



# Embracing the Truth of Your Divinity

*Emanating from Your Center of Stability*



By  
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**Are you finding it less than easy to stay calm, cool, and collected these days?  
You are definitely not alone!**

It feels as though we are all on the threshold of something *Expansive*, something *Different*, and something *New*. At times we perceive it to be and feel quite overwhelming... this is when we are being called to Stand Firm, Centered, and Poised. **What does that look and feel like?**

*Standing firm, centered, and poised* is simply standing up for what we believe and know to be true for ourselves and acting upon it from a Center of Love and Compassion... no matter what another may think, say, or do.

We become aware of our actions and reactions in relationships and situations that we find ourselves in; and we always respond with an openness and offering of our energy as Love, *knowing that which we receive in return is a reflection of our own ability to give and receive Love*. Having this Awareness allows us to cultivate an even sharing of energy that maintains a balanced and stable foundation of Expression that allows us to become an *Active Observer*.



*Active Observers* can manifest their dreams and desires with little effort due to Self-Trust and their connection to Mother Earth. They see their reality as Beautiful, Pure, Healthy, and a Fun place to BE. They *feel* Nourished, Happy, Whole, and Complete.

## Your Center of Stability

A balanced and stable foundation *stems* from the ability to physically and energetically connect yourself to the Mother Earth and God/Source/Energy. Centering yourself balances your energy as it flows in, through, and out of your body resulting in a Poised state. BEing in this state can attract what is needed to manifest the reality you desire.

A feeling/thought of fear can block your energy flow and disrupt your connection to the Earth. Repeated experiences of fear may result in trauma and create blockages within your energy field. This can cause the body to default into a fight or flight mode and create anxiety and stress. In this scenario, the brain may eventually lose its ability to function as a muscle, resulting in a lack of will power.

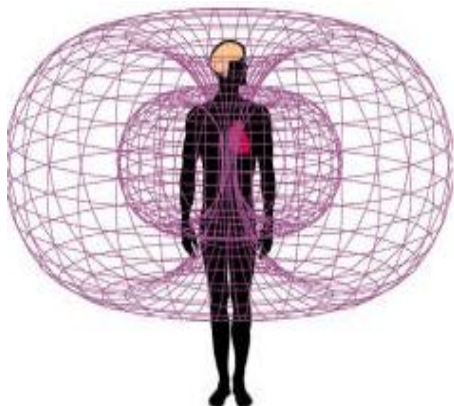
It is truly important that you are aligned with intentions, thoughts, feelings, and actions that *nourish* and *nurture* your four bodies and their ability to provide your experience of LIFE.

- Physical: ability to connect to the elemental realm
- Emotional: ability to remain neutral (not in flight or fight mode)
- Mental: ability to reason; discernment
- Spiritual: ability to communicate on a higher level with your Soul/Spirit

Integrating and maintaining a balance of energy between all of your bodies will create a stable and balanced sense of self. From this *Center of Stability* you will move through the threshold towards new potentials that are more *Expansive, Different, or New* with Ease and Joy.

In a previous article [Commencement of New Beginnings/Dimensional Understanding \(January 2021\)](#), I listed nine dimensions and their attributes. Many are moving into a fourth dimension of understanding. To release any fear related to this change, it is helpful to be able to *feel* and *see* these dimensions within one's self. The following is an excerpt from the January article:

### Fourth Dimension



*The fourth dimension is the awareness of point, line, width and breadth, height, volume, and time. It is known as the astral plane. The primary consciousness of this dimension is in the astral body, which is also known as the "Higher Human/Self". The astral body is of an elevated vibration and is in etheric form. The fourth dimension is the realm of the *unconscious mind*.*

This dimension is connected to and supports the emotional body and planes. Through accessing states of Love, Peace, Happiness, and Freedom we can activate the Divine Flow within our being that will allow us to exist in synchronization with the constant flow of God/Source/Energy.

At this level, we have a beginning awareness of the Universal Law of One or *Unity Consciousness*; whatever affects one of us affects all of us. This is the realization and practice that no one is greater than any other and that group consciousness is the path to the future.

*Tune into this dimension within your solar plexus area in conscious awareness. Ask that your wishes and desires be experienced in the highest good for all. In this way... You acknowledge the Now moment and allow yourself to Be in a state of emotional balance.*

Listed below is a technique that will help you become centered. This is also a great practice to heighten Awareness, increase Intuition, and improve perceptual skills.

Find a quiet comfortable space to rest; sitting or lying down.

1. Breathe in a few times and feel the air flow from your head... down your shoulders... through the center of your body... your sacral and pubic area... tailbone... into your legs and feet... then into the ground.
2. Gently and slowly breathe in and out from your navel a few times.
3. Gently and slowly breathe in and out from your chest area a few times.
4. Now... breathe in and out from both navel and chest at the same time.
5. Focus in your heart space... allow feelings to arise... then flow through... until you have only the feeling of Love/Compassion.

(If this is challenging to you... visualize someone that you Love dearly as you focus in your heart)

*May we all find our sense of stability in preparation for Divine Union and Co-creation, as we venture into the Expansive, Different, and New that awaits us!*



***Love & Namaste on your journey of Self Discovery...***



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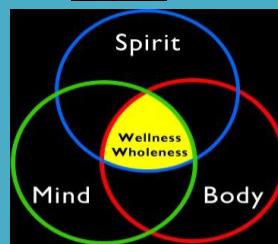
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*"The night is young... the trees are full...  
the birds are on high... the tunes are ringing...  
The Time is NOW..."*

*~ Zientah ~*

