

Recommit, Revitalize, Remember
Peggy Black and the "team"

1. We are here to offer a clear coherent vibration of revitalization to you. When we observe those who have been anchoring the new reality with their actions and intentions we can sense the weariness that you carry. Be embraced with our deep gratitude for holding the template and calling forth a reality of harmony and well-being for all.

Do not be discouraged by what is unfolding; do not allow anger and fear to dominate your thoughts, feelings and energy field. Recommit. Recommit, revitalize and remember the truth within your sacred heart. You are here at this time of great changes on purpose. You are the anchor as well as the doorway for the galactic family of light to unite. You hold a physical position on this planet by your conscious presence.

It is most important for you to continue to refuel and renew yourself often. There are certain requirements that your physical vehicle needs in order to function at its highest and best. You are aware of the valuable role of water, eating organic fresh foods if possible, giving yourself time for rest, and interface with nature to replenish a calm state of mind. These are all common sense suggestions for your personal well-being.

We would like to remind you also of the care and maintenance of your energy body. Just as you would wash your physical hands if need be, continue to clear your field often throughout the day. Remember to send all energy that does not belong to your personal energy signature back blessed and transformed and call your energy back blessed and transformed as well. This is basic energy hygiene 101.

Remember each morning upon opening your physical eyes to envision and claim that you are fully embodied, anchored to this planet as well as connected to your own clear divine guidance. This simple action invites a partnership between your physical body and your multidimensional star self. It is the conscious awareness of this true partnership that totally empowers you. This declaration also creates a coherent energy field around your physical body. Anchor this coherent energy in your heart. This is a most valuable practice since you are feeling the oneness and the energy fields of others.

Practice gently integrating the energy downloads that are being offered, using conscious tools that support your balance and integrity. Each day invite the energy of your sun into every cell of your physical body. Reach out and call forth renewing vibrations of nature, the stars and the offerings from the planets and celestial beings. Your physical body is the requirement needed to be here at this time and this place; remember, however it is only the chalice for your divine multidimensional consciousness.

It is your multidimensional consciousness that is woven into the oneness. Let this awareness become your foundation and continue to invite and infuse a deep real connection to others of like

mind and heart. There are limited words in your language that allow us to truly express these subtle yet profound concepts and connections.

We are aware of your personal longing to have this rich connection with others who carry a vibration that is attuned to your soul note and frequency. It is time to begin to call forth and welcome your soul group. These beings of consciousness, this soul group, may embody any age or race. We are speaking here of your divine aspect and divine nature. These are others who are connecting by an energy thread to your energy fabric.

These are beings of light that connect through your DNA. Consider your DNA as your high-speed wireless vibrational interface with this soul group. Imagine that your pituitary/pineal glands are the router to this wireless connection, and your heart is the device that allows these messages and connection to come forth into your awareness.

We want you to realize that you may never meet these individuals in your physical daily life although there are those who do and who are aware of their galactic threads of connection. We invite you to be willing and open for this possibility. However also realize that you can and will connect with most of your soul group in the quantum field of the dimensions.

It starts with the awareness that there is an aspect of your multidimensional self that is also connected to a larger energy fabric or conscious group of beings who are also in physical form on this earth at this time. Once you are open to this possibility you can begin to call forth the connection and allow the synchronicity of all that is to arrange the conscious link up.

You can begin to sense and invite this meeting taking place in the quantum field of your imagination. Give yourself permission and play with this possibility. Create a sacred chamber you might go to in your imagination that would allow you to connect energetically with some other individuals who are a part of your soul colleagues.

This is the time of the coming together. Each individual human is here as a part of this evolution of consciousness. You, so to speak, are a part of a larger gathering of conscious star beings who are working together on the inner planes and dimensions to bring about this new template of reality. Reach out energetically and begin to allow yourself to connect to your group, who are also embodied and anchoring a physical form.

As a multidimensional being you also have an aspect that is connected to a larger consciousness that is non-physical. Here again we are just triggering you to remember; always inviting and encouraging you to own the many levels and many dimensions you are engaged and actively participating in. Most of this engagement and participation is done while the physical body is at rest or asleep. We are encouraging you to begin to connect actively while fully aware and awake. Begin to see or sense the non-physical beings that are a part of your star community.

Know that there are other humans just like you living upon this planet who are here doing powerful transformative work simply by holding the form and feeling the emotions. Remember it is through the consciousness of the human heart that transformation takes place. We can support

you and encourage you; the work, however, is yours to do

We observe the intense focus that the physical aspect seems to demand, and we certainly want you always to take care of this form in the ways that are necessary for your well-being and balance. However it is time for you to allow your awareness to expand, to begin to call forth and connect with the other aspects of your team, both physical and non-physical. You are the portal for the energy and the light of transformation to be fully anchored and embodied here in this timeframe and this reality. You have incredible support available and we are here to remind you to connect to that support and your team of light beings.

Remember you are the focus; you are riding these waves of energy, observing the chaos and the dysfunctions of this planet all the while inviting support and connecting with more and more aspects of your multidimensional family both physical and non-physical.

You are here to stabilize all the new vibrations that are being offered by the galactic conscious community of light beings. This earth reality requires a conscious being in physical form to be the inviter, the doorway, the portal and the anchor. Celebrate, honor and acknowledge your connection to the woven web of oneness. Celebrate, honor and acknowledge that you are an important aspect of all that is unfolding.

Allow yourself to expand into the spaciousness of the oneness with the energy and fabric of light. Call forth and invite the many divine connections that are yours by divine right. Once the seeds of knowing your truth have been triggered by these words and our blessings of energy, you will become aware of yourself connecting with your soul communities on many levels and dimensions. You are not alone, never have been and never will be. That is an illusion we invite you to release and sweep away.

We honor and acknowledge you for your service and your precious willingness. Know that you are held in the embrace of our love and support. The 'team'