

## Spiritual article about our relationships to life

Greetings beloveds. You are powerful beings of Light. Each and every one of you are an individual aspect of the One, the Creator. You have a spark of the Creator within, which in some of you burns like a bright star in the clear night sky. For some in your world, the Light within is like a flickering candle in a drafty room. In all cases an aspect of the divine is present, to some degree. As you focus your attention on the Light, which resides within, it becomes brighter, and as it becomes brighter your vibrational patterns increase. As your frequency increases, you move to a higher level within your current dimension; in some cases, when you are ready, you move to a higher dimension. As you become more in tune with your divine Self, the divinity within becomes stronger and your vibration moves higher on the frequency scale.

This process is a moment by moment, minute by minute, day by day, week by week and year by year practice that takes you closer and closer to your true Self.

The experience, sometimes called ascension, is accomplished by the way you live your life: by being in your integrity, by honoring your fellow human beings as well as the animal kingdom and all of nature, and acknowledging the divinity within them as well. You see, dear ones, the process is not complicated, although it is not always easy. This is something that you must do yourself; no one can do it for you. Only you have control over your thoughts. Only you have control over your feelings. Only you have control over your emotions. And, only you have control over your actions.

Do you choose the high road, which at times can be much more challenging, or do you choose the low road, which may be much easier, but manifests a lower vibration? When you choose the low road, at some point in the future you will be given the same opportunity with the same lesson, until you have learned what you need to learn from the experience.

You may be thinking, "How can I tell which is the high road and which is the low road?" The answer is within you and it is simple, dear ones. If you follow your heart and honor your integrity, you will be on the high road. You know intuitively which road is of a higher vibration. Sometimes the high road is the easy road and sometimes it is the more challenging journey.

Dear ones, we encourage you to choose the path your heart/soul leads you to, which with practice will not seem so daunting. For as you do, your energy signature is enhanced, and as your frequency increases, you will reach sublime highs that you have not yet dreamed of attaining.

We wish to give you two "high road" examples of how this can be accomplished:

### Relationships

As you interact with others, you will know what it is that you need to focus your efforts on because there will be a recurring theme to your relationships. Perhaps most of your interactions

with others are moving along smoothly; however, there may be one or more that are a constant source of frustration, somewhat like a bad dream. Or you experience the same dysfunction each time you enter a new relationship, romantic or otherwise.

You may want to look closely at the dynamics of these associations to see what it is within you that you need to change to improve your interactions with this person or group of people.

You cannot change the other person (or group of people), as much as you may like to do so, but you can change your perspective of the situation. As you do so, it will appear that the other person has changed, when in fact it is you who has changed the dynamics between you.

## Challenges

As a human being you will continue to be faced with challenges. Life's challenges will never completely go away, but it may seem as though they have when you change your viewpoint. You see, challenges are a gift, an opportunity to grow and be wiser than you were before being confronted with the situation.

When a problem arises, what is the nature of your self-talk? Do you dread the situation? Do you worry about it? Do you fear the outcome? Or, do you face the challenge and say to yourself, "What can I learn from this problem?" "What can I do to resolve this situation?" "What is the solution to this challenge?" "How can I benefit from this?" We encourage you to look at your challenges from a positive perspective, and this includes small daily situations, for this is where you can practice and change the way you react to these opportunities for growth. It can be as simple as getting stuck in traffic, a long line at a store, a telemarketer's phone call or balancing your checkbook. And, it can be as complicated as generating sufficient income to provide for yourself and your family, or dealing with a life or death situation. You make the choice, dear ones, and the choice you make affects the outcome. The more you practice with mundane events the more prepared you will be when confronted with a major crisis. We invite you to consider your minor daily challenges as opportunities to practice self-mastery.

Dear ones, we are forever grateful for your service and remain available to assist with your journey at your request. We invite you to be determined and steadfast in your quest for enlightenment.

You are loved beyond your knowing.

I AM Melchizedek

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