

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

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Releasing the Reins

We are here with you Now and forever. We are the Gavish Banenu, the Energy of 33. We are Shaltazar. Take a deep breath and breathe Us in. Feel Us deeply. Begin to let go of the tightness in your body. Relax, let go, release. And now Be Still. Just feel the stillness. There is great peace in the stillness. But in order to achieve this peace, this tranquility you must surrender. Yes, surrender your insistence to be in control. Again relax, let go, and release all that does not serve you in this moment. There is much stirring on your planet. As We have told you it is for purpose.

Again, a deep breath. For breath connects you to Us. Breath is life. Take a moment and pay attention to your breath. Is it rapid or is it shallow? Are you aware of the in-breath and the out-breath? Is your in-breath long or short? Let go of trying so hard. Simply be content with What Is. Sit with that for a moment. Just be still and watch What Is. Life is going on all around you. You can simply observe without participating. Simply watch. Simply feel. You can be a part of Life without necessarily participating. You can be part of Life simply by observing. The Source, the Great Creator does that. Yes, the Source observes. It watches on as over 7.5 billion humans go about their daily lives. And may We add watches on with Love. Yes, with unconditional Love. Watching the coming and going of Life on your planet. Not judging what you are doing. Not judging how you are doing it. Simply watching and sending each and every one of you unconditional Love. Can you imagine such a feat? Can you imagine for a brief moment observing and loving, no judgement, no opinions? Just Love 24 hours a day, seven days a week, 52 weeks a year, year after year forever. Just observing and Loving.

So why are We telling you this? you may ask.

Let Us go back to the breath. When you took a few moments to observe your breath did you judge your breath, did you criticize the short and shallow in-breath. Or did you simply allow the shorter breath to lengthen? Did you simply allow your observation to create a new action? How did you do that? Did you accomplish it through judgement? Did you judge the short and shallow in-breath and conclude it was bad? Or from your observation of the shortened breath did you realize you may want to try a longer and deeper breath? Was it your mind that made the decision? Or was it another part of you? Was it your will? Was it a part of you that just knows? Did the knowing simply direct the body to take a longer breath?

Is it possible when you slow down, when you observe, when you relax, release and let go that you make room for your Knowing to come forth?

“What is this knowing you are referring to?” We hear you ask.

Maybe, just maybe that Knowing is a part of you that has been here many times before. Maybe that Knowing is a gift from the Great Creator, the Source. Maybe that Knowing is the Love of God coming through your human existence. So why isn't that Knowing coming through more of the time you may ask. Because you prevent it by always trying to be in control. To allow your Knowingness to come through, you must be still, you must be at peace, you must give up your need to be in control.

Let Us go back to the breath. Take a few moments and allow yourself to have shorter, quicker, and more shallow breathing. As you do so try to observe and get a sense of your body. Is it relaxed? Is it at peace? Probably not. The short, quick breaths create a chemical reaction in your body that leaves you more alert, more tense, more on guard. Now take a moment and allow your breath to be more relaxed. Take longer and deeper breaths. Again, watch the body. You may observe that the body is more calm, more at ease. A chemical reaction is occurring. It may not be evident. This chemical reaction is allowing the body to function on its own. Yes, this is homeostasis. The body's inner knowing takes over. It is as if you have taken your attention away from the body, as if you have stopped being in control. But if “you” are not in control of your body, who or what is?

May We suggest it is the Inner Knowing. When you allow your body's Inner Knowing to take over It feels so much more relaxed. God has designed human life in such a way that your humanness can be in charge or if you choose your Knowingness can be in charge. Yes, the Will of God can direct your human life if you so choose. But only if you surrender your humanness to Source's Will.

What if we were to tell you that can work for more than just your body? What if allowing God's Will to direct more of your life was possible. Would you trust Source to lead your life more of the time? Or would you be afraid to trust that which you do not fully comprehend or understand? For the Source is beyond your comprehension. The Source is unknowable and unthinkable in your human form within your four-dimensional reality. But if you could learn to trust that which created you, your life would be so much easier, so much more peaceful, so much more in harmony. Just like allowing the body's homeostasis to keep you safe.

When you stop trying to be in control of your body it seems to do a wonderful job taking care of itself. When you do physical exercise your lungs pump harder and the heart sends more blood through your arteries to deal with the physical exertion. It is the same when your body is tired, you are forced to slow down and rest so the body can rejuvenate. When you get a cold or a minor injury the body's ability to heal itself kicks in. Have you ever really taken time to contemplate what an amazing miracle your body is? How every part of your body has a purpose and works together so you can function and hopefully thrive as a physical human being. Did you ever contemplate how magnificent and amazing the Creator of your body is? If you believe that God is the creator of All life then it is the Source that designed your physicality. It is the Source that created the incredible physical human being that you are.

What do you think it would be like if you allowed that same powerful, miraculous Force called Source to guide the way for more of your life? What would it be like If you chose to trust the Will of God, if you got out of your own way and simply allowed the Great Creator to direct more of your life? And We realize that this is a difficult asking. We realize that this is hard for you to comprehend. But We suggest that if you are willing to have the courage, if you are willing to have the trust, as the Great Masters before you did, to allow the Will of God to guide you, then you will live a more fulfilling, meaningful, and loving life.

It will not require the actions, the pushing, the trying that you think it might. For that is a human construct, that is what you have been taught. If you could move more to the place of simply observing and loving, you would find that your life could move forward in a new way. It is time, if you choose, to rebuild the way your life operates, the way your life moves forward. It is up to you. Are you willing to give up control? Are you willing to step aside? Are you willing to allow Source's Will to direct your life more of the time?

And so, We bring you back to the breath. Simply breathe in and breathe out. Realize that there is such little effort required for the breath, there is such little effort required for the beat of the heart, for the body knows. The body was created by the Source Itself, and it knows how to operate effectively. It knows how to do what it was programmed to do. If you could only get out of your own way. If only you would be prepared to allow the stillness within you to connect to all that ever was, all that is, and all that will ever be, you could allow a power so magnanimous, so great, so multitudinous, to direct your life.

And We suggest that by doing so you will let go of much of the suffering that you are experiencing. Your fear will melt away, for the body does not fear. Without you being in control there is always another breath and another breath and another breath. You allow your innate homeostasis to lead the way for your body. Why not allow the gift that you were given by the Source Itself, the gift of Knowing, to lead your life more of the time? This gift of Knowing is beyond your intellectual understanding, it is beyond your mental understanding. It is the Knowing that comes from the Infinite Nature of who you truly are. It is the Knowing of the Source and it is within you just waiting to be called upon. By doing so you can live an easier, more enjoyable and more harmonious life.

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

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