

The Expression of the True Self
Birmingham, UK
July 15, 2017

Each of you comes with a realization of what can be known when you incarnate. Each of you are aware of your innate potential to realize the True Self. Most of you finish with this possibility at a young age. You are taught not to believe in possibility. You are taught to trust only what your eyes and ears can see and hear. You are taught to trust in the known, the predictable, and you are encouraged in all ways to refute any possibility that does not adhere to the group or collective assessment of what truth is.

Truth, when we teach it, is always true. And eternal truth, we say, is always true, in this century or any other. As you align to the truth of what you are, you align to what is always true, and in doing so, by this agreement, you align to always eternal truth as a way of comprehending your reality.

This does not mean that you don't recognize the old, that you don't see what was made by man and called by a name. You have a body still. You are operating on this plane with others. You must know how to navigate a reality that is shared by many.

But as you ascend in consciousness, as you acclimate to the higher vibration, you even realize the known or the inherited structures in the higher octaves. What this means is that reality, as you have entrusted it to be, becomes malleable in the face of truth. What you thought was beauty may be comprehended as collective agreement to beauty. What you thought was humor may be understood as collective agreement to a concept.

That doesn't mean you don't appreciate beauty in all of its forms, but it does mean your assessment of what you see is informed by truth, and not collective wisdom or inherited wisdom that you have thought to be true. You may laugh at any joke you like. You have great humor in the higher realms. But you no longer laugh at the cost of another's suffering. In fact, what you do is hope to abate the suffering by the realization of who that being truly is.

Every encounter you have of any merit is an encounter with God. Do you understand this? Because God is in all things, of all things, the expression of it may be seen in all things. And as you align to the True Self and to the eternal truth that accompanies it, you begin to witness the Divine that is already manifest in form all around you.

What this means for the individual is that you stop being aligned to the collective agreements that were born in fear. It is as simple as that. You stop being frightened of your brother because you know who your brother is. You stop being frightened of love because you understand love as God, informing all things. You stop being angry at a world that doesn't give you what you think you should have because you realize the world as what you have claimed in a collective agreement. And as each individual lifts beyond the collective to inherit the Kingdom, to call it into manifestation, you call the world with you to the higher octave you have now aligned to.

This is a new gesture. Paul is saying, "What does this mean?" This is expression. This is the gesture for expression as the True Self. When we do this for you, we are actually emblemizing it in vibration. The heart is open, yes, but to include all things, to embrace all things. Nothing is excluded from this gesture of the expression of the True Self.

Now if you do this as yourself, your arms will grow tired very quickly. But as you do this as the True Self and you call it into being through your alignment to it, you will find it effortless to maintain this as a practice that may be undertaken to support you in the simple agreement to your own divine expression as inclusive of all things.

You are always inheriting a landscape that you are participatory to. Every day when you leave your home and you see the block you live on, you are in expression and calling things to

you by way of agreement or vibrational accord. As the True Self emerges and begins to decide with you what things mean, you no longer agree to things as they were. You align to what they are. And the True Self as you in its expression begins to claim the landscape that she sees in higher accord.

Now the gesture we gave through Paul is not only symbolic, it operates in resonance as a mudra does, or a gesture that encodes vibration through its expression. If you understand that the Divine as you is the symbol here and the expression of it is the gesture, you can understand the benefit to it. As it is worked with, as it is agreed to, it actually supports the acclimation of the True Self to the world he sees, which is what we said prior when we spoke of you ascending the mountain and perceiving from each vantage point from a new perspective in order to hold it.

The acclimation to the True Self in your environment is the product of "I know what I am." As you know what you are, you must know what all things are as well, and what you would put outside the light, you will comprehend as your teacher, and until you can lift it and include it in God as of God and its expression, you will be operating in fear.

As we said, the action of fear is to claim more fear, but the fear itself is simply an idea that has been appropriated and aligned to and given currency. The vibration of fear itself has no meaning in the higher octave because fear cannot exist here. Underline the word *cannot*. It's not that it's excluded. It simply doesn't exist at the top of the mountain with you.

So every time you find yourself in fear, you are seeing where you stand and what needs to be lifted or seen anew. The perceiver, you see, the True Self as you, has eyes to see and can lift anything she sees to truth through the claims we have offered you. To witness truth is to witness what is always true.

"I see that is a black dog" claims the dog as a color, and perhaps on this day the dog's hair is black. You may call it a black dog for convenience. It is always true that at the moment you perceived the dog you experienced the dog as black. It is not always true that the dog is black or was always black. The immediacy of that claim as a true claim can be comprehended now. Will it always be a dog? No. It may be in a pot of stew one day. It may be barking at a neighbor one day. It may be buried in the ground or turned to ash. What you know as a dog in this moment will one day be in another form.

So to realize the eternal something in what you see must mean that you identify [SOUND IS GOING IN AND OUT HERE AT 13:44] of the Divine that may be seen in all things. The young man you see before you was not always this man [SOUND GOES OUT 14:00] teachings for much longer than he knows or could agree to as the small self. But his agreement to serve in the form he has taken is allowing us to continue teaching a message that we have been bringing forth through many ways through many years and many systems that call themselves religious or esoteric or even mythological.

These are not new teachings, nor are we new teachers. But the ability to bring truth, that which has always been true and will always be true, is our mission with you. The young man has not always been the young man [SOUND OUT AT 15:15] been a young woman at times. At times he was not in form or as a body as he would comprehend a body, and we will assure you each the same is true for each of you. But the eternal truth that is what makes you so has never not been present. The Source of all things is in the moment you stand in and in any moment you have stood in and in every moment that you will stand in. And, again, this is the expression of the Divine making itself known.

Now when things take form, when there is structure to them and they lower themselves in a field to become made manifest, they release the amorphous state that they have known themselves in first to become solid, which means to lower the frequency to a dense form that may be held and known in this collective agreement you know of as your reality. But that does not mean that the amassed vibration that is knowing itself in density is still not God operating in

lower form. The realization of that mass as God or the Divine in form is what restores it to its true nature in expression. The Divine sees the Divine in everything he witnesses because there is nothing outside of God. How could there ever be this?

The transcendence of form throughout many lifetimes has been perceived as releasing form. “When I no longer have the body, I will be in heaven, I will be with God, I will know myself as holy—I assume I am, but I won’t know it until I’m dead” has left you at a precipice. To die to know God has created havoc, and idealizations such as heaven and hell, which is, as they are understood on this plane, somewhat preposterous to us. The agreement to be in form is an agreement to grow and to learn and to realize, but if God is only in heaven and you are only here to survive until you can meet your maker again, you are going to have a struggle here and keep searching for God that you cannot access while in form.

The collective, we say, is on the brink of great change, but the brink of great change brings many challenges. If you are asked today to leave everything you’ve known and follow a new way of life, almost none of you would do it, and for very good reasons. You’ve accrued responsibilities. You own property. You have bills to pay and friends in expectation and idealizations of what is so important. But when the collective self is confronted with an option of change or lose what you know and have known as a collective reality, the collective may well say yes. And you are at that time in many ways. You realize that the things that you’ve claimed in fear may overwhelm you. You realize that how you have treated your forms in some ways has created the opportunity for collective demise. You understand that the air that you breathe has been soiled so badly it may never purify itself again. The collective itself has been hiding its head in the sand for a rather long time, but when the sand begins to shake, even the bird with its head in the sand will rise and look at the sky and say, “Save me. Show me the way. I am willing to learn a new way.” And as you all say this, you claim the potential for a new world to be born.

The acquiescence to the True Self is pivotal here, and this is an individual teaching for each of you. How do you agree? How do you acquiesce to the God self as the truth of your being? By alignment and agreement, as we have taught you, and also the willingness—underline the word *willingness*—to release the known, whatever the known may be. The pain in your soul, the pain in Paul’s soul, may not be known to him or to you. You have been so busy blaming the lives that you live or the circumstances of your birth that you cannot comprehend that the soul’s sickness that you are living in is part of the collective expression on this plane that is absolving itself through the new awakening to the Divine. If you didn’t make it so, but you simply agreed to it as your state of consciousness or being, you can agree to something new.

Now when we teach you today, we don’t teach to your pain. We teach to your healing. We don’t teach to your suffering. We teach to your liberation. And the claim “I am free” that we will undertake with you now may be met by you as it is met. What are you free of when you claim these words but the collective fear of aligning to the True Self that without your knowledge may well be informing or challenging your way up the mountain, that may be correcting you in the sake of safety from what would be brought to you in a higher way as you open your heart to it.

Here, again, is this mudra of expression. You are claiming all things in your witness as the True Self, and we would ask you now, if you are willing, to encourage yourself in this gesture with Paul. If you see his arms, they are calling things to him, as you are always doing by claiming in consciousness. The claim we will make with you now—“I know who I am in vibration and form”—will support you in the recognition of this in the physical form and in the field you hold.

When you work with your arms in this capacity, you are simply mobilizing vibration through intention to call into manifestation that which already exists in the higher octave:

“I am knowing who I am in form and field. I am recognizing who I am in form and field. I am acknowledging the transformation that is making itself known through me, and I give permission in all ways to release myself from the claims made for me or by me in fear throughout all incarnations or manifestations of form that I have known my selves in and through. As I say yes to this, I move to my new expression as the one who may shepherd a new world in embodiment.

“I know who I am in truth. (Say these words.) I know who I am in truth. I know what I am in truth. I know how I serve in truth. I am free, I am free, I am free.”

Now say yes to your potential, yes to all that may be known, yes to every encounter you have as your teacher, and yes to the belief, the true belief and awareness that the foundation of your life is the Divine Self and all of its Source. We agree to you at this level and we say thank you each for hearing our words. Period. Period. Period.