



# SUNSAYER

## Q&A Module 1-2

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### **SPEAKERS**

The One of the Light, Archangel Metatron

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### **KEY TEACHINGS SUMMARY**

- When a human being walks in the world aware of themselves and all that is flowing through them, they are a tremendous gift.
- Breath is very helpful. If you have shallow breath, shallow breathing, shallow consciousness; deep breathing, deep consciousness.
- In any given moment, where you may be stressed, under pressure, triggered, taking a breath immediately brings your awareness towards a greater state of consciousness, for it returns you from your head to your heart into your being.
- This experience of integration is a moment-by-moment, day-by-day adventure.
- This conscious awareness that we have been guiding you to absorb your issues into, absorb your circumstances into is the very depths of your living being, and when you fall into this experience of being — pre-story, pre-named, pre-circumstance, just the life force — you recognize that all of the difficulties perceived by the mind, all the difficulties perceived by the personality don't exist.
- When you come to your place of consciousness, and you find that there is no question, there is no problem, it is not that you abandon the situation, it is that you learn to move into the circumstance as that awareness, as that state of being, and it is a state of being.
- When your divine presence is engaging in your circumstances of life, you do it differently, you experience everything differently, therefore those who are experiencing you, experience you differently.
- When you bring yourself to a circumstance seated in your expansive state, you have access to the potent awareness of what is most appropriate, unfiltered by the mind.
- When something is difficult and the natural reaction is to feel that out there this has happened and is impacting me in my experience, remember the minute you go into that state of victim in any way, shape, or form, you have given your inner authority.
- Everything that is difficult to release is something you are trying to teach yourself.
- Use your greater capacity to meet whatever the circumstance is. And you can't do that if you are distracted by the circumstance.
- This is a wonderfully miraculous, magical universe of constant creativity.
- As you tune in to yourself, you tune in to what is possible. This is the huge movement inward first, then outward; inward first, then outward.
- Slow down to speed up. And the slowing down is this relaxing into the center of yourself, for when you are able to move with what is occurring around you, through you, aligned with that energy, it becomes so much easier.

- When you have the greatest state of consciousness available to you and you are tuning your frequency into the energy of what you are trying to achieve, get done, you find that the movement with it becomes easier.
- There is a part of you that still believes, a part of you that is still attached to an old idea of what you are as a human being.
- As you begin to experience yourself more and more as your conscious awareness beyond your physicality, beyond your personality, beyond your interactions, you begin to feel the interdimensional experience of yourself.
- When you are speaking from the free-flowing consciousness, you waste no words, you are poignant in everything you say. There are no ifs or buts, no filling; your point is shared from that purity.
- There is nothing more impressive than someone speaking purely from their centered state of conscious awareness.
- Nothing is done to you. Everything happens through you, for you are the very center of the experience you're having.
- You can't tune into a frequency unless you are tuned in to yourself.
- The integrated state of being is the empowerment of divine expression through the physical being.
- It truly is like a light going on in the world when we see you light up in the fluidity of your own presence.
- Invite yourself into the experience of beginning to know more of yourself.
- Bring it home.
- Deep breath, deep consciousness. Shallow breath, shallow consciousness.
- Those who find it swift to manifest believe the possibility.
- There is divine timing for manifestation.
- The egoic sense of self can have many ideas around what it is wanting to manifest, yet if it is not in divine alignment, you may find the manifestation either toxic or not present, not arising, not manifesting.
- When something is sought after and not arising, pay attention to the ideas or stories as to why it is not, what is the belief?
- The fastest way to manifest is through the absolute belief, trust, knowing that what it is that you are wanting to manifest is possible and that there be no question around that, surrendering into the divinity of timing, circumstances, connectivity.
- The more pure you can be with your intention and the softer the surrender to timing and circumstances presenting this manifestation, the more you learn to work with the awareness of yourself within the manifestation.
- Continue to play, experiment, be soft, be creative, be open, and often when you let go of the attachment to what it is you are trying to manifest, it manifests.
- When you bring your lens back and recognize that this universe that you exist within is a dynamic interplay of creation and destruction, power and disempowerment, all being played out, your decision is to be the expression of how your alignment chooses to play out.
- You are here in this collective because of your coding, the divine coding within you, that you are reawakening to, learning to trust in that.
- Experiment with your own relationship to manifestation, and look for any obstacles such as belief, or desire, or timing, anywhere where you are trying to control versus tuning in to the intention and allowing it to play out through you.

## THE TEACHING

### The One of the Light

Greetings. I am The One of the Light. Before we begin we want to simply say we are so, so honored and appreciative of your commitment to your integration. For when a human being walks in the world aware of themselves and all that is flowing through them, they are a tremendous gift. Not only do you experience your own life as a precious gift to be lived, to be valued, to be enjoyed in this experience as your integrated self, but what you offer is so precious. We honor you deeply, for we appreciate the challenge of letting go.

### Presencing always starts with relaxing

Let us start here. We have said to you many times the fastest way to experience the true depths of yourself is to relax, seemingly counterintuitive for all the conditioning as a human being is to do, to do something to achieve an outcome. Yet why we ask you to relax is to bring your awareness into your body, into your physicality and into the experience of stopping and letting go.

### Watch for when your mind is running hard

When you are caught up in a circumstance or a situation and you find that your mind is running hard, your thoughts are very active and often very opinionated — watch out for that. Have a look at when your thoughts are very strongly opinionated, for when this is the case you are in a state of defense. When you feel you need to be opinionated there is a sense of needing to protect, therefore you project outwardly with a strong opinion. When the energy of your mind is busy, when the energy of your opinions are strong and you find a circumstance is consuming you ... You know this feeling where something is running hard in your head and consuming you, and what we mean by that is consuming your attention. When a circumstance or issue is consuming your attention, your focus is on the issue or circumstance and not on the awareness of yourself that is better equipped to work through the circumstance.

We'll pause here, for this is a very, very important movement to become aware of. When your attention is focused on the circumstance and the busyness of that circumstance, you are separated from the expansive state of awareness that would be more effective, in working through that circumstance. When you notice the busyness, the difficulty in relaxing, the difficulty in letting go, it's like "I can't let this go." Firstly, recognize that you're operating in a limited way, and in that moment if you can remind yourself that your highest priority is to use the greater capacity that you have from your state of expanded conscious awareness versus narrow awareness.

### Deep breath, deep consciousness

Another small technique we will share with you here: Breath is very helpful. If you pay attention to your breath, if you have shallow breath, shallow breathing, shallow consciousness; deep breathing, deep consciousness. In any given moment, where you may be stressed, under pressure, triggered, taking a breath immediately brings your awareness towards a greater state of consciousness, for it returns you from your head to your heart into your being.

### Integration is a moment-by-moment experience

This experience of integration is a moment-by-moment, day-by-day adventure. It is not that you will finish this program and receive a certificate, and "Here I have achieved the conclusion of this program." It is what you do throughout the program moment by moment, experience by experience, using the

guidance that we have shared with you that will give you your certificate of achievement, and you will need no piece of paper for you will be experiencing yourself more so.

This conscious awareness that we have been guiding you to absorb your issues into, absorb your circumstances into is the very depths of your living being, and when you fall into this experience of being, pre-story, pre-named, pre-circumstance, just the life force — when you start there, you recognize that all of the difficulties perceived by the mind, all the difficulties perceived by the personality don't exist. There is a moment of relief: "Ahh. However, I still have to get up and interact with that person. I still have to go and solve this particular problem in my manifested experience." Here is the difference. When you come to your place of consciousness, and you find that there is no question, there is no problem, it is not that you abandon the situation, it is that you learn to move into the circumstance as that awareness, as that state of being, and it is a state of being. Why? Because you discover how magically you can influence the world in which you're interacting. However, it is the movement of yourself wholly present. We love that word wholly/holy, holy present — not only complete, but yes, holy, divine. When your divine presence is engaging in your circumstances of life, you do it differently, you experience everything differently, therefore those who are experiencing you, experience you differently. But most importantly, you are not having to work so hard to solve the problem, to get things done, to influence a situation. For when you bring yourself to a circumstance seated in your expansive state, you have access to the potent awareness of what is most appropriate, unfiltered by the mind. The mind may think that a certain course of action or a certain way of engaging is the best way, yet when you get out of the way and allow the presence of yourself to participate, you may find yourself surprised by how good it actually is. You do things far better than you thought you could have when you get out of the way, because you're so tuned in.

### **What are you wanting to teach yourself?**

So, back to the question. Why are some things easy to let go of and others very difficult, very difficult? It depends on what you are wanting to teach yourself. When something is difficult and the natural reaction is to feel that out there this has happened and is impacting me in my experience, remember the minute you go into that state of victim in any way, shape, or form, you have given your inner authority. You have moved away, shape-shifted into the idea of yourself versus retaining your conscious awareness, staying in your expansive state.

### **Exercise...**

If something is more difficult to let go of ... we would like to do something with you here. If you can for a moment, let yourself in your expansion here, let yourself feel into something that has been so hard to let go of, so difficult. When you feel your resistance to releasing, to relaxing, when you see the mind's hook, attachment from the inside — remember everything that is difficult to release is something you are trying to teach yourself — when you look at it from the inside and see the hooks or the attachments that you have, ask yourself: "What do I think this will give me?" For there is always some idea of benefit. You most likely know the ripoff, the difficulty if you are wanting to let it go. But what is the payoff of holding onto it? What is it within your mind that believes there is some value in holding onto this circumstance or situation? It will be offering you validation in some way. It will be validating some idea you have of yourself, even if it's tucked away in a corner, whatever it is will be offering you some sense of validation. When you look at the story, look at the energy around it, look at where you are in that story, what is your position? Are you the victim? Are you the perpetrator, or the strong one, or the one with the opinion? What is it that you're attached to that is supporting some idea of yourself that is less

than your expanded state of conscious awareness? What is it validating? And the egoic idea of yourself has been so well-crafted, so well-crafted, there will be facets of it that you may not yet have recognized. And when something difficult arises, it is showing you a facet that you have not yet seen or addressed.

When you value how you feel as a high priority and recognize that whatever it is that you're stuck in is diminishing, or tightening, contracting your experience of yourself and distracting you away from your greater sense of being, your broader state of awareness. It is urgent when you recognize, when you can feel, "Ah, my attention is focused on this situation, not focused on my sense of self and expansion." It is urgent that you do something, that you shift in some way to bring your awareness back to a more centered state of being, and from there, look at this situation. It's not that you're needing to walk away from the situation or deny that it's happening. We're not suggesting you go and put your head in the sand — not at all. What we are recommending is that you use your greater capacity to meet whatever the circumstance is. And you can't do that if you are distracted by the circumstance.

### **Put down the circumstance for a while, then come back to it**

If some things are more difficult, then there is some form, some hook or value in there for you, and it is well worth exploring that, but not from the tormented mind. If you can put it down for a while, go for a walk, get yourself in nature, do whatever you need to do to shift your awareness and then meet it again. "OK, so this issue is difficult to let go. What is it that it's trying to show me? What is it that it's trying to teach me? What am I attached to here? How does it serve me? How does it serve me?"

This experience that we are sharing is to support you in the experience of your deep state of centered being in all of the little nitty-gritty moments of life, not to reach some spiritual hierarchy — not at all — but to be able to exist in a different way, tuned in to the resource of this flowing intelligence so that you may learn to use it as the expression of yourself. That comes down to bringing yourself to every situation you're in, which means consciously showing up. And you may need to do something to be prepared for that. You may need to take some deep breaths prior to going into an engagement. You might need to take yourself into nature, take yourself into meditation — whatever it takes to become very familiar with this experience of yourself in an expanded state doing the expression of your life. Consider it urgent. There is no better time, irrespective of the circumstances, especially because of the circumstances, yes. If you have a lot going on, there is no better time to access more of your conscious awareness than right now when you can really use it.

If it's difficult, bring yourself into your awareness. Use whatever technique is necessary, and recognize that if you can't relax around this issue, that's fine. Put the issue here aside for a minute. "I can't relax around that. I'm going to put it there on the shelf while I relax, let myself fall into a more expanded state, and then I'm going to bring that back to have a look at what this is and why I'm so attached to this particular situation." It is the only way you will get relief. Otherwise, you will find yourself entangled in this thought, this mental energetic entanglement that just doesn't offer you any solutions. And you might have several of them up on the shelf. Great. They are there for a specific teaching that your soul knows this experience of yourself needs to break out, through, into a more pure experience of yourself.

Can you feel the difference of impurity, the impurity of your egoic attachments, the impurity of your patterns. And the impurity is felt with difficulty, with thoughts, with stickiness, with energetic issues versus the purity of your state of awareness. When you are centered and allowing the universal flow through you, remembering it's not static, it is like being constantly connected to the internet, in a good way, where you have this universal stream of loving intelligence always available to you. And that is a

really critical thing to recognize. It is never not there. It is only your attention that's not there. If your attention is so fixated on something challenging, and you can't relax through that situation, put it on the shelf, "I'm going to come back to you." Let yourself get into your more expanded state, relaxed, open, aware, and then look at it from the inside. What is it that I'm really attached to here? What validation am I seeking through this situation?

And it's the listening. You might be hoping for an immediate download, but you may not receive it in that moment. You might move away and do something else, and then the thought arises, the inspiration arises, or something happens that you didn't anticipate happening, something connects for you that you didn't anticipate connecting. This is a wonderfully miraculous, magical universe of constant creativity. You will never ever know all of the components of what is possible for any one situation. Never. There is so much. As you tune in to yourself, you tune in to what is possible. This is the huge movement inward first, then outward; inward first, then outward. And recognizing that this that is always there when you bring your attention to it is so much stronger and so much more capable than the smaller idea of yourself, and it is a matter of learning to become familiar with that to test it. You will not trust it until you have evidenced to yourself: "Hmm, I operate differently, and it is so much better from this state of awareness versus my mind being very fixated on particular challenges." So, this absorption in, firstly, is the recognition that you are always here, this infinite intelligence is always flowing through you, and you can bring in whatever it is that is troubling you into the very center of that. Not here (head), not into the mind, but dropping it into the very center of yourself. This may take a little getting used to, for you're learning to engage as a different operating system and developing the trust in that.

### Feeling separate from the energy

So let us speak for a moment on this energy. In the second phase of your exploration this week, you explored more of the energy that is available. Yet the idea of it being separate from yourself creates problems, challenges.

Let's confirm first that you have an awareness of the change in energy. If you consider your life experiences we'll say 10 years ago, what was the pace of your environment? What were you aware of around you? Can you sense that energetically in the world that you live in things are moving very quickly? Does anyone disagree? You see, you witness everywhere that the quickening is here for better and worse. Everything is so fast, and the attitudes of humanity, the psyche have been "we need to speed up to keep up," yet what we are saying to you is slow down to speed up. And the slowing down is this relaxing into the center of yourself, for when you are able to move with what is occurring around you, through you, aligned with that energy, it becomes so much easier. It is like you become conditioned to the athleticism required for the pace of the game of life now.

But if the idea of yourself and the mind simply gets busier and tries harder to keep up with all this information, all this change, all these circumstances as if you are trying to operate with the old vehicle, you will find it very difficult to keep up. This is why we ask you to slow down, which means letting go, putting down, dropping some of the things that you have self-obligated, or the pressure that you put on yourself, the circumstances that you are putting energy into that are of no value, evaluating how you were using your energy. For as you do this and create more space, you will find that you begin to tune into that frequency that is far faster, and you get things done effortlessly. Now that is a huge challenge to the human mind to think that getting things done could be effortless. But when you have the greatest state of consciousness available to you and you are tuning your frequency into the energy of what you are trying to achieve, get done, you find that the movement with it becomes easier.

How do you tune into the frequency of it? Will your mind be able to tune in? Do you feel with your mind? You feel with your body. Beginning to pay attention to the energy within you, to how you are feeling within your body, and where there is tension, where there is tightness, there is resistance, for your mind does not yet believe that you, simple you, just you, whoever you think you are, does not believe that it can operate in a different frequency yet. There is a part of you that still believes, a part of you that is still attached to an old idea of what you are as a human being. This is huge. This is not a small concept to recognize that as a human being you are molecules of energy and light and intelligence that can shift with the consciousness, with the awareness of the intelligence that flows through you. Once again, it is the movement of relaxing, the movement of coming back, the slowing down, the stopping, the falling into, the releasing.

Pay attention to what you are resisting. Somewhere there in your physicality you will have a habit of being, a sensory habit of being. “This is how I feel when I am being me. I feel like this.” But as you begin to experience yourself more and more as your conscious awareness beyond your physicality, beyond your personality, beyond your interactions, you begin to feel the interdimensional experience of yourself, which feels very different. Hard for the mind to embrace that you are a dynamic, dimensional being — very hard. The human mind says: “This is what I am (patting face).” But your awareness gives you a sensory experience of so much beyond that. Begin to challenge this idea of the habit of how you feel you think you are. What if you’re not? What if there is a different cellular experience within yourself that could be had? What if you could feel different? Just begin to experiment.

### Slow down to speed up

(Question about slowing down, especially slowing down when one is talking.) This comes back to the letting go. What is it when you consider if there is something that you can’t let go of. When you look at the speed in which you speak and the speed at which you operate, you will find that there is a habit, the pattern, behind that. It is a habitual experience of how you know yourself. If we were to say to you, “Can you share with us the experience of yourself speaking slowly, relaxed, very centered in yourself?” — do you have glimpses of what that could be? Or when you think of yourself speaking, do you see yourself as somebody who speaks really, really rapidly, trying to get as much out as you possibly can in the shortest amount of time? So, considering why. What is it that I am worried about? What is the value of my rapid speech? What do I believe it offers me? For there is some idea of purpose behind it. You may think it makes you more influential. You may think it makes you more lovable. You may think it makes you more appreciated. Whatever it is, whatever the hook is, your mind is working really hard trying to manage an impression with your fast speaking.

When you question: What is it that I am trying to achieve here? Why do I need to be so rapid or so voluminous with what I say? What if less was more? These seem like contradictions: Slow down to speed up — what? What if saying less was more impactful? When you start to question the need to say so much and to speak so quickly, it is like you feel there is a short window of time to get the message out there, to make the impact, to make the impression: “If I don’t do it now, I’m going to miss my opportunity.” Yet the impression that you are making is most likely not the one you are intending. When you think about what is the impression you are intending. These are very worthy things of investigation. “I have an intention with why I speak so much and so fast. What is this need? What do I think I’m achieving? What is the impression I think I’m making? But what truly is my intention? If my intention is to make sure I get my point across, what if I did that slowly? What if I took more time?” There is a belief

here somewhere that indicates that you have only a short window to make the very biggest impact that you can. What if you had all the time in the world?

Now, in some circumstances, you may have a short timeframe that you are needing to achieve an impact, yet when you are speaking from the free-flowing consciousness, you waste no words, you are poignant in everything you say. There are no ifs or buts, no feeling; your point is shared from that purity. This is why we are wanting to help you get in alignment with this frequency by slowing down so that you can move with the energy of what is here through you. And when you slow down your speech, you give yourself space to say the right things, the most poignant things.

We have shared with you before the brain waves, the very close tight brainwaves. When the energy is moving so quickly, there is no space for the pure consciousness to be present. When you are speaking rapidly, your mind is trying to achieve something and your attention is moved away from the very presence of being. Every time — you check. Every time you go off on your tangent, check where you are desperately trying to achieve some outcome in this short space of time. For there is a belief there that drives that. Investigate what that belief is. “I don’t have time or I won’t be given the attention. I have to capture and impress in a short period of time.” There is nothing more impressive than someone speaking purely from their centered state of conscious awareness. Nothing more impressive.

### Tune into the energy

Tune into this energy that is here, remembering it is not being done to you. Nothing is done to you. **Everything happens through you, for you are the very center of the experience you’re having.** You have in those moments the power to influence how fast you are, how slow you are, how tense you are, how relaxed you are. If you find yourself tensing and not necessarily for any particular reason, and we are speaking to this one here, if you find the energy of your muscular skeletal system getting tense and tight, there is a sensory vibrational challenge in the physicality that the physicality is confronted by. Breathe, breathe, relaxing, letting your body relax and tune in. Instead of the tension, you will find the movement is a settling and an expanding. Play with that. You can’t tune into a frequency unless you are tuned in to yourself.

The purpose of this integrated state of being, your conscious awareness present in what you do, is to enable you to function in a new way, yes, definitely more sophisticated than what you may have known of yourself in the past. Although you are all sophisticated people, this is a different way of being that is more potent and impactful in a very subtle, gentle, loving way. **It is the empowerment of divine expression through the physical being.** And when you begin to master the experience of yourself within yourself and are able to engage in the world in this way, you’ll begin to witness the significance of the difference of how you are operating.

Once again, we honor that you are bringing yourself here, bringing yourself into life so that you can experience a different way of being that influences your experience and most definitely influences the world you exist within. It truly is like a light going on in the world when we see you light up in the fluidity of your own presence. If something is difficult to let go of, if it’s difficult to relax, contain it, park it, tune yourself in and look at it from the inside. Where is this still perceiving to add value? What do I think it is offering? How is it validating some opinion, some idea? And what would the experience of myself be if I was to let this go? Experiment a little. What does it feel like when I softly release this? I can always grab it again. If you feel distrustful of this idea of letting go, just try it knowing that you can certainly pick up a mental thread again, but the freedom that you will find within yourself when you can learn to relax



into the presence of where you are and who you are in all the big and little things that you do. Take it slowly. Be gentle. Invite yourself into the experience of beginning to know more of yourself. It's not an achievement. This is really, really important. This is not an achievement. It's transformation, so you begin to experience yourself in a new way. And as you experience yourself in a new way, you experience your world in a new way, for you are the center of your world. Bring it home.

This movement that we have commenced with in the absorbing into yourself into your conscious awareness, this is something that we encourage you to continue to do more and more. The feeling of relaxing into the vortex, your central state of being, the feeling of relaxing into that — give yourself those moments. The more you experience this the more familiar it becomes and the easier it is to operate from this place of conscious awareness. As you continue to progress through this experience with us, remember that you are always here, always. Deep breath, deep consciousness. Shallow breath, shallow consciousness. For it is you that you are getting to know. This is a new relationship. This is a new love of your life. A new relationship. How blessed to deeply know oneself.

## Archangel Metatron

### There are layers to manifestation

Greetings, dear ones. I am Metatron. Archangel Metatron at your service.

You have touched on a topic that is so dear to my heart, this concept of manifestation, bringing forth into the manifested field of materialism materialistic experiences of that which have been an idea, a concept in the nonphysical. Who of you know yourselves to be extraordinary manifesters, able to manifest things very quickly?

### The layer of belief (and worthiness, expectation)

This is a complex question that you ask. Many layers, and we'll begin with the first layer. **Those who find it swift to manifest believe the possibility.** There is no obstacle in the way. Those who manifest very swiftly believe that it is not only possible but they are deserving of it, and they have an expectation that it will manifest. If there is any layer of disbelief or unworthiness associated to a manifestation, it will impede the process of manifestation. Here you are once again in this experience of allowing yourself to be completely connected as you are describing "in the energy of yourself," in the powerful flow of the energy of self, and yet some things do not come to fruition as intended. Some things manifest, and some things don't or are more difficult.

### The layer of timing

The next layer of this beneath belief is timing. There is divine timing for manifestation. Sometimes you are aware of this divine timing and other times not, and it is difficult to relax into the idea that some manifestation may have its own divine timing.

### The layer of illusion

The next layer is illusion. It is easy to be captivated by an illusion of what you may be able to manifest or desire in one's life that is not connected to the reality of your soul expression, your divine expression. The egoic sense of self can have many ideas around what it is wanting to manifest, yet if it is not in divine alignment, you may find the manifestation either toxic or not present, not arising, not manifesting.

## The layer of something new to learn

The next layer is there is something new to learn that is impacting the ability to manifest that which you are seeking, and if you are trying or attempting to navigate the complexity of these layers with your mind, you become tormented. You have been discussing the letting go. Sense into how difficult it is to let go of an idea of something that you have been wanting to manifest for a long time that has not come into fruition to surrender into the alignment of it, the reality of it, the divine timing of it, and the belief of its possibility. When something is sought after and not arising, pay attention to the ideas or stories as to why it is not, what is the belief?

## Energetics have an impact

The mastery of your own energetics has an impact. If you could see the interdimensional creativity of the universe as a constantly moving dynamic web, almost like a magnificent ball of a spiderweb constantly connecting, there are so many factors that influence manifestation. Returning to the very center, the very point of origin of any potential in its purest form holds much complexity, but the fastest way is through the absolute belief, trust, knowing that what it is that you are wanting to manifest is possible and that there be no question around that, surrendering into the divinity of timing, circumstances, connectivity.

Do you notice that what manifests for you rarely manifests in the manner in which you expected it to. It is always somehow arriving or arising differently to what you had anticipated or planned. This is the magnificence of the connectivity. The more pure you can be with your intention and the softer the surrender to timing and circumstances presenting this manifestation, the more you learn to work with the awareness of yourself within the manifestation.

We apologize for not being able to give you one short, quick answer here, for it is the dynamics of the universe that you are trying to bring from nonphysical into materialized experience, and there are so many factors that can interfere with manifestation. But firstly, investigate belief and relaxing into the timing and the circumstances of how something will come. And some things that are desired are not necessarily in the divine plan of your experience. Can you surrender to that? That's a hard one. Learning to trust yourself in your own dynamic as a universal being. Continue to play, experiment, be soft, be creative, be open, and often when you let go of the attachment to what it is you are trying to manifest, it manifests.

We appreciate this does not give you a specific answer here other than it is quite multi-dimensional, but start with the belief, divine timing, alignment, and surrender. For you're learning to use your magic, your alchemy.

## There is good and bad in manifestation

(Question about people manifesting darker scenarios or have ill intentions.) Manifestation is also a dynamic interplay of universal expression, good, bad, ugly. Manifestation is being brought into matter. It is an illusion to think that only those who are pure manifest. Impurity manifests. There is dark and light. There is good and bad. Once again, the belief that an intention can be manifested, no sense of inhibition or inability, will drive those to manifest. If you consider this intelligence that is universal that can be expressed in love and generosity and kindness and great, destructive evil, it is present, yes there is no denying. Some flowers are magnificently beautiful, and some are very full of thorns, but they are both part of the natural experience. The principles that we have discussed apply here as well.

Those with ill intent can manifest as well as those with good intent. This comes back to — and here we are getting very deep — it comes back to that thread of life force that is being expressed through those who are exhibiting controlling, destructive behaviors. They have at their disposal the capabilities to access that can be applied to what you are wanting to apply to, to good and to darkness.

We are encouraging you in your light for balance, for influence. When you bring your lens back and recognize that this universe that you exist within is a dynamic interplay of creation and destruction, power and disempowerment, all being played out, your decision is to be the expression of how your alignment chooses to play out. You are here in this collective because of your coding, the divine coding within you, that you are reawakening to, learning to trust in that. Experiment with your own relationship to manifestation, and look for any obstacles such as belief, or desire, or timing, anywhere where you are trying to control versus tuning in to the intention and allowing it to play out through you.