

Channeling Session Jan 2026

SPIRIT 00:00

We say to you children, that of the understanding of your quest now it is a time of plenty, plenty being that you are going to be gifted with that of the energetics that is going to be very bountiful, bountiful in that of your quest to be able to make the decisions and make the choices and make the expanded realities of what you are choosing on your timeline. This of your identity that will be able to bear witness to that of a structure that, if that you have not yet experienced on your earth walk, you see children, that of the understanding.

Of your world dynamic is that much has been disrupted, but it is through the disruption that there are cracks in that of your world and that of your essence of this universal consciousness, all of what is happening on your on your earth, on your in your world, is for the benefit of mankind, although it feels destructive, let us assure you that it is through these cracks that the light is shining through, and it is in that light that you are choosing to see yourself in a new state of being, in the new essence of yourself.

For when you do not see in the light of that of what is the possibilities and the potentialities, then you live in the darkness of what always was, and you only shine the light by that of what you have manufactured throughout the course of your ego's existence. You play the songs of your life, you walk the roads of your life. You speak the verse of your life. You hear that of the same tunes, and yet you call it an abundant life.

You look for that of the understanding to be able to amplify it in a greater way. And what we are saying it is now complete. Be not afraid disrupt yourself. Children, we wish to speak to each and every one of you. We wish to divinely connect with that of the heart, essence of yourself, so that you can amplify that of yourself and that of your lineage, the timeline before you will shift as well, and that in your what you may call your future, that of your children and your children's children, you are the catalyst that is opening up the timelines so that you can be that of the understanding of a connection to from spirit to the earth walk.

SPIRIT 02:35

So we say to you **alignment**.

SPIRIT 02:39

It is known on your on your earth walk that everybody says, Oh, you've gotta **act**. You must act now. And we understand such because it is important on your earth, walk to act.

But what you are acting in is the same old connections, the same old patterns. You are trying to amplify it a bit. You are trying to magnify it a bit, but what we are saying is the alignment that we are giving you is a whole new pattern of your being, the essence of the structure of how you want to live your life.

It may not be the way you have been working so hard and it still hasn't come children, it is for you to understand that if you keep working at something and it is not coming, it is because your ego was told that that was the way it was **supposed** to be. You have developed a story in your life, and you have created the customers, so to speak, to play in your life, and you keep struggling in order to try and achieve it, and you get little glimpses, but yet you don't get the full personification of what it could be.

We are here to expand that of the understanding that your **soul** knows where it can go. It knows what it isn't. It is enabling you to do, if you will allow and you will give yourself the freedom to feel so now, manifestation is about **faith**.

SPIRIT 04:05

It always has been.

SPIRIT 04:08

But when you have **faith** in an understanding that what is coming for you is meant for you, to flow through you so that you can choose that of the dynamic of what you will be it connected with attached with that when you have such strong faith that it will not be any other way.

Now you are also playing in the feminine energetics of your being. Now you are **receiving** that of the peace of understanding that the feminine is open to **receiving**. And when it aligns within itself, then it knows when it can start taking action.

We want for you to understand that that of a woman who becomes pregnant is it received at one point the energetics to fuel that of creative life within her. She received it, she allowed that. Space within her to grow. Matters not that you may be in that of the gender of what you call a male, you are about to be in the receiving of that of the feminine within yourself. And when you receive it fully, abundantly, when you allow that of what is wanting to give birth through you, then you put it into action, then the masculine comes.

For when a woman is about to give birth, she is no longer in the feminine. She is in the masculine because she is using that of the understanding and even that of force in the moment, she is **pushing** into life, that of some of that of a new form of life. And we say to you children, that of the alignment that is giving, that is going to be given to you, is what you will take action, and you will bring it into your life.

But you have faith that it is now in the presence of your being, as you awaken each day, as you close your eyes at night, know that the energetic frequencies are working with you. Be not afraid when you are in fatigue. Be not afraid when you feel still. Be not afraid when you feel confused. Be not afraid when somebody is criticizing or somebody is trying to demean or belittle, even and the reason they do is because they are afraid that you are changing. They are afraid because they don't recognize you anymore. They are afraid because what they want to believe. They want you to believe because it feels like power then.

And you stand there with compassion, and you stand there with love, and you stand there with the acceptance that all beings are structurally designed to be able to move through their world in the way that they are designing. And some choose **struggle**, and some choose to suffer through the course of their life. Children, this isn't about you suffering. This year, you need not suffer. You need not struggle. And if you do - know that your ego is at play trying to bring you back into what you know, and you say to yourself, and it is complete. It is complete.

SPIRIT 07:15

And now, let me journey now. Let me feel in the existence of all **possibilities**. For when you choose to play in that of the essence of uncertainty, where all things are possible. Now you truly have the personal **power** that few ever hold within the existence of their being. Think of the power of such think of the power- where all possibilities can exist in you, because you choose to open yourself up to the receiving

of them, and then you start to tip the scale, that they become a probability, that they become predictable, because now they are in the **third dimension**, and you can act on them.

And when you understand such that money is just a tool. It's just a frequency of who you are that you can expand, and how much will you hold, and how long will you stay in that identity? Will that be the new essence of yourself? So that you can use this, this money, this, this formulation of an **energy** that is a value content to it, and you can trade it, and you can expand it, and you can receive it, and you can and you can give it away, because you know that it is just energetics at play, and it feels good to you.

SPIRIT 08:34

What is it that you question

Scott 08:39

with this group, specifically, what may be some of the blind spots or the resistance that we're experiencing or putting forth,

SPIRIT 08:53

we ask who we are speaking with at this time.

Scott 08:56

This is Scott Salinger.

SPIRIT 08:59

Welcome in this group, specifically, it will be like most people, that you will still go into that of what the ego has been patterning you to believe it must be done, or how it must show up. So you will look and you will be looked at yourself, and you will be able to discern that of where you have always been, and be opening to that of the alignment.

And it is like that of the one who starts meditating, and they think, Oh, my god, how am I going to ever meditate for this length of time? There are so many thoughts that are traveling through my mind. How can I get there? And they give up.

So we say to you, you are all you are all children on your earth walk. You are all **human beings** trying to be in the existence of something that is greater than that of what you have formulated so far. But more importantly, you are human doings that you love to put into action.

So for this group, we say hold in the context. Of the group, of the power of this group speak into that, that when you are feeling like you are being pulled, that you know that you have this group to rely on, so to speak, to be able to hold the **presence**, to be able to hold that the extremes at times, meaning that when you go into the emotional body of wanting to just do it a different way, meaning that it is not about alignment. It is about action, that you will be able to speak to this group so that you can feel the energetics and the power of the **group**, instead of the singularity of yourself, that it is most important in connection so for this group.

And that of the understanding that those of the new beings that have entered here that may be questioning that maybe in this understanding of wanting to experience something far greater, the other aspect that we would say for this group is don't try and be something so much greater than that of what your **nervous system** can hold.

As such, if we use that of the expression of money, there are many on your planet that say, I want to have a million dollars, but They've only ever truly been able to work with \$50,000 \$50,000 they would not know how to hold the energetics of a million dollars, or they would already have it, and even if it was given to them, unless they had understand the energetics of knowing how to hold the energetics of that amount of energy, they would have to give it away. They would do something that it would release from them so that they could get back to the nervous system of knowing what it feels like based on that, of what their value system is of themselves, the tools of money at the level that they're used to.

So when we say to you the alignment, be **open** to the alignment when you start receiving information, be not in that of the questioning. Well, this doesn't feel like it's big enough. This doesn't feel very profound. This doesn't feel like it's going to shift the consciousness of humanity. Those are all questions that the **ego** will ask.

Those are all questions that you want something much more personified in that of the acquisition of something feeling like you are doing something greater, believe me, that it may start small, it may start only with you, that maybe what you are being given is to just **feel peace**, to feel the presence of peace.

Because when you can do that, **now** you are shifting your identity. Because now your identity, you are you are evaluating when you get out of peace, so you don't act on it. So now you are using the identity indicator, oh, I used to, or I would have, and in that moment, you are already shifting your timeline. You are already shifting the identity of your being, because energetically, you are curating the energy of what you are open to receiving, or what you are open to giving.

So when you are in **alignment** and you are **receiving** from us, do **not** look for something that is so huge that that makes sense as to what was channeled this day. Receive everything, because then the next thing that comes will be amplified in an even greater way. Every message that we are given, giving to you, individually and collectively, is for the expanded reality in your world. You will start seeing people that you choose to connect with and others that you do not feel any resonance with any longer, and there is purpose to that that is part of your alignment. Is this understood?

Scott 14:10

It is. Thank you. Spirit, perfect

SPIRIT 14:13

What is it that you question?

Jesse 14:17

This is Jesse in alignment with my voice, the Mamo's hands on the earth and our hearts encircled now we connect with our mothership and ask for Your guidance with grace and humility spirit, please offer a clear picture of what it looks like and feels like to seed our aligned intentions and manifestations in another dimension as a conscious community.

SPIRIT 14:46

So you're asking how you will give this connection in another dimension, as opposed to the one you're **living** in?

Jesse 14:52

Yes

SPIRIT 14:54

and what would be the purpose of such?

Jesse 15:01

To create a new earth,

SPIRIT 15:04

and would it not be more important to bring that frequency of what was going to be designed for you into the dimension - into that you are presently **living in now** - to shift so that humanity can then all created in that of the understanding of the consciousness and the expanded awareness of such then shift collectively into a new dimension.

It is about you understanding that of what is happening on your earth walk down is for each individual to start holding an energetic frequency, **not** in another dimension, but **allowing** the dimensions of end of energy, allowing the dimensions of information to flow through you on the **third** dimension that you start expanding the consciousness on your planet so greatly that collectively, you will all move into another dimension.

SPIRIT 16:03

It is not just for this group, child, this group has been chosen to be the **catalyst**, to be the anchors on your earth. Walk, your messaging, your anchoring, your energetic system that flows through you is to help those beings that are fighting to stay in struggle, that are fighting to stay in a third dimensional consciousness. You are **here**, if you may, put it in that of an understanding to help save the world, and that of the understanding of struggle and that of holding on to old timelines, to old belief systems. That means that there is going to be that of a hierarchy with only some. This isn't about a hierarchy of only some on your planet.

SPIRIT 16:48

Now, even in what you call your spirituality of people, there are many on your planet that love to be able to say, I am of this caliber. I am of this I can connect with this, or I have done this, and let us assure you of something, whenever one is having to express themselves in such a way, there is more **ego** in it than there is true actions of an energetic **connection** to dimensions beyond this.

One does not truly like to be able to express who she is. She likes to just be able to be open, to speak, because she feels like she is nothing more or nothing less than anyone in this presence, she is just the conduit that we use, and that's why we chose her, because we want for you to understand, you child that asked this question, you have the gift of being able to communicate with plants. You have the gift of being able to communicate with the animal kingdom, and especially that of **children**. You have the gift to be able to bring in that of a consciousness, of an alignment in dimensions beyond, and channel it **here** on this third dimension, to shift those connections, those life beings, and expand that so that now you are seeing that as you walk the **earth**, you are seeing the consciousness of what is expanding Beyond. You are seeing the changes of what is expanding beyond.

SPIRIT 18:25

We are giving you this information because we want for you to understand the **anchoring** on your earth walk, the **importance** of that. Because if it was not important, then you would not any longer be on the earth walk. You would be in another dimension.

Child you were channeling the dimensions, do **not** take yourself there. Bring the information where you **are**, change the world where you are, be **grounded** in that of the information that's flows through you, because without being grounded, then you are too far in that of dimensions, and you are not allowing yourself to **truly** be the conduit of information.

SPIRIT 19:08

Open up the awareness of all possibilities that can flow **through** you because people are waiting for you. Many on your planet, many. There are millions of people on your planet that are waiting for people like yourselves to be the information that they are seeking for change. It may come in **services** that you offer. It could even be in products that you offer. It could be in the presence of your being that you are standing and you are speaking. It could be in the actions of what you are **doing**. It could be in just the way you are emanating that of a feeling, and they are picking up the essence, because when they are around you, something changes in them. That is the true conduit of channeling domestic. Questions beyond this of your third is this understood?

Jesse 20:05

Yes, thank you. Spirit.

SPIRIT 20:07

You are most welcome. What is it you question?

Douglas 20:13

So I want to know about I enjoyed knowing about universal lie. I enjoy knowing about how the universe works, not necessarily how the physical reality works, but how the universe is behind, **bringing** it into our **physical reality**. So for example, can I simply choose whatever meaning or interpretation I want to to something that happened in my life or another's so for example, a client of mine dislocated his knee out of nowhere. I don't think it's out of nowhere, but that's how it seemed to have happened. And so is that showing him something, or is that just, oh, that's how life works. And it just happened.

SPIRIT 20:58

Who is it that we are connecting with

Douglas 21:02

Douglas

SPIRIT 21:04

So we would say to you, child, you are most accurate. Now this being can easily say, oh, that just happened because I banged my knee or I did whatever, and in his storyline, this is what he chooses to receive. This is what he chooses to accept. This is what he chooses to hold in that of how he is living his story.

SPIRIT 21:28

But you can **choose** any story and see it into the reality of how it is. So as this one realized that the annihilation, as she calls it, of all of her energy that was taken away, that they had to go to that extreme so that she would understand that her identity needed to **change**, because she had already planned this year, and everything that it was going to be, and it was going to be a continuation of 2025 there was no identity shift. So in her mind, she realized that she was going to lose all of her energy.

And when We said you are going to curate yourself now, because your **identity** will be reformed in a way that or formed in a way that you choose from a whole different aspect. So what you are asking is, can you **create** a story based on what it is that you design?

SPIRIT 22:30

Yes, this is so each and every one of you now can say, well, then I don't need to look at work being hard, or at money being difficult to receive, or that, this or that, or I'm or my health will never recover, or this, or what you can change your story to, whatever you design it to be.

But the whole, what you call the trick to this, so to speak, is, can you **hold the frequency** of the story? Can you hold the frequency and keep expanding it and have such **faith** that this is the story? Now, because when you shift your frequency to say, Oh, it's this, but then you are still holding a belief, but then maybe it is that, or maybe he is right, or maybe this story that I'm making up is it does not make sense. Now you've let **faith** go, and it is nothing more than a **fable** that you have created within the realm of your thoughts.

SPIRIT 23:29

So what we are saying to you is, choose the story that feels the most aligned, that gives you the most pleasure, choose the story that you feel **passionate** about, that when you are living your life this way, you wake up and you are excited about the **alignment**, because this is your story. Your story is one of peace or one of beauty, or one of of feeling excited about life, one of joy, one of giving, one of one of receiving, one of abundance and prosperity.

Your story is that you that money flows to you so effortlessly, and that is because you **give** it away with such **love** and **compassion** to shift the consciousness of many who are in need of being able to open themselves up because of your service or your product, or just because you are giving because you know that it will change their life.

SPIRIT 24:24

Maybe you your connection to holding **compassion** for the world now and how you see people, how, how life has been disrupted in such a way throughout your world that you see it now with an **excitement**, because you see all the **cracks** and all of the aspects of life, and the light is shining through now, see, there will be those that are going to see the darkness. Douglas, you will see the light when something happens, and you see the light. Now in the **light**, we will speak with you. We will **align** with you. We will give to. You.

SPIRIT 25:00

But those that see the darkness can only see that of fear, can only feel that of a container that they are holding themselves back because it is too scary to go through such so let me close myself off. Let me say that I am brave, but in the darkness I do not know what is coming. It is in the light that you will be able to understand the personification of the **energetics** that we are aligning for each and every one of you.

SPIRIT 25:32

So choose your story, but choose it again **every day**. Choose to be in that of the **alignment**, so that you are so profoundly connected with **faith** that when somebody says, Oh, well, this just happened, you can just hold on to the essence that this is **their** story. And you may say with loving kindness, that is interesting. But wouldn't it be fascinating if it happened because you were too afraid to move forward in your life, that you stopped yourself, that your knee went out, because if you were going to move forward in your life, it might change who you are, and you weren't ready, that when you with loving

kindness, can give information to people to just think about, to just **expand** their awareness a little bit without choosing to impart knowledge, so to speak, where they are going to feel like you are trying to make them be different, that you just give them this little appetizer of what an **awareness** could be. Now you are truly doing that of the work of what an alignment will be. Is this understood?

Douglas 26:51

Yes, thank you. You

SPIRIT 26:53

are most welcome. What is it your question?

Beth 26:59

This is Beth. Okay, I've been having a lot of, I've been receiving a lot of messages in my **dreams** lately, and I've been writing, writing them down, and just receiving a lot of information there. And this morning, I was waking from a dream. I was semi awake, and I heard very loud and clear, a masculine voice say, what do you need? And it startled me, because it's it sounded in my head like the person was in the room was so clear. So I decided I should respond. So inwardly, I said, I need guidance, love, support, gentleness and understanding. And my question is, what was I in **contact** with at that moment? What was that voice? Because it's, it was like, really rough, like, what do you need? And also, what is my response reflect about my current state of alignment in my life?

SPIRIT 28:01

So what we would say to you is you are traveling in your sleep time. And in your sleep time for all beings, and it is especially important for all the all of you on this call, that your sleep time is when you **surrender** your ego and we get to **play** with you. We get to enter into your **consciousness** and give you thoughts and give you ideas and help you in your dream time and answer questions and give you direction.

SPIRIT 28:27

So before you go to sleep at night, it is always very advantageous to **ask us a question** and then close your eyes to allow us to play in your field, so that your **ego** can start **directing** you in any way. So child, you are in that space where you are surrendering yourself, and you are also in that space now where your **identity** wants a timeline shift, or you wouldn't be playing with us in such a deep, connected way. It is the it is the connective, the connection that you make with consciousness. It is not an individual, so to speak, you have direction. What we are sensing, though, from you is that through the course of your life, you have felt more directed with males. Is this, so,

Beth 29:20

yeah, a challenging relationship there with males.

SPIRIT 29:26

So male. The feeling of male comes through because you feel that sense of almost like sternness, a sense of direction, a sense of connection, in a way that that makes you sit up, so to speak.

SPIRIT 29:42

But it is not about you having this feeling that it was male, that it's something that now you have to work on. That **feeling** that came through that connection, that came through that voice, that came through in the essence of what felt like it's male, is also that of the connection. Action, of an action, so

to speak, a **directive**. But know that you are very aligned in your energy and your energetics in the **feminine** for yourself. That is why you designed that of the answer to be what it is.

SPIRIT 30:14

So now, when you go through your life, when you look at that of males and you and you now have the answer to and you got the direction of what it was that you asked for, because that is the **alignment** that we will give to you. Now when you look at that of any area where you have felt that sense of struggle and you are now dissolving, now you will use that of the **compassion**. Now you will use that of **love**. Now you will use that of **peace of grace**. You will use that of the elegance of knowing how to **shift** into the **frequencies** that that place within you that is so accessible for us to be able to enter is because you have **allowed** yourself to surrender.

SPIRIT 30:59

So **congratulate** yourself - for we will play with you each night. If you **allow** such, we will come to you each night where you will have dialogs in your sleep time, and then when you awaken, **remember** that of what we give to you, but you must realize that it will also leave you quickly. This one always gets frustrated because she says, Can't you wait just till I write it down before you leave? Because we give information all the time, what we are saying to you, child is that you will start **channeling** more information in your **dream** time when you stay open to that and when you are asking for - that of what you have perceived would **shift** your life and this of your emotional body is what you are going to be **servicing** to that of humanity in the way that you will do it. So you are in a place right now where your identity is shifting with that of the timeline is starting to come into the context of what your **soul** came to be do and have here,

SPIRIT 32:02

is this understood?

Beth 32:05

It is, and I have one follow up question, are you able to sense my energetic, energetic field as it is now and how does it affect others?

SPIRIT 32:17

But we are sensing in your energetic field, is that you have a **fear** of something that is happening right now, and there's a sense of hesitancy, instead of moving through there's a hesitancy, is this? So

Beth 32:32

I'm getting better, so much better, so like, so much less fear. But yeah, that could be true.

SPIRIT 32:41

So you're getting better means that you still have it, then

Beth 32:46

it means I have less fear than I used to. Isn't that an improvement?

SPIRIT 32:50

That is an improvement, but what we said was that there is fear. So fear. Fear still exists, but even though it is not as much, so you are at half a cup instead of the full cup. So **congratulations** here

SPIRIT 33:03

and this, I think it's a fear of being **seen**. This is so your fear of being seen is also your fear of hearing what it is that you should do, your fear of being able to stay in the importance so for you child, this **alignment** that you are going to experience this year is going to move you out of being **hidden**, and that will be your greatest challenge.

SPIRIT 33:30

So now this day, you will say to yourself, hmm, don't know if I really want to receive that. Perhaps this will be the one and done call that I will have with this one, and we would say to you, we will not leave you alone. We will **play** with you in your **dream** time. We will play with you in your **waking** time. You do not want to be seen because you do not want people to really know who you are and what you're **capable** of, because you would rather go through your life and host and show up for what is comfortable for everybody **else**, because that was what you were trained to do,

Beth 34:06

yep.

SPIRIT 34:07

So you will not make any waves, so to speak. But let us assure you, child out of what we are going to stir up within you is **frequency tsunamis**, so to speak, because until you design yourself, until you realize that you did not come to hide yourself, because what would be the purpose of your earth walk, that somebody would say, Oh, I see you hiding behind that corner. There is no glory in such child. You are designed so that you can hide yourself away and let me just go through each day, and as long as I feel a sense of peace because I'm hiding and nobody will ask me questions or expect too much, or I will give, because you are a **giver**.

SPIRIT 34:55

Child. You want **peace**, you want **love**. You want **compassion**. You want **connection**. You want it all, but you will serve others to make sure that they get it, so that a little bit that you may get at the time will be enough, and you will feel like it's enough, because you convince yourself of such.

Child we are saying to you this day, **open** yourself up, because the alignment that is going to be given to you is going to completely **shift** your **identity**. Use your group in this **group** that you call a sense of home, a sense of family, that they will **ground** you on your **third dimension**, but they will also help you rise above that of what you have struggled with, **rise** above that of what you identify with, and the pattern that will be dissolved away, **freedom** will reign within you. Play in the field, child.

SPIRIT 35:47

And when you say you want peace and love and you want connection and all such, then take that and **act** upon it. Because we can give you all of the ingredients, but if you choose not to bake the cake, then what is the point? You've got a bunch of ingredients. Choose to feed yourself child, because we will give you everything that is required. Is this understood?

Beth 36:12

Yes, thank you.

SPIRIT 36:14

You are most welcome. What is it you question?

Caroline 36:17

Caroline, hi there. This is Caroline. I hearing you talk a lot about alignment, makes me notice that I have a bit of **alignment paralysis** at times in my life, where, especially in my career, I've left my **career**. And am really having a tough time finding my next adventure, and because there are so many **options** that could feel aligned that I freeze, and I'm wondering if you have any guidance for me in that alignment paralysis.

SPIRIT 37:05

So what we would say to you, and there is no such thing as alignment paralysis when it comes to the soul, because the **soul** only knows how to be **aligned**. Your definition of alignment paralysis is what the **ego** thinks it should be able to align with what your society thinks that people should be able to align with. And it is not to say that it does not work, but when there are too many options, and you are trying to choose the one that feels most comforting or feels most abundant or or feels right, and you are not sure which one to pick.

SPIRIT 37:40

What we are saying is that is because you are allowing your ego to **design** your life. You are allowing your ego to make the patterns connected so that the story of your life has purpose. And when you are paralyzed and not knowing which one to pick, it is because none of them are right. You can **make** them right. Many on your earth walk. Too many on your earth walk, make them right, and they become extremely successful, but they are also suffering in ways that you know not of what. So now this year, when you are going to allow your **soul** to be in alignment, where you are going to receive the information, and then you are going to act, pretty soon, you are going to understand there is no paralysis.

SPIRIT 38:21

There is only that of the understanding of what you are choosing to do. You are **not** paralyzed, unless you allow your ego to say, don't do that, because it's going to disrupt something. What if you said to yourself, This is a year of **disruption**. I am going to step out into my life, into the field, and I'm going to disrupt the parts of my life that people will be astonished, because they will never know that that could be me. And it's not that you are trying to get people to see you differently, but you will make connections, and people will see you differently, because in the **alignment** of who you are. There is no paralysis. There's only acceptance, if you choose it.

SPIRIT 39:06

So now, when you look at your life and you say, Well, I don't I do not know which one to do. There are so many options. Then in your ego's understanding of alignment, do the one that always feels most abundant. It is not to say that you shouldn't align yourself with anything through the lens of the ego. Many can do such, but never choose the one where it feels like you are confined, where it feels like you are constricted. Choose the one that makes you feel **abundant**, that makes you feel **passion**, or makes you feel designed with beauty or joy or the feeling of an expanded reality beyond it is always that one child, it is a can never be wrong, because you are in the alignment of your **energetic field** to move beyond the awareness of what is present.

SPIRIT 39:56

So paralysis is that you are afraid that you will pick one and you will **miss out** on another one, or if I pick this one, what if it doesn't give me the thing that I want? So you're not paralyzed with with alignment. You are paralyzed with **choice**. You are paralyzed with not only choice, but making a decision and staying true to the discipleship of that decision.

SPIRIT 40:24

Each one of you this year will be a **disciple to that of the alignment** of what is going to flow through you, and you will arise to it each day, and you will act upon it in a way that is going to expand the reality of the identity that you choose to be, there will be no paralysis. You will not have to make choices because you are deciding. You are a disciple to that of what you have **decided to be**. You have **faith** in such when your ego is trying to align to something, ask of yourself. Is this how I'm curating my energy this day or this week or this year or this month, or with this person or with this trip or with this job? Do I, will I feel that this energetic connection is expanding beyond that of what I can experience without it. Is this understood?

Caroline 41:24

Yes, thank you.

SPIRIT 41:27

You are most welcome. What is it you question?

Rachel Ann 41:32

Hi, this is Rachel.

Rachel Ann 41:38

I have been going through a scare with my health, and at this point, medical doctors are telling me quality of life. I've been through some significant timeline changes, some huge realignments, and I feel like there's a lot more that needs to be aligned properly, because in my heart, I have so much more love to give in this time and space, and I want to know how I can step forward and help that alignment come to be, so that I can start creating again and contributing more To this lifetime.

SPIRIT 42:40

We ask of you, we welcome you first of all, and we ask of you, what is it that is within your health that you are most afraid of? What is acting within your physicality that is giving you these challenges?

Rachel Ann 42:55

It's cancer, and they are telling me there's not much treatment available for it on a medical scale, and potentially it can take My mobility and my arm and it's extremely painful and my life.

SPIRIT 43:30

So you are asking, how you can receive that of total health and well being back to your being. Is this such?

Rachel Ann 43:38

Is this possible? I

SPIRIT 43:43

let us assure you, child, that that of the messaging that you are **here to give** to humanity, and that of the alignment that you are going to receive this year is first of all, one about releasing any fear that you have attached to that of your body, any **fear** that you have attached to that of your life being longer or shorter, but the **essence** of your being and the creation of your **being**, being that it will be in one month or 10 years or 20 years, or however long

SPIRIT 44:23

it matters, not so much as that of the understanding that you are here to **release** any connection to the fear that you have held on to for your entirety up to this point, you have been so **afraid** To be to speak, to be **seen**, to truly have a **voice**, to truly be **understood**. You have been loved dearly. You have **loved** dearly, immensely. If love was that of money, you would be one of the... It's just people on the planet, because that is how much flows through you to others.

SPIRIT 45:06

You have the capacity to expand beyond it. So you ask how you can be in alignment, how you can still be of service. First, you must look at that of your life, and for whatever reason that you are holding on to this of what you call cancer, **allow** it to give you that of the **information** that is needed, but then do not be of that afraid of what is coursing through you.

Understand that each and every person on your earth walk, and in this group, each one of you could be done in a day, in a week, in a month, in a minute. Your **purpose** is that you are looking at your life, because there's a group of people that have said that you have a timeline, and most people in this group just don't know their timeline. How liberating.

SPIRIT 46:06

But what would be nice also is to know a timeline, because then you go, well, then let me be **who I want** to be, because now I have this timeline. So why am I going to hold on to fear? **Why** am I going to hold on to any aspect of myself that is not liberating, that is not freeing, that is not truly what my soul can be. Because, as you call it on your earth, walk. Miracles happen all the time. People go into that states of **repair** within their cellular connection to their being. And miracles happen all the time, but I would say to you, do not pray for that of a miracle. Be in the understanding that your time here has been shown, shown to you by what you call your medical professionals, and we are not disputing that of what they know or say, but what we are disputing is the **story** that you will **believe** or not believe.

SPIRIT 47:11

You choose to do the work that you want to do.

SPIRIT 47:16

You choose to hold the **essence** of, if you are here for another day or another 25 years, that this is the message that you will be giving. This is the information that you will be receiving. This is the expansion that you will do. And if some days it is too difficult, then in those days, know that we will **work with** you and in the **presence** of your being, that you will shift that of what the pain body is into that of what the pleasure of knowing that you can **receive** information still, even if it is only for yourself to shift the **frequency within** yourself,

SPIRIT 47:52

child, we say to you, such there are children on your planet that only get to live days, some hours, some, some weeks, some a few years. And one would say, Why does God take these young beings? They've never lived a life? And let us assure you, each person on their Earth walk is given that of an understanding of what they can do and understanding of how they can express themselves.

People are watching you child. People are designing that of the understanding of how you show up for **yourself**. People are in the presence of your **energy**, and they are feeling the love. They're feeling the

connection, but they are also feeling that of an urgency within yourself to try and change something, because I want to stay longer.

So in your mind, you are staying longer. Because what does longer mean? A day, an hour, a year, a decade? Longer is this minute that we are speaking. So in this **moment** that you are in the connection to yourself. Know that the **divine grace** that that of the presence of your soul and your physicality, although your physicality feels broken now, it feels structurally not intact and out of the way that you can feel the blessings. Know that each moment that you are here on your **earth walk**, that you are expanding the consciousness of what is possible through you, that you are **still** doing your work,

SPIRIT 49:31

that there **isn't** something that is so far greater, that you are missing it. You **are** doing your work because you are **showing up**, because you are still breathing, because you are still **receiving** information.

SPIRIT 49:43

So now in your before you enter your **sleep time**, you ask, what is it that I must know - use my being so that I will be a conduit for myself and for those of the people that surround me and I surround others, that I may be a. Conduit of **love**, of **compassion**, of **nurturing**, that I may be a conduit of what health can be. Use my being so that I can express myself in a greater way.

SPIRIT 50:10

What we would say to you, if you are not already doing, is to start writing **journal** each day, each day, each day, because the information that will be **passed** through you will be helpful for others. You will receive information in that of your written word that you will be able to give to others. Speak with others. Be not afraid that your time is limited. For child, every person on their Earth walk their time is limited, but they walk with an Oblivion, because nobody has told them when it is there is a gift to such

SPIRIT 50:50

because now you know who you can be in this time frame, and you will keep going on and on **more** than what you think. And when people say, Well, that is not possible. We cannot do anything. Then you say in your mind, well, maybe you can't, but **I can**. And when people say there's nothing left to do, and you go, well, there's nothing left for you to do. But I know that the **possibilities** are endless, so let me open up and **expand** my **awareness** and expand that of the ability to be in a different **frequency**. Understand that everybody's timeline is present to them. They just don't fixate or focus on it. So don't focus on yours.

SPIRIT 51:36

And when you are having that of a day where you feeling like you are struggling, and we understand such then ask yourself, what is the **message** of this suffering? What is the message for myself? And let me just nurture myself, and let me care for myself, and let me be open to **receiving**. Because what we have witnessed in you, child through the course of your life, is that receiving didn't come very abundantly. Receiving was something that you felt that you were unworthy of as well.

SPIRIT 52:06

So now let us **give** to you. Let people give to you. Be open to **receive** because you are worthy of something far greater than that of what you have lived so far. You are **worthy**, and you are a **value** to that of the of the economy, so to speak, of the connection to **heart centeredness** for all of humanity. Allow yourself to receive so that healing can take place.

And we are not talking from that of just humanity through that of your medical means, so that you can be in the alignment of something that is greater than that of what you have felt through the course of your life. See, your journey is important to each minute of the day, because elongating that of your life is seeing, is giving yourself that of the permission to have, what you classify and what you understand is of a future.

SPIRIT 53:09

You want to see yourself in the future in years down the road, but your future is happening **right now**. Your future **is** this moment. There is no timeline that you jump over there and it is the future. There is the moment of your breath, the moment of your heart beating, the moment of the essence of your connection to all of such that you are living in this moment, and it is the future, and you are well, and you are in **oneness**, and you are divine.

SPIRIT 53:43

We will say to you, child, you have that of an energy that is on this side that wishes to come to you in your **sleep time**, be open to receiving information on the changes that you can do on your earth walk. Ask for that of the guidance in your sleep time. Say, I'm **open to receiving** that of the information from this being it is a **grandmother** energy.

SPIRIT 54:11

Be open to receiving and release that of any energetics in the female lineage of yourself that that were connected to and attuned to that of **struggle**, **cut** those timelines and **dissolve** that **frequency** so that you do not have to carry the energetics of it any longer. Is this understood?

Rachel Ann 54:34

Yes, mostly.

SPIRIT 54:38

What part do you not understand?

Rachel Ann 54:41

I get caught up on what's next.

Rachel Ann 54:45

I have a fear of what happens when I leave my body, because I haven't trusted all of the channeling and I haven't trusted all of the connections and I haven't **trusted** all of the people. People who have come to me and the lineages and the ancestors and I haven't integrated it, even though it's been coming through me my whole life.

SPIRIT 55:13

Isn't that most fascinating that you won't trust them, but you'll trust doctors who say that you're dying. Do you see what you do to yourself? Yeah, so we are giving you information, and your ancestors are giving you information, and your channels and your guides and your spirits, and everybody is yelling at you live, but a doctor says, die. And you go, Okay, I guess that is what I'm going to do then,

SPIRIT 55:45

choose who you are deciding to be, choose the **faith** of what you are deciding to **receive**, the information you are deciding to receive. Why would you give so much value to somebody that says you are dying, than to somebody that says you can live.

You do not trust because you believe that yours is **less of** instead of **more of** - you do not believe because you do not see yourself as worthy of having something so far greater. So you would rather believe somebody that says, well, then we'll take it away from you. So now you cry. Now you are in dismay. Now you are in the feeling of of such sadness and depression at times, because the reality that you have created in the storyline of your life is proving to itself to come into fruition.

But you have just been **acquiring** that of the **information** since you came on to your earth walk. We have been giving it to you. You have grandmother energy that wants to **channel** information to you, but yet you question it.

So now we say to you in the alignment this year, you must say, well, then I'm not aligning to these of the earth walk people, because they think that that death is eminent for me. So let me align to the people on other dimensions, and let me **channel** that information on my **earth walk**. And let me just see how far I can go. Let me just play with this. Let me live into the existence that I'm not allowing that of doctors to say that they've got a timeline stamped best before date.

Do not look at this best before date or the expiration date. When you look at it, you are counting down that of the limitedness of your life, and yet you've got all of the people on this side, and the many spirits and angels and even that of alien connections we are saying that wish to expand that of everything that can happen through You, and you question it, well, they can't be me. Now you get to play a different field. Is this understood?

Rachel Ann

Yes.

SPIRIT

What is it that you question?

Christina 58:14

Christina? Hello, spirit. This is Christina. I have been feeling that I have that I'm in or or entering into a new timeline. Been some shifts. I'm My word is **expansion** for the year. I'm in the middle this week of doing a message mastery Speaker Series my first time, and really being more visible. And what I'm wondering is what you suggest so that I can **continue** this **momentum**, continue to **expand** into my soul's **purpose**, my soul's vision, into the alignment of who, who I am, in the greater sense, in this year,

SPIRIT 59:13

do you were asking of asking of us as to how you hold the expansion? Is this correct?

Christina 59:19

Yes, it, hold it, continue the momentum that I've started to fulfill my soul's purpose.

SPIRIT 59:29

You **are** fulfilling your soul's purpose by **just** being in the **alignment**. So that is, that is the **soul's purpose**.

And the more you stay in the alignment, the more opportunities that will come to you, and the more information that comes.

So how you **stay** in the expanded reality is by playing.... is by first of all, as we have said to this group and to one that was previous to you to become the **disciple** of such. So how you are staying in such how you

are choosing to be in the alignment of an expanded reality is **feeling** the **energetics** of it, and not as we this one explained earlier, not slipping back and allowing yourself to go back into an identity, to collapse that of what the expansion is, to go back into the identity of what it is that you remember, or how you know, or the way you feel more comfortable.

You **choose** to be in the place at times where it may feel uncomfortable a bit, but you know that it is not uncomfortable because you are not in alignment. It is uncomfortable because the alignment **is** expanding.

And when you get it into it, and you just feel into it. So in groups where there might only be two people that show up, you don't say, well, this isn't working. You say it is two people now, because that's what my energetic field can hold. So let me just keep showing up and hold this energetic field of two because there's going to be, there's going to be 22 and 222 and 2000 and going to keep growing. Let me just play in this field.

So when you feel that of the connection and you question yourself, know that you are stepping out of the experience. You are stepping **out** of the expansion. Because as soon as the ego starts to delineate that of something that doesn't feel like it's like it is right, or that it's successful **enough**. Now you are in a measurement. Now you're stuck in the ego, and you **need the ego** for your earth walk. This is most this is most **important**.

But the ego will always want to give direction. And this year is about the **soul** receiving the **alignment** to pass through to the ego, to give the direction. Remember, such. So **staying in expansion** is staying in your **soul's alignment** with what has been given. And then you ask of yourself, well, what direction have I given to my ego? It needs to manage something, or it's going to try and take over. It's going to try and hold on to other aspects, and when I don't give it any information, it will only bring up that of what it's always known. So now it's going to try and take over with what I used to do. So **holding** the expansion of yourself **is** by **always** aligning with your **soul** and making sure that you give direction for expansion to the ego so that it has a purpose in your life.

SPIRIT 1:02:22

Is this understood?

Christina

Yes, it is. Thank you.

Michael 1:02:41

I think we are complete.

SPIRIT 1:02:48

We are most in awe of all of these beings that have come forth, and in awe of the questions and that of the connection to the **possibilities**. We say to you, it is endless for all in and everyone that sits here this day, we are in such gratitude that you have held, once again, this sacred space.

We say to you, the holders of this sacred geometry, to Dona and Mike that are the alchemists of that of life for many that hold the key to **greater wisdom**, that hold the key to that of the personification of what alignment can be, **play in the field** this year.

For much will come **play** in the field this year to see in the identity and **imagine** yourself Well, who would I be if I'm not this being, let me play in this field. Let me **align** with others. Let me make **connections**.

Because in **your connections**, remember, you are **experiencing** a part of **yourself** in the relationships that you choose to **grow**. You're experiencing a part of yourself to **stay** the same as well.

So be in the **awareness** of who you **choose** to connect with.

We are most honored that we always get to sit with you at this time. Allow yourself the **expanded reality**, because we wish to come to each and every one of you again and again. We thank you for this time, and we will speak with you again.

And we thank you.