

BE THE CHANGE & GROUND THE LOVE

By Arlene Cohen Miller

Do you seek recognition from your partner, children, family or friends for "all that you do"? Do you tell yourself, "No one appreciates me yet I do so much!" Do you take for granted those who tirelessly work with you, in of and for love in service to all that is, on the inner and outer planes? Are you grateful for being in a body or would you prefer to float off into the higher realms and bliss out?

** Why am I here? Why is it "so hard"?*

We allow our negative ego, the sum total of all our fear-based patterning and programming, to be in control when we focus on what's not right with our lives. We have so much to be grateful for. Even the "shitty" times are wondrous because they give us the opportunity to grow, expand and find out more of whom we are.



Groups of beings, entities and energies are working tirelessly with us to create unity and harmony consciousness, to support us as we release that which no longer serves us. **Take the time to feel their energies, and appreciate them for all that they do without thought of recognition, accolades or praise. Choose to embody the example that they are setting for us. We can start by being more aware, humble, grateful and appreciative for our lives.**

** I want "things to change". How can I "make this happen"?*

If we want to bring about heart-felt change, we must first modify our behavior. We must choose to acknowledge the truth and function from a love-based perspective. If we don't have the truth, we have nothing. If we are lying to ourselves about how we take care of our bodies, how we parent our children or ourselves, how much affinity we have with our partner, how we feel about our job or our life, then our relationship with ourselves is a lie.

When we choose to avoid or deny the truth, stay in our "comfort zone" and function from a fear-based perspective, we give our four-body system [physical, emotional, mental and lower spiritual bodies] instructions to keep the truth from us. We start feeling separate from the God within. We distract ourselves with glamour, self-righteousness, anger and pain. Then, we wonder why "good things" happen for others but not us.

** How do we avoid or deny the truth?*

Have you ever met smokers or heavy drinkers who exercise or are vegetarians, people who stay in a loveless marriage for the kids, people who complain that all women are

bitches or all men are liars and cheats and then attract irritable and untrustworthy partners into their lives, or people who spend beyond their means, procrastinate about paying bills, and then complain about being in debt and broke? It can be easy to recognize when others are avoiding or denying some truth in their lives.

Avoiding or denying the truth can come in more subtle forms. Some people claim to be a 'walk-in', 'starseed' or the 'incarnation of a famous person' to circumvent doing the work of grounding and expressing more love. They play the top-dog game of "I am better than you because. . . ." and focus on why they are special and "above it all". Some people have an excuse for what's not right in their lives. They project their issues and dramas onto others and refuse to accept responsibility for the situations they are creating for their own learning.

Let's affirm that we are willing to embrace the truth, our strengths and weaknesses, and all that is unacknowledged and misconstrued within ourselves along with all our greatness. When we honestly see, feel and experience what is within our systems, we can remember the truth. As we do, it becomes harder to justify our fear-based patterning and programming and easier to embody our highest potential.

**** But I'm in a relationship/job that is making me sad/crazy/depressed/ anxious. I don't have enough money to make a change or live my passion. Why is this happening to me?***

Our thoughts create our reality. We are responsible for everything that manifests in our lives. There are no victims. There are only people who choose to experience themselves as victims.

Our lives repeat cyclically when we obsessively try to work out what has happened. We guarantee that our future will be the same as our past, just dressed up differently, when we remain focused on what *has* occurred.

In order to re-create a reality that makes our hearts' sing, we must clear the lenses through which we project our energy into the future to create our realities. Psychological clearing is an important key to self-mastery. The only way to eliminate beliefs, bias, racism and difference between others is to clear these things within ourselves. We are all one.

Check out www.theinsightfoundation.org for classes, mentor programs, sonic alchemy CD's, Cosmosis™CDs and Elixers to help you release that which no longer serves you, re-choose self-acceptance and surrender to the knowing of the God within.

As we release the fear, anger, resentment, worry, anxiety and sadness and re-choose to be compassionate and unconditionally loving towards self and other, we can BE the change. We can embody within the microcosm that is our lives that which we seek to "make happen" in the macrocosm of our world.

*** What else can I do now to accept the truth and make appropriate adjustments to my life?**

1. CLEARING & PROTECTION:



Many lightworkers do not engage in daily clearing and protection. They believe that they are divinely protected. This attitude is naive and dangerous.

Until we are 100% free of fear and judgment in each and every moment, we open ourselves up to contamination by unclear, negative entities, beings and energies if we do not have our protection around us.

We can protect ourselves by calling forth Archangel Michael for a golden bubble of light to surround and protect us from all that is not in of and for love, Archangel Metatron to anchor his metatronic shields around the doors and windows of our homes, offices and cars and God Force/God Source to envelope us in a cosmic column of light.

We can clear ourselves by calling forth, visualizing and feeling a down pouring of the Violet Flame, which is the 7th Ray of the personality of God. The Violet Flame helps us to transmute and transform all fear into love.

We can also call forth Archangel Michael to take his blue flame sword of truth and gently cut, cleanse and clear any cords, connections, bonds or attachments that are not of the vibration of unconditional love or above and to heal where they were with his golden healing light.

Every time we feel afraid or go into judgment we negate our clearing and protection and must invoke it again. Anytime we feel sad, angry or judgmental, we need to cut cords to make sure that what we are experiencing is "our own stuff" and not someone else's.

We have energetic cord connections with anyone we have ever interacted with, and many cord connections with those who are close to us. Some of these cord connections are appropriate and loving, some are not. Through inappropriate connections we feel the fears, sadness, judgment and pain of others. We can even have inappropriate cord connections with our pets, and must cut cords with them too.

When we habitually clear and protect ourselves we become clearer, more vibrant channels for spirit.

2. CALL FORTH THE 8TH RAY

The 8th ray, the sea foam green ray, is the bridge into the higher ascension process.

We can call forth, feel and visualize a deep down pouring of the 8th ray if we've created roadblocks in our lives, if we're uncertain when something starts to manifest that it's in alignment with the highest good for all concerned, or if we're receiving high level inspiration but we're not sure how it's meant to manifest.

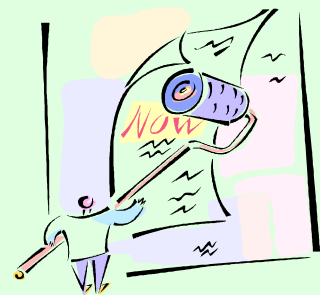
The 8th ray shows us what needs to be moved beyond and what areas need to be cleansed, cleared, aligned and centered so that we can more fully move into our mastery. When the 8th ray floods our energy matrix and four-body system it brings a grounded understanding of what we need to do and be to manifest the Will of God within.

3. MAINTAIN ATTENTION ON OUR INTENTION

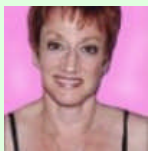
We can choose to be love and truth while maintaining appropriate spiritual boundaries, and allocate attention on our intention in, of and for love in service to all that is. Having appropriate spiritual boundaries means choosing to serve, in integrity and wholeness, without being a door mat or taking on the dramas of others.

We create, alter and influence the past and the future by what we do NOW. The past and the future are still happening. Our loving choices can bring about change beyond our wildest dreams or imaginings.

Our reality, our inner truth, comes from the God within and is not dependant upon anyone else. We can choose to look within for confirmation and validation. Others' opinions about us are really none of our business.



We can seek to selflessly, compassionately serve and honor our reality as a constructive, uplifting, enlightening expression of All That I Am. Let's feel and be that, always affirming: Mother/Father God Thy Will not my will be done, and May Love Restore the Balance.



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The IF is the source of the teachings expressed in this article.

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