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The following is a spiritual download from Aiyana The Collective which is who wrote *Guided by The Soul: Remembering Who You Are, Where You Came From, And What You Are Meant To Be*. This one came in Friday afternoon on August 19th, 2020. (As a note, they use the term “line” quite a few times in this message- line is their way of a saying a single lifetime.)

So here it is....

Some of you ask the questions of what are these days for? What purpose do they serve? What purpose do I serve? What is meant to be done in these days?

The best way we can put this age of the Seeing, this experience you are having of seeing with new eyes, is that these are the days of shedding the shell you created out of necessity, to make your way through this line up to this point of the now. But you see, many of you are long overdue for a shedding of this shell that wonderfully served its purpose, but is no longer needed, for it is far too small to hold the magnificent growth that you have undergone. This is the way we can best put it.

These are the days of unbecoming. You must unbecome all that you were told you must be to fit into the human societies in which you were born. You must unlearn and relearn who and what you are. And what you are, is a unique expression of the Oneness living a temporary individualized experience as a being of light that was brought into this reality by unconditional love, and who is capable of unconditional love now that you are seeing through new eyes.

You must release reliance on needing to fit in, to be a part of, to be connected to, because these are forever yours. You no longer need to make yourself small. No effort needs to be placed on fitting in, for you are perfect exactly as you are. Look beyond what you have been told you must be. You must be you. Only you. Unapologetically so.

You must be the creator of your own reality. You must now place your focus on learning and remembering that a single lifetime is a small portion of your experience. You must see how far you have come in such a short time. See that a single year is but a single breath, and a single month is nothing more than the blink of an eye. Give yourself the gift of perspective. Let today's worries seem small. Let yourself be big. For you are big. You are great.

You are a permanent piece of the oneness living an impermanent life. But remember, while temporary indeed, you can and will do great things with this life. You will allow your soul to expand, you will allow your soul to learn what can be learned in the human line. You will stumble and fall and right yourself again and again so that you can climb and journey and move towards the bliss that is always yours to know. When you choose to see and feel it. You see, it is always your choice. It is always your will alone that decides if today is the day you allow yourself to smile... You allow yourself to laugh... You allow yourself to see the beauty that is all around you... That is your choice.

You are a powerful creator with unparalleled imagination and visualization capabilities. You are a powerful force of energy that is the driver behind bringing whatever you desire into your present reality. The basis of this driving force is one of the most powerful energies you possess as a unique expression of the oneness living out a human expression of the divine. This powerful energy is the consciousness of thought. The thinking mind. Remember this truth.

You have control over what thoughts you choose to keep thinking. At times, when overcome by the humanness of being human, you do not have control over the thoughts that arise, but the patterns of thoughts, those are yours to choose and maintain.

Consciousness is a free-flowing expression of self-awareness. It is what is, seeing what is. It is the I am, seeing I am. That consciousness that is you, has an eternal flow, and it is only the limited perspective and perception of the human mind that blocks the flow of this divine energy. When the thoughts bottleneck in the human mind, the human body suffers. Hearts race, hands shake, joints ache, muscles tighten, and the aging process is accelerated. This is the physiological response to your Soul Self showing you what thoughts are not meant to be held. If instead, you allow yourself to choose different thoughts, thoughts that allow the mind to loosen its grip on trying to make the impermanent permanent, the energy of you becomes lighter. And when thoughts focused on trying to control what cannot be controlled, are released, the body is gifted the luxury of health. Dis-ease becomes ease. The jaw unclenches, muscles relax, pH becomes more alkaline, interstitial fluids rebalance, and smiles return. All of this occurs the moment you choose new thoughts. The moment you choose not to dwell upon what has come before, and choose to hold the energy of excitement when viewing this glorious existence. You are free to experience whatever you wish to experience. You have the ability to choose this perspective.

Choose how you would like to feel by picking thoughts that feel good. You are able to focus on all that you have, instead of what you do not have. You are able to focus on all the things you enjoy, rather than what you do not like. You are able to build the resilience of a mind that easily and often returns to the mindset of contentment and ease.

You do not need to be happy all the time. You do not need to always find the joy. You do not need to resist negative thoughts and pain. You must simply remember that all things are

temporary. Pain is a teacher. Thoughts that do not feel good, show you what is and is not meant for you. And the contrast of not feeling good, helps you to better enjoy the times of ease and bliss. When possible, create thoughts and energy that attract more good feeling thoughts and energy.

When your mind has held a certain view for many days or many years, you must begin to look at new things and place yourself in new environments to shift your perspective. Becoming less fixed and less rigid in the mind begins with increasing the flexibility of the muscles around the doorway of life at the base of the spinal column. If you have dwelled on pains of the mind and heart for many days, you must release this stagnant energy from the body by expressing the energy of the thoughts verbally or through conscious movement of the human vessel. Release the stored energy of thoughts from the tissues of the vessel through the focused breath and the conscious stretching of the connective tissues to make room for new thoughts and new energy, and begin the process of releasing old patterns. This will begin the return of fluid and flowing energy. And if this is not possible today, try again tomorrow. Give yourself the gift of time perspective, to reduce the urgency of needing to feel better. It will come.

You have this pervasive belief as humans that time is short and fleeting. This is an illusion brought into the mind by the temporary inhabitation of a physical body. The temporary nature of the body creates a sense of urgency that serves a wonderful purpose, but must not become the driving force in one's life. Allow the singularity of the line you know in the now to become an opportunity to expand far beyond the line, when the time comes. When you feel the uncomfortable nature of the illusion of fleeting time, know that the uncomfortableness felt in the body when thinking these thoughts, is precisely what you need to know- those uncomfortable feelings are your Soul Self telling you that it simply is not the truth.

When you can learn to focus on time as only being the moment of now, the moment of now, is all that will ever exist. The moment of now will bring you ease because while temporary, it is eternal. Now never leaves. Now is never far behind or way up ahead. It is always right here, right now. And when concerns of time being short or sparse arise, remember you only need the time that is now, and you will always, without fail, have exactly that. And if the moment of now is a temporarily unpleasant experience, know that a new now is constantly arriving. And here we again return to you being the powerful force of energy that brings new thoughts into existence. By your choice alone, you create new and better thoughts. Thoughts of knowing. Knowing that the temporary nature of all that is seen in the line, is a gift. Knowing that you are surrounded by beautiful beings of light, and you are a beautiful being of light. Knowing that you are a creator of the most miraculous and wonderful things. Knowing that you are eternally connected to that which is the creator of all, and is all.

And we feel that this, is a good place to pause for now.