

Support This Planet's Ascension
Peggy Black and the 'team'

We are here, ever ready to support and assist you and all those who request our presence. We remind you of your true power as the divine multidimensional being embodied and experiencing the limitations of a 3D reality. Everything you have been taught focuses on the limitations.

Yes we realize the physical body cannot fly, or move through walls because it has a density. This feeling and experience of density reinforces the illusion of limitations. Remember this is a reality of duality. You have a physical body which allows you to interface with this dimension and translate the vibrations you are encountering as good or bad. We want to remind you that you also have an energy body that has the ability and true purpose to be in partnership with the physical self.

It is in this partnership and awareness between the 3D physical self and the energy body of the divine conscious self where true creation happens. The shift that is occurring within your reality is the struggle between the limited physical self and the unlimited divine self.

This struggle is happening within each individual and it is magnified and witnessed by the collective. Imagine each and everyone is being stimulated, activated, quickened to realize that they are more than the physical body that certainly feels real. This quickening will continue within the collective since you are on course to evolve and ascend into the higher dimensions. The vibrations being offered by the galactic/cosmic forces are bathing every aspect of your planet.

Dense misqualified energies are being pushed to the surface to be transformed. When these dense negative energies are witnessed from your limited physical consciousness you feel hopeless, helpless, frustrated and even angry. Unfortunately those feeling of hopelessness and helplessness, frustration and anger only keep you locked into this dense limited 3D experience.

It is the skill and the tenacity of a true master who is able to witness the events that cause such chaos and tragedy and offer a frequency and vibration that uplifts, shifts and anchors a new template and pattern.

Each and every person who recognizes and remembers that this is one of the reasons that are here again in this limited experience. Each individual has the power, the ability and the responsibility to reach and express a vision, a vibration, that is honoring of all. It is especially true and important when the physical expression is one of chaos and extreme tragedy. There are those who are stroking this dysfunction, this chaos, out of their own misunderstanding of who they are, out of their own wounded core and fear. What is offered will activate and call forth all repressed emotions held within the collective.

This triggering of negative and misqualified emotions of fear, hatred, powerlessness and shock becomes amplified and radiates into the entire field. All empathic beings feel these dense emotional vibrations and will easily match them. Energy will always follow thoughts, so out of

unconsciousness and matching the misqualified energies offered, the cycle repeats and repeats, growing stronger and louder each time. It is like an energy net that traps those who are not alert, who are in any kind of denial, or are in a state of conscious slumber.

Wake up, wake up to your personal power and awareness. You are not helpless, you are powerful beyond measure. Own it, live it, call it forth moment by moment. Stay vigilant about how your circuits are activated, what plugs you in, what gives you a charge, what makes you angry. These are the feelings and thoughts that keep you deep in 3D. Keep reminding yourself to stay aware, to stay fully present in the moment. It is from that fully aware state of consciousness in the moment that one can and does shift this reality, either personal or collective.

Have you an emergency list of the steps that will restore your aware state of consciousness? Practice simply following your breath, long, slow and deep. This simple exercise will affect the physiology of the entire physical body. It is an elegant method to restore your divine consciousness especially when your physical consciousness is in a state of fear, anger, sadness or frustration.

These are the tools we want to remind you to use quickly and often. When you are in a state of gratitude and appreciation every cell of your body, even your very DNA, is expanded. This is the state of vibrational frequency that invites synchronicities to occur in your life and affairs. This is the frequency that imprints the quantum with the new template. This is the energy that anchors higher awareness into the collective field. These feelings of gratitude and blessings from your divine knowing are truly the magic that transforms all chaotic energies. Even in the midst, especially in the midst, of some form of chaos, this is time to hold firmly to the experience of being aware that you are aware.

Remember to practice good self care. Be in nature, rest and be kind to yourself and others. Practice deep breathing as you send love and appreciation of your physical body. Flow colors through your body, bathe every cell with light. Allow yourself to play in your imagination.

Imagine and practice feeling a different kind of reality. Imagine yourself flying, or moving through the dimensions or even traveling time. Be playful with yourself and allow your thoughts to expand to all the unlimited possibilities. Several times a day allow yourself to shift your thoughts to ones that feel delicious, ones that make you smile or even laugh.

Remember there are enough people still stuck in the worry, fear and frustration mentality. You be the one who generates a higher frequency of clarity and expansion. There is always more to be revealed. Step into your personal power to transform misqualified energies without being ensnared by the negativity or hopelessness.

It is more important now than ever. Your planet is undergoing a huge healing and shift from a state of duality to an understanding and collective recognition of oneness. You are here to anchor that very truth. You are here to be aware that you are aware and to share that awareness with others through your words, thoughts, feelings and examples. It is the only thing that will support this planet's ascension.

We acknowledge you for the courage to be embodied at this time. Trust us when we say you are truly the chosen one, only masters are allowed to be a part of this incredible process of ascension.

We are here to support, guide and remind you that you are a magnificent creator and being of light. the 'team'