to bring the change that you envision.

We love you and we know of the limitation of the human to accept reality that is not being displayed to you through your senses. This is the way of it from the beginning of time. If you could only move with us above the stage you call Earth, seeing the set designers and producers of your show, you would maybe understand that it is all just a magnificent production made for your entertainment as well as your learn-

ing. The suffering is real and the pain is real for those of you who experience it, but it is time to embrace that you have a choice at any given moment to ascend beyond this stage. Like the individual human who creates a social network of friends and family so they can learn about self, so it is with humanity. Humanity represents the consciousness of the planet moving and acting with free choice. What you consider your reality on Earth is but a reflection of the collective state of loving and accepting self; each one of you, as an actor in this production, as well as in your own role, makes a difference for the whole. You represent the micro, and your own shift creates a shift within the macro.

Your love for self is the love of God. Some of your sacred texts ask you to “kill” the ego and live for the sake of others. You are asked to do one good thing for someone else and you will ascend to heaven. It is again a misunderstanding of the deep meaning of the texts you have received from pure sacred sources. All begins with self. Love for self is not egoistic, but the purest love of God. Accepting your own light is the path to accepting all lights; loving yourself is the core of loving all who come in contact with you. Your own personal evolution is the evolution of humanity. Through your eyes everything changes. When you begin to shift your attention to loving yourself, you are becoming the server

for humanity because wherever you walk you give permission to others to love themselves.

So much of what was given to humanity in the form of sacred text was ever so slightly manipulated so that, instead of you becoming empowered, you were sold on the idea that you are powerless and that real divine power is outside of you. At times, the plus and minus signs were reversed so that the text seems almost the same, but one word was inserted at the “right place” to change the whole meaning.

Loving the self is the source of love; accepting the self is the source of acceptance; compassion for self is the source of compassion; and on the other side of the spectrum, hatred for self extends to hatred for humanity; violence against the self extends to violence against humanity, which may also be expressed as violence towards Gaia.

Some of your religions interpreted your sacred texts that you must love God. By the same token, if you do not love God, you will be punished, suffering the consequences. Some religions ask you to believe in punishment and consequences resulting from you not following their belief. They also ask you to believe that their sacred text comes from the love of God. Does it feel like Spirit, we ask with a smile? Spirit never judg-

es or punishes anyone, and God is not religious. The love of God asks nothing of you; it only gives. Do you see where you have been misled? It is not necessarily the original intention of the text that is at fault but the interpretation of the text. You are a wave pattern of light, a chain of photons, atoms, and molecules that are commanded by conscious energy. Your physical form is but a temporary vehicle to express yourself, and to us you appear as a beautiful display of geometric shapes, sound, and light.

You occupy a space that is much larger than your body, and as a result, your form can only house part of you. Very few of you hold the majority of your total energy. If you would hold your entirety you would implode from the intensity of the force that is contained within the being you represent. You are magnificent in every way. Many of you sigh in disbelief. We hear you telling yourselves for the thousandth time, "I have no power; I do all I can and the world is not changing. I came as a light warrior. I fight and fight, but the battles continue. I do not see any difference. The powerful still dictate our lives. The Earth is still being violated, animals are still being killed, violence and hunger still flourish in many places. There are injustices everywhere. What can I do?" With a hug, we ask you to start at home. Learn to truly link to your light, accepting

the flame that is within you; that is the shortest way to bring the change for all of humanity.

From our perspective, Earth is ascending and you are standing on the verge of an immense shift in consciousness. The dark and light will be doing the dance, while your role is to stand still, maintaining your balance, witnessing all the movements around you. Your role is to keep your equilibrium intact and your heart open while being the lighthouse that you are. When you accept all the stories of fear, pain, and desperation that are being sent to you, you are no better off than you were before. When you disconnect from these stories, even for short periods of time, linking with your own truth deep in the cave of your heart, you will hear the melody that is now permeating more and more people on this precious planet—the melody of unity consciousness, the understanding that you are all part of one being, not separated from the Earth or from the natural world. When you begin to sit quietly, listening to the new melody that is being played inside of you, you may soon realize that you are in a play and you are one of the actors. Your role is to be a lighthouse, and for that you need to awaken, turning on your light. The misery that you see all around you will continue for some time and even increase for a while. The drama will continue and Earth will reflect this drama, demonstrating her own magnificent, sacred role on this grand

stage. So what can you do? You are to awaken to your own truth and begin with the self. It seems like little, but from our perch it is all.

We always tell you that you are loved, and we ask you to move into your heart, feeling that love for yourself. Some will say, "This is too simple. It cannot be that we can affect global events by just loving the self." With a hug we ask you to look at your history, seeing what effects were created by individuals and masters who loved themselves like Jesus, Buddha, or Gandhi. Every master of love always had to conquer the self first. With all the people on Earth walking in darkness, the most powerful act you can do is to create another ripple of love. Loving the self is your service. When you do, you always give that vibration to whoever crosses your path. You cannot wait to help someone because you feel good about the self. You are full and your fountain just keeps giving. This is your story. In your sacred texts you were told that one of the essential truths that you were to follow is, "You shall love thy neighbor as thyself." Again, the interpretation was changed to dilute the power that you possess. The emphasis should be on loving the self first and then extending that love to your neighbor.

You can only create in your world that which you have first created within you. Create love within and

you will manifest it in your reality. There are many who say, "I do not even know how to begin." With a smile we whisper: how about beginning today by taking time to honor yourself for being on this planet, fulfilling your promise to do all you can to awaken to your mission and shine your light? Ask to be shown the way and the answers will come quicker than the speed of light. The reason is that these answers do not need to travel far. They are already within you. Your light, when shining, is connected to all lights. Together you illuminate this precious planet and allow others to see. If you are sad or angry because of the state of affairs currently on your planet, you do not emit much light and you are therefore in darkness. It is sacred and honored to experience these emotions, feeling them, fully allowing them to move through you, out into the world, so you can transform sadness into joy, anger into compassion, fear into balance, hate into love. We spoke often of how to allow emotions which are dense to move through the energetic body and be transferred to Gaia so they can be absorbed by her, transformed into love. Your Mother Earth is always there to give you a hug and take away the overloaded density that does not belong to you. Your natural soul state is one of pure joy.

How do we do that, some may wonder? Is there a system that can take all the heaviness from me?

Yes, there is a system and it is called mastery. The way to do it is to simply ask to be shown the way. Sit in front of a candle, asking Spirit to lead you, and we will celebrate with you the journey to ascension.

You may take action to change events in your physical reality and it is sacred. You can volunteer and petition. You can ask your friends to demonstrate for this cause and that cause. You can donate to all the worthy causes you deem appropriate and that is all sacred. Your main role, however, still remains to take these actions from a higher, elevated vibration, realizing that all the injustices that you see come from within and the biggest shift you can create out there is by using self-love, radiating that love to others. Move into joy and take care of self. Through self, create a circle of love around you. That ripple will then grow in concentric circles, expanding to all, and so be it.