



Embracing the Truth of Your Divinity

Understanding Who~What~Why



**By
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As I allow curiosity to guide me, I seem to be led to just what I need to assist me in understanding and discovering more of my inner self and Who/What/Why I Am. This curiosity seems to create synchronistic events that provide the illumination and insights to satisfy it. These events may be as simple as finding the answer in a book or through personal contact with another. They can also be quite out of the ordinary such as; receiving a personal message through an entertainer within a stage performance.

As I move deeper into my discoveries, the connection to the seen and unseen worlds grows stronger. One might view these worlds as the cosmos and earth, light and dark, inner and outer, or perhaps extraterrestrial and human. *The thread that seems to bond all of these together... is Unconditional Love.* I feel my heart opening more each day as I choose to see and experience the Love that surrounds me. I feel *Love as Life force energy*, and know *Love as a Natural state of Being*. I believe we are all remembering this natural state of Love in our own space and time.

I have included a practice below that you may use to invite curiosity into your life followed by a personal understanding of our human experience and journey.

A Morning Practice to Start Your Day

You can begin each day centered in the sanctuary of your Heart and allow the following practice to open your levels of awareness. This practice stems from Native American Teaching.

In my inner sanctuary of stillness, I begin centered in my Heart. I face the direction of East while setting the intention for curiosity and illumination to lead me. I then turn to the South knowing I am supported in all ways and at all times. I turn to the West and release that which no longer serves me. Looking to the North, I welcome and embrace all that comes into my Life.

I encourage you to use the above practice and journal your insights and synchronicities. Writing them will ground your thoughts, complete the process of assimilation, and clarify your mind. Through this practice you are allowing yourself to be guided to the next step or action that will bring you closer to Discovering and fulfilling your Divine Purpose and Heart's Desire.

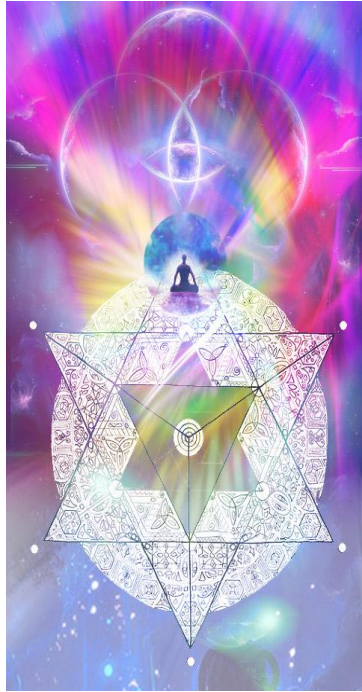
Who We Are

We are an Infinite soul/aspect of Creator/Source/God Consciousness who became aware of itself (separate from Source) for the purpose of experience, expansion, and/or evolution. Through awareness of ourselves we created many aspects of purposes as well. We have created multiples of our true Divinity that are opposites of Who we Are. It is only by experiencing these opposites through the concept and energy of duality that we could TRULY know our Divine Nature. From the original core Being of our essence we can liken ourselves to a diamond with many facets (aspects).

What We Are

Due to our experiences of dual perceptions over many life-times, we have created a multitude of aspects that each lived their own story. This process has allowed us to experience the vastness of who we are through many different forms and energetic polarities. We have learned to use various frequencies of energy to create an experience (feeling) and storyline (belief) of who we are within a particular form to experience any one of many different scenarios available.

At times we have misused energy and gone way beyond the intended depths, through which undesirable creations and patterns of behaviors resulted. The 'stories' and the energy created while experiencing them has kept us locked in a repetitive cycle.



We are learning to “live within the stories” without taking them seriously. We are opening our hearts and minds to the greater understanding of Love & Peace. We are responding to ourselves and that which is in our lives with Compassion, Honor and Respect. We are learning to Love ourselves.

As a *Soul on the Ascension path*, we are Awakening to the understanding that we have chosen this lifetime ‘story’ to Resolve/Balance what we have created during our many sojourns of experiences. We are Soul/aspects of Creator/Source/God Consciousness who are in the process of integrating our Human consciousness with our Divine consciousness. This is an integration of the Heart and Mind; aligning our beliefs and energy with a Divine Purpose and Plan.

We have chosen to do this for the sake of Human Soul growth and evolution. As a result our ancestor/aspects will also evolve to a higher dimensional state of existence. This higher state will be One in which our energy is Balanced and our creations will come from a Divine state of Love vs. Fear; which is the conflict created through our experience in duality.

We are learning to become conscious creators by aligning our Human will, love, and intelligence with our Divine Will, Divine Love, & Divine Intelligence.

Why We Are

We have limited ourselves tremendously by believing that we are only a human being/body who is here to have a successful marital/sexual relationship and career/ job that provides for the most and best of the material world.

This life has seemed to be all there is. Having a successful relationship and career/job is/was all that matters. Acquiring money and the material things in life are what we have believed makes us successful and happy.

Our energy has been limited and we feel trapped with strong emotions that ground us in our beliefs of lack and separation. These beliefs leave us feeling impoverished, defeated, and in survival mode.

We are ‘awakening’ from a long deep state of sleep in which we have blocked ourselves from knowing the Truth of our Divinity. We are discovering that we are not our stories and that we have the power and authority to change our lives. We are gaining more Awareness of what is around us and the influence that people, places, and things, have upon us.

I welcome and encourage your comments and/or feedback.

Love & Namaste on your path of Self-Discovery...

Jackie

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