

Conversations with the Unseen - Episode 3

MX

Greetings to you.

Laura

Hello Mexicans. Good to be connected in this way. Wonderful to be connected in this way.

MX

Indeed.

Laura

So, in the last episode, we were talking about the ego, and you were sharing your perspective. And at the end, we began to really touch on the inner being, and I would love for you to share your perspective on the inner being please. What does that mean?

MX

Ultimately, it means whatever you decide it means. We, from our perspective, would see this as who you really are, beyond form. An expression of Great Spirit, the source of all. A unique expression, that is eternal, infinite, that has access to everything that ever was, is and will be.

Laura

Wow.

MX

And so, to say that the inner being is a source of guidance and wisdom would be an understatement. And for the human self to deny that greater self is to create unnecessary pressure and potential difficulty. The inner being has made this choice to have an experience of being in the world of form and has created this experience in a very particular way - to offer particular ways of expanding its awareness and also for the enjoyment of what we term as the 'treasure hunt'.

Laura

Us humans can often forget about that! Or let me own that, I have often forgotten about that as I get really fixated on a made-up destination, Mexicans.

MX

Yes, and we would say there is no destination. The journey is never ending and the journey is the point. Where the ego would like to feel that there is an end, a destination, somewhere to reach and, once again, this is the way the ego is programmed, in its very finite and linear way of understanding its world. And so, this opportunity for expansion is something to celebrate, not something to endure, to get through, to survive, which is how often the ego will perceive life in this world of form.

Laura

And so, the burning question, which I know that you and I spoke of many times is, 'Why? Why does the inner being choose this?' Can you say more about that please?

MX

The journey for every being, as we would understand it - this would include every human and also every other being, whether they be in physical form or whether they be non-physical, as we are - the 'why' is to become more like Great Spirit. And we understand this in terms of vibration. And so, as you experience the world of form, it is a denser vibration. The inner being has decided to lower its vibration deliberately to take on a physical form. And as you raise your vibration consciously, you become more aware, you become lighter, to the extent that you may no longer have a body - you may exist in the non-physical dimension only. You already exist in the non-physical dimension. You may decide that the journey into form has served its purpose and you may decide not to return. Or you may decide to return. The ultimate aim is to raise one's vibration.

Laura

What do you mean by vibration?

MX

Everything in the universe is energy and everything has a vibration. Even inanimate objects, even a planet that appears to have a solid form is actually, if you look closely enough, vibrating particles. And therefore, the frequency at which one vibrates determines how you are experiencing yourself. For example in the physical realm, those with a lower vibration will typically be more identified with the ego and will typically be experiencing more difficulty. Those with the higher vibration will typically have a greater awareness of their life in form, they will perhaps have a greater awareness of their inner being, their non-physical self, and therefore will be able to experience greater peace and happiness.

Laura

And I love that you share that. There are a couple of things that occur to me. One is that you have brought it to a real, concrete experience of being a human on planet Earth. As I was listening to you, I was thinking that some of this feels really esoteric perhaps, when many are struggling with money, with relationships, with illness, with bodies, with businesses, with jobs - so many things that so many people are struggling with. And so, what does what you have been sharing mean for people who are experiencing significant challenge in their world? Because many in this reality would say, well it is about luck or it is about the family you're born into, or whatever the reason or rationale is. And what is your perspective please?

MX

Firstly, the realisation that the world of form is a mirror for one's energy. So, the world of form is the effects of the energy and the energy is another way of thinking about the vibration, another way of understanding what we mean by vibration. Each being is an energy and will have a particular vibration. Many difficulties are created in the world of form because of a belief in what the senses are showing the human mind, and the degree to which this is made significant by the ego. If you believe that the purpose of life is to be promoted, get a nice house - nothing wrong with those things - those are often given great significance. And of course, what can happen is that people can lose their job or they could lose their home, and this can be devastating for the ego because of the significance that has been given to these aspects. And we would say that this is all an illusion.

Laura

And yet Mexicans I know, from my experience, that when my business was failing, when I left a relationship which meant leaving my home, and I went back to my parents with little money, and growing debt and feeling awful about life, it really didn't feel like an illusion.

MX

To the ego mind it is very real. These events are distressing. And what is required is a different perspective - the perspective of the inner being. And the inner being does not attach significance to particular life events in the way that the ego does. The ego would believe that in order to be happy, life must unfold in very particular ways that meet with its approval. And, as we have said previously, it is impossible for the ego to control these events.

Laura

And that was so true from my experience. I know that, looking back, I can see that I kept myself stuck for years, because the ego thought there was a problem to solve, and the ego was judging where I was, and the ego had such an idea of where it thought it should be. And the ego tried so hard to fix what it thought was a problem, which was exhausting. When, in fact, what finally happened at the end was, I gave up. I knew that there was one more payment I could make to the credit cards, and then I was done. It wasn't sustainable. And I literally thought 'I give up'. And it was amazing Mexicans, because that is the point that everything began to change quite quickly for me.

MX

You gave up trying to change the movie at the screen, a pointless activity. And you began to look inside at what was the cause of these life events.

Laura

Because the ego was always looking for the physical evidence. So when you talk about the energy, I really couldn't grasp the idea of, 'I can choose this'. Why would I choose this? And I really didn't understand that it was my energy that was creating the experience, because the ego kept thinking 'well I am choosing, I don't want to choose this'. But the ego kept looking for the physical effects to be different. And when the physical effects weren't instantly different, it judged itself as failing.

MX

One of the ego's specialty areas - judgement. It has had much practice over the years. And we would say, when a human is in a time of crisis, this is when the inner being is most open to being connected with and asking for guidance. You may have experienced a situation where you did not know, the ego did not know what to do, And so there is a surrendering to the inner being and just allowing whatever help may be coming forward to assist. There is an openness. Once the ego stops trying to fix the apparent problem.

Laura

You said a little bit ago there is an openness with the inner being but I'm wondering, is it an openness with the ego? Or is an openness with the inner being?

MX

It is both. The inner being is always open of course, and particularly keen to help when it is aware that the human journey is uncomfortable. And yes, you are correct the ego, in desperation, will

consider that perhaps it is true, that there is this source within, this non-physical, ever loving, ever wise non-physical self.

Laura

And yet it is terrifying for the ego. So, let me let me speak personally, it was terrifying for this ego to surrender, to let go. This ego was clinging on and trying harder and harder. And it felt like it was only when it had exhausted all possibilities and tried to solve it using the same things over and over and over, then there came the giving up. So there was such a struggle. It wasn't like, 'Oh, I'm going to surrender now. Okay, great'. It wasn't a pretty sight, for me.

MX

You could say, when the ego runs out of other options, when the ego is done, and in some cases, some would say they have had enough of their time on planet Earth, and the ego is offering no more resistance, and that is when the inner being can move in its mysterious ways.

Laura

And certainly what you've been inviting us to is that we do not have to wait until we are in this time of crisis. That we can, by looking to the inner being for guidance and allowing it to be the leader, which is a moment by moment practice, that this can begin to transform our experience of being in human form.

MX

Yes, we would say 'why wait?' For many, they enjoy a level of physical comfort. And yet, perhaps there is a yearning deep inside for something more. Something more fulfilling to the heart. There is an aspect to the journey into form for the inner being where it wishes to express itself, almost as on a stage. It wishes to be seen, to be witnessed, and to show itself to apparent other beings. And this is often a doorway into a more meaningful existence.

Laura

And yet, I know I have had conversations with many people who would say, 'Yeah, well I can't choose that because...' And there's a whole list of reasons lined up. What will people think of me? I won't have any money. I need to have this level of income. I've got my family to support. I can't start again. I'm too old. What if I fail?

MX

All very familiar. And yes, the ego will have these stories, these beliefs, many of which the ego can provide the most compelling evidence for. And we would say that change can occur. Not necessarily in one single step. We would advocate small steps, taken regularly, in the direction of what you wish to create. Whatever that might be, it is possible to move in that direction, even if all of those very compelling reasons are true, there is always something that can be done.

Laura

And I know from my perspective that, when I have been very aligned with the ego, the ego can be very unwilling to take any step, because it wants to know all of the path and the outcome before it is willing to do anything.

MX

Yes, another characteristic of the ego is that it is very focused on the future and the past, rather than on the present moment. And a great deal of the ego's distress is due to projections into the future - all sorts of disaster scenarios that it makes up. And most people would acknowledge that many of life's worries, never come to pass.

Laura

No - worrying about being on our own, worrying about being sick, worrying about dying, worrying about have no money, worrying about people we love dying, worrying about people leaving us, worrying about being homeless.

MX

And meanwhile, back in the present moment, all is well. And this is another major part of educating the ego - to be fully present and to be appreciating what there is to appreciate in the present moment. Rather than its more common response, which is to find fault with the present moment and to decide that when something else occurs, then it can be happy.

Laura

And so, from your perspective, what can appreciation open up for us?

MX

We would say that what you focus on grows. And so, if you have appreciation for your partner, or your home, or your job, there is always something to appreciate. And if you focus on what there is to appreciate, more aspects to appreciate come into your awareness. And as you have a more appreciative attitude and energy and mindset, you become more satisfied with your life. And this can allow life to unfold in a way that is pleasing and enjoyable. If you focus on what is wrong, if the ego is continuously fixated on what there is to complain about, then these aspects will grow, and there will be more and more aspects that can be noticed, to complain about. Ultimately, each being, each human, creates their experience based on what they believe and what they pay attention to.

Laura

Yes. Mexicans, what a wonderful conversation. And, as we look to close, I just wonder what final words would you have to share with us please?

MX

We encourage you to remember who you really are. You are so much more than this human body and human mind. And as you recognise this greater part of yourself and look to that part as the leader, the decision maker, the predominant energy that you are aligning with in any given moment, this can and will and does lead to transformation. Your life can be unrecognisable, and what you have been searching for in terms of how you feel - inner peace, happiness - this was inside of you, all along.

Laura

What you describe has certainly been my experience of being on this journey with you. More peace, more ease, more trust than I have ever experienced. And it feels wonderful. And of course, just feels like the beginning.

MX

We acknowledge you and we send you our love.

Laura

Thank you Mexicans. Until next time.

MX

Until next time.