

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

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Embrace What You Feel

We are Shaltazar the Gavish Banenu, the energy of 33 the Mater Teacher and We have come forth to bring you Divine Guidance. We know during these difficult and challenging times you may be feeling confusion, frustration, sadness, hopelessness, anger, or disappointment. But let Us remind you that at times you also feel joy, hope, peace, harmony, love, and tranquillity. We know which you would prefer to feel. But you may have noticed that the feelings you prefer are difficult to have all the time. You may have realized it is impossible to have the higher and faster, the pleasant, the more comfortable feelings always.

So, what can you do about that? Embrace what you feel always. We understand how difficult it is to even accept the darker, less comfortable feelings which come your way let alone embrace them. And We know many tell you that you don't have to give in to the lower and slower moods, but unfortunately, that is not true. Emotions are truth, and yet you don't want to accept the truth when it feels uncomfortable. You believe life is about finding happiness, joy, bliss, and love, and when you find it, you want it all the time. We wish that could occur for you in human form, but it cannot.

It does occur in the Spirit world, but not in your Duality. For the Spirit world is Unity. That is why Source chose to create your Duality. The place where ALL and We repeat ALL—the whole spectrum of emotion—could and would be experienced. In order to know Itself better, Source created a place where all emotions would always be present. But since planet Earth is the place of free choice, it is not mandatory you feel this full spectrum of emotion. That has always been and always will be your choice. And for whatever reason, many, possibly most of your world have chosen to deny, suppress, resist, or run away from a very important part of that emotional continuum represented by the lower and slower, the uncomfortable, the unpleasant feelings.

Many of you have mastered the art of disconnection by engaging the assistance of the mind [and in some cases mind altering substances] to attempt to escape from these undesirable emotions. You are so desperate to avoid the discomfort which comes with these lower vibrational feelings and We understand why. But unfortunately, in so doing, you are disconnecting from your Truth. Yes, feelings are Truth, and by cutting yourself off from your Truth, you have chosen to live a lie.

Stop to consider that all you desire in your life is connected to a feeling. It is not a career you want, but how that career will make you feel. It is not a relationship you crave, but how that relationship will allow you to feel. It is not monetary abundance your want, but the feeling of financial freedom and

security the money will provide. All you desire, all you search for, all you seek is a feeling. Because feelings serve such a very important purpose, by cutting yourself off from them, by denying them, you miss out on an important part of your life. The answer is to stay and face up to life, all of life. And to do so in your Duality, one must learn to accept the lower and slower, the painful feelings. The completeness of life comes from embracing and accepting ALL that you feel.

Is it easy? No, of course not. And thus, you come back repeatedly as you try in human form to accept what We refer to as “your darkness,” the unpleasant feelings, the distasteful feelings, the nasty and unlikeable emotions.

And We hear you cry out, “But we have tried. It is so difficult. It is so challenging to accept what does not feel good when all we want from life is to feel good, to find joy, bliss and love. Is our struggle really all about accepting our darkness, that which feels uncomfortable? And what happens when we accept those dark feelings that you say we cannot escape?”

Human life was designed so everyone gets an opportunity to experience that which is beyond Unity. It was designed that way by the Great Creator. Trying to avoid it will only make your life more miserable and uncomfortable. You can try to find ways to suppress or resist those darker feelings, but that will not make them go away. And that my dear ones is the human struggle. When you learn the art of accepting that which does not feel good, you will be able to move above the Duality while still in human form. Then and only then will you find what you have been searching for many times in many lifetimes. You will experience complete and utter peace, harmony, tranquillity, and understanding, and you will finally comprehend unconditional Love. Just as the Source loves ALL, you must accept and even embrace your All. And part of your All is the lower and slower, your personal darkness.

“Can you help us cope, accept and even embrace these darker feelings because it seems so challenging to us?”

The answer lies in understanding that your feelings are not permanent, yet often you believe the more unpleasant they feel, the longer they will stay, which is untrue. They are energy in motion meant to be experienced and then released. By avoiding your emotions, they become stuck in your body and will manifest in other ways such as anxiety, depression, and disease. Learn to express them in a healthy and appropriate way so they will move through you. Accept and allow. Learn to feel the discomfort without judgment and without censoring. Do not be so quick to run from fear, anger, frustration, boredom, mistrust, hatred, ugliness, guilt, or shame. Do not be afraid of anything you feel because when you do so you are giving those feelings power over you. Learn to accept the fullness of your human life, and by that We mean your Light *and* your darkness. You have been created within a Duality that will not let you be always only one aspect of the Duality. You MUST be both. You MUST experience both.

The only way to minimize your suffering is to choose how you will respond to your darkness. The sooner you figure out how to accept that which does not feel good, the sooner you will mitigate your anguish. Pain will exist in your Duality; there is no option. It is your response to the pain that creates the suffering. Learn to accept and embrace all you feel, and to accept does not mean to enjoy or even welcome it, but accept it nonetheless. As you embrace all of you, your wholeness, you will feel a sense of peace that very few humans have ever truly experienced. Practice when the darkness descends upon you. Learn to accept it. Learn to love it even if you don't like it. Know that it is a part of you as you are a part of the ALL. Don't run away from it, for your fear of the darkness keeps you small. It takes away your power because you believe it is separate from you.

You are darkness, just as you are Light. You are both. That is the essence of the Duality. The paradox is that the more you deny your darkness, the more likely it is to come forth. It will show up when you least expect it and will often be directed at the ones you truly love. Denying it does not make it go away, but often gives it more strength. The more you accept and embrace your darkness, the more you will be able to choose how you show up when it descends upon you.

By finally accepting your personal Duality—your darkness and your Light—you will be able to live in peace and harmony. You will be able to unconditionally love yourself fully all the time no matter how you are feeling. You will accept your humanness as well as your Divinity. You will be able to respond consciously to what is coming your way even if it feels unpleasant and distasteful. Your power resides in your choice as to how you respond to your feelings. Choose to embrace all you feel and you will finally discover all you have been searching for. The Duality exists, and you cannot make it go away. But if you choose to accept it, you can mitigate your suffering.

We bring you this message from a place of love. Our love for you is everlasting and unconditional. Now go forth dear ones and embrace all that you feel with the same love that We are sending you always and forever.