



## **Moving Beyond Your Human Limitations**

Take a deep breath and breathe Us in. Let go of the fear, of the trepidation. Let go of your awe that you are not worthy of knowing the Wisdom of Life. For you are, each and every human being is so very worthy of knowing the Truth. Yes, the Truth. Not the illusions you have been taught. Not the individual human truths that each of you have—your beliefs. What We refer to are the Divine Truths. Often you are not able to comprehend these Truths in human form. Often in the human experience you are not able to let go of your linearity enough to hear what We speak. For to hear the “words” of Spirit you must let go of much of your humanness. We say “words” using quotation marks so you will realize that Spirit does not communicate using language. To communicate with the Invisible World you must let your mind go, let go of your linearity, of your logic. We would say, you must open your expansive heart. What We mean when We say that is to open your sensory consciousness. Begin to feel more and think less. The mind must be disengaged, but must be present. Yes, ever so present. That is difficult for the mind. It likes to be so busy, scurrying from the past to the future, always chattering so loudly, second-guessing. Always being so bossy. But to communicate with Spirit, the mind needs to be quiet. It must slow down.

So now again take a deep breath. Allow the mind to slow down. Feel the moment. As We have said many times there is so much more happening in the Moment than you are aware of. For beyond the Duality, All is Now. When you allow yourself to release from that Duality you can enter the place where All is Now. Beyond the Duality you can know all that was, all that is, and all that will ever Be—in this very moment, the Now.

So come and join Us in the Eternal Now. Simply release the mind, allow it to be still. For when the mind is still it can be in the Present Moment. The Now. Ever so gently, with your eyes closed, imagine a time before your birth. A time before you were the you that is called by your name. Back in linear time, but actually you are still Here and Now. You haven't moved backwards or forwards. You haven't moved anywhere. You are still in the Now. Being totally aware, totally present in this Now imagine your Life before this human existence. Don't think it, simply feel it. You will realize it feels peaceful. It feels loving. It feels kind. It feels gentle. You will realize you are not alone. Oh, far from alone. You are so much more than the limited human experience you believe is Life. You will begin to feel connected to all things and all time. Time actually is a blur, for it feels nonexistent. You realize that time is merely a limitation, just one of the many limitations that come with the human experience. Part of the Duality, the linearity of human life. Not Life Itself. For Life Itself has no limitations. We know it is hard for you to imagine Life without limitations, but that is Truth. That is why we

must take you beyond life as you know it. We need to show you how to transcend, to move above, or We could say beyond the limited life you think is life.

And now from this very light, ungrounded, floating feeling allow yourself to let go of the hold your humanness has on you. To do so, imagine beginning to float out of your body. Don't worry, your body will be fine as you float above it for a time. Your body is used to this experience. It occurs often in human form when you sleep. But this is slightly different than human sleep. For in sleep time you are not conscious. In this exercise you retain your consciousness while moving out of your body. Your body will be fine. It has the unconscious to keep it going. It's part of the design.

Take another deep breath. But this time it is not your body taking the breath. It is You who is now outside of the human form. Don't allow the mind to engage. It may want you to explain. It doesn't understand and when it doesn't understand it feels uncomfortable. It often begins to panic. If you allow the mind to engage you will disconnect from the Infinite Now and will have no choice but to go back into your body. So stay light. Stay in the moment, not allowing your mind to detract you. Simply stop and feel the silence. Feel the nothingness. For as We have told you, beyond the nothingness lies great riches.

From this place of nothingness begin again to feel totally connected to All. You are not separate, you are slowly merging into Oneness. From this place of complete Unity begin to feel your True Power. It may frighten you for it is beyond anything you can experience in human form. For in human form there are limitations. That is why we ask you to leave your body. In so doing you leave the limitations. Now in this place of limitlessness, in this place of no limits you are able to feel, to just slightly experience the True Power that is You. Unfortunately, you will never be able to feel this True Power in human form, but We wanted to remind you in this brief encounter Who You Truly Are. We wanted you to experience the Power that you are beyond your form.

You may ask: why? What good is it to experience this power if you cannot access it in human form? But there is purpose to this exercise. You see, by moving beyond your body, beyond your limits and experiencing your true, full Power while still conscious, still awake, it helps you in the remembering. For you see human life, the human journey, is all about remembering Who You Are beyond your limited human self. So if in this exercise, you can get just a small glimpse, a peak at Your True Self then We have helped you on your journey of remembering.

"And for what purpose is that?" you ask.

And We say to you, so you can come to know Yourself, Your Power, Your Truth beyond the conditioned beliefs you were taught. And by so doing you have the opportunity to move beyond some of your human limitations. Not all your human limitations, for unfortunately that can never be. But removing some of the limitations can make your life more enjoyable, more blissful, and even more harmonious.

You see, living with so many limitations can cause frustration, disillusionment, and despair. Simply getting a glimpse of your Limitless Self can inspire you to move to a place where you can let go of some of the more burdensome limitations you live with in human form. Now, as We said you can never let go of them all, but there are many, and We repeat many, of your limitations that can be released. Many of your limitations are self-imposed from your years of conditioning. Being told you are limited has convinced you that is the case. Unfortunately, there are also limitations that are not imposed by the human experience. Those are the limitations the Creator has imposed on human life. The discussion of those limits is for another time.

What We are concerned with here is helping you to let go and release some of the self-imposed limitations that can improve your life. For as you release these limitations you have access to more of your personal Power. The more you have access to this Power, the better your life will be.