

## Message from the 'Team'

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### **Life Sustaining Energy**

Peggy Black and the 'team'

We are here. We are here offering you insights and guidance regarding the challenges that are being expressed in your physical reality. We are here reminding you that you are powerful beyond measure. Your physical consciousness deals with the beliefs and programs of limitation, however your divine consciousness does not express limitation.

Your goal is to recognize and honor your divine knowing and divine consciousness. Each time a limited belief arises, notice that and make a conscious shift into your personal power to transform that limitation.

We are here, witnessing the incredible chaos and reaction to the pandemic enveloping your planet. Many are being triggered and saturated with feelings of fear and powerlessness. We want to encourage you to shake off any discouragement and any feelings of hopelessness or powerlessness.

These feelings actually add to the energy matrix that is being played out on your screen of reality. It is important to remember that you are a magnificent creator, you are a being of divine light and consciousness. You are here, so to speak, on assignment to support and transform these misqualified energies.

Consider for a moment that fear is actually a vibration of energy. Fear could also be considered a virus. The energy of fear spreads very quickly throughout your collective consciousness. As empathic individuals you are easily triggered by this energy wave of fear.

This collective field of energy and emotional vibration infects the thoughts of everyone. Everyone is empathic and feels this dense energy. Most suppress this because they do not know how to deal with it. Nevertheless they are a part of it.

You could say that there is a pandemic outbreak of the virus of fear. It is manifesting in the actions of individuals as well as in the assembly of groups. The antidote to this pandemic of fear and helplessness is your awareness of who you truly are and your willingness to hold and anchor a new reality. Each awakened being who continues to radiate the frequencies of well-being, love and gratitude into the matrix and the collective consciousness is offering powerful work.

You are not helpless in this reality. You are powerful beyond measure. So step up and step into this personal power. Begin to generate frequencies and vibrations that are life sustaining.

When you recognize that you are responding to the events from a fearful state of mind, STOP! Reset your thoughts and projections which are only adding to the very thing you are disturbed about. This is a practiced skill that we are inviting you to master. You know this; it is a matter of remembering.

We invite you to step back for a moment and acknowledge who you personally are. You are a transformer of dark, misqualified energies and actions. You are a member of the family of Light. You are a divine, magnificent, multidimensional starbeing who is here on this planet to uplift and shift all that is life diminishing.

We know that this is what you might call big work. Let us assure you that you are up to the task or you would not be here on this planet at this time.

Your assignment is to observe events in your personal life as well as what is occurring in the collective and to offer an uplifting frequency of your focus of love and light into the very thing that wants to polarize you.

Remember, negative emotions are addictive. Remember that emotions are contagious. It is time for you to be honest with yourself and begin to honor who you are. You are a divine being who happens to be caught in the frequency web of this pandemic of the virus of fear. The virus of fear is just as toxic to your body as any other virus. Viruses are contagious, as are panic, fear, hysteria, calm, love, enthusiasm, kindness and joy; choose wisely.

Remember it is all vibration and energy. We invite you to be mindful and responsible to your personal well-being. Take the necessary actions that physically protect you from any virus. Practice good physical hygiene as well as good mental hygiene. Notice when your energy drops to match the collective fear. Quickly shift your vibrations to a sense of divine well-being as well as physical and mental health.

Remember that your divine knowing and vibrations of well-being are the best vaccine to any virus.

It is with your intention and your connection with the truth of who you are as a galactic citizen that you can offer your light frequency into any situation with the intent to transform it.

As you observe the events that are broadcast on your television remember to not judge or condemn or become triggered. This adds energy to the very situation you want to change.

Call upon the non-physical beings of Light to support and assist in this transformation. Call upon the legions of divine beings and angels to minister to these situations, assisting,

uplifting, and healing all that are affected by this physical virus as well as the virus of fear. It is when each human owns their power and truly steps into that power that your reality will shift.

Let us assure you that there are more and more awakened individuals who are beginning to anchor a life sustaining reality. Your numbers are increasing. Each one is adding more light, love, forgiveness, gratitude and well-being to the collective matrix.

You are an important element to this unfolding. Join this increasing number of awakened conscious beings and begin to envision a reality that supports life, that supports well-being and the honoring of all. In whatever manner and at whatever level, begin. Each time you uplift your attitude or judgment of another, each time you offer a prayer of gratitude, each time you invite the support of the non-physical beings of light to assist you and the situation you have focused upon, you are making a significant difference.

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## **\_\_ Thought for the Month \_\_**

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