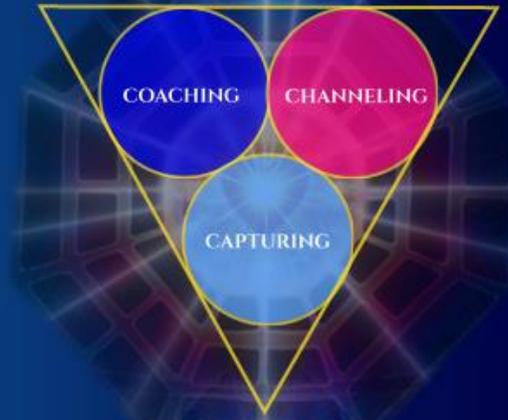


DISCOVER YOUR SELF.
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Let go of your Crowded Mind

Greetings, dear ones We are Shaltazar, the Gavish Banenu, the Energy of 33, the Master Teacher and We have come forth to bring you master teachings. Teachings, that if you choose to interpret, if you choose to apply, if you choose to delve into, will make your life easier. But before We begin today's teaching, We would ask you to clear your mind. We would ask you to create an empty space. Sit for a moment and imagine an expansive field. A field of green grass and colourful wildflowers. You are sitting in the midst of the field, on a blanket, on a sunny day. As you look out in every direction all you can see is the vacant field, all you can see is the blue sky, all you can see is the sun shining brightly above. Sit there for a moment and feel it deeply. Now close your eyes and imagine that space goes dark. Imagine you have been transported into outer space where there is no light. But once again you are in the midst of the open space. You feel how spacious and open everything is. It feels so expansive. It feels so peaceful and serene. It feels so uncluttered. Even in the darkness there is a feeling of tranquility.

Why are We asking you to create that image, to create that fantasy? Because if you are prepared to be in that space instead of in your overfilled mind, your mind that is full of ranting and raving and crowded thoughts pushing their way to the surface, if you choose the expansive space over the crowded mind, you will hear Us in a different way. Even as We describe the overpopulated mind with thoughts popping up all over the place, as one thought leads to another thought, before you know it, you are exhausted. You are confused and you are frustrated. Now if you compare the feeling of the busy mind, to the one where you were alone in the space with the quietude, the peace, and the tranquility, We believe you would agree that it feels so much calmer, so much more in harmony.

And so, Our brothers and sisters that have gone forth in human form at this monumental time in human history, what you are facing is a choice. A choice as to how you wish to show up, a choice in the energy that you choose to be in. Is it the energy of space or is it the energy of the crowded and obsessive, always thinking mind? And please do not interpret what We are saying as a judgement on the mind. For the mind is an important part of your human experience. It is important to love your mind as the Source loves it. All that was created by the Source is loved unconditionally.

However, the gift that was given to you, human brothers and sisters by the Source, the gift that We shall call free choice, resides within you always. There is a part of you that always gets to choose, but if you are not careful, that choice will come from the overcrowded mind, from the hustle and bustle of the thoughts moving this way and that way. Do you want your choices, the decisions you make to

come from your busy congested and overcrowded mind? Do you think those choices will be in your Highest Good? What if you decided to move your free choice to the open field or even to the outer space that is filled with darkness. The reason We brought you the image of being alone in outer space is to help you realize that whether you are alone in the quietude of darkness, or you are alone in the quietude of light, it is being comfortable with the open space that is most important.

Allow your mind to be still and that is why We have told you on numerous occasions to be still, to be more still, to be still again. Although that phrase seems redundant it is for purpose, for often in order to quiet the mind, to move to the space, to move to the gap, one not only needs to be still but to be more still and to be still again. The idea is to move to the void, to the nothingness. To move deep within the space. For just beyond the nothingness lies great riches. It is difficult to change gears, so to speak from a busy and active mind to the quietude of space. That is why there is so much attention given to meditation. For meditation is the practice of quieting the busy mind and moving to the open space. It is important for you to find other and sundry practices and techniques to quiet your mind. There are many available but it is up to you to find what works best for you.

Although We are always with you, and We are always available to send you guidance, you cannot hear Us when the mind is moving so quickly. You will hear Us more clearly when you are deep within the open space. For then there will not be confusion, there will not be static, there will not be disruption of Our communication to you. We communicate with you in a sensory way and if your mind is operating from an overcrowded, busy, bustling place you will find it difficult to sense the messages that We are bringing forth. In a busy mind, you disconnect from the senses. You are so caught up in the tangled maze of thoughts you are not paying attention to what is going on around you. Often the mind is fast-paced and impatient, simply move to the space and wait patiently for Us to bring you guidance. By engaging in the drama of your mind you are allowing life to pass you by. And so, go back to the empty space of the field with the blue sky and sunshine, or even go back to the emptiness and darkness of outer space. Give yourself room for creation to come through, space for miracles to happen.

Have you ever noticed how you feel when you are walking down a crowded street or at a mobbed sporting event or concert or in a packed confined space? Have you ever observed how difficult it is to get from point A to point B as you weave in and out of the hustling and bustling people, trying to find a clear path to where you are going? And you would most likely agree it is difficult and challenging and doesn't feel very comfortable. Now if you can imagine that is the same situation that occurs when We are trying to give you guidance when you are so focused on your busy and overcrowded mind. It is the same situation when you are trying to make decisions when your mind is so full of thoughts. The analogy of the crowded place as you try to go somewhere is merely trying to show you what it is like when your mind is overcrowded and busy. How can you think clearly and with purpose when there are so many random thoughts filling your brain taking you in so many different directions?

We would suggest to you that it is not the most comfortable or enjoyable experience trying to get somewhere in a crowd of hustling and bustling people. It is often very stressful and traumatic. Bring up an important decision you have to make in your life and decide whether you should make that decision from your overcrowded mind or the wide-open space within you. So, empty your mind and move to the place of space. Move to the place where you will be able to hear Us, to sense Us more clearly. For in these turbulent times Our guidance would be helpful as you navigate the stormy seas.

And so, the essence of Our message is to create the space, create the space in any way you can, by getting out of your mind, by moving to the serenity and harmony of your wholeness. From that place of space, of emptiness, of openness you can tap into the guidance and wisdom that We are more than willing to bring your way. Do you really want to create your future from your overcrowded mind or would you prefer to do so from the open spaces of tranquility and peace? As you navigate the energy

of the Great Potential for Change call upon Us for guidance and assistance. It will make your life easier and less stressful.

So once again We would encourage you to move to the space, to the open space, to the unencumbered space, to the space where you can hear Us in a very strong way. Whether you are in the space of darkness, or you are in the space of light, learn to cherish that space, learn to enjoy that space. Come back to that space often and We will meet you there.

We bring you this message from a place of love. Our love for you is everlasting and unconditional.

May 7, 2020