



Absorbing into Conscious Awareness

SPEAKERS

Councils

KEY TEACHINGS SUMMARY

- When you know more of yourself, you know more of everything around you, for you have the capacity to observe it from grace.
- When you return to this awareness and allow yourself to collapse into that which you have known before, but simply been distracted away from, and you let yourself once again immerse in this peaceful awareness, you remember that here there are no questions. Here, there is exploration. Here, there is no searching. Yet here, there is discovering.
- When you are searching you have an idea in your mind what you are searching for. Yet when you relax into the awareness of yourself that you have forgotten to know, then you simply open for the discoveries to arise.
- We remind you and encourage you to stop seeking, return to the knowing and open to the discoveries that you cannot even imagine.
- This extremely thin yet persistent barrier to deep self-awareness is the habit of the mind seeking versus the experience of absorbing.
- When your mind associates some higher level as being more secure, better, an improvement, then you move outward versus inward.
- The very origin of consciousness sits beneath or in the very center of all states of the human experience.
- The hardest thing for human being to recognize is that they are the problem, and yet the easiest thing to resolve when one is able to relax into, allow yourself to be absorbed.
- The integration of your intelligent life force as your human expression cannot be achieved or created through the mind, the analytical approach. For the mind doesn't know the full extent of what is possible. The mind doesn't know the full extent of what you are.
- As you absorb the mind, the issue, bringing it all in, this natural state of expansion occurs. And then you begin to notice yourself differently. And that's it. It's not getting better. It's noticing the change, noticing how life is different, noticing how you interact differently, and it's the noticing that continues the expansion.
- You are all on a journey of self-discovery of your conscious awareness. Your consciousness is always present. But it is the awareness it, of the infinite within that matters most.
- You as an individual are expanding your awareness of that which is infinite.
- You are expanding your awareness of your consciousness.
- You are enlightened. You are a source of life force expanding within you.

- Invite what you are observing, invite what you are witnessing into the experience of yourself, so that you begin to train your physicality to hold the awareness of your expanded conscious state.
- Do not seek a higher state, drop through to the purity of the consciousness that is beyond all of these ideas.
- The eternal being that you are needs no protection. It is the individuation of yourself that collects wounds. And as the eternal sense of self, the infinite, expands in your awareness, you are not collecting more individuated wounds for you are operating as the constant flow of the infinite.
- When you are bringing circumstances in and absorbing, you are not rejecting, you are not trying to sort it out, you are not reaching out. You are embodying, you are bringing it all into the embodied experience of your expanded state of conscious awareness.
- Embodiment is the experience of your individuation becoming known as the constant flow of universal.
- As you begin to be able to embody a greater capacity of conscious awareness of the universal flowing through you, you find you collect no wounds, no scars, no hurt, for the small, individuated idea of yourself is no longer needing to protect, for all can flow through it.
- The universal experience of yourself does not know suffering. Only the individuated idea of yourself knows suffering. If you're suffering, what experience are you in? Where is your awareness?
- From this awareness of no separation, you find your true self.
- The physical experience is often very challenging and is totally held in the idea of individuation.
- There is nothing more accurate in confirming the individuated idea of yourself than pain.
- When a hurt of either emotional or physical has not been healed, resolved appropriately at the time of occurring, you will find that it presents itself again and again. All it is asking for is healing.
- All pain, are signposts, are indicators. The challenge is identifying what they're pointing to.
- The more awareness that you can bring to the root cause of the pain, the greater likelihood that you have of healing it so that it has no longer a reoccurring effect in your physical experience.
- If you have recently injured yourself and you know the cause of the pain, then take great care to heal and consider all the aspects of healing, not only healing your physicality but healing any emotion that you may have had in association to the injury or wound.

THE TEACHING

Sue Thompson

The Council of Light is forming. It's like these orbs of light just come out of the nothing into presence.

The One of the Light

You are beautiful

Greetings, all. I am the One of the Light. As we look upon you all, we see such beautiful people. If you have not thought of yourself in that way recently, take a moment to feel what we see. The very beauty at the very core of you all. How do you feel when you look upon something that is beautiful? When you consider yourself witnessing beauty, how do you feel? Yes, let yourselves feel the beauty of yourself. Whatever the story, whatever the challenges, this is always here. Always. And what we see in you is beyond hope, for we see the reality of your evolution. So not simply hoping for something different or better, but we witness with great delight your self-understanding, your self-awareness expanding, so that you begin to know more of yourself. And when you know more of yourself, you know more of everything around you, for you have the capacity to observe it from grace.

The moment you sense yourself as separate from the world, separate from the circumstances that you may be witnessing or involved in, you are back in the small “I”. When you allow yourself to relax into the beauty, the peace, the awareness that you have — you may use the word reached. Think about this for a moment. When you return to the recognition of all that you have begun to know, and we don’t mean collected as in information, but know within yourself. When you return to that awareness of the highest knowing within yourself, you may have an idea that it is incomplete, not quite there yet, haven’t broken the enlightenment barrier should there be one. But whenever you return to the sensation of the fullness of your awareness, you bring yourself back sensorially from your sensory perspective, and you bring your mind back into the awareness of the expanded state that you have known and know to be the truth of yourself. This is a wonderful starting point and ending. For when you return to this awareness and allow yourself to collapse into that which you have known before, but simply been distracted away from, and you let yourself once again immerse in this peaceful awareness, you remember that here there are no questions. Here, there is exploration. Here, there is no searching. Yet here, there is discovering. This may seem quite contradictory, that if you are not searching yet you are discovering — how can that be? We give you this distinction: When you are searching you have an idea in your mind what you are searching for. Yet when you relax into the awareness of yourself that you have forgotten to know, then you simply open for the discoveries to arise.

Once I achieve this, I will be ...

This is quite a challenge, for the seeking is insistent: There must be a better me. There must be something I could be doing that creates a better experience of myself or improves me, but whilst you are on this pathway of seeking something you think you know, you miss the gate, you miss the entry point to the deepest knowing of discovery.

Those ideas that you have: Once I achieve this I will be ... We once again remind you and encourage you to stop seeking, return to the knowing and open to the discoveries that you cannot even imagine. Now this is difficult, for your mind wants to tell you what you are planning, how you were becoming, what you are going to do next. And, yes, you have functional plans that you are manifesting. But this is the key to integration, and we will be as gentle as we need to be, as subtle as we need to be, and as direct as we need to be to assist you in recognizing this extremely thin yet persistent barrier to deep self-awareness, and that is the habit of the mind seeking versus the experience of absorbing.

Quit seeking

Think about those two movements. Feel them right now. What does it feel like to seek or search, reach out for something in comparison to absorbing something. And when you begin to absorb the awareness of yourself in a different way, noticing rather than seeking, discovering rather than building or constructing, this is the very secret of integration, this movement of being.

Now, you are all advanced in your exploration of self, yet this raises limitation for you all. Let us explore why. Why does the seeking become so prominent in one’s life. When you relax your awareness right down to the very, we’ll call it first level of consciousness, you meet security, and when your security, the energy of security, your security consciousness is sitting underneath everything else that you have discovered, there is this drive for certainty, this drive to know, and it is a reaching movement. When there is a sense of insecurity, there is a reaching out; you want to hold on to something. And this makes it difficult to relax into the state of awareness that you know of yourself. Even if you think it may not be the ultimate, that there is more to come. The problem is when your mind associates some higher level

as being more secure, better, an improvement, that you move outward versus inward. But if we consider these layers of consciousness to actually be circular, and that if underneath this first layer of security, if you're able to drop through, then you find what you thought was at the top, what you've been climbing up for, what you've been reaching for. **Yet the very origin of consciousness sits, of course, beneath or in the very center of all states of the human experience.** So, instead of seeing them as a pyramid or a stack that you need to climb or improve, if you recognize that the cosmic consciousness, you understand the infinite consciousness of the universal flowing through you, must of course be beneath the lowest state of security. Can you see this?

And for most of you, there will be a particular level of consciousness that you are challenged by or are a little stuck in. It may be security, it may be sensation, it may be power, it may even be love. Yet there is so much more. And when we say love, we do not mean the essence of love and life that you are, but the idea of loving others. And this idea of needing to reach a higher state of consciousness, of course, it is termed such for the frequency of it is higher, it is certainly a much better human experience, but it is this idea of a ladder, a height, that actually inhibits the subtlety of being able to drop in to it, to allow yourself, as we have described so many times, to relax into.

So, here is a challenge if you think of the security center in itself, being able to relax through it... a big one, yes? For it feels like the baseline of life. Yet as you explore and experiment with this sensory experience of falling through, transcending, going beneath. This may take some direct inquiry, some exploration of your beliefs around your security, to challenge those, or your power, or your sensory experiences, your sensation addictions, or distractions. Whatever is keeping you in an outward movement, fall into it but with intelligence, with inquiry, not simply wallowing. A state of fear helps no one.

So, when you are sensing where you feel you have reached a particular level and aren't necessarily moving beyond that, don't look to rise. Look to absorb. So you are arising. Very different. If I can make this distinction here from trying to reach a higher state to opening to sense the arising, because what you are absolutely seeking is beyond the intelligence of the mind. So, your mind cannot craft it, it cannot craft a path to it, it can't create this for you. And it believes it is the creator of all things of your life, yet it is a small aspect of the power of true creation. Yes, it can work in alignment and be very helpful in supporting the creative expression of your natural state of being, but it can't find it.

Explore this experience of absorbing

So, the invitation, and not always an easy one to receive ... The invitation is to explore this experience of absorbing where you are, absorbing your concerns. Can you feel this? This is truly opening to the god essence within you to support you in whatever you are facing. Can you absorb ... feel this. Think of your most potent concern at this time, whatever may be a challenge to you. Can you sit in stillness in the presence of being and absorb it? Now, this experience is very different to trying to solve it, to putting energy into fixing it, to moving something forward. Can you absorb it?

For those of you who have explored with medicines to expand your conscious awareness, can you remember the feeling of absorbing the sensation of your chemistry opening, that experience of absorbing, and of course, we are attempting to put language around something that is most difficult to describe. But if you can consider the movements, we are trying to give you reference points in your human experience, for if you are able to master this one thing, you will find it is a gateway to

extraordinary experiences that you could not imagine at this time you could have. So, we use the term gateway, doorway, portal — whatever terminology is helpful to you.

So this one small task of practicing the physical experience of absorbing what you are challenged by or exploring. Even if you are clearing something, if you have had a pattern of behavior or an understanding from a life experience or previous life experience arising, instead of robotically moving in your habitual way of dealing with circumstances, simply explore this. Try this. Try absorbing, for the minute you do, you are acknowledging the greater consciousness within you; you are getting out of the way. Who finds themselves in the way of their life sometimes. Amazing, isn't it? Here you are trying to carve your own path in this life experience, and there you are as the obstacle. And, of course, it's difficult to see. So, you look around and you find other reasons to describe why you are where you are. And, of course, you will find reflections, easy things to blame, but they are all distracting you from the recognition that the idea of yourself and the habits that that idea or identity has is in the way. The hardest thing for human being to recognize is that they are the problem, and yet the easiest thing to resolve when one is able to relax into, allow yourself to be absorbed.

Offer your mind compassion

With the problem or circumstance you are also bringing in this habit of idea or egoic idea of yourself into your life force to be absorbed into this experience. And as you do this, even as you all play right now; please play with the circumstances that you have running around in your mind — whatever they may be — feel into the sensation of absorbing into your being. When you do this, are you in the way or have you let go? And how does that feel? Contracted or expanded? And then you begin to discover the truth of You arising, expressing yourself in different ways, doing things differently because you feel you want to, you feel the energy of yourself arising in a different way. The integration of your intelligent life force as your human expression cannot be achieved or created through the mind, the analytical approach. For the mind doesn't know the full extent of what is possible. The mind doesn't know the full extent of what you are. Yet, when you include your mind in this process of absorption — not rejecting it — would you hold a grudge against someone for simply not knowing what they don't know? You might for a small while if it's irritating enough, but at some point you might reach a place of compassion and understand that they don't know what they don't know, therefore how can they be more in whatever circumstance. And this includes your parents. At some point, you grow to a place of compassion. So, offer your mind the same compassion. How can this thing that is a record of information, experiences, relationships — it is the data stick — how can it know the full extent of what is possible, what is arising through it? Your data stick that you put in your computer does not know what information it can hold until the information is in there.

Absorb, notice, expand

So, we asked you to slow down, for we have given you the key to integration here, and we will support you through this process, of course. But we start this experience with you, giving you upfront everything you need in that is key. Some of you may never need to attend again, and you may enjoy attending forever. We are always delighted to have you in our presence. Yet this one movement — the awareness of where you go — if you can bring your beautiful mind in to be absorbed in the knowing that arises from within. Now, reasonably easy to do in this situation; quite challenging when you are back in the noise of life. If you have a particular issue presenting, then take time out from that noise of life to practice this movement. You have no idea of what is truly possible from here, yet as you absorb the mind, the issue, bringing it all in, this natural state of expansion occurs. And then you begin to notice yourself differently. And that's it. It's not getting better. It's noticing the change, noticing how life is

different, noticing how you interact differently, and it's the noticing that continues the expansion. For you are all on a journey of self-discovery of your conscious awareness. Your consciousness is always present. But it's the awareness of the infinite within that matters most. This is big. If you can let your mind grasp this, **you as an individual are expanding your awareness of that which is infinite.**

You are expanding your awareness of your consciousness

So, you will access that which is relevant to your journey and continue to expand in the infinite. Can you sense this? It's not that you are trying to find something within you; it already exists. You are expanding your awareness of your consciousness. This is why we speak in terms of conscious capacity, expanding your capacity to access more of the infinite, and as this is experienced and expressed through you, of course your experience of a human being or your life interactions expand, as they have already for you all in so many beautiful ways. But there is no finish line, no home base, no trying to get across, no competition. Therefore, wherever you are in whatever experience of that expanded conscious awareness that you know and you minimize — you know it and then you distract — when you return to even the greatest memory of what you have known, from there you have expanded your conscious awareness, and, of course, you can continue to expand it. Does this take away the idea of needing to reach some state of enlightenment? You are enlightened. You know that you are a source of life force expanding within you. But those who you would have considered to be enlightened, are more aware of the infinite and are able to hold more of the infinite through their expression as a human being. Seeking some sense of goal and feeling like you are not there keeps you separate. Of course. Can you see even that is an idea of separation: Over there I'll be better, bigger, more enlightened. Here I am not. Rubbish, junk, junk thoughts, junk thoughts. You receive junk mail ... if it comes to your letterbox, what do you do with it? Throw it out. Yes. Same thing.

We hope that this helps you relax into the experience of yourself knowing that it's here. The only reason why you feel like it's not, is that your thoughts have moved into some distractive rabbit hole, some distracted thought process. And you may do that for quite some time. Then you begin to notice the manifestation of it. So things don't feel quite right in your life. Something's not quite working out. You're not getting what you had hoped you had wanted to get. Yes. And then when you recognize the thought pattern that distracted you from the experience of your expanded conscious awareness, then you sometimes have to go and unpack some of that. But if you grab it and bring it into that which you know is already here, you save yourself so much time and energy, so much resource.

This concept of expanding and integrating, which is what you have all shared in your feedback to this one, is important to you now. This is why we have kicked off in her terms this year with this intention: to be here with you to support exactly that expanding and integrating. But first we needed you to understand what that was, for you all have an idea, but the true experience of it is simply expanding your awareness of this conscious flow of infinite within you. And to do that you bring home here those things that you are reaching out for. This is a time right now of great potency and much distraction, yet you are here with us right now, which is an indication this is what you want and what you are ready for.

So before we open this experience to dialogue with you, we would like you all for just a moment to allow yourself the sensory experience of feeling your own expanded sense of awareness and then bringing your question, your concern, feeling the movement, whatever is going on in your life at this time, pattern — bringing it in. You are not asking for an immediate answer; you are just welcoming it in, acknowledging that you do not know but you are very interested in discovery. Pay attention to what happens to your body. What do you sense in your field and your form? This is your primary exercise.

Do it slowly at first and then begin to do it for small things but quickly. Little distractions, little triggers, little interactions. Even when you are one with another, instead of sensing the conversation as a separation, invite the conversation in, invite them into the totality of what you are, into the awareness that you have within. For this will train your mind your brain, your pathways, to move in this direction, breaking an old habit. So, does everybody have that exercise? Are you aware of what is being asked here?

The role of witnessing

(Question about whether witnessing/observing is the same as absorbing.) What do you think you are witnessing or observing with? Do not discount the witnessing or observing, for this is a wonderful first step. Once you have witnessed, observed — invite. Can you feel that? Invite what you are observing, invite what you are witnessing into the experience of yourself, **so that you begin to train your physicality to hold the awareness of your expanded conscious state. That is what we are trying to develop within you as we work through this process of integration.**

(Question: Isn't consciousness just consciousness?) Exactly. That is precisely our point. Thank you again for your question. Consciousness is, of course, consciousness, but there are layers of the human experience of conditioning. And the security center, the fight-flight-freeze, the protection of the physical being is the lowest state of self-awareness. And that is why we ask you to drop through it for the ideas associated with that level of consciousness. So, if we are saying that there are levels of awareness of the infinite, of course, a very primal instinct is the security of one's being and life. And, of course, many ideas get associated with that with regards to your financial security, your physical security, your emotional security. And yet, of course, beneath that or within that is the pure consciousness that is not conditioned or layered. That is why we asked you not to seek a higher state, but drop through to the purity of the consciousness that is beyond all of these ideas.

More on the absorbing process

And as you go in to feel it, it expands. There is nothing in the way of the awareness of it, it is only the awareness that is required. Once you have the awareness ... poof. And be the vessel for solutions to arise through. (Question: Why not just always be that way?) Exactly, why not? This is the technique to begin to feel the expanded sense of self, but if you are constantly in the experience of absorption, you are seated in your state of awareness. Integrated, we should say. So, exactly, it is the invitation to begin to experience this so that no longer are you needing to bring things in. Everything is included for there is no separation. You are just experiencing everything from that pure place of consciousness. So, why not be the absorption of all the experiences?

Yes, when you sense yourself in that expanded state of conscious awareness, what better word than "beautiful"? And this is even those things you think you need to protect yourself from, for many would argue there is evil and harm and you need to exclude that. But when you bring the totality of all of it into your conscious awareness, you have far more sophisticated ways of dealing with, of being present with, of engaging with those circumstances that may have shown up in your life for some purpose. When you recognize that the eternal being that you are needs no protection, it is the individuation of yourself that collects wounds. And as the eternal sense of self, the infinite expands in your awareness, you are not collecting more individuated wounds for you are operating as the constant flow of the infinite. A beautiful dance of life.

Absorbing becomes embodiment

(Question: What is the relationship of embodying to absorbing?) Absorption is once again using a word to bring your awareness into the embodiment of your consciousness, of your conscious awareness. When you are bringing circumstances in and absorbing, you are not rejecting, you are not trying to sort it out, you are not reaching out. You are embodying, you are bringing into the embodied experience of your expanded state of conscious awareness. Embodiment is the experience of your individuation becoming known as the constant flow of universal. When you are absorbing, it is a movement ... Can you feel the movement of where you are bringing your conscious awareness, your mind, into your conscious awareness, your concern of an issue, or a relationship, or whatever was going on in your life, you are bringing it into your conscious awareness, which is embodying the experience of it.

And the embodiment that you speak of is, as we have described, this expanded state of the eternal, infinite universe flowing through you as an individuated being. For some, this is quick, this is spontaneous. For others, they need to learn to feel first. And some of those experiences of learning to feel can be very uncomfortable. But when you bring that into your conscious awareness, like absorbing it right into the state of awareness that you have known within yourself, all of a sudden, the energetic experience of it changes. When we speak of embodiment, we speak of the embodied state of conscious awareness, not simply bringing a lot of pain into your body. It is essentially using the awareness of your universal to clear out your individuated scar tissue, be that physical or energetic.

As you begin to be able to embody a greater capacity of conscious awareness of the universal flowing through you, you find you collect no wounds, no scars, no hurt, for the small individuated idea of yourself is no longer needing to protect, for all can flow through it. This may help you enormously with your ability to process what is being brought up into your awareness, as for all of you who are starting to witness the gritty stuff arising. As you absorb into your conscious state of awareness what is occurring and allow it to be processed within your universal flow, you may find that that technique is far easier and faster. The universal experience of yourself does not know suffering. Only the individuated idea of yourself knows suffering. If you're suffering, what experience are you in? Where is your awareness?

Kundalini helps clean the pipe

(Question: What about kundalini in this process?) The awareness of your Kundalini life force, the power of this life force is a potent awakening to your physicality and your field. As you consciously allow this process to flow with the intention of it bringing more of yourself, more of the awareness of the infinite into your embodied state of being, it is how you think of it that can advance the benefit of it. Like cleaning a pipe, a bit of Drano down the pipe.

Bring the issue of receiving clients into the totality of your awareness

(Question about how to do business and yet be centered, in the absorption). This is a beautiful way of understanding how the integrated experience of being operates in that world. It is not that you don't do those activities, but it is the sensory experience of yourself. If you need to get from A to B, the easiest way may be to ride your bike, drive a car. The functional activity is still necessary. You can walk, but it is how you do it. So where is your attention? What is the feeling that you have. If this Facebook is your best way of sharing your presence, the energy of your awareness when you are creating your advertisements, the energy of your awareness is of how you drive a car or how you ride a bike or how you get to where you need to be, how you do the things you need to do. So we are not saying that you

don't present yourself to the world or advertise that you are available. But it is the energy of the movement in creation, in the creation of that, so how are you feeling when you are reaching out, how are you feeling when you are hoping that people respond and imploring the world to please come and work with me. And, of course, the frequency of that is (forced), yes, versus being able to absorb the need for you to present yourself to the world into your greater state of consciousness and paying attention to what arises. You may find that you find alternatives. You may find that you connect with different people, or you are physically present somewhere else, and an opportunity arises. And so this is what we are saying: Your mind will think that there is a particular way to do it, but when you bring the issue of receiving clients into the totality of your awareness, and sense the inspiration, sense the arising, and it may be simply how you feel when you create your advertisements. We're not saying don't advertise. But just be aware of your sensory experience of totality as you do. You might find that you use different words in your advertising or different presentations of yourself for that inspiration has come forth. Or you find yourself inspired to go to a market or the supermarket or the beach, and you end up in a conversation with someone who is superbly aligned with the work that you do as a client.

So, it is a matter of bringing the question of being seen, being found into your conscious awareness and sensing what is the inspiration arising from there? It is this movement on all things. It is very important to clarify how you work in the world as an integrated, conscious being. And when you notice this movement of (forced) versus, "Ah, I can hold space for more clients now." Can you feel the difference?

It is all part of the one experience

(Question about how everything is related to everything else.) As you begin to walk in the world in an expanded state of self-awareness, you become so aware of how integrated, related everything is, how one thing connects to another, how one thing supports another, how one thing is part of the picture that you are witnessing. Unfortunately human conditioning likes to separate, it likes to individuate, so that one is seen as separate from all things and is observing the world around them as not connected, as disconnected from themselves. Yet as you move more and more into your expanded state of awareness, you begin to recognize how connected it all is, how connected you are to all the things around you, and how you are in relationship with them all, and how your energy affects the relationship with it all. Even your sense of separation affects your relationship, for it sends an indication, a vibrational message of disconnect between that which you are absolutely connected to. And when we use the word "absolutely" we mean it in its purest form, in the absolute of all things. It is all a part of the one experience.

It is only the idea of individuation. As a human being is an individuation of this life force, it likes to recognize everything else as an individuation, as separate from itself. For that is the only way it can hold or maintain its own sense of individual identity, by separating from everything else. But as one absorbs even the idea of themselves into that expansive state, the illusion of separation dissolves. The recognition of being in relationship to all things becomes so much more obvious, arises in your awareness. It brings potency to when you say harmful things of another or make judgments on others. Can you see you are doing so from an experience of being separate? Yet from this awareness of no separation, you find your true self.

Pain is a signpost

(Question about physical issues in relation to absorption, expansion.) The physical experience is often very challenging and is totally held in the idea of individuation. There is nothing more accurate in

confirming the individuated idea of yourself than pain, yes. When you are in pain, you are immediately reminded that you are here in a body. All pain, all pain are signposts, are indicators. The challenge is identifying what they're pointing to. They may well be reflecting the residual of an old injury, particularly if the situation is not healed well when it occurs. We would say this to you as the most important aspect of physicality and had you know this as a child, you may have done things differently. Whenever there is a wound, a pain of any kind, that happens in the moment ... so you understand when you first are hurt and then when you feel pain as the result of an injury, of some wound, whether it be physical or emotional. If a hurt, an injury, is treated well in the moment, energetically and physically, there will be either far less or no residual later on. But when a hurt of either emotional or physical has not been healed, resolved appropriately at the time of occurring, you will find that it presents itself again and again. All it is asking for is healing. This is why you see systemically issues that have not been healed in the past continue to present themselves, even from past experiences of living. The challenge is identifying what is the signpost of pain, what is it pointing to?

And you will often seek remedies, seek to solve the problem in the current state of being, but until you can get to the source of the issue, you will continue to experience a painful reminder that something needs to be resolved. Now, if this has gone on long enough, you will find that the body may well have adapted and created ill health or a response to this situation that becomes its own problem. This is more difficult to overcome, and in some cases may need to age out. And what we mean by that is that it may not be able to be restored. When you have a favorite pair of shoes and you wear them to death, sometimes they can't be repaired, yes. But the more awareness that you can bring to the root cause of the pain, the greater likelihood that you have of healing it so that it has no longer a reoccurring effect in your physical experience. And there are many people who are very focused on healing physically and energetically. However, it is important that you access the cause, for the signpost may not be pointing directly towards the root cause of the situation. So, if you are experiencing pain, firstly, of course, we invite you to absorb the idea of this pain, the experience of this pain, into the totality of yourself so that you may have better understanding or insight into what is the cause of this pain. Really.

And if you have recently injured yourself and you know the cause of the pain, then take great care to heal and consider all the aspects of healing, not only healing your physicality but healing any emotion that you may have had in association to the injury or wound. And if there are significant wounds in your life that you know a yet to be addressed, once again we invite you to invite them into the sense of your totality so that those wounds may be absorbed in the universal. Should there be particular ways or actions that you can take to heal those wounds, allow them to arise.

Clearing the physicality of injury, be it energetic, emotional or physical, is very challenging. For there is also a belief that you have to go out there to get help. And, yes, you will find help out there. But to investigate for yourself, what the root cause is, is an integral step to healing. If you can find help out there to discover within what the root cause of pain may be, you will expedite the healing process.

Remember physicality and physical pain are tremendous amplifications of the idea of individuation. Being able to allow yourself to fall into, absorbed into, the totality of self, which means no separation from physicality and universal being, then you have a far greater, far more potent source of recovery.

Bring this issue (physical pain) completely into the sense of absorption. Explore the depths of what it is bringing to your attention. Take the opportunity of this stillness. If the universe and your knees have

collaborated to bring you to a place of stillness, what is wanting to arise from within the stillness versus the mind's idea of how you may go out, engage, entertain, and interact. And possibly distract.

Absorb the experience of diminishment into the totality of yourself

(Question about dealing with disagreement, it's triggers) What you're speaking of is another form of pain and separation. This idea of being attacked in some way or addressed in some way that is diminishing. And, of course, the identity, the identification of self will react with the security state of consciousness, once again. "I am in danger here. I'm either being attacked or in some way diminished, disrespected and diminished." And so here is another life experience that is the opportunity to transcend the security center and arrive in your expansive state. Being able to absorb this into the totality of yourself. These are potent examples that you're all sharing here around the truth of living in a human experience. And the experience of integrating this is what we are wanting to support you in, is being able to remain in your expanded state of conscious awareness when circumstances arise like that, and you are not triggered into your human individual conditioning.

So, yes, this is another example of where pain or fear is indicating that you have separated and lost your sense of connectivity with your own conscious awareness. And, of course, we then go to what's wrong with them and what they're doing to us and the externalization of all of that. But really what you are being shown is where you are experiencing separation once again, where you are feeling a need to either protect or project versus being able to stay integrated in your totality, in your conscious awareness. For from a place of conscious awareness that reaction does not happen, and you don't see them as separate, and you don't see them as dangerous, and you don't see them as disrespectful, and you don't see them as condescending because the individuated idea of yourself is not there trying to protect itself.

We encourage you all to use every single situation that you have in your life to practice this experience of absorbing that into your sense of self, feeling the absorption of it versus the need to reject, protect or project. This experience will show itself. You will have so many opportunities in your life to notice: Am I going out there, or am I able to absorb this into the totality of my being?

(Question about challenges to world shifting, people flip-flopping regarding covid.) We would say simply this: For the moment you will witness — we think the term may well be amnesia where one does not remember — so it will be quite fascinating for those of you who have been alert and awake to what is transpiring, you will witness people move in a different direction based on the circumstances that are occurring now and forget that they behaved in the way that they did, and seemingly wanting to disappear all of that. And some may fall into the mire of this, yet many are not. Many are aware that there is a new arising, and for now we would say to you bring this also into your sense of awareness and explore how you can participate in the arising of a new way. It is too early for us to deeply discuss this arising, but pay attention to those who are not forgetting but also not beating back in judgment and harshness.

It is a matter of new inspiration arising. Use the same practice that we have shared with you this day to explore this for yourself. Be very aware of when you go into a state of rejection and separation of another, how can you be part of this new movement towards a greater state of being. It is so important that you stay tuned in to that right now, for the more energy you put into separation, judgment, hate, harshness, the less capacity you have available to bring forth what is of the light for the future. It will be

fascinating to watch what is glazed over and forgotten. Fascinating. Stay true to what you are dedicated to in your own experience of being more of your intelligent capacity that is infinite here. This is what we are wanting you to deeply absorb is the fact that within you flows the infinite, therefore that which you need to understand can arise from within it.

This is our first step forward in this year, as you call it. And it will be one of great or significant change for you all. Yet we want to direct you towards the subtlety. It is the small, subtle experience of your own expansion that has the greatest effect. Don't disregard the subtlety of the movement inward.

This movement that we have described, we encourage you all to take the time to experience it for yourselves quietly and then learn to do this in small situations out and about. Begin to change the experience of yourself one subtle piece of awareness at a time. We hold you in great love.