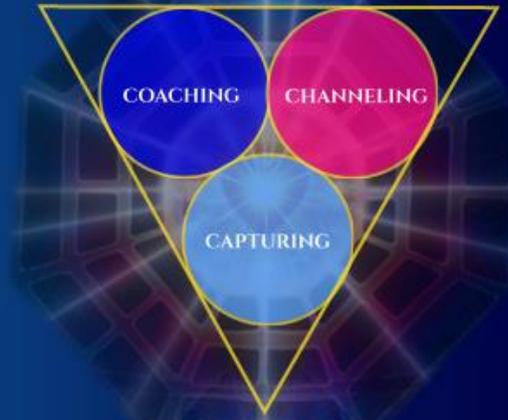


DISCOVER YOUR SELF.
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Changing Your Mind

Greetings, 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 master teachings. Although We bring forth the wisdom of the ages, you must realize that work needs to be done in order to integrate, embody and fully understand this wisdom. These messages We bring you speak to that part of you that has been here many times before. Yes, each and every one of you has a piece of the Source, the Great Creator implanted in the DNA in every cell of your body. But you also have a human aspect. It is that human aspect of you which must experience all life has to offer. And life on your planet as of late has been a bumpy ride, has been full of trials and tribulations, has been full of challenges. We want you to know it is not punishment, it is not judgement, it is not even karma. It is for the Highest Good of planet Earth.

And We hear you cry out, "How can that be. There is such suffering, there is such loss, there is mental anguish. How can that be in our highest good?"

In order to see it in your Highest Good, you must shift your perspective. If you were able to look at what is happening in your world through the eyes of your Divinity, through the eyes of Spirit, you would realize it is being sent to you with lovingkindness. It is an opportunity for you to change; to change yourself and to change all of humanity. But what We wish to share with you today is about that other part of you. The part of you that is experiencing the suffering, that is experiencing the challenges, that is experiencing the difficulties. We wish to speak to that part of you which is human, which is finite, which is your physicality -- the vessel of your Spirit. It is indeed a beautiful vessel created by the Source itself, but it is fragile. And it is your responsibility to take care of it to the best of your ability. Although there is a physical component to your body, there is also a mental and emotional one. It is the mind We wish to speak to you about today.

Your mind has been with you since the beginning of this incarnation in human form. You did not bring this mind with you into this lifetime expression. It was created anew upon your arrival. Although when you were born your mind was small, it is a very powerful piece of your humanness, of your human physicality. It started out small and empty but over time it grew and developed. Your scientists may think they know how your mind works, but let Us assure you there is so much more to that spectacular part of your human body than you may ever know. The power of the mind has not come close to being fully utilized at this time in your human history. And although the mind is powerful in a way which can be very positive, it is also powerful in a way which can be very negative.

And so, We ask you to begin to take care of your mind in a way which will allow it to be your ally and to help you on this journey you are on. Many spiritual teachers talk about the quieting of the mind. Some even refer to the term “no mind” or “beginner’s mind.” We have brought you messages which suggest you quiet your obsessive mind. But no matter what is suggested, the reality is your mind is very much a vital part of your human journey. It is an important element of the human experience as designed by the Source. Although there are those who practice diligently to move towards *no mind*, that often requires giving up some of the human experiences which can bring you much joy, contentment, happiness, and growth. And so, you are faced with a dilemma. If you engage the mind so it can bring you a greater depth of experience, it may also plunge you into the depths of darkness.

And We hear you cry out, “What are you suggesting we do. Live in the mind or live with no mind?”

And We would say to you, it is time to reprogram your mind. If you totally give up the mind you will not be fulfilling your greater purpose of fully experiencing life in the Duality. But to accept the mind as it is can cause your life to be full of suffering. Your mind has recorded all of your experiences in your finite lifetime. You cannot pretend you do not know what you have experienced. Therefore, all your encounters both pleasant and unpleasant have been encoded in your brain. That programmed mind is what is creating your reality. It is what directs your experiences moving forward. And although We do encourage you to silence the mind, to be still, to be more still, and to be still again, We realize that is often a difficult task. We are not suggesting you live your life fully from a quiet and still mind. Quieting the mind is only the first step in Our advice for living a more complete life. When you have mastered quieting the mind, you can begin the next step which is reprogramming, recalibrating, and retraining of your mind. For many, your lifetime experiences have created a very encumbered, fearful, obsessive, burdened mind. That is not your fault. It is what others did and said to you that allowed your mind to become what it is. But that can change. You can take back your mind and make it your own. You can do so by reprogramming it.

“How do we do that”, We hear you say.

By looking differently at the experiences of your life. By re-examining your beliefs, by rethinking all you were taught, by reframing all your negative experiences, reconsidering all that you know, and shifting how you look at everything. Begin to observe your recurring thoughts, examine all your beliefs, notice your habits and your automatic reactions and determine if they are serving your Highest Good. If they are not, replace them with different thoughts, new beliefs, altered habits, conscious responses, and more positive perspectives. It is like cleaning the hard drive and operating system on your computer. Often hard drives get corrupted, they get fragmented, bits of data become misplaced or mislabeled. This impedes the efficient operation of your device. And so, you get your technology experts to clean up the files, wipe out the defective information and optimize the operation of your computing processes. They recalibrate, optimize, defrag, reposition, and tune up your device so it serves you better. That is what We would suggest you do with your mind. It is time, if you choose, to give your mind a tune-up. Your mind remembers all your experiences just like your computing devices. But you can shift the memories; you can wipe it clean. You can reorganize the data in your mind just as you can in the hard drive of your computer.

By cleaning up and reprogramming your mind you are actually able to make changes to your DNA. Yes, your mind is so potent it can overwrite your DNA encoding. As humans, you may not have yet discovered the ability to use your human brain to rewrite your genetic code, but let Us assure you it can be done. If a virus that enters your body can alter your DNA, surely with intention you can use your powerful mind to do the same. You can clean up the corruption, misconceptions, fallacies and delusions of your mind if you choose. You can overwrite your self-limiting beliefs. You can even undo your most difficult, debilitating, or horrendous experiences by reimagining those events in a more

positive, light-filled way. And by doing so you change your DNA and alter the basis of who you are.

You can also choose the nature of the mind you wish to have. Do you want a negative, destructive, pessimistic, discouraging, obsessive, scattered, anxious, busy and fearful mind? Or would you prefer a mind that is positive, encouraging, trusting, focused, hopeful, calm, cheerful, confident, kind, and loving? Spend time with your mind. You will not be able to reprogram and recalibrate it by trying to overcome it, by trying to defeat it. You must make your mind your friend, your ally in this transformation. Know that We are with you always and forever and your connection to your Divinity can help with the process of reformatting and reprogramming your mind. It can be done, but it takes patience. It is a slow process and often depends on how long you have been doing what you are doing, how deeply engrained your life experiences are in your mind.

With lovingkindness and patience, begin the process of shifting the mind's role from master to servant. Reprogram it, reformat it, recalibrate it, and allow it to be your ally so you may go forth and enjoy with great gusto the experiences that life has to offer. Although things are very difficult and challenging at this time, you and the Collective Consciousness have the ability to shift. The human being is very resilient, and you can change what appears to be a dire situation into one that can become a great victory for humanity. There is an opportunity for all human brothers and sisters on your planet to become more compassionate, more loving, kinder, and gentler. But to do so, you must change your mind and in so doing you will change your life and all life on planet Earth.

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

Insight Timer Live channelling – March 31, 2021