

Small Holding Cell

WE WANT TO THANK YOU for doing what it is that you are doing. *What is it that I am doing?* you may ask. You are bridging the universal energy, bringing it through your own vessel and sending it to those places in need. *How does it happen?* you may ask. It is a process that happens automatically once you have mastered two obstacles: removing ego and surrendering, moving your self to the side. *How do I know that what I am experiencing is real?* you may ask. What is real in your dimension is not necessarily real in ours. What you see is, again, not what we see. You only experience what is in front of your nose—those things you can smell touch, feel, hear, or see. We see the circle that transcends time and space. We see the sum of your choices and where it leads in the sense of an outcome. We see that one person being touched may reverberate to many people over a period of time. We see that this one person who changed may inspire his or her spouse, his or her children and friends and, thus, creating an ever-growing circle of energy that expands beyond your ability to perceive from where you are standing. We may ask you a question, if that is okay. How do you feel when you do

what you do; sitting in front of a candle sending light? How does your body feel? How do your hands and spine feel? Do you feel different? Are you calmer? Are you more peaceful? Does your body feel whole? These are your markers. Are certain people attracted to you because they have something to learn? At times you will not even need to interact with them. They will absorb your energy and shift. You will not know their names, and they will not know yours. This is how it works. The energy is quiet, it is invisible, and yet it connects all of you and us and, for that matter, the rest of the universe.

There is a paradox in the existence on your planet. Those things that matter the most are invisible, cannot be claimed, and cannot be capitalized. It is built that way. It is part of the design. Everyone wants to become rich because your culture promotes the idea that wealth makes one more powerful and leads to a better life. This is an illusion, of course. If spiritual progress is measured by external wealth, everyone would obviously try to attain it in any way they could. It would be clear that “as you accumulate, so your happiness grows.” Such a design, in our view, would not be a test. It would be clear to all that $1+1=2$. Spirit wished to create a test that transcends the limited scope in which you perceive your reality. Your spiritual growth had to be in some way counterintuitive, invisible, and subtle. It had to be discovered from within

and not from the outside and it had to be voided of ego. It had to be like spirit. That made the test real, and your choices more difficult.

It is our intention to help you realize your full potential by guiding you through the mechanism of spirit. From our perspective it is simple. You have two main tools and the rest is a variation on this theme. The first is love, and the second is intent. These two are the vehicle and the fuel. For us, it seems clear because we are on the spirit side of the veil. This is not your reality, however. You are so dearly loved because you choose to test yourself under conditions of blindness, deafness, and limitation. Your goal has been to discover spirit within, without any of the tools you possess when you are on the other side. Now that is courage. Your journey is greatly honored. *How do I know that this is real?* you may ask. You will know if you use the tools of love and intent. Knowing comes from feeling. It is the feeling that defines who you are. Your emotions define your reality. When you know something through your feeling centers and your emotions that is your “real” truth.

It is by design that you have been programmed not to trust your feelings. There are those who operate in the shadow of darkness who wish to harness your emotional energy. This is very valuable to them. Like you, they use it as energy to propel themselves. You have been diverted to

move away from your emotions, to doubt your emotions, to control your emotions, and to learn to re-direct your emotions. These are all campaigns of manipulation to steer you away from your truth. You have been taught that possessing certain items that you can see and hold in your hand, wear on you, or drive are real and, therefore, will make your life more rewarding. Your emotions have been programmed to direct energy away from the inside and toward the outside. From our perspective, this notion does not achieve the results you have been sold on. But clearly, the programming, habits, and social pressures are strong, and when you feel empty and depressed despite all these things you have achieved, you are sold medication to numb you even further, or you are sent to a psychologist who teaches you coping techniques. Trusting your emotions and following your feelings are where the ultimate truth lies. When you trust your emotions, you are free; you do not need a logo or a brand to know who you are. That knowing makes you powerful and makes those who want to sell you things weaker. The universe is also designed that way. From our perspective it is beautiful that you can choose. Choice is powerful. It is something you appreciate in your governments and democracies. It is something you fought for throughout your history. You know intuitively that you are free. It is strange to us that many of you willingly subscribe to small holding cells and lock yourselves in front of your HD TV. Your TV is the

modern answer to a holding cell. It communicates a message that re-programs your perception, which tells you what is “normal” and what you are “supposed” to feel, how you are supposed to behave. It communicates the message that unless you saw or heard it on TV, it is not real or true. It tells you how you are supposed to dress and look as well as what is considered attractive and whom you should admire or despise. You are being sold twenty-four hours a day products that limit your ability to fly. Given you have the choice of channels and programming, we are not here to tell you that all the programs on TV are such. It is as if you travel to a new exotic island, a place you always wanted to go to because everyone was raving how beautiful it is, and when you finally get there, you choose to stay in your hotel room and look at the picture book someone else left for you so you can “experience” the island. When you finally finish your vacation and return, your “adventures” will consist of the pictures and descriptions you read in your hotel room.

We honor your choices, and there is no judgment. You are a divine being. You are like us: You are light. We love you and connect to you in more ways than you can ever imagine. We wish you to grow, expand, wake up, explore, and experience joy, health, and abundance. It is with a hug that we say goodbye to you. We are never too far. And so be it.