

(Trance Channel Session for 2025 – January 9, 2025)

Jolene - This is one of my greatest honors to be a part of this group. I mean, I adore Mike and Dona, and we always talk about we're going to get together, but for whatever reason, that doesn't happen, but we're together in our hearts all the time anyway, so that's what matters the most.

I have been doing this now for over 30 years, and how I started was I met my spiritual teacher and mentor in New York, and she I ended up moving to Brooklyn for over five years. I lived in New York, and she was teaching me just to be into a in staying in a state of joy, staying in a place of awareness. And she was a very amazing channel and teacher. And she was great at being a psychic and picking up from Tarot readings as well. But as I was going through this journey, I had gone through some abuse as a child and into my early adulthood, and as I was journeying out of this are trying to Spirit was coming through me, and in that moment, I felt like, like there was this energy that was wanting to come through.

Now I'm sharing that with you, because that is for each and every one of us. Each and every one of us is a channel. It just so happens I'm a trance channel, that when I start channeling, I my ego removes itself and I don't have memory recall. So that's the difference between being a conscious channel and a trance channel.

So when this happened for me I went for a session with Shoshana, my teacher, and she loved to sit on the floor for some reason. So we were sitting on the floor, and she looked at me and said, Jolene, you know spirit wants to come through you. And I burst into tears, and I said, I'm not trying to copy you, I'm not and she just laughed. And she said, If Spirit is choosing you, that has nothing to do with me, I only ask that I be the first person that you speak to that you channel for. So I was so honored. And that was the way my journey started. And I was in my, well, yeah, early 30s. I know I only look 25 but I mean, honestly it's just the Canadian living 😊

So I've been doing this for a very long time, and that just kind of spread out into doing brain kinesiology, finding out people's subconscious patterns, and Reiki, and just all of the different modalities that come in and out over time. I've kind of conglomerated many of those things to be able to be the person that I am now. Now I say this without an ego attachment. I say it as pure, Divine Source energy. I am probably one of the happiest people I know. And people say this to me all the time. Jolene, you're so you're so positive, like you are authentic. If you're working, if you're out of work, whatever, you're just that person. But I will say, I put attention in and intention into that. I make sure that what I'm doing is creating an abundance of life force, energy.

So with that being said before I get into any housekeeping. The number one thing that I woke up to this morning, knowing I was doing this tonight, was Spirit woke me up saying, ask them, Are you ready to leave your old way, your old identity, to take your next step?

So that was the thing that came, that came in this morning for you. And what I want all of you to understand is, as ego beings, we're so attached to the external. We're so attached to, you know, finding the goal and hitting the goal and doing the, you know, this quarter and the next quarter, having it all planned. And I'm that person too, to a great degree.

But what spirit really wants us to understand it has nothing to do so much with the external as it is the internal. Now, if you're working with Dona and Mike, you probably already know that, and maybe this is just a reminder, because the ego wants to have the power over us.

But you leaving your identity you know, leaving your old ways is you being able to expand your value. So this isn't about worthiness, because we're all worthy. We're here. We are worthy because we worked in that universal energy to come into physical form. We're already worthy that shouldn't even be on the table when ego says, I don't feel worthy. That's an ego attachment to a history of a story.

So we are all worthy of whatever we decide we're going to do, and that decision that we have in our imagination and our visualization, it's already created. Our job is to keep removing the limits and the boundaries that have stopped us from living it into our physical existence.

So how we build more value is through what we're doing with our time. So what Spirit wants you to do this year in order to leave your old ways, because this is going to be a year for some of catastrophic change, because they are still holding on to identities that should no longer exist, and to others, metamorphic change, this change of being in that shell that perhaps you are still living in in some form or maybe completely, and now you're going to be able to move beyond it.

But how you're doing that is really by looking at, well, what is the value of what I'm doing now? So how you look at that is by the time that you have, where are you? Where are you "spending" your time or dollars is just a tool we use to expand our time, to expand what we want to do, to receive and to make these exchanges. That's how we use our dollars.

We're not focused on dollars now. We're focused on the **value** of expanding ourselves even more so that we can **give** more. Before I push the button to come on I sat here and I said, Spirit, use me. Use me to enlighten them. Use me to light their path. Use me to transform them. Use me. Use me, use me. And I get so excited, because my value is in being this physical body and allowing spirit to come through me.

It's Yes, we all love to have more money. We all love to have things. But if we focus on the external, then we're only ever chasing that. Then we forget about the oh, wait a second, this whole value system is me.

So this year, you're looking at your identity, you're looking at your old ways. You're looking at am I still chasing the external? Have I forgotten to really zone in and to really be connected to the internal self.

And where am I spending my time? So I wrote down, you're expanding your value through connecting and expanding your life force energy, and you raise your value by making your time more valuable. So how you make your time more valuable is aligning to the things that bring you your greatest passion, right?

I was talking with somebody that's in your group today, and I said Your job is to be able to stay connected to that passion and keep expanding it. Because when we do that, then we hold this capacity that when we have to do those other jobs that aren't as joyful, we feel that that flow of energy so greatly, that doing those other jobs don't feel like they drain us so much.

So you're changing your identity now to being that kind of a person. Where are you going to spend your time? Who are you going to spend it with? What is your environment?

And one of the things you have to be really great on is clearing the clutter. And I'm not talking about just cleaning up your closets. I'm talking about clearing the clutter of everything. When there is clutter, you are choosing to stay in history. When there is clutter, you are choosing to stay with a baggage of information that says, I would rather struggle. I would rather just cover it over or not look at it, but then speak to say, Oh, I really wish I could get this or I don't know why this isn't happening.

That thing that you want to have happen has nowhere to live because you choose clutter. You choose to hold your life force energy in a place that is not growing anything. So when you clear all that out in every capacity, now you're allowing yourself the space to receive, and don't be **attached** to the vision of just what you want.

Playing in the quantum field means playing in the unknown. So your unknown when you go on your journeys you have, I don't know, Dona and Mike, you can probably share more, but I don't think anybody knows for sure exactly what's going to be happening, right? You do these ceremonies because you're choosing to have life force energy expand into a consciousness far greater!

The best moment of my life, when it comes to life force energy, was spent in your home when we did our ceremony. I have never, ever, ever experienced something greater than that for myself because I didn't know what God was going to do for me.

I still have that memory recall of what, what that essence, as I call it, God did for me on that ceremony, and it was through you being the people that could take me on the journey that could, that could stand guard for the ego part of me, for the physical part of me, and could help transport me to this other place to gather information.

All of you now are gathering information. That's what you're doing here. Now you're moving way beyond third dimension. The fact that you're with these two people makes you a sacred being that wants to experience more. You wouldn't be with these two people if you weren't. I

mean that I know for sure these two people are anchors in in this dimension, to help transport people, to help transmute some people, definitely transform people.

So your journeys now are in for an exponential ride, if you choose, and how you take those steps, is letting go of the clutter, be it through people that you surround yourselves with, through your thoughts on how you view money, that's all clutter if you think that you have to work hard to get it - so all of this. We will see what spirit has to say to enhance this.

But your direction this year is about **expanding** that and seeing where that goes. And this month is a beautiful month, because January for most, for most people, is the start of a new year, or for you know, millions of people, is the start of a new year. And a lot of people will say, Oh, I don't get caught up in that and everything, and I get it. But the reason why it is good to get caught up in it is because there's so much energy around beginning.

So when you can get caught up in the energy of that and be certain on where you want to make your changes. You don't know exactly all of the steps and you're not supposed to, but you know that you can be, you can be in that energy as well. Now you're going to start feeling that momentum.

The difference between people that start and they don't end up changing, is that they were looking for a goal and they didn't have a real strong intention. Your **intention** is what you wake up to every single day. Okay, it's not your goal. Your intention to be different.

So I'm going to give you a little story. Last year, I decided to be an endurance athlete, and I trained, I did this event called 29029 some of you may have heard of it. So there's Jesse Itzler, who is Sarah Blakely, the owner of, well, she doesn't own Spanx anymore, but this is her husband. He is an endurance athlete. He's crazy, and I adore him. And he started this company with two other guys called 29029. So you have to scale a mountain a certain number of times in 36 hours to reach 29,029 feet. So I picked Mont tromblon in Quebec. So I had to change who I was in order to be an endurance athlete that could keep climbing for that length of time, I had to change the people that I was hanging around with. I had to change the food that I ate. I had to change where I even spent my money because I needed to make sure that I had money to create a team that was going to keep this physical body strong. I have to say, there was many times that I felt lonely because nobody was saying, I'll go for a 10 hour hike with you. Nobody was saying, oh, you know what you have to you have to climb, you know, 5000 feet today. Oh, my God, I've been waiting for somebody to do that with nobody was saying that I had to be on my own. And you know what I did to make friends. I went on Netflix. I went on YouTube. Michael Phelps became my greatest friend because I watched every documentary about how he became such a success. I watched Nyad, the woman that swam from I watched that movie five times. She became my best friend because we were doing this thing together. I created an energy that when I would sit down to eat my, you know, 10,000 grams of protein that I would I would sit and have dinner with her so that I kept the energy expanding, expanding, expanding. So I did the climb in September, the first weekend in September, and then the following

weekend I flew to Georgia, to Rome, Georgia, I went and I completed my first chipped marathon. A full week later, I decided I am an endurance athlete.

I want you to **decide** who are, and what are you going to do, and if you don't have anybody around you that is supportive, that's okay. You create those connections. You figure out what that's going to be for you, because that is where you're going now. This is who you are.

Don't be afraid to let people go. And when I say let them go, I don't mean you never speak to them again. You just don't give so much of your time, because they won't take you there. What they will do is want to bring you back. I had people that were mad at me. I had people that were saying, This is ridiculous. Do you know how old you are? Like, why do you want to do this? I would never do this.

We are not our age. We are our energy. Remember that you are not an age, and this number that the government uses to keep track of everybody is just a number. We are our energy. And if you want to expand life force energy, you have to start thinking energy, not numbers.

Okay, so everybody's good. So I will say so for those of you that that have never been to one of these channelings, so I'm going to in, in a short while, I'll shut off my video. I only shut off the video first, well, for two reasons. Sometimes when, when I channel, for whatever reason, it doesn't record, and just for bandwidth. I want to make sure I've got a strong bandwidth, so I shut it off for that reason. The second reason is I don't want you staring at me. I want you closing off your vision, so that you open up your ears to hear, so that your presence of being is receiving this isn't about looking at somebody. This is about you being in a present state of just receiving, receiving, receiving. So I shut the video off so that you're open to receiving and you're connecting that way. And I, I would advise you to, you know, if you're not shutting your video off, that's up to you, but please just be present. Don't be preoccupied with something else. Just be present to it. I would suggest taking some water, because the energy is moving. So once I shut the video off, I will light some sage and collectively, we are going to do three deep breaths. And that's just our ability, our my ability, to connect with all of you. Spirit connecting with all of you. And then I'm going to say a short prayer. You will hear me say a short prayer, and then spirit comes through. Now, when spirit comes through, it is my voice changes because it is intense. It is a collective consciousness. It I'm not channeling a certain spirit, a certain entity. It's a collective consciousness, but it changes, because my voice box is trying to hold that energy. So when Spirit speaks, you're listening, okay, when Spirit stops, then there will be what is it that you question?

If spirit says, do you understand? And you don't understand, I had somebody the other day in a group, and then they text me going, I said, I understand, but I really don't. Please don't say you understand. Ask Spirit to expand and to explain a little, you know, a little better for you, so that you get it, okay, so, so that there's clarity there. Everybody is called a child. So there's not speaking about your children. Spirit will say child. So that's for everybody. Your life is called your earth walk. If you are, if you are married and you're speaking about they will then it's called your mate. Other than that, there aren't, there aren't too many other words that I think

of that that Spirit says, other than the fact that when spirit comes through, it is intense. So, yes, so anything, anything that I missed Dona Mike, that I need to say?

Dona

I don't think so. No, perfect. And we've worked out the whole question things, and we're ready to roll

Jolene

So with the question, though, this just popped in, make sure that you're asking a question for self. So don't ask a question that your next door neighbor is fighting with her husband and really like her. And is there something that you can tell her, this isn't for your next door neighbor. This is for you. Unless she's coming over and you don't know how to handle this, and you're asking for yourself, then that's one thing. But when I'm working with anybody, when I'm connecting with anybody, I want you to understand that in this moment, you. You are about to raise and expand your consciousness. So when you stay connected to self, when you're asking for self, what you're saying is, I'm open to receiving, to expand my consciousness, my awareness of possibilities, then you're opening up as a vessel so that spirit can pour into you. Okay, so please don't ask for other people. It's not to say that spirit wouldn't answer, but that's not the purpose of what this is.

You're welcome to leave your camera on if you want. Just close your eyes. Be comfy. You Okay, everyone, so just relaxing into your body. We are going to take three deep breaths. We're going to start at the root chakra. We're bringing it up to the crown. You're going to hold until I say release on the third breath, I will tell you when, when we're there, you're going to pause at your heart center, and you're just going to feel the expansiveness before bringing it up to the crown. So starting at your root chakra and breathing in you
and release
and breathing in and
and release.
And this time when you breathe in, pause at your heart before bringing it up to the crown,
breathing in and
and release.

Father God I ask to be a pure channel love and light this day for this conscious group of creators of life force, energy, movers. I ask that they be given the clarity and direction for their path to illuminate that of what they are here to do, to find the purpose, to find the structure in this third dimension, to be able to access that of dimensions far beyond, so that they may be able to monetize equally on their Earth, walk, to spread the work, to spread the word of what they do, so that they can help in the enhancement and the illumination of the human beings on this planet, the healing that is needed On this planet. May they all be able to play in the quantum field? May they bring home that of the connection to the most abundant, extraordinary being that they are capable of holding in this portal of what we call 2025
I ask this through the grace of God. (Channeling begins)

Source

We say to you, greetings, greetings for that of all that you are and for All that you have been in that of your circulation of life force energy, greetings to that of who you are choosing to become, and that of the calculated connections that you will make through that of the lens of the ego.

For it is most joyous for us to watch as you try to illuminate that of your life through that of the lens of your ego in making your calculations come to fruition. Now, your year. Now, this possession of your being, now, this connection of your being is going to be connected to that of the soul's journey, more than that of the ego's disposition of what life.

Be children. We say to you that of this presumption on how you should take these steps in order to achieve that of the success we understand such on your earth walk. But if you will understand the **synchronicities** that are moving so much further, so much faster, there is so much more aligned with that of your ability to be able to conquer that of all that you are conquer, meaning that you can capitalize on that of the energetic force that is within you.

You can capitalize on that of the connection that you are feeling within your heart center. This is not about that of your ego, any longer, not about that of only your mind on what your vision can hold. Yes, that is most important on your earth walk because your visions are your first imagery of what you have created, that of the imagination and that of what you hold in your vision, on how you will calculate it into your dimension, but your heart center, what you are going to be able to feel. What you are most passionate about is what is going to be your driving force.

So we say to you, as we have spoken through this one this day, that you are going to calculate meaning. You will now write down. You will make a moment. You will make a note, a notice of your connection to what you are most joyous with, what you are most passionate with, and you will see and understand that of the calculations of life force, energy that you have allowed to leak out of your field, leak out of your matrix.

Children, we say to you, there is but one Earth, but there is almost on your planet, 8 billion worlds, because each and every one of you is living in your own divine matrix, in your own divine source of that of the connection to what it is that you choose to do.

Now you are going to add value to that, of your ability to be able to assume that of the position of whatever it is you choose, be it that of somebody who is wealthy beyond understanding in your own ego mind beyond that of the ability to be able to conquer the aspects of yourself that you never even knew were capable of doing.

Children, this is your time to play in dimensions far beyond because we are going to give to you the energy of such. But you have to choose to make the space. You have to choose to walk that talk, as you say, on your earth walk. You have to choose with the intention every day, every day, every day, that if the people that you have surrounded yourself with in your environment

are not conducive to that of your growth, and you know that it is now history, because destiny awaits you now.

When you understand that of the compulsion to be able to go back because you are lonely, you are lonely for what the ego wants in connection, but you will not be lonely in what the soul can provide in the connection and the circumstances of the people and the and the situations and all of the possibilities that are awaiting you, you just don't like the in between.

You don't like from the place that you started to the place that you want to end up. That place in between feels like it's too long, feels like it's too hard, feels like it's lonely, like you don't have enough connection.

But when you understand that you are the connecting force, that you can provide yourself with those of the understandings of where you'll meet, the connections, where you can find that happiness, that joyousness, then we will **send more** to you. Then we will align you with the opportunities for the expansion.

Many of you are trying to make money and the ways that you used to you are trying to calculate that of the means to be able to bring it in and bring it in, and it used to work, and I have to push harder now. And people just aren't buying. People aren't buying because they are not connected to that of who you are. Any longer, people aren't buying because you are not doing what you are meant to do.

Now, money flows to those that are in abundance. Means it does not flow to people that hold scarcity and speak like that of the connection that it is harder. Now, money flows in the abundant form to those that are not focusing on the money. They're focusing on the value of all that can be given that **they are** the value- that they and where they spend their time is exponentially greater.

So now, when you look at that of the means of how you have done things in your past and they are not working. Then, smile to yourself and say, Ah, yes. Now I know the clutter that I've allowed to sustain this life. Now I know where I can do my housekeeping, and I can release, release, release, so that more can be brought to my life, so that greater expansion can be felt within my means, so that this of the life force energy is so abundant that it overflows to others.

Because of such people want to be in my matrix. They want to exchange energy with me. This is how people who hold the great experience of over abundance of wealth, having the capacity to receive more and more. It is because of such that you are able to ignite the passion of yourself and the **value** that you hold. So now, when you go forth and you extreme yourself, meaning that you would give yourself the examples in so many ways, of how you could be the conduit of the greatest abundance and prosperity.

Now look at where you have to let go of - to keep holding it and expanding it, holding it and expanding it. And when you wake every day and your intention is to do so, now you've got a

path to be led on your own design, your own projections of where you can go, and staying open to that of what we can give to you.

What is it that you question?

Dona

If our intention is to evolve our soul and our frequency, what questions would be most relevant for us to ask ourselves and Source on a daily basis?

Source

Where am I spending my time? Meaning, where am I putting my energetics into that does not allow me to **feel** the most expansive. Am I about to do something that is going to give more energy than I'm going to receive, and in this moment that I am not receiving, is this something that is only but for a moment and I can do something else then that is going to fulfill this connection to this vessel of being, to this vessel of expansiveness.

Your question each day now must be, where am I putting my value and where am I receiving my value? Because what you are choosing to do by the foods you eat, by the places you go, by the purchases you make on your planet, it is most consumed by that of the purchases, the monetary connections to the physicalities of things, and you have consumed your lives with the many aspects.

Instead of living from a place, not of frugality because you are cheap, but frugality because you choose that your **life force energy** is the most valuable asset you have. That is where you go each day.

So when you ask yourself, What am I doing this day that expands the life force energy to complete abundance and beyond? Yeah, because there will be passages in this day that I will have to make deposits, and those deposits, I may not receive an exchange, and that is okay, because there will be other areas that we're going to be deposited into Me.

So when you are making a withdrawal into a different place within yourself, to deposit into a different place you have to look for where will you now receive? What are you going to do, not only from other people, but from the **choices** you make in your day, from the thoughts that you think, from the actions that you do ... now you are giving yourself the connection to God's source energy, as this one calls it, and you amplify again and again and again. You feel that of an exponential source that soars through you. You decide you are your own witness to that of how great you will feel, how abundant you feel, how prosperous you are. Is this understood?

Douglas

How do I then, while I'm building a personal business and a company and I'm doing the best I can to focus on the value I'm bringing the focus on the love and the information that I want to share, who I want to share it, how I want to share it. How do I bring an actual value price to that, an actual number, as opposed to what you're saying, which is you're getting into this space of doing things differently in regards to money exchange.

Source:

So are you asking, what will what would be an actual price?

Douglas

So I'm asking yes for myself, because I am in that in between. Like you said, where I'm filling the pipelines with my value daily and working on the things that that fill me up, and I want to be able to then put a price on that value exchange. And so I'm wondering now I'm like, literally in that place, how do I create that pricing for that value exchange.

Source

So we say to you, when you look at that of monetary connections for beings, many on your planet, want all... They all want to have a million dollars. They all want to feel like they are worth more than that of what they are earning, what they are receiving. We understand such and all are worth more, and should receive more, but they have blocked themselves. So let us say to you that when you think of a price, let us use some simple math in your in this dimension.

So you say to yourself, I am charging \$100 because I think I am worth \$100, now in this \$100 when you connect to yourself, does this feel like it is in alignment? In the sense that it feels connected, it feels joyous. You can state that of \$100 where there is no attachment to it, it is like just offering a cup of tea. It is like offering this in the exchange of what I am offering to you. This is the exchange that what you will give me - this is how much you will **open up** to receive.

We are wanting for you to see the people that you will be working with as having a connection to what you are going to be giving them. They are seeking the value so greatly, that they are worth, that they feel the worth of giving to you \$100 they will open that space. They will open that portal in them because they want \$100 worth of value. But on your planet, people want \$100 worth of value, but they struggle to give \$1 they say, I'm going to give \$1 but why did I not get all of the answers? Why did I not get that perfect ask connection to that of what I want? This didn't feel in alignment.

And we say people will take courses and they will do different things, but when they give so little, there is nothing to fill them up with. We want for you to understand how the aspect of money even works on your planet. If you are too afraid to **give** away your money yourself, then how will you ever charge for something if you are living in a place of scarcity, if you are too afraid to even spend it? So, if you are too afraid to spend \$100 how will you ask for \$100? How will you present yourself with \$100 to say, I will make an exchange in this so that I can openly receive the \$100 and more and more and more, because I readily am able to give, because I know the concept of giving and receiving, I am in gratitude for it all. I hold such gratitude for that of this tool is life force energy called money, that I am not afraid to give it away. I am not afraid to open up the space within me because I've given away, because the value of what I'm going to receive is exponentially even greater.

But what people do is they give it away to things that only fill them up for a short period of time, and then they are dismissed within their own minds again that they feel like they are in scarcity. Make sure that when you are choosing this year to exchange your monetary means, you are giving it in a way that is going to **amplify** your life more than that of what \$100 does – does 10x is it greater than any capacity? That's what you want to do for your clients.

Child you, you have a mission of great wisdom to unfold for many, but in your connection to yourself, we would say that of your own childhood was dismissed on that of the value that you could truly create. You are now shifting into a place of spiritual everlasting, because that is how long we are going to keep you now child. We have now connected with you. We will not let you go, because now your time is not about your third dimensional walk anymore. We are going to circumvent that channeling of your own ego information, and we are going to tap, help you tap into that of the exponential, greater aspects of your own potentiality on the quantum field. Ask yourself, how much am I willing to spend? How much am I willing to let go? How much am I opening myself up with? And then you can decide your pricing. Is this understood?

Douglas

Yes, thank you. Yeah.

Beth

What is the significance if you know of the orbs and drones that have been seen all over the planet lately, is there a significance that you're aware of, something we should be aware of?

Source

We would see the orbs that are making connections. So we are going to say to you that there is also alien connections in what is being played on your planet right now. For the major shifts that are happening, these fires that are burning are burning away because they're burning away energetic connections to anger as well. But they're, burning away so that rebirth can happen again.

So there is much being looked on your planet right now through orbs, through that of connections through other planets. But equally, there's orbs that are being connected through that of connecting with human beings that spirit guides are coming through, and they are seeing the light energy, and they are seeing the light energy now because they are awakening people more and more and more so that there can be a connection to something beyond this of the third dimensional walk of life that many possess in their minds - only that they only see, such that there is now these light beings that are starting, that they are starting to see, that they can feel into the energetics.

But as we say, there is also that of alien connections that are being, that are watching that of your planet, that are also going to be able to be very helpful in that of your planet, because they are planting that of information into the Earth's atmosphere, but they are planting information into that of the human connection.

So the evolution of your being is going to be extremely greater, at a faster rate than ever was before. Be not afraid of such now for your drones, though, your drones are equally that of connections. This is not from a worldly source. This is from that of a human source. We will say it is not drones that are coming from another area that we are from, what we are seeing and perceiving for your connection. These are connected from humanity. These are this is information gathering. This is information watching. Is this understood?

Scott

Spirit, will you speak to blame, the idea of blame, the energy of blame that I experienced within my else, myself being projected onto me by others.

Source

So is this something that you have experienced throughout the course of your life, that you have been blamed?

Scott

Yes, misunderstood and blamed.

Source

So we say to you, that of blaming is your connection to being- to being *less than*. So we want for you to understand, and this is for all beings on the planet, but especially for this group to take this with you today, when you take on full accountability and responsibility for every aspect of your life, everything, everything that ever was, everything that ever will be. Now you are understanding that you are the connector to all of life force energy and everything that comes into your connected matrix called your world.

So matters not that you are a victim of things could be the most horrific. And we are not saying that it wasn't done to you in a cruel way, or it wasn't done to you and that you deserved it. We are not speaking of such. We are saying that an energetic connection of your ability to be able to experience whatever it was before you came into your earth, walk you chose. You may be the person that in this connection to your family, that you are taking the blame, because it is easier to blame you than for them to be able to feel their own connection to their own responsibility and accountability, but equally, it makes you focus on what you are not. It makes you focus on being less than. It makes you focus on that of feeling like you are a victim.

So we would say to you, how has that served you in your capacity to live your grandest life? How has that served you in your capacity to understand that at times, when you go to blame the next level will be shame, that you shame yourself into an existence of far less than what you could, what could have been accumulated through the course of your life. Blame, when other people are blaming is because they do not want to take actions to make their life something else, so they would rather project an energy back onto somebody so that they don't have to feel it themselves. Is this understood?

Scott

It is Thank you.

Source

We wish to ask you one other question, where in your body do you feel this energy when blame is being attached to you?

Scott

I feel it in my stomach. In fact, I'm feeling it right now as we're talking about it. I'm feeling it in my stomach area.

Source

So in your stomach area is that of your second center, your second and if you go to the higher aspects of the stomach area, into your solar plexus. It is your personal power. So in your stomach area, what we are seeing then is your connection to a belief system that you are not enough, that what you do is wrong, that what you have done is incorrect or wrong or must be put down, so that you can never climb to the success of what it is that you choose.

So when you make relationships in such that you are going to be blamed for something, you would rather spend your life force energy on trying to figure it out, or trying to get out of it, or trying to maybe even change for other people, then for you to understand that you are the creator of this life. You are the creator of all that is happening. And when you look at such, and if you look at that of the lineage of your life, meaning that was there others in your life previous to you even being born, that were holding that of blame and holding that of shame, have you taken on a belief of such when you think about that of your own childhood and that of the blame that you may have been taking so that somebody else wasn't going to get in trouble, so that you could hold it stronger?

There is something within you that, although consciously, you do not like it, physically, you have chosen to stay in the suffering of it. Physically, you have chosen that you can be strong and you can withhold this of taking on other people's pain, because when somebody is blaming they, too are in pain.

So now you say I'm done. Now you say I'm being put, I've put this to rest. Now you say I'm complete. Now you say I am free. Now you say I am going to create. Oh, if you want to blame me, you can blame me, but I do not have to take it. You can put that at that information, that feeling on me, but I do not have to take it. You may not even need to express it out loud. You say it to yourself, let me move beyond I am no longer going to be feeling this disconnect in myself. If you are feeling it in your stomach, you are feeling nauseous, you are feeling that disconnect that is the power of no choice. You feel like you have no choice but to live the existence of what you are doing.

So now you say to yourself, ah, yes, not this year, not this year, not this portal of energy where I am going to spend my time on creating the most extreme value that then this time next year, when Spirit comes to speak, I will be a transitioned, transformed, transmuted being. I will have alchemized myself into a higher degree. I will be hosting, I will be connecting with being so that I can live my most exponential life.

You decide, child, blame? Is you deciding that you can be a victim blame? Is you deciding that you do not have to create and let us say to you, child, it is going to be felt even greater if you don't decide this year, free yourself, we will work with you in your dream time free yourself. Is this understood?

Douglas

I want to ask you about the process of dissecting your physical experiences to receive the benefit from them. So something happens in your life that could be deemed negative experience. It comes with an emotion, and so instead of being lost in the story of the experience, you're able to pinpoint identify the emotion of the story, and then what you're able to do is have a relationship with that emotion that can then change the physical experience coming to you later on in life. Obviously it can't, maybe in the moment, but later on, what am I? What do I have off on that, or correct on that? Or can you elaborate on that?

Source

What we would say is, what you have projected already, you could teach that you have given, and you have experienced and you have expanded it most accurately so when one is feeling a connection to something that on your earth walk - you call it a negative something, something bad has happened and you feel it. It is negative when you take accountability and responsibility for everything, you realize that feeling that you are, that you are experiencing in that moment, has triggered something in you.

So let us say a person has said something - so in this last connection with the being that we spoke with before you, when he is feeling shame, what he is feeling, is the person set the connection. It set that of a of a bomb that could blow up within, inside of him, meaning that this other person ignited, but he was the one that's carrying the bomb. He's the one that's carrying that to be able to be felt within him. So when anybody is feeling something, and you are getting it from somebody or some place, and it feels like there is struggle - it feels like suffering. It feels painful. Know that there is something that has been locked within you that wants to move through you.

So when you take full accountability for such now, you disconnect from the person or the place or the situation because it had nothing to do with them. It was just a frequency that was felt that was emanating from this or this person, and they who were feeling it within you. And the reason why it's only you is because that person could say something to somebody else and nothing would happen. So it is only ever you. It is always you.

So now when you understand that the even that in itself, is so powerful - feel that you know how to transmute anything. Feel the power of yourself, igniting the passion of what you are capable of achieving, because now you are the king of your life. You are the one that is the royalty of being able to create in your kingdom, this of the matrix of your design, to shift it and switch it any way you want, when you know that this feeling had to be ignited so that it could move through you and in so doing now, now feel a little bit of happiness, because when you allow it to move through you, the more it moves through you, the greater the space.

Now this part is tricky on your earth walk, because when you don't fill that space with something that is exponentially greater than what was there, that space will be filled up with... What you will seek, people, places, things to fill it up with what was - because it is up to you to shift the frequency of your being. So if you are in a resonant factor, and you have always been holding anger or like the being that held shame or blame, and if he does not shift it into something else, he will seek out relationships where he can feel it again. Your key is to shift the frequency so that you can expand it even greater, so that it cannot live in you any longer. Is this understood?

Christina

Hello, Spirit. What are some practices for me to expand and raise my energy and to expand my energetic channel in order, in order to more fully transmit to souls with Spirit's wisdom to others as I live my soul's vision.

Source:

So what is it that you do now to do such?

Christina

I do it's been inconsistent. I would say meditation, but I talk to Spirit a lot, just in my daily life and take care of my body in movement, and I've been in the process of making sure I get plenty of sleep.

Source

So we would say that of the sleep is most important. But this one would say, then, why don't you let me sleep? Because we are always bothering her in her sleep time. So we would say, make it that of an intention that you are going to do, such as what you have asked, that you are connecting with that of your spirit world. You are connecting with that of your own connections to your own spirit guides, to those that wish to choose you to come through.

But this isn't something that is just in meditation. You don't have to necessarily close your eyes to meditate to receive. You can sit with your being. You can go into nature. This one often goes into nature when she wants to speak to us, so that she is in a place of great abundance, so that she is in a place of life force energy at the most extreme, in many ways, extreme, meaning most abundant, most freeing, most unique and original in that of the aspects.

So take your time and go to places that you are alone so that you can be in the connection. Do not be listening to things. Allow yourself to be with, with Spirit energy, allow yourself to tap into the consciousness.

Now we would say that what we are receiving for you equally is that your ability to write, your ability to ask Spirit questions and then to write. So we would ask of you to start writing information down, ask questions and to start writing information down and not editing. So how you do such is doing your dominant and non dominant hand, which will be very simple for you to access information. So as you write the question with your dominant hand, you immediately put your pen into your non dominant hand and you write the answer out, so that we can align with you, that of information for you to pass.

So this is going to be for your own connection to what you are doing with your own life force energy, on how you are going to be adding value through the purpose of your work. So, in so doing, you are going to be able to also make a connection to how you connect to your spirit guides. So as this one has said, we are going to, I'm going to light sage, and we are going to make a connection through breath.

We want for you to start connecting to that of knowing that, allowing that of your ego to know that it is now taking a break. It is now being on leave, and you are accessing that of your spiritual connection on your earth walk, it is most important to have these little rituals, because then your ego has a place to go. Your ego has a point, has a destination. So to speak, it is much easier when you continue to do the same repetitious thing, because now it is ingrained that this is my time, that I am connecting. So when you do so now, you give to yourself that space to open up.

Most people on your planet are too in their head, and they want to be able to think the thoughts. They want to be able to receive information. They want to think the thoughts. They want to think their way into the Spirit. This is not about thinking child. This is about the state of heart-centered being, this is about the state of saying, I'll open my vessel up and I will not edit. I will not be that of a connector in that of the ways that feel only comfortable to me. I am opening myself up to receive, receive, receive, but you give to yourself this of the energetic so it is most important when you are wanting to channel that you do not give anything to your body that is in the heavy context, meaning that you don't eat excessively, you don't do anything that is going to weigh the energetics of your being down, because, as we say to each being, the higher your frequency, the higher we can take you.

But if your physicality, your mentality, your emotionality, as it a vibration that is very low, then we can only take you to the next level that you would be able to hold, because anything higher than that you would not be able to receive.

So now we want for you to practice such, so one of the greatest ways of being able to receive information, as well as when you go through that of a fasting period, when you allow yourself your body to just feel the energetics. And you do only. You go on that of a water fast so that you can feel the energetics in your body. And then you sit down.

Now we will say to you one of your greatest favors in your life is that you sit with two miraculous beings that can take you on ceremony, that when you do a fasting and then you go on ceremony. Now you can access that of information and bring it into your earth, walk, bring it into that of where you will add the value to other beings.

But your intention now, child is not that you are going to access something and bring it back and teach it. Your intention now is that you are opening yourself, opening yourself, opening yourself, because the rest of it the taking it back, to give it, to receive it, to share it. That is what the goal is at the very end. That is what your ego can do. Your intention as a Spirit being is to feel the most abundant aspect and life force energy that you can hold each day, each day, each day. Is this understood?

Christina

Yes, it is. Thank you so much.

Source

You're most welcome.

Beth

Can you explain when I had the experience when I was near Dona and Michael, of an energy rising up through my body, and it felt like it pierced the space between my eyes and. And there was immense gratitude like I've never experienced before and my life. So much gratitude. Is that what you mean by life force, energy, and what? What does that mean? Also, a language came out of my voice. I don't know. Do you know? Do you know what that means?

Source

The language that came out of your voice that you are not aware of previous to this time, is that what you are saying?

Beth

Yes, yeah, language I didn't recognize, but it was really nice.

Source

It really was nice because you are really nice. It's because you are in your heart centeredness, your capacity now to be able to open up, that of your capacity to see into connectedness, into different worlds, into different dimensions. So your third eye opened up even greater. Your pineal gland is going to be an access point now for consciousness, For Christ consciousness, to come through.

The gratitude is you understanding that your life force energy is built on that of being able to expand everything that is in life, and that you are grateful for everything that ever is, that ever was and that will ever be, when you can hold that immense gratitude, you can see into different dimensions. You can see all possibilities you are open to receiving. Gratitude is not saying I'm happy with what I have. Gratitude is saying I am happy with what I have, and because I am happy with what I have, I can receive more because I can expand it even greater. We will give more for those that hold the gratitude. We will give more so that you can experience more gratitude, because you are then living exponentially greater with life force energy.

Because when you are in gratitude, you are pouring life force energy into all those, into every living aspect of yourself, of your life, of everything around you, are pouring life force energy and expanding it out, child, your soul is in a dance for its life of expression, then that is what gratitude does.

But people on your planet only see gratitude as something that if you give me something, I will be grateful. If you give me what I want, I am very grateful. Gratitude is not about receiving something in that capacity. Gratitude is about living the expression so that it can amplify itself, so that you child and you will now, from this moment forward, you will change the world and all those beings that are happening in your circumstance of what this life is.

Because of such they (Dona & Mike) were the catalyst to open this up. These two beings are on the earth walk because they are the catalyst for many to be able to grow, to change, to transmute. They are the catalyst for many to be able to go to different dimensions, to access information, to bring it back, to change the life force, energy in such this is your journey, child. Now work with it. Expand it. Keep expanding it. Feel your heart center moving greater and greater and greater. And through that, we give you more. Is this understood?

Beth

Yes. Thank you

Rachel

Hi, thank you. I have a pretty specific question. I'm wondering. I've been doing a lot of work recently with internal family systems and bringing it into my work and my personal life, but I've been now a bit conflicted and wondering about how it fits in, or if it does really fit in. Like is the modalities and practices that are going to be really most useful and beneficial for me and for my work? What if any part that that should play **this** if's work that I have been doing. Thank you.

Source

So we say to you, when you think about the work that you are doing, are you, are you feeling that there is a great sense of joy in in that of what you do now? We are not saying that your work and that of for many people on the planet, the work they are doing, that they are serving those of people that in your understanding of humanity, are victims.

We are not saying that there is joy in seeing these victims, or Joy in Teaching certain things or or having to deal with certain things, but is there joy in your capacity to be the person that holds the energetics of change. So would you say that working with this, with these aspects of of what you are choosing to do, makes you feel connected to the passion of why you are here and how you are exponentially creating an expanded awareness for self and others? Does that feel aligned to you?

Rachel

Sometimes yes and sometimes, sometimes no, sometimes it feels a little contradictory. So that's why I'm a little bit confused.

Source

So give us an example of what feels contradictory to you.

Rachel

Well, I guess it's a little bit about, kind of, like this idea of what you're talking about, about, you know, raising and expanding frequency and vibration and kind of expanding, kind of the light and the truth that I am and that my clients are, and on, on the one hand, and then this piece of like, kind of working with, I guess, what you would call the ego, the shadow that you know, some of like the old beliefs, the you know, and kind of supporting the illumination of that and the release of that, whether and whether, it's kind of the modality that will best support me and my clients at this time or maybe a mix of that, like kind of a both hand. I'm not sure if is making sense to you of what I'm saying.

Source

So you are looking at that of the modality as being something that you are feeling that maybe not be the most expressive or expansive. Is this correct?

Rachel

Yeah, I don't know. I felt very expanded by it when I started doing the work with it, but I have some struggle when I'm trying to kind of hold that along with some of kind of this, you know, some of these metaphysical pieces, and some of these kind of other, I mean, it's a, it's, I don't want to get to, I'm not sure how to say it briefly, um, so I'm trying to, yeah,

Source

I'm trying to help you, everything is metaphysical. Yes, everything is, is energetics. It's the determining factor of the what you how you focus, the intention of what you are doing, if you are using the ego to make it so that it is only an ego attachment to helping people understand it is, it is all metaphysical. It is all energetics. It is all vibrational on how much you want to raise the vibration of the change that you want to make.

Now, what we are seeing for you, child, is we are tapping into your energetics. Is that you are highly intelligent, you are highly articulate, even though you may be feeling like you are stumbling. Now your ability to articulate, your ability to be able to receive information from others and to shift the connection in your own mind. You are highly intelligent that way. But what we are going to give to you is, instead of intelligence and the wisdom of all that you have learned and the wisdom that you impart, we are going to say to you now to tap into that of your supreme intelligence, that of your connectedness, to that of a of not of an earthly connection, but to that of a dimensionally shifting into the universal connection, the universal consciousness.

So now, when you go to work and you think, let me change the universal consciousness of this being. What would it take for me to connect with this being and to hold the capacity of what I see for them, and to shift into a story so far greater. Let me not just focus on a belief pattern. Let me focus on something that can exponentially raise their vibration. What would that be? What would that look like in the in the work that I am doing now, so that I can help them start to illuminate their own life force, energy, so that when I'm speaking to them, I may not use the word life, force, energy, but I may use the word how much life do you feel you are living right now? How much force are you putting in to creating the kind of life that you have based on these of the determining factors of belief systems, based on this of a pattern, of a habit of life that you have been creating, or that was created for you, and that you are now in a place of struggling. How much force do you put into changing such how much force do you put into staying the same?

So now, when you look at yourself and you say, well, this doesn't seem very spiritual, and you go, but that is not true, because everything that I am, everything that is spiritual, because you are nothing more and nothing greater than energy. You are only greater than the amount of energy that you choose to hold, but you are still all energy. Now how much can you move the energy? How much can you expand the energy that is every single person's job, we will call it on the earth walk that is their purpose of being.

So now when you look at your work, do not see it as separate from that of your spiritual life. Seeing it as separate from that of how you truly would like to add value. See that this is what I have chosen to do to shift people.

All now we will give you a little caveat in that of your life, you will not be in this for that much longer, because something greater is coming through you. Something greater will be experienced for you. Something greater is going to be shown to you, and your expression of a possibilities of what you will do is going to be made clear in this of your next months that are coming in what this of you called your year is so as you are doing this, your job now is to feel the most exponentially great that you can, the most expensive that you can.

Because **every single one of you**, when you can wake up and that is your intention each day, we get to give you even more. We get to play with you on realms you never even dreamt possible. This is when all the coincidences and the synchronicities and the I can't believe it, I dreamt this. I didn't even know this could exist, all of these things start coming in.

This is why there are there are sightings and feelings and all of these aspects of such child. Look at your life now and realize that you have designed it this way, either to play at a level that you are not feeling, and fulfilling that of the greatest expansion. And if you choose that you are then bring in the light, bring in and shine the light as to what it can be. Is this understood?

Rachel

Um, I most of it. Thank you. Can I ask a question about something? You said, Yes, this is so. Thank you. So. So I hear, I really hear that, and I, I guess my it's, it's not that I see my work is separate, or this, specifically, I of us is separate from spiritual, because it's very spiritual, but it's kind of like the question for me is whether I'm working purely on the spiritual realm of expanding relationship with source, or kind of bringing in, kind of letting, like seeing those old beliefs and letting them go and the struggle, the biggest struggle I have, is moving out of my own to just connect to pure source, right, to connect to pure intuition and wisdom. And so is there any additional information you have for me about that? Thank you.

Source

So you are saying, asking how you can do that, while you are working with these beings, is this correct?

Rachel

Yes, and just in my own, you know, just on my own, in your own life.

Source

So that would be in question to what we have answered to people previous to you. It is about your alignment. But when you are working with these beings, and you are in the alignment with source, it is always the intention for everybody, before they work with anyone, to open yourself up to say, use me to open yourself up to say, allow me to be the portal of energy so that I can receive information to guide this being, to guide these beings, to open up their awareness to possibilities.

So it is not that you are separate, that you are not working at your highest level. You are questioning if you are working at your highest level, and the fact that you are questioning, it makes it in your mind. So take it out of your mind and receive it in your heart.

So how you know that is when you put yourself in connecting to your heart. Do you feel expansiveness? And if you have to think about it, then you know you're in your mind again. Do you feel the energetics in your body? Does it feel expansive in your body? Does it feel like it is shifting in your body? Because when you are asking a question that is all in your mind, that you are delineating that of where am I in this, on this, on this graph of where I choose to be and

where I am now, where am I on such so we say to you, always, get into your heart. Get into your heart. Get into your heart. And when you can feel the expansiveness now that of the intelligence of your mind is going to start channeling information.

But not only that, now when you stay in your heart, now you can open up your crown chakra to receive that higher source information as well. So every time you are connecting to your heart center, for **all of you**, whenever you are making decisions, whenever you are speaking into the existence, whenever you are in a place of struggle, even in that of suffering, get out of your head, because your head is going to loop you around, it is going to cause you to keep recreating certain aspects of yourself. You will question yourself, because the ego is looking for meaning.

So what you have done is the ego is looked for meaning. Is this meaningful enough? Am I? Am I in a place that is meaningful enough? But when you get into your heart and your heart is expending, then your only purpose, your only meaning, is to keep passing. Is to keep passing that of the messaging that is coming through you are the conduit. Then, of all that is, is this understood?

Rachel

Yes, very. Much. Thank you so much.

Erin

Hello, Spirit and thank you so much for your guidance. How do I approach this diagnosis of Parkinson's disease in terms of managing symptoms and signs or healing my brain and nervous system where or whatever needs healing or anything else, anywhere else that you want to guide me. Thank you.

Source

Again, we would say that anything that is disruptive on in the human body, that that of Parkinson's is also very connected to that of metals in the body. So we would say, if you have not yet connected to doing any kind of work to find out what metals are in your body, then we would ask for you to do so.

We would also say, in that of the connection to yourself, that your ability to be able to hold that of heart centeredness and to be able to be grateful for that of what this is about to give to you is going to be that of the greatest challenge for your ego, because it does not feel like there's any gratitude in receiving such a diagnosis.

But we say to you in the gratitude of all life force energy, that anything that is disruptive in the human condition, based on that of diseases and diseases is energetics that is not in the capacity to be able to formulate that of what you would like to do through the lens of the ego. So that disease, that disconnection is felt in that of suffering, in that of feelings of what cannot could never be portrayed again, on that of your of your earth walk.

But we want for you to first, as was said, to check the metals in your body, to check that of your capacity, to be able to rid such and now to be able to go in and ask of yourself, if this is what my I part of the identity of what I am in this moment, then the image of what I am going to project, so that I am fully entranced, fully in, connected with that of life force, energy.

What is the image that I will give, what is the image of my being, of what I am going to give in the gratitude of all that this is going and is about to teach me in ways that I never even knew would be possible, for the experience of growth, your physicality, maybe shrinking as you would know it, maybe limiting, as you would know it.

But even with that, it does not have to your physicality is that of a conduit of information that is being signaled from that of your capacity to control, that of the mind's ability to tap into frequencies far beyond so what if this is given to you because you are the one that is about to play this great game of being able to access information far beyond so that you can be the conduit of information that channels through your body and matters, not that your right foot may not work the way it used to be, or your left hand may not be able to hold a pen, or your right hand may not be able to pick up a fork, as you are seeing all of this that may take effects, understand that it is energy that is moving in you, and that your capacity to be able to articulate, your capacity to be able to feel into the existence of this life force matters, not of your physical body.

You are not your physical body. You are only your physical body based on your ego's assertion that it must look this way and act this way. It is that of a connectedness to that of what everybody sees as normal.

You child, you are bringing in a capacity now to feel into that of your soul, to feel into the expansiveness of that of life force, energy, without that of the need of a physical body being, quote, unquote, normal as you have it on your earth walk.

You will do more as you have this capacity to understand that this isn't something that you will fight. This isn't something that has to be fixed. This is a frequency that you are going to play in and you are going to expand. This is something that you are going to be able to feel into the existence of, and to understand that this capacity for you to be able to hold it and to expand it, is your destiny and the aspects of the work that you will do.

Now we say destiny, not in the Destiny. Why am I being the one that needs to suffer? That is an ego connection each being on your planet has that. Of some dis ease that they walk around with yours is just going to be more visible. But in the visibility of it, you will be one of the greatest teachers.

Now how far this has to go and how limiting it will be is going to be structured in that of your own capacity to send signals to your own body, to keep moving, to send signals in your own body that the existence of limitedness does not exist in your mind, not yet anyway, not in the capacity that you have to hold it, and that you have to listen to doctors that are going to tell

you this, and that your incapacity is going to be felt in these numbers of months as this one started, you are not a number.

You are an energy. Energy does not have this ease. Energy can only be blocked. But even in that blocked, it starts to expand in ways that the physical body feels dis ease or disease. But energy never stops. So now you keep moving your energy. You go to places that the energetics of it is most expensive. You go in to that of the sea, and you can feel the energetics of the water that is moving through you and it is pouring into that of your own energetic field. You choose such.

You go on ceremony with these two, and you connect to that of dimensions, far beyond that of your earthly dimension, where you are not in that of disease, you are in that of the sheer volume of that of what light being can be. Now play in that field, because the image of what you give to others is what you are teaching now and how to hold that capacity with gratitude as well. Is this understood?

Erin

Yes, thank you very much.

Source

You are most welcome.

Bekah

Hi, Spirit, my question is about a pathway towards transformation and or personal growth. Does that pathway have to entail discomfort or suffering, or is that something that we just make up?

Source

That pathway does that because the ego likes to have that connection, because then that connection, there is also community on the earth walk. The struggling and the suffering is most common because that is a great connector for most beings on your earthwalk. Books are written about it. People speak about it. People connect with others. Going, I have struggling through this.

We told this one to take away that vocabulary and to use the word challenge that when she chose to do this big climb, that when the coaches were saying you're going to suffer, what she said, there is no suffering. I am challenging myself to expand even greater, you do not have to choose what the ego knows is common knowledge on your earth walk, meaning that it's the common vocabulary that many use. It's a great connector.

You decide that this change that I'm going to make is going to challenge me in ways that's going to grow in my capacity to receive more, and it may challenge me in ways as well that I'm going to have to give up things. But in that giving up, what I'm actually doing is I'm opening up space to receive something more, and in that receiving, I am choosing a frequency that is greater than what I let go of.

So that of struggle and suffering is the ego's attachment to meaning in your life, because most beings on your planet need to have that in order to quantify the meaning of what they did. I struggled for a year. I struggled for hours. I struggled through this relationship. It qualifies and quantifies that of what they are wanting to measure.

It is one way that the ego measures things - choose to stay connected to your soul's expansiveness. Challenge yourself. Is this understood?

Rebekah

Yes, thank you, Spirit.

Andy

I wanted to ask specifically, Spirit about the separation from these deposits that you had mentioned earlier, how to weigh those and to know when they've been severed and when the ego pops up and wants to judge those as being something that you shouldn't push away.

Source

So give us an example of what you feel shouldn't be pushed away.

Andy

Close relationships, family, friends that have been there. But I think something you had said earlier that really resonated with me was, if you continue to revisit those things, they will always bring you back to where you were.

Source

So we say to you, child, it is in the commonality of humanity that you, you, meaning the collective of beings, love to manage other people's emotions. The number one job and the human existence we have found is that you love to manage other people's emotions, meaning that I will I know that you are not good for me, is what you are thinking in your mind. I know that when I get together with you, you always complain, and I just sit there and I allow it to happen, because then I'll go home, and at least now you won't be mad at me that I didn't come over.

But in that moment of that connection of life force energy, you are being drained, but you are actually giving them something. You are managing their emotions so that they can continue to be at a frequency of complaint, they can be in a frequency of anger, they can be in a frequency of 'not enough' - you allow them to stay in that frequency.

So what you are actually doing is you are keeping that connection so that they don't have to grow. So what you are saying is let me manage a connection for you so that you don't grow either, because every time I connect with you, I'm not - so let me make sure I manage yours so that you don't. So nobody grows.

So now you get to have a family, you get to have friends, you get to have people around you, and nobody's doing nothing. And then you join groups, and you say, but I want to be this too, but I just don't know how, because all of my environment is doing this. And we say to you, you chose your environment, you manage your environment, and you keep each other at that place.

So when you move into a group, say, well, then I better change my environment. I can let go of people. That doesn't mean that I never speak to them again. I just say that my time now is being consumed with these things. And if you don't understand, I am sorry, but I am truly in this greatest capacity of happiness and joy, because I am really experiencing something greater in my life.

But be prepared that you may walk alone as this one did. Be prepared that people will not be excited for you, be prepared, but know that that is their capacity to not want to experience something greater in their life.

So you can look at it and you can understand that they are not a resonant match for you any longer. They are not in the capacity to be able to hold an energetic match to the expansion of where you are choosing to go, but when you have to delineate that of your connection to beings and you go.

But this is family. I can't let family go. Well, if your family is wanting you to stay exactly the way you are, so that they feel good, so that they don't have to change, so that they can stay in communion with you and connection with you, so that you can talk about the same things all the time. So then where is life truly going?

So what you are saying is my family is more important than that of my own life than that of my own life force energy, that my capacity to be able to move beyond is not as important as my capacity to stay the same.

So when you look at that, and you look at family, family is that of the attachment through the ego. Family is not that of the attachment through the Spirit, through that of your soul's connection. Your soul does not when, when people say, Oh, this is my soul family. It is your soul family, because everybody resonates in the same way, and it feels more expansive in your soul, in your heart, we understand such but your soul is energy.

Your soul is light. Your soul is not looking for family ties so that there can be managed. That is your ego looking to make sure that everything is if need be compromised, so that you don't expand yourself to great and it gives you a reason not to go greater child.

That is what has been one of your greatest capacities, rather incapacities, to be able to achieve something far greater than what you have. You allow yourself to be 'less than' so. Even in the question you are questioning, how do I let it go? And should I let it go? And is it right? Perhaps I don't want, I don't want people to think that I'm better.

This is not about anybody thinking that you're better. They may think something, but it is not your business what they think. It is their business. What they think and how they are creating their life. It is your business to be the image of what you deem and what you feel is most abundant, most prosperous, most healthy.

So for each and everyone, your number one priority is your physicality. Is your health, because matter is not what you are doing and how much money you are bringing in and the connections that you are making in all of such, you will not be expansive if you don't have the capacity to hold it within your physicality and your health and well being in your vitality.

So now when you look at such and you go, Well, can I let it go? And you say, of course, I can let it go, because it's not expanding me. So I can visit them. I can talk once in a while, but I can tell them that the time that I'm going to be spending now is more is, has greater value in the things that I'm doing, not that are more valuable than you.

It is more valuable in that of what I'm doing for myself right now, and I look forward to it, to expressing it and to sharing it with you, and when you do so and they cannot receive it, then let it go. Let it go, meaning let them go.

Understand that not everybody will be joyous for you. Understand that not everybody is going to have your capacity, because they are building their own lives. They are building their own matrix of how they can manage, and most people on your planet do not want challenges. This one makes herself challenged in things she will go into that of a cold shower every day so that she can challenge her capacity to be open, to receive that of what feels uncomfortable for moments because it is only your ego that's attached to it.

So we say to you, allow your ego to hold a space and allow your mind and that of your connection to your soul to give your ego direction, that your soul now is the CEO, and your ego is the manager of your life, your CEO, your chief energy officer, will direct the ego on what to do. Is this understood?

Andy

Yes, thank you.

Source

You are welcome.

Bill

Spirit, this question is also directed about my health. I've been having some bouts of vertigo. I'm particularly when I'm laying down. I'm wondering if you can relate that to energy and guidance as to how to hold that correct that and or any other words of wisdom that are channeled through. Thank you.

Source

Well, we are seeing that of the crystals that are in your ears, but equally, that of the crystals when you do it is about doing a ceremony of connection, of connecting, or have having been connected that you there is not a grounding on the earth walk.

So there is, there is this portal of energy that is, that is moving through you that has no grounding. So you are out of balance on your earth walk right now. So in that out of balance place, you are not having to be, you're not able, we will say, are not having to do this of what your creation can be.

So we ask you to connect with yourself on - what is it on my earth walk that I would be doing if I was fully balanced, if I was in full capacity to be able to be moving forward, if I was fully capable of achieving that of what I am here to do, what is in this place that I would be doing now, what is it that is stopping me, that in the physicality, I am out of balance now, because this is what took place so that I would not have to move through.

We are seeing that there is something that blocks you in Your life, that you have not wanted to look at, that you have not wanted to change in yourself or in your life environment, it is perhaps with a being or with a situation. So when beings are out of balance, it is their capacity now to just lie still so that they don't have to have movement, so that they don't have to make decisions or take action because they are, they are out of balance of this. So ask of yourself what it would be, is this understood?

Bill

A little more guidance necessary? Would that be letting go of something or finding something new?

Source

It is about, it is first about finding out what would be if you could walk in balance? If you could be in balance, what would that look like for you? What would you be doing, and the fact that you are unable to do it fully or as often as you would want, then you are asking yourself, well, what is it that I must let go of? What am I afraid to let go of? What have I been holding on that keeps me in this place so that I don't have to have this connection, this balance in my life?

Now equally, we ask of you, are you choosing to be out of balance? Because you choose to play in that of the dimensional worlds and frequencies far beyond and you don't know how to ground it into your earth walk, because there are many on your planet that do not know how to do that as well.

So we ask of you is that of your connection to your own journeys, to your own connectedness of being. What are you not choosing to ground into your earth walk so that you can take formative action in your life. So it is about a letting go, but it is about a clarity of knowing the presence of your being as well. Is this understood?

Bill

Yes, thank you.

Source

You are welcome

Jami

Thank you, spirit. I'm feeling a calling to work as an end of life doula, can you share with me any guidance or direction that you may see for me?

Source

So you're working as an end of life doula, you are working as a beginning of life Master. For many we say master, because you know how to hold the energetics of the two worlds. So the life is not ending, the life is transmuting itself.

So you are holding the energetics of one dimension and moving the being into the next. You are moving the energetics of their being as they are choosing to let go, let go, let go. And they are moving all of the energy into that of the, of the no thingness, where they will be completely liberated into the quantum field of all - where they will be able to feel into the existence of moving out of the physicality.

So your journey now, your expression, your expansion, is that you are the porter of such energy that this capacity is the opening of the new life. So you are moving them out of this one, this physicality that they have been holding in their connection to their Earth walk and you are moving them into another dimension.

We want for you to feel that into your existence every time you sit with a being, every time you connect with that being, every time you see into that of what you are doing presently. Now know that you are the connector, just as these two connect people so that they can go on their journeys - you are the connector so that you are taking people on their next journey and they are liberating themselves from their physicality.

This is the most gracious work. This is where the most gratitude can be held, because you are holding the gratitude for a life force, energy on the earth walk. So what you are doing is you are expanding it beyond the Earth walk. And you are eliminating that of the physical body and helping them transmute that - is this understood

Jami

Very deeply. Yes, thank you.

Source

You are most welcome

Dona

We are as a group, and individually, entertaining a theme this year of Service. Can you speak to service of self and service to others as relevant to individuals and this group as a whole.

Source

So that of service, of being able to hold the capacity to be able to expand that of what, of what one would think is perhaps needed on your planet, but it is not so much needed, as in when you are of service.

It is what you are choosing to allow to flow through you when you are of service. It is not what the ego in you is feeling and must be, must be done, or must be felt or must be connected with.

It is yours. It is your connection to your soul. It is your connection to your heart center, to be of service, to expand the energetics of everything that you are doing to be of service is to know that your life force energy and how you are giving creating that of a value system now - and everything that you are doing means that you are of service, that this aspect of what is Being transmuted in this moment is of service to the expansion of all beings that are sitting here this day.

So when you look at everything, you realize that the value system of everything you are doing now is first and foremost. You are being of service. You are of service to spirit. You are of service to that of your earth walk. That you are of service to that of who you connect with. You are of service to that of what you receive. When you receive money, you are in service of that - of what you will connect it with in the next form, not in holding it or hoarding it or being afraid that it may not come in again.

That is not service when you are in business and you have one client or one customer, and you are so afraid that not enough will come in. That is not service. You are in service to the expansion of what life force energy can be.

So everything that you are doing now, when you think of service, you think of the value capacity to be able to expand it again and again and again so exponentially that it doesn't even come into form anymore, because it just is so fluid, it flows through you. Is this understood?

Dona

It is indeed. Thank you. In the interest of time, we have time for one more question?

Douglas

I have a question about releasing of energy with my work with Dona, it seems like I'm understanding more that there's two sides of a coin to open yourself more and more. One is opening yourself up through appreciation, gratitude, so on and so forth. But the other is to also then release anything that you're holding on to of a negative form, a negative feeling, place, a negative energy. And so my question for you is, what are some things that I can do because I feel like I recognize when it's time to release, not when it's time to appreciate and do that sort

of thing. I feel that's very easy to recognize, but when it's time to release a cry, an anger, something, how can I get more in tune with that? And then what are the things that I could practice to let go, or bring on the energy to let go.

Source

So are you asking that when you are feeling it in your body, or are you asking that, should you have the feeling? How do you let it go?

Douglas

I think I'm asking both. So some people are looking thinking, Well, I guess I should feel sad right now, or I should be angry. Oh, no, not that. I mean, when I feel like in life, resistance builds up whether you like it or not, I guess you'd say, or whether you're aware of it or not, sometimes. And so a practice of releasing is of for, in my opinion, I feel like it's a smart thing to be doing, such as crying. Like, I think, you know, like, what I'm learning about crying, but I guess what I'm asking is like, okay, so how can I invoke those things and get those things started so I can release and not have a build up where a physical manifestation comes in that I'm not really wanting to partake in.

Source

Well, the fact that you do not want to partake in it means that you are resisting it. So now you say I'm going to partake in everything, and how I connect with it is through relationships. How I allow this to come in to see how much I am holding is through relationships. This one has done work for many years. I'm not allowing others to stimulate anything in her anymore, because she realizes that when she did in previous time, she was allowing them to have power over who she is.

So now, when she's in relationships with anybody, be it even clients, that get mad because she is creating something in them that they feel anger coming up. She just holds the space for them to be mad. It has nothing to do with her.

So now, when you practice such and you realize that anything that is resisting, you are saying that I am going to hold this space and stay in this place longer, I'm resisting this because I don't want to change this. I'm resisting this because I don't want to feel what could be the possibility for growth. I'm resisting this because I don't want to feel like there's a sense of emptiness. I'm resisting this because I if I resist it, then I won't maybe get angry.

So sometimes people resist things because what would come next would be anger, but anger may be the catalyst that is going to move you to do something different. Do not be afraid of any emotion. Do not be concerned with any emotion. Understand that all of your emotions are trying to move through you, to liberate you, to inform you of where you are stuck, so that you can expand beyond. Release all of these emotions and the understanding that matters not which one comes up - this one says to many people, I am a very spiritual being unless I'm driving. Sometimes when I'm driving, I have a hard time with the idiots on the road, and she realizes that she still has work to do.

So. So we say to you, allow these expressions to be able to be brought forward to you, so that you can release them, so that you can experience them. Because in that resistance, now you know that you will no longer resist. Now you will assist.

So when the feeling comes in, you say, I'm going to assist this and it is me. It is my matrix of how I am choosing - I'm going to assist this to move through me. What would be the best form? What is it that I'm feeling? Do I feel the necessity to cry this? Do I feel the necessity to be able to feel the anger and in this form and this anger that I'm having right now. What would be the best way to allow it to be released through my body?

It is not the expression of screaming at somebody, yes, that lets it go, but that only creates a connection with another being that now there is this vibrational match that is not equal to that of heart center. It's much lower than that. It's - how will I allow this, this anger that I'm holding within me? How can I release it and let it go? What would be best served? Maybe I want to go for a run. Maybe I want to maybe I want to do something. Maybe I want to punch a a punching bag. Maybe I want to be able to scream into a pillow to just release it, maybe I want to write about it, allow that, to just move through you. But Never again will you resist now you only assist. Is this Understood?

Douglas

Thank you.

Source

You are most welcome.

Andy

Spirit, I wanted to directly ask, when how to triumph over the fear, when that arises and seems like a roadblock to all of this progress that you've given so much intuition to.

Source

So asking, how do you move beyond the fear? Is this correct?

Andy

Yes. How do you how do you deal with that when it creates the hesitation to take these steps?

Source

The fear is, is the ego's way of keeping you in check. The fear is the ego's way of saying that we know how to, we know how to do it this way, so let's not go beyond we don't know the result of such. We don't know who we are beyond this. We don't know what will take place beyond this.

So when fear comes up, know that it is your ego saying we are not ready to do Andy, 2.0 we know who we are in this capacity. So let us just say, let us sustain this. Let us resist this. Let us keep this capacity in our ability to not create something greater.

Fear can be felt that it stops the second aspect of creation, that second center, but fear is that of a connection to your root chakra, on your belief system of being able to not show up in the capacity that you could fear- is just saying that I will hold on to this frequency and create from this space, because it feels good to me, and it still gives me that feeling of accomplishing to a degree, but I will not go beyond it, because what if I am not enough? What if it doesn't work for me?

And you will never know if you are not enough, because you don't allow yourself to go there. And then in the not enoughness, you are measuring something. And it was never about the ego measuring. It was about the ability to know that you are always enough, because you are an abundant being, because you are nothing less than universal energy. You are everything that is in the universe.

So fear is only an attachment to the ego, not being able to measure something for the success that it wants to feel in whatever capacity. So now, when you look at your life and you go, it is not about fear, it is about flight. It is about me moving beyond that capacity and I can feel the fear, I can assist in what the fear needs to tell me.

Let what is it wanting me to know? Let me have a conversation with it. Let me experience it. What? Why? Why don't I go there? Why? What does it not want me to do? What is it that it's holding back the feeling that, if I didn't have fear, what would I have then?

Because when you ask yourself, if fear was replaced with something, what would it be that is, what is trying to come through you, if your fear is that you would be more creative, if your fear is that you would be more joyful, if your fear is that you could be more loving, if your fear is that you would be more adventurous, that is what is trying to be channeled through you. But that is what is being stopped. Is this understood

Andy

Very much. So thank you

Source

Extraordinary questions, one and all, we give great thanks to this channeling. We are in the great, greatest gratitude for the capacity of being able to speak with these beings, and this of the understanding of where you all are going and these of the of the wonderful questions that have been asked for your own expansion.

As you will listen to this of the recording and expand in the frequency of greater, of greater, of greater. Of knowing that of the loving energy, of the gratitude of what can be in your life. If you will be in the intention and the focus of receiving more, of knowing that you are an abundant being that is no less than that of the universal consciousness of all things, that you were made to receive more, that you are the equivalency of everything that is in the universe, and that your only limits, your only fears, your only resistance, your only resignations, is that through the lens of what the ego was taught.

Now you can liberate yourself and say, I'm no longer just a human being. I am connecting to that of my spiritual side. I am using these two beings that hold the capacity of this of this sunlight to come through me, of this light energy to come through me. I am now connecting to that of the most expressive, expansive part of my being.

Value yourself and your time. Child, you children, are all in the capacity for the greatest expansion experience of your life.

Do not take it in a way that I will do it tomorrow. Do not take it in a way that, Oh, I forgot to do it this month. This isn't about something that you write on the calendar. This isn't a time thing in the sense that you will slot it in. This is a being thing. You are being this.

Now your identity is shifting. You have let go of who you used to be. This is your identity. Now, how will you show off. What will your image be? That is your work.

We are honored in this capacity to serve you this day. We thank you, and we look forward to working with you in your dream time and in your waking time that we will be giving you all the guidance that is needed. Ask us, and we will be there. We look forward to speaking with you again, and we thank you. (Channeling ends)

Jolene

(after fun banter) The truth is, it is always about us, right? Yep, it's always about us. It's about what we're doing with our energy. It's about what we're doing, how we're, you know, using and refusing energy. It is always about us. We're creating the world you know when, when you can truly understand and appreciate this, this feeling of responsibility and taking on that kind of responsibility, you realize that all it takes is for you to shift, what you choose to look at it's to shift that, if it doesn't work in your life the way, the way it is right now, and you choose to make that connection that you shift that, and you take the full accountability to seeing differently what life could be, your Whole world starts to change. So thank you so much. I love you all, and I love you too.

Dona

It's great to have the writing to like digest specific things, but we really recommend **listening** to things, because the energy that comes is pretty remarkable in the audio piece of it. But like I said, You'll have both. So I had a channeling last April that I've listened to probably 25 times I hear something different in it every time. So yeah, it's truly amazing guidance.

We hope this was a beneficial evening for you all. Thank you. Thank you for being divine lights of love and for being in the world and sharing your light with us and everyone else. I want to say it's so amazing that it always amazes me that no matter what question was asked by whom, I always get something out of it, exactly for all of us, right?

Yeah, go figure. 😊