



Lesson 10

Just Be

There is nothing you need to be. There is nothing you need to do. You are what you are, exactly where you are, and you can never be anything else. Your thoughts, desires and your dream have brought you to a place in perfect alignment with where you are right now. All that is needed to fully experience you is to allow yourself to be. Right here, right now, as you are, in this moment. Everything is perfect. Just roll with it.

Just be. It really comes down to that, and it is that simple. The truest things in life are always the most simple. We tell stories. We create parables. We sing lovely songs. We use thousands of words to describe the unexplainable. No matter how we try, we can never really describe or explain the silent knowledge that is born in the un-manifest and then peeks through into the manifest. We do our best and we get close, but ultimately you must hear what we are hinting at within yourself, within your awareness. You, like everyone else, were created in the un-manifest and expressed here in the manifest through life. You are directly connected through a single point of light to all that is, to the source of everything. It is only through that connection that you ever know truth. Through that connection you can know all knowledge and gain all wisdom. When you are aware, clear, and present in the moment your connection to the infinite is uninhibited, unrestricted, and all is open to you.

We have tried to help you remember. To remember your divinity, your connection to God or source or life or energy or whatever words best describe the wisdom and light that flows through you from the un-manifest. To remember how to listen and to then respond to what you hear. I cannot tell you how, because I am not you. You are you. But, I do not need to tell you either, because you already know how. You have always known the language. You already speak it and hear it. We have all tricked ourselves throughout our lives into forgetting, but we still really know how. We do it all of the time each day while we are unaware. The more we use our awareness, the more we become attuned to ourselves and to the whisperings of the infinite, and the louder it becomes. The more clearly we hear, the more we hear. The more we hear, the more wisdom we gain to guide our life. Listen and just respond. Quiet your mind. Don't think about it or label it. Don't try to explain it or even try to understand it. Just recognize it as you and embrace it. Trust it, it is truth. Have faith in your messages to yourself. Do not doubt what you know deep inside to be true. Accept what you know as true, and take action.

Move, do and be whatever you are inspired to become. Follow your inner song. Allow yourself to be, just to be. This will mean different things to each person. There is no wrong or right way to be anything. There is only being what you feel. You cannot fail or not get it right. You cannot do it better or faster. Feel how the concept resonates within you as you express your authentic self in every single way that moves you. Just allow the idea of simply being. With every action you take and every path you choose, you are quite simply expressing your authentic self. Love yourself enough to give this most beautiful gift of all: total freedom with love. Bloom like a flower bursting forth into beauty and color, radiating light all around you and floating your fragrance of love to all corners of your life.