

A Message of Love for the New Year

If you were to give yourself just one thing this year, let it be love. Love for yourself most profoundly and purposefully so that through your own dedication to self-love and nurturance, love is free to flow out from you as well. May it touch your Soul most profoundly and resonate deep within your being.

Guiding themes of 2024

Self-love

Self-nurturance

Total surrender and trust

Letting Love flow to you and through you—a regenerative swell of self-love that revitalizes the self (little s) with the sustenance of the Soul (big S) and inspires the generous sharing of this vitality and life force with those who are ready to receive it with an open heart.

Higher Self Q + A 12.31.2023

Q. What would be supportive to know as we transition into this new year?

A. In the wake of that of which is known, there is an unfolding most grand. And yet one cannot see the wake of this stream of steady flow and fulfillment if she or he is living in the past waters of being. The waters that are drying up as the [new] way forward presents itself most fortuitously before your heart. There is a welling up you see of the tide that beckons you forth to reveal that which you are destined to reveal.

And yet you must know that the way forward to this path is marked by haze and uncertainty. Because it must be this way. The barrier your mind has put up around the path of your destiny is elegantly designed and yet this barrier is nothing more than a haze. This haze is no more real than the fear that rests in your mind at this time—it's an illusion. The fear of what it feels like to move forth when called to move forth is the way of the path most granularly chosen. And so when there is a right turn to make, one takes the right turn. When there is a left turn to make, one takes the left turn. And so you see that in surrendering to the gentle nudges of the Soul that call you forth in the direction of the mind's haze you find your way forward through uncertainty. So you see now that the haze—although intended to keep you out—can be used by you to guide your way forward.

*Where you see uncertainty, step forth. Where you see fear, lean in. Where you see hope and yet doubt in its existence at the same time, trust and open your heart. And the way forward presents itself then like a wheel spinning through time. Ticking forth and yet standing still. Will you leap forward into your destiny? Is it time that will tell or is it **you**?*

Q. Thank you for this. Can you speak more to how to best navigate this path forward as effortlessly as possible and so that we can avoid becoming stuck in old ways of being?

*A. The path of effort **is** the path of fear. See that is the irony. Fear locks you in persistently and keeps your gears grinding in place. When you are flowing with fear—or rather being forced by it—you are perpetually jutting up against barriers, obstacles, and illusions that satiate only momentarily.*

*And yet when you free your self from fear, you flow. You flow where you're being led when you stop trying to control the way forward through fear. Fear convinces you to control the way forward by seeking certainty and yet **has it occurred to you that it is certainty that keeps you stuck?** Certainty that begs for you to stay the same? Certainty that keeps you locked and looping in the same old patterns you're trying to escape with certainty itself?*

This is the illusion that traps so many. It traps all at least once, and yet the brave break free not by seeking more certainty but rather by succumbing to the fact that they can't ever really know anything for certain.

*Life is but a series of chances begging for you to choose them. And the greatest chances you can choose are the ones that fear has built its walls around, because **within those walls are the gems of destiny.** The thorns that hold you back... the illusion of haze that blocks out the false light of certainty... the mountain you must climb? **These obstacles don't mark the end of your path, rather they mark the starting line.***

Where you are clinging to the safety of what you know, you are blocking out the hope of the way forward. Trust that where your heart pulls you is where you're meant to be.

But how do you know where your heart pulls you?

Here's how you know...

Your heart pulls you through the pulsating energies of:

Joy

Exploration

Expansion

An open heart

Vulnerability

The courage to free yourself (little s) to be yourSelf (big S)

Bravery

Self-love and self-nurturance

Hopefulness

Illumination

Surrender

Trust in something bigger than yourself (little s)

When you want to know where you're being led, simply ask yourself the following questions:

'Am I surrendering or am I clinging?'

'Am I being led towards love, towards joy, towards freedom, towards sovereignty, towards co-creative communion with the Divine, towards unity? Or am I being led towards sameness, safety, restriction, limitation, scarcity, doubt, or separateness?'

*Destiny (the path of Love) speaks in heart-expanding whispers. It challenges the mind because it feels **big**. And it feels big because it's ability to expand you and your life is huge.*

*Fear speaks loudly, forcefully, and is overflowing with all the logical reasons **why not**. The mind is only afraid of the path of destiny because it hasn't yet surrendered to the Soul.*

Until the mind surrenders and trusts in where the Soul—by way of the heart—is leading, there will always be a battle.

And yet the battle isn't won by those who forge forward blindly. It's won by those who let go of the battle altogether. By those who trust in life so fully, so completely, so reverently that they surrender to the flow of the heart.

It's in the moment of complete surrender that your destiny is truly able to begin.

[Surrender isn't giving up but rather giving in to the flow of life.] Anything that precedes total surrender was merely a battle between heart and mind in which there was always some element of resisting that which was intended for you by your Soul.

*And so in that moment of total surrender—total trust—one bravely declares, 'I do not know the best way forward... I cannot find the best way forward... **I cannot be certain about where I'm being led but I trust that by letting go of trying to know that it is then that I will truly be free.**'*

In the freedom that expands forth from the release of restriction, of controlling the way forward there is a sound barrier broken between your self (little s) and yourSelf (big S). From within the energy of total trust and surrender, the voice that leads you becomes that of your Soul.

*The self (little s) tried with all its might to lead you to your fulfillment and yet it perpetually led you in circles... they might have widened a bit from time to time and yet they were still uniformly circular. It did its best and yet its very best was always cut short by its doubts and its fears in its attempts to ensure you got to where it believed you **should** go. The self cannot possibly anticipate the greatness of the Soul's journey because its viewpoint is limited by the perimeters of the mind's three-dimensional view.*

The Soul, however, has the Infinite, multidimensional view from above. Thus, when you trust in the Soul to lead through your heart, you stop walking in circles and instead begin to expand forward in spirals.

Through the grace of letting go... through the trusting energy of surrender then, everything becomes possible because you are no longer limited by the perimeters of the mind's perceptions. But rather, you are co-creating your life in communion with the Divine.

*May you learn this year to surrender, to let go, and to **trust** in your Soul's plan for your life. Those brave enough to stop fighting and start surrendering will find their freedom, their sovereignty, and their power in the very place they once feared they'd lose it—in **letting go**. And in this reclamation of and reunion with your Soul's power, you choose life. And you choose to unify all of the separate aspects of yourself that had previously limited your potential by existing in a fragmented state. Those parts of you were battling against one another, which is why your incessant seeking of certainty only led to your continued confusion. **Yet by unifying these once competing parts through the grace of surrender, the inner is unified and the outer is as well.***

Q. Thank you for this... this is beautiful.