

Conversations with the Unseen

Meditation – Look in the direction of your true nature

Focus on the breath. Notice what the mind is doing. Allow it to be active. Allow it to be at peace. Whatever the mind is doing, it does not have to have any impact on what you choose.

So make a choice in this moment to look in the direction of that which you are beyond form. Allow the perspective of the human mind to recede. It can be as active as it wishes to. But perhaps just invite it to go into another room and close the door whilst we look in the direction of your true nature.

Feel the peace. That which you really are, is peaceful. And so, there is peace in the present moment. And from this place of peace, you have access to wisdom, to guidance, to freedom, to creativity, to clarity, to awareness.

Everything you need, you have access to in this present moment. And indeed, in every moment of your life in form, as you live out the story of the human character. The story of the human character is a work of fiction. It's made up, and why not? That which you are beyond form knows that whatever happens on this adventure, all is well.

So there's nothing to fear. There's no risk. There is an unfolding, and there is a human perspective on the unfolding. Humans are programmed to judge. So whatever unfolds, there will be a judgement of it in some way or other. And so the energy journey is about freeing yourself from that more limited perspective. Expanding the awareness. Remembering what you really are and seeing more clearly what seems to be happening in each present moment.

Every moment contains a human perspective and the perspective of your true self. And sometimes those overlap in those moments of joy, freedom, creativity. When the human is experiencing a higher vibrational state, the human and the inner being come together. They overlap. And it's possible to have more of those moments. And the human can make that choice and choose to look in the direction of its true nature. It can remember that looking to the world of form is distraction - it's looking to the illusion. It's not real.

When it's experiencing fear or judgement, that's looking in the other direction. That's not your true nature. And so for the human to remember and practise looking in the direction of what is real and true - the inner being, the infinite dreamer of the dream, as a perspective of love and possibilities. And so for humans, for most humans, they are merely looking in the wrong direction. Not 'wrong' as in 'bad'. Nothing to judge, but just not in the direction of what will bring them what they desire, how they desire to feel. It's not found in the illusion.

What is possible is to create, at the level of energy, a strong alignment with your true nature, to emit that energy, to stand in that awareness of your true nature, and to experience the mirror - the world of form - reflecting that back to you in whatever way it does. That's not something that the human can control.

But there will be an experience that feels very familiar. It has a sense of, 'Yes, this is me. This is the real me. I feel joyful. I feel happy. I feel relaxed. I am remembering who I am'.

And this is what you're practising in this moment - looking in that direction. Looking in the direction of what is real and true, the real you.

And this is something that the human can choose to do whenever it feels like it. Whenever it's able to. Whenever it remembers to. And there's an automatic shift that takes place.

You're giving less energy and less attention to what is made-up. And you're giving more energy and more attention to what is real and true. And as you are aware, what you give energy to and what you give attention to, grows. And what you give less energy and attention to, shrinks. That would seem to be something that the human could choose.

And flow love to that, flow love to the human, flow love to the connection with your true self, your true nature. Invite it to be more involved in this journey.

Ask it to guide and love and support, which it already does, of course. Because without the inner being, there would be no human character. But to make it more obvious to the human character what's really happening at the level of energy. And this will bring reassurance and peace to the human and will encourage it to practise more and more, looking in the direction of what is real and true.

So, until the next time, flowing love to you.