

DISCOVER YOUR SELF.
EMBRACE YOUR ESSENCE.
EVOKE YOUR INSPIRATION.

JEFFREY EISEN
JEFFREYEISEN.COM



How to Cope with the Lower and Slower

Welcome, dear ones, We are Shaltazar, the Gavish Banenu, the Energy of 33, the Master Teacher and We have come forth at this time to bring you Divine Wisdom. We know there is much suffering, We know there is much pain, We know there is much upheaval on your planet at this time. And We are sending you much love. But We know that many of you are not open to receiving that love for you are full of fear. Fear prevents you from receiving Our Love. You are scared of the unknown, and We have told you many times, try to make the unknown your friend. You have a great desire to control that which is beyond your control. That is often the source of much of your suffering.

We ask you to surrender, to let go, to release so you can feel Our love. We can help you in these difficult and changing times. But the change is necessary, for the planet needs to reinvent itself. Humanity needs to change. No change is not an option. There have been many opportunities for that change to come forth, in let Us say, a more easy way, but for some reason the Collective resisted. And now what you are facing may seem difficult, but if you are willing to persevere, if you are willing to move through the pain and suffering, if you are willing to move through the fear, there is light at the end of the tunnel. We invite you to shift your perspective to one of opportunity, to one of positivity, to one of creativity.

And We hear you cry out, "How can we be positive. How can we be creative when the energy is so heavy, when the fear feels so burdensome?"

And We would agree that the energy of fear is very prevalent. The energy on your planet is very heavy. Some would say that it is the Higher Realms that are creating this heavy energy. And We would like to explain how this works, but unfortunately it would be difficult for you to comprehend how the calibration of energy vibration upon the planet Earth operates. But let Us tell you that the energy calibration upon your planet, the magnetic fields, the electromagnetic fields, the energy that you cannot see, is always changing. There is purpose to how it changes. All that the Source does is from a place of purpose. It is always from a place of Love, never from punishment, retribution or judgement. Although the energy at times feels heavy, although it feels as if you are in the tunnel of darkness, please know that it is for purpose.

We know it is difficult for you to understand and to comprehend the purpose of when the calibrations seem so heavy, when the vibration seems so low, when the lower and slower, the unpleasant, uncomfortable feelings of sadness, anger, frustration, not knowing come up within you so strongly.

We would like to give you the magic pill so that you could get through those periods of lower and slower vibration, of unpleasant feelings. But experiencing the lower and slower is part of the greater purpose of human experience, to master the duality. For there will always be a duality upon your planet. The polarities have been on your planet since it's beginning and will continue to exist. And with the polarities come the cycles. There are the cycles of the waves, of the moons. Your scientists know of many cycles that occur on your planet. And thus, there will be always cycles of higher vibration and lower vibration. There will be cycles of expansion and contraction.

We do not have to help you in the periods of high vibration, with the times of expansion. However, We would like to aid you in the times of contraction and lower vibration. But many of you have noticed that it is difficult to connect to Our guidance in those periods of lower energy. And that is by design. We are always here with you, We are always watching over you, We are always sending you love. However, there are times when Our signal is faint when it is more difficult to sense Our presence. It is as if your cell phone or Wi-Fi signal has been diminished. And We know how attached you are to your technology and how frustrated you get when your signals to your technology are weak.

And so, it is important for you to figure out ways that allow you to cope when the signals that We are sending your way are diminished. It is important for you to be aware when you are in the tunnel of darkness when you are immersed in the lower and slower emotions and to learn how to cope better when that occurs. We know many of you have never been taught how to handle, how to cope with, how to get along with those lower and slower feelings. We have told you many times before that feelings are truth, but We realize that finding the truth in the uncomfortable, unpleasant, lower and slower feelings is a challenge. And that is why We suggest to release, let go, and surrender. You do not realize how your resistance to that which is unpleasant is causing you great suffering. To mitigate that suffering accept what is, surrender to the unpleasant, surrender to the anger, surrender to the fear. Rise above it by becoming the observer of what you are feeling. Watch on from that part of you that is Us as you wallow in the self-pity, as you wallow in the discomfort, as you wallow in the unpleasant feelings and send yourself love. For you cannot feel Our love as deeply when the signal is weakened, when the signal is diminished. So, you must give to yourself that love that you crave.

“But how can we do that when we feel so low, so angry, so fearful and so disconnected?” We hear you ask.

You must find a way to love that which does not feel pleasant, does not feel comfortable. And as We have told you before, you need to learn to love your misery, to love your suffering, to love your discomfort. And to love is not necessarily to like, but love it nonetheless. Love it as the Source loves it, unconditionally. In the midst of your challenges, in the midst of your difficulties, feel the love that is in every cell of your body. Allow the love to comfort you, allow the love to reassure you. Feel the love deeply, it is gentle, it is kind, it is non-judgmental. Just as when you were a child and you fell off your bike and hurt your knee, you would go crying to your parents. And if you were one of the fortunate ones that had parents that loved you and cared for you, they would hold you in their arms and tell you it's going to be alright. Not everyone had parents that seemed to love them but that too was for purpose. For those of you who did not feel the love of a parent, it is because you chose a higher mission in your lifetime sojourn. You chose the opportunity to find that love within yourself, amidst greater difficulty and greater challenge. So, whether you had a parent that loved you, or whether you did not, you are capable of connecting to that love within yourself. And when you are feeling disconnected from Us, when you are feeling as if you are in the tunnel of darkness, when you feel that the suffering is overwhelming, allow that part of you that is Us to hug you and reassure you.

For whatever it is that you are feeling, whether it is a lower and slower vibration or higher and faster vibration, **it will pass**. It always passes. It is the Law of the Universe. It is the Law of Cycles. It is so interesting that when you are feeling a higher vibration, when you are feeling happy, when you're

feeling joy, when you're feeling love, you are not concerned about how long it will last. But when the vibration is lower, when the feelings are uncomfortable, unpleasant, you can't wait for them to pass. And so, you become anxious and you become irritated because you do not like what you are feeling. You think it will stay forever. And again, We remind you that you need to love that which you do not like. Love it deeply. Love it unconditionally. Surrender to it. Be with it and ask the obsessive mind to stand down and not try to get rid of those feelings. Remember that darkness is your greatest teacher. Much learning can come from your time in the tunnel of darkness. You will exit the tunnel of darkness when the time is right. As more of you learn to cope with the lower and slower, the unpleasant, the suffering, then collectively you will learn to have a greater say, a greater part in the vibrational energy of your planet. For as We told you, although the Source does control to a certain degree, the vibrational energy of your planet so too does the Collective Consciousness.

And the Collective Consciousness is made up of each and every one of you. So, if you can learn to shift your own personal vibration then you will have a greater impact on the vibration of your planet. The only way that you will have a more positive effect on shifting the vibration of your planet is to learn to cope with the lower and slower feelings. Pushing and resisting and trying hard to change them, to make them go away, to try to escape them is not the answer. Once again, the answer is love. Love the lower and slower. Love the darkness and it will melt away.

We bring you this message from a place of love, unconditional love. We are with you always and forever. And although in times of darkness, it does not seem that We are here for you, that is not true. It is just that the signal is diminished. Go within and find the love that is in your DNA, the love that is in every cell of your body, and it will get you through the difficult and challenging times.

April 16, 2020