

Message from the 'team'

1. Fear is a Frequency Peggy Black and the 'team'

We are here once again to embrace you with our love and light. We are here to acknowledge you as you continue to anchor and balance the energies coming forth with awareness and the willingness to offer a shift.

Your planet continues to express the expansion of consciousness as the extreme weather conditions place many in distressing conditions. You are also observing that many hidden agendas are being revealed, much to your alarm and anger. Be aware that in the coming weeks and months this revealing of long held secrets within your governments and your religions will continue to shock and cause dismay to the many.

In the end all must be revealed. These hidden agendas have been known to you on an unconscious level, however it is easier to deny or ignore this shadow reality than to take action. It is a learned pattern to gripe, judge, and feel powerless while you continue to anchor fear.

Remember, there is a clearing that is occurring across your planet, within your societies, your governments, your religions, your laws and within your own personal lives. We invite you to anchor your divine consciousness as a being of great light and awareness.

If we said everything is upside down and backwards it might be confusing for you. However we are inviting you to realize that what you have been taught, the misinformed programs you carry from the collective, your personal point of view and your perception of your reality are being forced to shift.

This is a process, this is an evolution and everyone on this planet is experiencing this process to one degree or another. We have observed the ease with which the collective embraces denial of the truth. We have observed how easily your current thinking and perceptions of reality are manipulated.

The balance of power is being challenged. The shadow of truth is coming forth, shocking and revealing. With this shadow being revealed there is chaos, anger and fear. Yet before any balance can be restored there must be a clearing of all that has been kept hidden. This is what is occurring around the planet; as you anchor more and more light, it reveals more and more of the shadow places within your governments, health care organizations, and your religions.

Most of humanity is numb, in denial and survival-mode. You are bombarded with images of brutality, war and violence, that evoke fear at every level---fear for your well-being and the well-being of your loved ones, fear for your financial security, fear for your safety. Fear is an energy that is promoted; fear is a tool of manipulation used to extend the imbalance of

power. Fear is a frequency. It is a vibration that is incoherent, a vibration that disturbs your own personal balance, well-being and enlightenment.

Begin to observe just how the frequency and images of fear are offered to you each day. Living in a constant state of fear is a learned habit. Yes it is "fear" that allows a human to be manipulated, be it fear of the unknown future or fear of death or fear evoked by the evening news. When humans experience fear, they drop into a place where they are operating on automatic, they become unconscious. It is in that place of unconsciousness, that mental place of operating on automatic, that the mass populace usually vibrates. Understanding the power of fear is the key, the golden key.

Notice when you fear something that you become powerless. You are easy to manipulate, you operate on automatic. You disconnect with your Source.

Be ever vigilant, be ever aware, and watch closely what experiences, what thoughts, what images and what words trigger your personal fear. Then expand your curious questing mind and begin to observe what images, what statements, what visuals trigger fear in the masses.

Now be aware of the ways that you divert your feelings of fear, the ways you distract yourself and the tools and techniques you have learned to keep fear at a distance. Most humans are very skilled at hiding their fear from themselves and where there is hidden fear there is a place of deep unconsciousness, a place of denial, a place of powerlessness, which allows the human to be controlled and to be manipulated.

A person who is fearful of losing their job can be manipulated by an employer to practice poor business ethics. The examples are as varied and as many as there are beings upon your planet; all revolve around fear. When the being has fear held in the psyche, it creates vulnerability, a weakness. Until it is discovered, expressed and honored, this fear will contaminate your actions.

Once it is brought to the light of consciousness, the compressed energy behind the fear will begin to dissipate, it will release and soften. When you experience "fear" in the moment, grab it before it hides, expose it, express it and love it free. Fear keeps you from staying in the NOW.

So when you recognize your personal fears, deactivate them. You can use your tools of sound, expressing, sharing and exploring why the fear is there. Where did it come from? How long have you hidden it? You can process your fear lovingly, consciously and as you do you are more available to yourself, you are more available to others. You are more connected to your Source.

It is fear that keeps you powerless. You are a master, remember that. Begin to lift your frequency and your personal vibrations out of fear, out of anger, out of judgment.

Remember that you are multidimensional beings of great power and awareness. You are

here on this planet at this expansive time of evolution to uplift and transform misqualified energy and emotions. This work and service is your divine gift that you are offering.

Remember, it is within the chalice of the heart's awareness that all misqualified emotions are transformed. Whether it is anger, grief, fear, judgment or unworthiness, you have the birthright and the responsibility to uplift, shift and transform what your physical body is experiencing as an energy emotion.

Each time you uplift a frequency, you uplift an aspect of the whole. Each time you clear an emotion that blocks your personal awareness and power you are offering this to the collective. You are bringing more conscious light to the matrix. All that is hidden and now being revealed is because you are doing this work on a personal level.

Your vibrations, your emotions, your perceptions of reality are affecting your very DNA, as well as the reality you observe and the reality with which you interface.

The ultimate goal of a divine multidimensional being is to know that your heart, this incredible portal and chalice within the human form, resonates with the same frequency and vibration as your earth's magnetic field. Begin to tune in to this realization that your heart and brain waves and the earth vibrate at the same rhythms.

You are an alchemist, a transformer of emotional energy. When you are feeling a strong emotion that can render you powerless, stop in the very moment you become aware and use all available tools of consciousness to transmute and convert those feelings to a higher more coherent frequency and emotion. Imagine that you can now broadcast that more coherent frequency and emotion into the field of consciousness surrounding the planet.

We acknowledge you, dear one, for this work and service that you continue to offer. It is you and others like you who are bringing these awesome changes and shifts to humanity. Remember that you are being supported by the realms of divine truth and other beings of light. There is a revolution and escalation of enlightenment taking place and you are a part of this global shift in consciousness.

We are ever available along with other non-physical beings of love and light to support and assist in all that is taking place in your dimension. Be embraced by our deep gratitude as you continue to face and transform these global and personal challenges. the 'team'

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