

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

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## Relaxing into Change

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 Divine Wisdom. Wisdom that will hopefully make your life easier and less turbulent. You are in the midst of the Energy of the Great Potential for Change and the change can be strenuous. The change can be difficult, and the change can be challenging. There are those upon your planet who resist change and there are those who relish and welcome it. All humans react differently to change. Human beings on your planet are very diverse, and that is by design. There are no two humans who are the same. This uniqueness makes you one of a kind, each special in your own way. This has been decreed by the Source. So We encourage you to let go of trying to be someone you are not. We encourage you to stop trying to be what is not authentically you.

And you may ask, “How do we find our authentic self?”

We would say it is a journey. It is a journey of understanding yourself in a new way, in a different way, in a deeper way. It is about letting go of your preconceived ideas of who you think you are and finding Who You Truly Are. We have suggested you learn to see in a new way, hear in a new way, feel in a new way, and know in a new way. Those are but a few of the pathways which allow you to connect to Us. For the Divine Energy is with you forever and always. We are always watching over you and sending you guidance. But in order to receive that guidance, your mind must be quiet; it must be still. It is your busy mind that interferes with Our transmissions to you.

Many of you are suffering from a sense of being overwhelmed, from pushing and trying too hard to invoke the change that you know is required on your planet at this time. We commend you for your effort, but We suggest there is a new way for you to accomplish this transformation that does not entail as much effort or require as much pushing or feeling overwhelmed. The energy of the input greatly affects the outcome, so We encourage you to relax, release, and let go. By doing so, you will learn new ways of being, but in order to do so, it is required you let go of the old paradigms. It is required you let go of beliefs that no longer serve you.

As We have suggested, begin to look within. Begin to examine things that do not feel right for you. Begin to trust your feelings, for they are your truth. If you are pushing to make changes and it does not feel right, then stop the pushing. Let go of whatever it is you are doing that does not make sense, that does not feel in alignment with your Essence, with your authentic self. Change occurs when you

are totally aligned with vibrational energy of the desired change. The old energy of much effort and hard work, of pushing and shoving, is no longer relevant. For the Source in Its wisdom has shifted the vibration on your planet so you can accomplish more with less effort. It can feel easier, it can feel less onerous, it can be accomplished with less stress and strain.

And We hear you cry out, "But how do we do that. We do not understand, for we were taught in order to succeed, you must push and work hard."

And We would say to you therein lies the problem. For you are trying to apply understanding from a linear, logical, left-brain perspective. In order for you to take advantage of this new, faster, more enhanced and intense energy upon your planet, you must learn to understand in a different way. The Invisible World communicates to you in what may appear as a treasure hunt. The Universe will not give you a step-by-step procedure. It will not give you a manual of operations. It will not give you the 10 steps to accomplish what you want. Those all come from the linearity, the logic, and the intellect that you were taught. Your education system has told you that you learn with your mind, with your brain through reason and logic. But the communication We are sending you comes in a different form. Our communication comes in a sensory way, which is why We are suggesting you see in a new way, hear and feel in a new way, and know in a new way.

Tap into your sensory consciousness, and wait for Us to send you messages. We do not speak in language, and We definitely do not speak in logical sentences. When you receive the sensory download, it is up to you to translate it into language, into something you can more fully understand. Practice getting a sense of what comes to you in a nonlinear, non-logical way.

The next step in that process of tapping into the Invisible World is the interpretation of Our guidance. To truly understand the messages We are sending your way, you must learn to delineate in a new way. You are so used to interpreting in a very definitive way. You often think you require the details, the specifics, the minutia so you can fully understand. You are not comfortable with vagueness, obscurity, and ambiguity. Guidance is always coming to you through your experiences but often you don't realize this. We would encourage you to look at the messages, the signs, the intuitions, the happenings, and the nudges We are sending you in a different light, with new eyes. They are vital and important to your well-being, but because they lack exactness, fact and precision, it is vital that you learn the Art of Interpreting those messages.

When you look at an abstract painting, there is nothing definitive about it. It symbolizes something unfamiliar to you in a logical way. It represents something, but it is you that gets to interpret that abstraction. There are shapes, there are colours, there are many different things going on in that painting, but it is up to you the individual to decipher what that piece of art is telling you. We would suggest that communication from Our side of the veil operates the same way. Let go of your definitiveness. Let go of your logic. Let go of trying to find the exact answer for everything. Instead release, let go, and surrender. Allow yourself to interpret what is coming your way in a new and innovative way. Look for the subtleties, look for what does not seem logical, look for the nuances. For it is in those less logical interpretations you will get the wisdom you require to make substantial change in your life.

The way you think can be changed, the way you show up can be changed, the way you do things can be changed, but it is up to you to do so. We encourage you to set the intention to welcome major change into your life. Let go of that which you have accepted as truth for the many years you have been on the planet. Begin to realize there is a new truth and new ways of interpreting everything around you. It is time to let go of the definitiveness, the logic, the intellect of your interpretations. Be more playful, intuitive, and creative in how you explain what comes your way. Let go of the logical, and tap into the intuitive. Enjoy the process of learning to understand in a new way. It will remove

your sense of being overwhelmed, it will remove the burdens, it will remove the challenges.

In order to do so, you may find there are times you don't feel as motivated to push and get things done. You may feel tired, listless, agitated, bored, or overwhelmed. Maybe those feelings are trying to tell you it is time to rest, to take it easy, to stop pushing so hard. Everyone on your planet has been through much during the pandemic which you have named COVID 19. We would suggest you listen to those feelings and rest so you can refill your love tank, so you can care for yourself. Be gentle, be kind, be nurturing, and focus on self-care more than getting things done. Let go of the desire to push and change things immediately. Rest more to allow yourself to recuperate so you can connect with Us. Take a break from the storm, take a break from your mind which is going in every direction trying to understand what is happening in your world. The energy on your planet is very intense at this time. In order to get through this period of your human history, a more relaxed approach is recommended. If you insist on trying to understand your circumstances through the lenses of logic, you will miss out on the nuances We are sending you. You are capable of interpreting what is going on in a different, deeper, and more profound way.

We are sending you individual guidance so you may more fully understand your Soul's journey. Do not look to your human brothers and sisters and try to follow their path. This is an opportunity to follow your unique path. In order to follow that path, you must be full of confidence, you must be full of love so you can be Who You Truly Are more of the time. You must rally your courage if you want to be on the road less travelled. Do not look to your fellow citizens of Planet Earth and emulate what they are doing or what they are thinking. Now is the time, dear ones, to be the pioneers. Be unto yourself true. Honour your individuality. Honour your truth. The Source created you to be unique, to be distinctive, to be your own person. It is time to acknowledge this gift the Great Creator bestowed upon you and pay homage to it.

However, it is in the coming together of the individual truths that the collective will change in a big way. Live by your truth and honour it. Allow your fellow citizens to live by their truths, and respect them. Now go forth dear ones. Go forth and find your individuality, find your authentic self, find your truth. Tap into the wisdom We are sending you, and learn to interpret what is happening around you in a new and different way.

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

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